

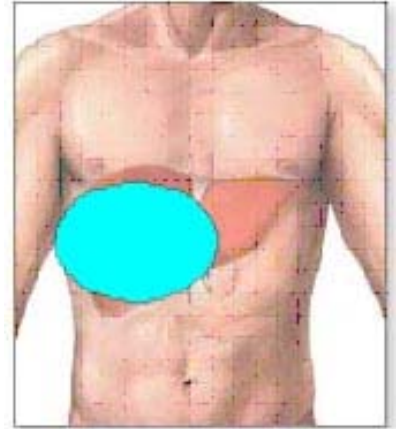
# The Art of Balanced Health

## Castor Oil Pack

This treatment is designed to improve the functioning of your liver and to support this organ as it does one of its primary jobs: cleaning toxins from your body.

### Materials Needed:

- Saran wrap
- Heating pad or hot water bottle
- Castor oil (cold pressed is preferred)
- Flannel cloth (cotton or wool)
- Baking soda (for cleaning up afterward)
- Bath towel (if using the non-heat method- see below)
- 2-3 safety pins (if using the non-heat method- see below)



### Instructions

- Fold/cut flannel cloth into 3-4 layers thickness about 6x6 inches in size
- Cut a piece of saran wrap slightly larger than flannel
- Place plastic wrap on a hard surface and stack the 3-4 pieces/folded flannel on top
- Saturate flannel with castor oil (wet but not dripping)
- Place flannel on skin with plastic on top (plastic should cover flannel, flannel touching skin)
- Optional: an additional piece of saran wrap can be used to wrap around the body thereby holding the entire dressing in place
- Heat (choose one of the following methods):
  - With heat
    - Place heating pad or water bottle on top of outermost layer of plastic wrap. If using heating pad turn to medium setting.
    - Leave in place for 1-2 hours but do not fall asleep with the pack in place.
    - Heat promotes the absorption of castor oil and relaxes the internal organs. Heat should *not* be used if there is an internal abscess or if appendicitis is suspected- check with your doctor if unsure.
  - Without heat
    - Use a bath towel wrapped around body part and use pins to hold it in place. Overlapping the towel will ensure the castor oil does not get all over you and the surface you are laying on.
    - Castor oil pack can be left on overnight.
- When castor oil pack is finished, clean area with a solution of 2 teaspoons of baking soda in 1 quart water.
- The pack can be stored in a plastic container and reused several times. Make sure it remains saturated with castor oil before each use.

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*"The physician's high and only mission is to restore the sick to health, to cure, as it is termed." -- Samuel Hahnemann, 1810*