



Castor oil pack





Do a castor oil pack

When you hear of castor oil, you might think of the laxative given to you when you were a kid. I have good news, you will now only use it externally on your abdomen, which provides a much gentler treatment. This has been used for centuries to treat reproductive complaints such as; period pain, fibroids, ovarian cysts, endometriosis adenomyosis or used after a miscarriage. Castor oil also enhances liver function, stimulates the healthy flow of lymph fluid, supports natural detoxification pathways and reduces inflammation. Try and do this at night for you to have time to relax and sleep well.

Castor oil improves blood flow to organs in the pelvis and can be used to soften already healed scar tissue after a caesarean birth.

Try and buy an organic, cold-pressed, 100% pure, hexane-free, extra virgin castor oil, preferably in a glass bottle.

HOW IT WORKS:

- 1) Put on clothes that you do not mind being stained.
 - 2) Take your piece of flannel and place it in your bowl or glass container and pour enough castor oil over it to soak it (make sure it's saturated, but it doesn't need to be dripping in oil).
 - 3) Get your hot water bottle or heating pad ready (oil heats up, so do not burn).
 - 4) Place your old towel on a flat surface (either a couch, your bed, or the floor).
 - 5) Once you lie down, place your saturated flannel over your abdomen. Cover with another old towel.
 - 6) Place the heating pad or hot water bottle over the pack and let it sit for at least 30-45 minutes. During this time you can rest, meditate or read a book.
 - 7) When the time is up, remove the pack and clean the area with water and a bit of baking soda. Try this for a few days each cycle and see how you feel.
- You can keep the pack in a plastic bag in a cool place or the refrigerator. I suggest keeping it in a sealed glass jar, stored in a dark cool place. Simply add another tablespoon of castor oil for the next session.



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TIPS:

- To get the most benefit, use your castor oil packs for 3-4 consecutive days during your luteal phase, for at least 3 months and assess the results you get.

PRECAUTIONS:

1. If you have any doubts about this practice, I recommend consulting with your healthcare provider to make sure this is a good remedy for you.
2. Do not use while menstruating, pregnant, breast feeding, or immediate postpartum when you're still bleeding.
3. Use with caution if you are prone to flooding or heavy bleeding.
4. Do not do after ovulation if you are trying to conceive. Only use it from the day after your period has finished to the day before ovulation.
5. If you experience moderate to severe cramping or diarrhea after using castor oil packs, cut the amount of times and the length of time you're using it in half. If you still experience these side effects, stop using it.
6. Always test a small amount of oil on your skin, and wait 24 hours to see if you have a negative reaction.
7. If you experience a rash or other skin irritation, please discontinue use and make an appointment with your healthcare provider.

A few product options in South Africa. Your local health shop will most probably also have good options available.



[Biosil Castor Oil \(www.biosil.co.za\)](http://www.biosil.co.za)



[Castor oil pack from Faithful to Nature](#)