



CASTOR OIL PACK TREATMENT

Castor oil packs aid in elimination and detoxification processes in the body, and can have many pain-relieving and anti-inflammatory effects. Castor oil applied topically with heat can penetrate the skin to help relax muscle spasms, ease intestinal cramping, and increase circulation.

Indications:

The castor oil pack has many applications and is used in many conditions including uterine fibroids, non-malignant ovarian cysts, headaches, migraines, constipation, intestinal disorders, and gallbladder and liver conditions.

Contraindications/Cautions:

Do not use heat if you have experienced any changes of sensation, numbness, tingling, or temperature sensation.

Do not use heat with uterine growths, bleeding, pregnancy, ulcers or while menstruating.

Do not fall asleep while using an electric heating pad.

Discontinue use if redness, tenderness, irritation, pain or swelling occurs.

Supplies:

Flannel cloth: large enough to cover the abdomen when folded in half or thirds

Plastic wrap: slightly larger than the folded flannel

Hot water bottle or heating pad

Castor oil, preferably organic and hexane-free

Directions:

- Pour the castor oil on to the flannel until it is well moistened, but not dripping.
- Place the flannel directly on the skin over the treatment area.
- Place the plastic wrap over the flannel to seal in the castor oil and prevent staining clothing or bedding.
- Place the heat source over the plastic wrap.
- Wrap a towel, sheet, or ace bandage around the pack to help keep it in place.
- Rest. This is a wonderful time to relax and read, pray, visualize, meditate, or sleep. Keep the castor oil pack in place for at least 45 minutes.
- When finished, place the flannel in a plastic bag and store in the fridge until the next use.

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