



Castor Oil Pack Instructions

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Items Needed

- PRL Castor Oil (8 oz) – order from www.BioTrace.co.nz (link available on website)
- Gallbladder-ND – for use after the castor oil pack (order from www.BioTrace.co.nz)
- Organic Cotton Flannel
- Plastic Sheet – a plastic sheet (plastic bag or glad wrap)
- Hot water bottle
- Scissors
- Optional: Bath towel, a few safety pins or large elastic bandage

How does it work?

Quality castor oil penetrates deep into the tissues triggering a purging of stagnant toxins from the body. The oil absorbs these toxins drawing them out through the skin.

Instructions for Use

1. Cut two layers of cloth to the size of the treatment area
2. Cut plastic sheet. The plastic is used to protect the hot water bottle from getting oily
3. Spread 1-3 tablespoons of castor oil directly onto the area of skin that's being treated. Then lay the two layers of cotton on top with the plastic sheet on top of it. Your plastic sheet should cover the entire fabric it touches.
4. Place the hot water bottle over the plastic sheet. The heat promotes absorption, increases circulation, and helps the body to relax. Leave in place for 30 to 60 minutes (up to 1½ hours). Placing a bath towel over the top of the hot water bottle will help hold in heat. Use safety pins and elastic band to hold in place.
5. Wash area after using the castor oil pack. Cleanse the skin using a wash cloth and a natural soap. Washing the area helps clear acidic toxins which have been drawn out of the body during the treatment and helps prevent reabsorption of these toxins.
6. **PRL Gallbladder-ND:** Take ½ teaspoon in ¼ cup of pure water immediately after using a castor oil pack; this helps to gently cleanse and detoxify the acidic secretions that are released after a castor oil pack.

Caution: Heat should not be used in conditions where it is normally contraindicated, such as appendicitis, diabetic neuropathy or over the abdomen during pregnancy. However, the castor oil pack may be used without heat in these conditions.

Castor Oil Pack without Heat: Apply as above and then use a towel wrapped around the body (with safety pins to hold it in place). This can be left on for several hours, overnight or for an entire 24-hour period.

Re-Use of the Same Castor Oil Pack: Each cotton pack should only be used once because, during the course of treatment, the pack absorbs toxins and waste products. Therefore, after use, discard the pack. It is not recommended to try to wash out the pack for re-use.

Frequency of Castor Oil Packs: The castor oil packs are recommended 2 to 4 times per week, for 30 to 60 minutes (up to 1½ hours per session) for 3-6 weeks or longer. At first it may be better to skip a day in between the use of each pack, rather than using them on consecutive days.

Long-term Chronic Illness: If a person has been chronically ill for a long time, if they have a high degree of toxicity, are frail or have trouble eliminating toxins such as a person with kidney failure, then it is best if the packs are used on alternating days and for shorter lengths of time (such as 15 to 30 minutes per session). As the general condition of the body improves, the packs may be used more frequently and for longer periods of time (for 1 to 1½ hours per session).

Cleansing Reactions: The use of castor oil packs should be gentle without producing unwanted side effects. Cleansing reactions, such as a rash, are rare. If they occur, it usually indicates that the body's ability to eliminate the toxins is not sufficient. It may also indicate interference fields (talk to your practitioner about clay packing to resolve this). It may be necessary to reduce the frequency or length of time of using the packs. The most common cleansing reaction is a rash that occurs at the site of the pack. It may be relieved by using the **Medi-Soak**, a gentle detoxifying bath using highly peizo-electrically charged sea salts for electrolyte replacement and detoxification.

For Superior Health: Castor oil packs are one of those rare remedies that cannot be used too much. Many people continue to use castor oil packs periodically throughout their lives to help boost the immune system, to keep the lymphatic circulation clear, to assist in proper eliminations and to always feel their best.