



Castor Oil Pack Instructions for Liver Cleansing

Items needed:

- Castor oil
- Wool flannel
- Heating pad
- Towel(s)
- Plastic wrap

Below are instructions for making and using a castor oil pack

- Fold flannel three layers thick so it's approximately a 6 x 6 inch square or rectangle.
- Wet the flannel with the oil so that it is completely saturated. The oil should be at room temperature.
- Take caution not to get the oil on whatever you are laying on, as it can stain. If necessary, cover that surface with something to protect it.
- Place the flannel pack directly on the right side of the abdomen; cover oiled flannel with the sheet of plastic, lie down and place heating pad over it.
- Leave pack on for 45 to 60 minutes.
- When finished, remove the oil from your skin by washing with a solution of two tablespoons of baking soda to one-quart water, or just soap and water. (If you want to, be sure to wash the towel by itself, as the castor oil can make other clothes stink if washed together.)
- You can reuse the pack several times, each time adding more oil as needed to keep the pack saturated. Store the pack in a large zip-lock bag or other plastic container in the refrigerator. For reuse bring the pack back to room temperature before applying.

For maximum effectiveness, apply at least four consecutive days per week for one month. Those who use the pack daily report the most benefits.

****This is not recommended for treatment of any disease and/or condition but only for therapeutic cleansing purposes. It is recommended that you consult with your doctor or physician for any medical concerns before doing this flush.**