

APPENDIX A

*CASTOR OIL PACKS**

Materials Needed:

- | | | |
|-------------------------------------|----|-------------------------|
| 1. Wool flannel cloth | or | 1. Wool Flannel Pack |
| 2. Plastic sheet – medium thickness | | 2. C.O. Pack Holder |
| 3. Bath towel | | 3. Electric Heating Pad |
| 4. Two safety pins | | |

Instructions for Use:

Fold a piece of wool flannel (cotton flannel is all right, if wool is not available or there is an allergy to wool) so that it is 3 layers thick and measures about 12” x 12”. This size is recommended for abdominal application—other areas would use different sizes. Pour castor oil onto the cloth, enough so that the cloth is wet but not dripping. Then apply the cloth to the area needing treatment. For general detoxification purposes, apply the pack over the liver area. Then cover the pack with a piece of plastic—Saran Wrap or a garbage bag will do. Then wrap a towel, folded lengthwise, around the entire area and fasten it with safety pins. The pack should be applied a minimum of one hour and can be worn all night. If you have a Castor Oil Pack Holder, you will not need the plastic or the towel. It saves much “set-up” time. The skin can be cleansed after the treatment by using soda water (two teaspoons of baking soda added to a quart of water).

Keep the flannel pack in a plastic container for future use. It is possible to use the same pack for different problems, and need not be discarded after one application, but check with your physician about specifics. Typically, you can use the same pack for a number of injuries, but when dealing with a very toxic condition it would be best to throw the pack away when the condition is healed. **DO NOT ATTEMPT TO DRYCLEAN YOUR PACK.** This adds unwanted chemicals.

Frequency: 1 – 2 – 3 – 4 – 5 – 6 – 7 consecutive days per week.

Note: Take olive oil by mouth after every third treatment, if directed, in amount tolerated.

* Personal Communication with Harvey Grady: Many NDs have “discovered” castor oil roll-on applicators which allow the benefits of this protocol without the mess of sticky wool or flannel. Ease of use enhances patient compliance. Make sure the treated area is well saturated with castor oil. –Emily Kane, ND 1997