

# Red Blossom Medicine

## Castor Oil Pack Treatment

### Indications

The castor oil pack has many applications! It can be utilized to alleviate headaches, skin conditions, abdominal & pelvic pain, ovarian cysts, abdominal adhesions and support liver function. Castor oil packs aid in the detoxification of the body, in addition to healthy regulation of the immune system .

### Caution

- Consult with your health care provider if you have a cancer diagnosis and want to use castor oil packs.
- Be aware that heat over the uterus during heavy bleeding or flooding can increase blood loss.
- If you are trying to conceive, use the packs during menstruation when the flow is lighter, until a few days after ovulation to avoid heating the uterus during implantation.
- During pregnancy, only use with the guidance of your health care provider.
- Children can benefit from castor oil packs, and do not need heat.
- A hot water bottle is preferable to heating pad, since it is free from electric currents. Do not fall asleep while using the electric heating pad.

### Supplies

- A plain un-dyed cloth (cotton or wool) that is used to protect the heat source from the oil.
- Hot water bottle (or heating pad on medium setting)
- Roll on Organic Castor oil, this oil is so sticky and nearly impossible to wash off
- Time: 15-40 minutes to recline, you can also keep it on for hours
- 2-3 drops of quality essential oils from plants you might use for cooking

### Directions

- ☞ Apply castor oil to abdomen from ribcage to pubic bone
- ☞ Place flannel directly on skin over the treatment area.
- ☞ Apply heat source over the treatment area.
- ☞ Rest. You may sleep, use guided visualizations, or meditation at this time. 20-40 minutes.
- ☞ This flannel and oil may be used for a few weeks and will smell badly when it is time to toss it; beware of washing it in your machine.