

# HAMPTONS NATUROPATHIC

[www.hamptonsnaturopathic.com](http://www.hamptonsnaturopathic.com)

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## CASTOR OIL PACKS

### Equipment:

Castor oil, preferably in a glass bottle; cotton flannel cloth or old 100% cotton T-shirt folded to approximately 4" x 8" (large enough to cover most of your abdomen); unbleached parchment paper or plastic wrap; hot water bottle or heating pad

### Procedure:

- Place cotton flannel/old t-shirt on a length of unbleached parchment paper and drizzle approximately 2 tablespoons of castor oil over it in an even layer
- Prepare your hot water bottle or heating pack
- Find a comfortable place to lie down for 20-45 minutes (or you can just go to bed for the night) and bring the flannel and heating pack there.
- Place the flannel on your abdomen, oily side down, plastic wrap up
- Cover with the heating pack or hot water bottle
- Relax for 20-45 minutes
- Repeat nightly as needed

NB: you can store your castor oil pack in the fridge and reuse up to 6 times before replacing - it will slowly absorb toxins, so discard after that, or if it becomes rancid

### Uses & Applications:

General health, abdominal pain, constipation, diarrhea, irritable bowels, indigestion, liver support and detoxification

#### Alternative applications:

Castor oil can be directly applied to any painful area, and is particularly useful for arthritic, swollen or injured areas. Do not apply to open wounds. If you do not have time for a full castor oil pack, you can rub a quarter-sized dollop of castor oil on your abdomen 10 minutes before showering.

#### How it works:

Castor oil contains a chemical known as ricineoleic acid, which exists only in castor oil. External use of castor oil has been shown to increase T-lymphocyte production and activity, thereby strengthening the immune system.

(Lymphocytes are also known as white blood cells, and are used by the body to identify, kill and remove bacteria, fungi and viruses)

Furthermore, castor oil appears to have a balancing effect on the autonomic nervous system, increasing liver activity and improving digestion. The application of castor oil to the abdomen will enhance the function of specialized lymph nodes in the small intestine, known as Peyer's patches, which are essential to digestion and play a big part in protecting our bodies from ingested toxins. Lymph flow also increases, speeding up the removal of toxins around the cells and improving organ health in general. This can be felt as increased vitality, and a lessening of fatigue, depression and general aches and pains.

#### Contraindications:

Do not use heat with your castor oil pack over areas of inflammation, such as appendicitis, pancreatitis, or anything else that leaves your skin feeling hot. Also, do not use heat over a pregnant belly.