

Castor Oil Pack

Due to our modern so-called civilized diet, lack of exercise and the continual presence of gravity, our abdominal organism slowly but surely falls into the pelvic girdle that is located at the waistline. The main contributor to this problem is the colon; the last seven feet of the digestive system.

The digestive system does it work in the abdominal region in three main steps; these are digestion, assimilation and excretion. This area is responsible for continued health and vitality. Your large intestine is the body's waste disposal unit.

Through improper diet, constipation, pregnancy or lack of exercise, this muscle (known as the colon) does not receive proper nutrition or tone so it falls down and out, or down and in with thinner people. The majority of the population has a prolapsed (dropped) colon. I have yet to meet a person who did not need the castor oil pack. You may change to a proper diet, but if your assembly line is knotted and twisted and fallen on itself, even the best food would be left to rot instead of assimilated. This problem will not simply create blockage in the large intestine but it can lead to the following troubles:

Prostate problems, cramps, internal problems, intestinal gas, impotence, low back problems, endometriosis, kidney problems, tipped uterus, hiatus hernia, swelling (edema), stomach ulcers, painful period, scar tissue and cysts, hemorrhoids, digestive disorders, varicose veins, pregnancy disorders, constipation, colon disorders and abdominal distension.

Reasons for Use of the Castor Oil Pack

1. Improving digestion
2. Glandular imbalance
3. Detoxification
4. Joint difficulties

Materials needed

1. Wool flannel cloth
2. Plastic covering (plastic wrap)
3. Electric heating pad
4. Towel

Instructions

The castor oil pack routine is done every night before a colonic or colenema for one hour. Unrefined castor oil has a drawing action on the body; helping to get rid it of toxins and tension built-up. Also, it increases circulation to the area, speeding up the body's process of healing. The rectal implant is done after the castor oil pack routine.

Wool cloth must be used if the best results are to be achieved. The wool cloth should be three or four layers when folded. The abdominal pack should measure roughly 10 inches in width and 12 inches in length. Pour unrefined castor oil on the wool cloth covering the area. Make sure it is wet but not dripping with oil. Place it against the skin. Cover with plastic and then place the heating pad over it and cover totally with a towel to contain the heat. Turn the heating pad to medium and then high if the body can tolerate it. The pack should remain for at least one hour (two if time permits.) After use, the cloth can be wrapped in plastic and placed in the refrigerator for re-use; this prevents the oil from evaporating. After 20 uses, replace flannel. When the wool cloth becomes discolored, throw it in the wash.

Frequency

Do a pack each night until results are met. Ask your therapist for further instructions.

Note: this pack can be used anywhere for tension, to alleviate pain or when simply tired.

