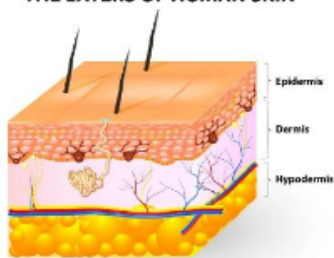


HOW TO DO A CASTOR OIL PACK

B's Easy Version

THE LAYERS OF HUMAN SKIN



Castor oil comes from the castor bean plant, and unlike the seed which is very toxic to humans, the oil is not.

Castor oil penetrates into the tissues which stimulates the parasympathetic nervous system (i.e. rest and digest mode), lymphatic flow and reduces inflammation via the Peyer's patches.

The heat used during the oil extraction process denatures and inactivates the toxic protein ricin. Castor oil is also the only oil that can cross the top layer of our skin (epidermis) and move into the middle layer of our skin (dermis) where our lymphatic system and circulation flow, thanks to its main fatty acid "ricinoleic acid" which has a low molecular weight.

These effects ultimately lead to better digestion, absorption and elimination, and have been a staple therapy in naturopathic medicine for many disorders from irritable bowel syndrome (IBS), inflammatory bowel diseases (IBD) such as Crohn's and colitis, constipation, gastritis, GERD, a weakened immune system, stress, anxiety, general detoxification, hormone imbalance, infertility, cancer, and basically any condition other than pregnancy.

INGREDIENTS

- 1-2 Tbsp organic, cold pressed, hexane-free castor oil (I like [Heritage](#) and Queen of Thrones brands)
- Damp wash cloth or towel (use an old one you don't mind staining)
- Heating pad

METHOD

1. Apply the castor oil directly onto your skin and rub it in.



A trick for locating the liver/gallbladder is to place your right hand on your right waist under your right rib cage. Where your fingers fall to the front and thumb to the back is where you spread the castor oil.



- *Note, it is very sticky and can stain clothing, so you can use the back of a spoon to rub it in and enjoy a mess-free experience.*

2. Apply the damp wash cloth over the castor oil.
3. Place the heating pad on top of the damp wash cloth, and relax for 30 to 60 minutes to allow the castor oil to penetrate through the skin. Note: you may experience gurgles and movement in your bowels.

ADDITIONAL TIPS

1. You can apply castor oil before going into the sauna to eliminate the need for the heating pad and damp washcloth.
2. Stay hydrated during your session
3. Castor oil can be applied externally anywhere on the body, not just over the liver & gallbladder.
4. Castor oil doesn't need to be refrigerated so keep the glass bottle next to your bed or couch as a reminder to do it in the evenings to help wind down.
5. If you have sensitive skin, test a small area in small quantities first (on the back of your hand for example).