

CASTOR OIL PACK

Castor Oil Packs have a long naturopathic tradition both for assisting Colonic Hydrotherapy and for detoxing. Apply every day during the liver flush and if possible for the whole duration of the liver detox programme.

Castor Oil is uniquely viscous and deeply penetrating. To ensure that the oil has time to soak into the deeper layers, traditional methods of application are via a "pack" (e.g. a thin cotton muslin cloth soaked in Castor Oil) laid on the area – see Figure 1 - then maintained in place with a suitable wrap to avoid the oil staining clothes or/and bedding. Proprietary packs are now available for this purpose - see Figure 2 – but rudimentary methods using a towel and safety pin or an old T-shirt are also fine.

With this method, the Castor Oil can reach the lymph system that nourishes, drains and cleanses the abdominal area, the liver and all the other organs. A hot water bottle or a heated pad placed on the pack can make the experience even more relaxing and speeds absorption of the oil.

Castor Oil softens and relaxes the bowel. It balances the nervous system and disperses congestion. It is anti-inflammatory and profoundly relaxing.

Dr Christopher (a world-renowned naturopathic doctor) also comments *"Castor Oil helps to get rid of hardened mucus in the body, which may appear as cysts, tumours, or polyps"*.

Castor Oil Packs can be used anywhere on the body where there is inflammation, congestion or a cyst. It is very useful in the treatment of sprains and injuries.

To be effective Castor Oil packs must be done regularly and consistently using organic Castor Oil from a reputable source.

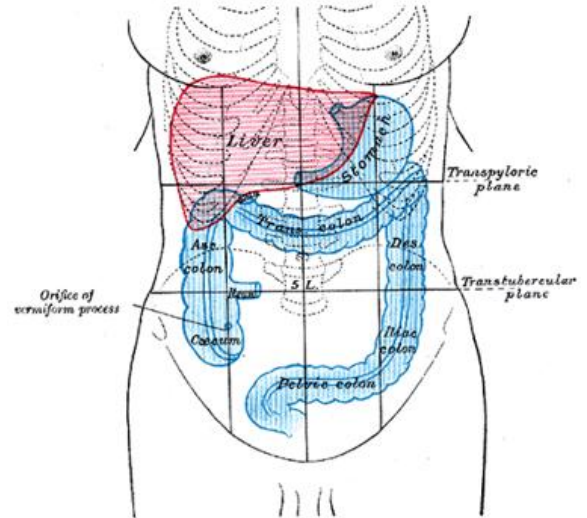


Figure 1



Figure 2