

# Castor Oil Packs Instructions

Castor oil effectively treats many ailments that resist traditional therapies. External use of castor bean extract is a safe, gentle and easy-to-use remedy. Treatments improve digestion and circulation as well as breakup adhesions.

**TREATMENT:** Apply warm castor oil generously to affected area, covered with warm flannel “pack” (saturated in castor oil) with heat for 60-90 minutes 4 times per week. (See directions below.)

**STAIN WARNING:** Castor oil is very sticky, messy and it stains. Remove underwear or use old panties (that you don’t mind stains.) Cover sheets and do not mix stained clothing or linens with clean linen in the laundry. Protect the bed with plastic or blue Chux pads.

**PREPARING CASTOR OIL PACK:** Obtain piece of 3-layer flannel large enough to cover treatment area (approximately 10 X 14 inches for abdomen and pelvis.) Pre-soak the flannel pack in approximately 1 cup of castor oil so that the flannel pack is completely saturated. This pack will be re-used and stored inside a gallon zip lock bag. It does not need refrigeration and can be used repeatedly for approximately one year. Do not wash the saturated flannel pack.

## TREATMENT DIRECTIONS:

1. Cover your sheet with plastic and/or old sheet to protect linen from stains.
2. Warm the saturated castor oil pack and have it ready.
3. Prepare the heating pad so that it is warm ready to apply. (You may wrap the pad so that is protected from staining.)
4. Lie down over the plastic or protected area.
5. Generously apply castor oil over the treatment area (usually pelvis and abdomen; between the pubic bone and the ribs.)
6. Apply the warm saturated castor oil pack over the oil just applied.
7. Place the wrapped heating pad over the flannel pack.
8. Adjust the heating pad setting to the highest temperature that you can tolerate. **WARNING: Do not burn yourself and decrease the temperature setting if you think you may fall asleep.**
9. Rest and allow at least 60-90 minutes for treatment.
10. Can be used overnight but secure with abdominal binder (or large towel with safety pins) and lower temperature setting for safety.
11. Repeat treatment four times per week (allow your body to rest three days per week.)

For questions about Castor Oil Treatments,  
Contact Steve Metzger, RN—CMT  
916-761-4852

