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for busy people*

Castor Oil Pack

A castor oil pack can be placed on the following body regions:

- The right side of the upper abdomen to stimulate the liver,
- Inflamed and swollen joints, bursitis, and muscle strains.
- The abdomen to relieve constipation and other digestive disorders.

The lower abdomen in cases of menstrual irregularities and uterine and ovarian cysts, lower back, shoulder or any part with pain.

What you need for a pack:

- Wool or cotton flannel large enough to cover the affected area
- Organic Castor oil
- Plastic wrap cut 5cm larger than the flannel (can be cut from a plastic bag or cling wrap)
- Hot water bottle
- Old clothes and sheets. Castor oil will stain clothing and bedding (can be removed with baking soda)

Directions:

1. Warm the Castor Oil (in water bath, do not heat it in a pot as it can easily get too hot)
2. Place the flannel in the container. Soak it in castor oil so that it is saturated, but not dripping.
3. Place the pack over the affected body part.
4. Cover with plastic and put a thin, dry towel over it
5. Place the hot water bottle over the towel pack. Leave it on for 30min-2 hours. Rest while the pack is in place. Keep it warm
5. After removing the pack, cleanse the area with a dilute solution of water (500ml) and baking soda (2 tsp) to remove any acidity from the skin

Precautions:

Castor oil should not be applied to broken skin, or used during pregnancy, breastfeeding, or during menstrual flow. Packs should not be used while you are bleeding heavily.