



SEATTLE NATURAL HEALTH LLC

CHIROPRACTIC AND NATUROPATHIC CLINIC

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Castor Oil Packs

Castor oil is derived from the oil of the beans in the tropical castor oil plant. The therapeutic benefits of castor oil have been known for several thousand years. Over 50 different conditions have been shown to be successfully treated with castor oil such as disturbances of the digestive system including stomach, intestinal, or colon imbalances; liver, gall bladder, or kidney imbalances; lymphatic system imbalances; urinary and excretory systems; circulatory system; and some incidences of nervous system imbalance.¹

Materials Needed:

1. Castor Oil (included in SNH kit)
2. Flannel (included in SNH kit)
3. Plastic or “saran wrap”
4. Water bottle or electric heating pad (optional)
5. Old bath towel or blanket

Instructions:

1. Fold flannel two to three times thick, large enough to cover the area being treated.
2. Pour the castor oil in a pan (enamel, stainless steel or pyrex) and soak the flannel in oil.
3. Heat the flannel in oil to as warm as the body can stand (about 5-10 minutes in an oven).
4. Wring out excess oil and place flannel directly on area to be treated.
5. Place plastic over flannel creating a seal and place hot water bottle or heating pad on top.
6. Wrap the whole area with a bath towel or blanket to insulate the heat.
7. Rest comfortably for at least an hour, preferably 1 ½ - 2 hours.
8. Clean area treated and any garments that were soiled with a solution of baking soda and water.

Treatment can be completed in a cycle with treatment for 3 nights and then rest for 3 nights.

Call Dr. Ramaley or one of his assistants if you have questions or concerns during this process.

¹ Ley, Beth M., *Castor Oil! It's Healing Properties* (Detroit Lakes: BL Publications, 2003) p. 8-9,11.