



Castor Oil Packs

Prepare a piece of soft flannel cloth or an old washcloth large enough to cover the affected area. Pour some castor oil into a pan and soak the cloth in oil. Wring out the cloth so that it is wet but not dripping, and apply the cloth to the area of focus. Protection should be made against soiling the bed clothing by putting a plastic sheet or other protector under the body. A protective, water proof covering should also be placed over the soaked cloth. On top of the cloth place a heating pad on medium heat, increasing to high if tolerable. Keep the pack on for 60 to 90 minutes.

The skin under the pack can be cleansed afterwards with a solution of two teaspoons of baking soda to a quart of warm water.

Always use a cleaned cloth or completely new piece of cloth for your next pack.

With thanks to Elizabeth Freedman, D.C.

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