

CARL D. NELSON D.C.
1397 Laskin Road
Virginia Beach, VA 23451

Castor Oil Pack

Castor oil, applied externally in the form of a pack or poultice, can produce beneficial results for many complaints.

Use a thick absorbent cloth appropriate to the size of the body area to be treated. For general bodily cleansing, about the size of a diaper will do. This should be placed on the right side of the body from the midline around to the back, covering the last few ribs and extending down to the groin or lower abdomen.

Before placing on the body, saturate the cloth fully with castor oil but not to the point of dripping. Since it's best to lie down during the pack, cover the surface upon which you'll be lying with a sheet of plastic or large garbage bag. Put the pack on your body and cover it with another piece of plastic so that the heating pad does not come in contact with the oil. Castor oil is very greasy and will stain and possibly harm your heating pad. Then put the heating pad on top of the plastic and turn the heat up to as warm as is comfortable. For chronic conditions without inflammation warmer is most effective, but if an acute, feverish, inflammatory or severely painful condition exists, either use less heat or no heat at all.

Leave the pack on for at least an hour. There is no upward time limit and the longer you leave it on the more good it does. Some people feel comfortable enough to leave it on all night.

The residue from the castor oil can irritate your skin if left on too long. It's best to remove it within a day by either washing thoroughly with soap and water or rinsing it off with a solution of baking soda in water, about a tablespoon of baking soda to a quart of water.

The cloth may be reused almost indefinitely if it's stored in the refrigerator between uses. Just re-saturate with castor oil, warm it up to body temperature in a double boiler or microwave, and reapply it.

If you are using the pack for detoxification or liver cleansing, it's recommended that before bedtime at the end of each third pack you take an amount of olive oil [NOT castor oil] by mouth. The quantity should be between two teaspoons and two tablespoons, depending on your taste [If you find the taste of olive oil unpleasant, it can be mitigated by adding an equal amount of lemon juice]. The larger quantity is considered to be better but you might need to build up to it in order to avoid over stimulating the liver's eliminating apparatus, the gall bladder. If you're using the pack for local application over a sprain or strain or local condition such as an enlarged lymph node, the olive oil is not absolutely necessary.