

# Castor Oil Packs

## Supplies

1. Organic flannel
2. Organic castor oil
3. Hot water bottle
4. Towels to protect surfaces
5. Plastic bag, cut along seams so it lays open and flat

## Method

1. Cut flannel to a size 3 times as large as area to be treated
  - a. When addressing abdominal scars, it is useful to treat the entire abdomen, including the liver
2. Drizzle castor oil over entirety of fabric. You will add more each day, so the first day it does not need to be fully saturated.
3. Fold fabric in thirds
4. Apply fabric over affected area (scar and adhesions being addressed)
5. Place plastic bag over castor oil pack
6. Place a full hot water bottle on the fabric
7. Let sit for 20 minutes
8. Fabric can be folded and stored in the plastic bag until the next day
9. Repeat daily for 3 weeks if possible. Stop and take a break if any irritation occurs. Replace fabric every 7 days- it will absorb toxins released from your body.
10. Massage the area to help break apart adhesions and scar tissue. You can roll the scar between your finger, stretch the tissue from one end to the other, cross stretch it, etc.

## Mudding

Because castor oil packs will break down adhesions and release toxins, it is also advisable to perform mud packs to pull toxins out of the tissue. You can either shower after the castor oil pack (shampoo works well to remove castor oil), or do the mudding before hand (this will work on loosened gunk from the day before).

You can buy bentonite clay at the GFS. Mix into a thick paste akin to the consistency of peanut butter. Apply to the area and allow to fully dry. The mud can be washed off as soon as it's dry. Direct sunshine is helpful.