

# Abdominal Castor Oil Pack Application

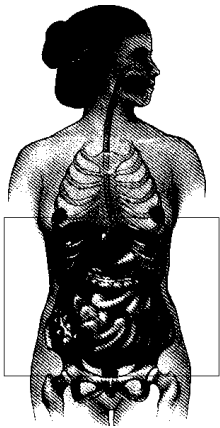
## Materials needed:

- Castor Oil
- Wool flannel – three thicknesses combined (cotton may be substituted if a wool allergy exists)
- 2 quart glass baking with lid
- Heating Pad \*\*
- 2 Underpads approximately 23” X 36”

## Instructions:

Wash and dry the wool flannel thoroughly before starting. Soak the three thicknesses of undyed, unbleached wool flannel in good, high-quality, cold-pressed castor oil in the glass baking dish. This will take between 10 to 16 ounces of castor oil. The cloth should be wet but not dripping. Place the baking dish in an oven set to the lowest temperature (125 to 140) for about 20 minutes prior to starting. \*\*

Place and underpad on the bed or table located where it will be under you in the area where the pack will be placed over your abdomen.\* Place the soaked cloth over the abdominal cavity (from the middle of the breast to the pubic hairline and



covering from side to side – see diagram). Cover the pack with another underpad. Place a heating pad\*\* over the cloth to keep it warm. The heat will promote absorption, increase circulation, and help the body to relax. Leave it on for at least an hour during which time a positive, uplifting, attitude should be held (not in front of a television). Castor oil is similar in structure to quartz crystal and is an excellent “vibrational” conductor. It seems our thoughts can have a very powerful effect on what is induced into the body during the application of the pack.

After the pack is removed, wipe the abdominal area down very well with a solution of baking soda in water (1 teaspoon per pint of water). You can also add witch hazel to the mixture if desired.

The baking soda is an alkalizer and will help to detoxify the area. To quote Cayce, “There will be accumulations that will arise from the activity of the pack. That is why the soda is needed to produce a reaction of an alkaline nature in the body.” (3367-1) Castor oil stains so you should use underpads to put over top of the pack to protect the heating pad, and be sure to not wear any clothing or use any bedding you don’t mind getting stained. The flannel, castor oil, and heating pad are all available from the Heritage Store in Virginia Beach. Their website is

[www.caycecures.com](http://www.caycecures.com). If you order from them, you should get a quantity of 3 of their large sized piece of wool flannel to have to correct amount for a good pack.

Castor oil packs are one of those rare remedies that cannot be used too much; generally, with external applications of castor oil, “more is better.” I recommend the minimum use be for an hour each day - for three consecutive days in a week.

**Important - Take two tablespoons of extra virgin, cold-pressed olive oil by mouth just before retiring for the night on the days you do a castor oil pack.**

## Storage and Reuse

Store your pack in its covered glass dish at room temperature. It will keep for years. To reuse the pack, simply refresh with a little castor oil for each use.

## Cleaning the Pack

If you absolutely must clean the pack, begin by soaking the pack in a solution of baking soda and hot water, using four ounces of soda to two quarts of water. After soaking the pack for at least 20 minutes, wring it out thoroughly and allow it to air dry.

\* Castor oil will stain anything it touches. Take extra care to protect bedding and clothing as it is nearly impossible to wash out.

\*\* Heat should not be used if contraindicated by your condition such as Appendicitis, diabetic neuropathy, or pregnancy.