

CASTOR OIL PACKS

Castor oil packs are cleansing to the whole of the intestinal tract, and by nature of the closeness of the intestinal lumen (cavity) to the blood and lymphatic network, it also cleanses these vital body fluids. Castor oil is considered to bring white light into the body which contains all colours of the spectrum, and thus heals on a vibrational level. Castor oil is just less than 5% essential fatty acids which will encourage photon/electron movement to take place.

Castor oil packing is believed to: -

- Increase and balance eliminations
- Stimulate the liver and gall bladder and reduce nausea
- Dissolve and remove adhesions and lesions
- Relieve pain
- Release colon impaction
- Increase lymphatic circulation, thus enhancing the immune system
- Improve intestinal assimilation
- Reduce inflammation and flatulence
- Increase relaxation
- Co-ordinate liver and kidney function
- Stimulate organ and glands

Preparation

1. To use a castor oil pack, you will need a wool or cotton flannel cloth about 10 inches (25cm) width and 12-14 inches (30-35cm) length after it is folded over 2-3 times.
2. Saturate the cloth with castor oil by carefully pouring the oil over the cloth. The cloth should be saturated, but not dripping.
3. Place the castor oil cloth over the liver (this is located on the right side, under the right breast and underneath the right side of the ribcage). If you wish, you can place clear plastic or cling film over the pack to prevent leakage.
4. Place a hot water bottle on top of the pack to warm the oil and assist it being taken up by the skin.
5. Place a large old towel over the pack and around the body and secure in place with a large safety/nappy pin.
6. Leave the pack on for a period of one, to one and a half hours (1-1.5hrs), while relaxing. Castor oil packing is very relaxing, soothing and reassuring.
7. The pack can be secured around the body and slept in if desired.
8. Castor oil packs are very cleansing and should ideally be followed by a water enema to ensure that what has been released by the process is exited from the body. In situations of low energy, for example, M.E., it may be appropriate to reduce the length of time spent packing at first, as it may create too much elimination. In these circumstances, start by packing for 15 minutes, and then increase by 25 minute intervals over time.
9. The pack can be used 20 times before it will need to be washed. Keep the pack in a plastic bag between packing sessions, and top up with additional castor oil as required.
10. Additional areas of the body can be packed as desired e.g. abdomen, adrenals/kidneys etc. remembering to always pack the liver as well. Castor oil packs are particularly useful on sore or inflamed joints or the back, for pain in the gynaecological area due to menstruation, or during a bout of cystitis. Head packs can be used in cases of depression, M.E. or tumour growth as well as unblocking mucous during a cold.

Head Packs

To do a head pack, massage the oil into the scalp and then tug the hair – first forwards and then backwards to assist the oil dropping through the pores. Wear an old woolly hat or an old towel over the head and relax.

Ears

Castor oil can also be warmed and dropped into the ear to assist a blocked ear.

You can purchase the castor oil and cloth for castor oil packs here <https://www.conellaholdings.com/>

Contraindications Pregnancy