

### **Castor Oil Pack**

Castor oil packs over the abdomen are a good way to stimulate the gut-associated lymphoid tissue (GALT) to provide immune strengthening benefits. It is also thought that castor oil used in this manner can be effective for liver support.

Required items:

1-2 Tablespoons castor oil

Flannel or old T-shirt

Heating source such as herbal Flax Pax, heating pad or hot water bottle

**Directions.** Rub 1-2 tablespoons of the castor oil over your abdomen from just beneath your rib cage to below your belly button. The castor oil should evenly cover both the right and left portions of your abdomen. (for women who experience menstrual cramps the castor oil can be extended farther toward the groin to include the ovarian and uterine regions.) Cover the abdomen with a piece of flannel or wear an old T-shirt, to avoid getting the castor oil on bed linens. Place the heating source over the material. (Note: if you are pregnant, you may do this treatment without the heating source.)

*Do this treatment before bed for at least 15-20 minutes, for at least three nights in a row each week.*

The following options may be used in lieu of no treatment, but are not preferable to the aforementioned technique:

Option 1. Rub the castor oil on your abdomen, and sit in a bathtub of warm water for at least 15-20 minutes.

Option 2. Rub the castor oil on your abdomen and take a hot shower (remember to end your shower with a 30 second-1 minute cool rinse.)

Laundry tip: Any oil discoloration on linens or garments can be removed by adding baking soda to your normal washing detergent.