

Castor oil is an anti-inflammatory agent with analgesic properties, and the castor oil pack is one of your daily physical modality options during the CleanUP. It supports liver cleansing and gives you a built-in reason to lie still for an hour — which counts for a lot during these three weeks.

Equipment Needed

- Flannel or wool cloth
- Hot water bottle or heating pad
- Plastic wrap
- 4–6 ounces of castor oil

When It's Useful

- Liver cleansing
- Inflammation, pain, and/or infection if closed
- Breast infection and/or plugged milk duct
- Peptic ulcers
- Colitis
- Prostate or female pelvic problems
- Arthritis
- Chest colds

Procedure

- 1 Fold a 1 to 2 inch thickness of flannel cloth, about 10" x 12", for abdominal applications.
- 2 Dampen the cloth and pour castor oil onto it.
- 3 Heat the pack in the oven on a cookie sheet at a low temperature. You want the cloth as hot as possible without burning your skin, and without burning the cloth in the oven.
- 4 Place the pack over the treatment area, then cover it with plastic wrap to keep the oil off your clothes and sheets.
- 5 Place a heating pad or hot water bottle on top. The pack may stay in place 1 to 8 hours. Minimal treatment time is 1 hour.
- 6 Afterward, you can clean off the castor oil with soda water: add one teaspoon of baking soda to one pint of cool water, dip a cloth in, and rub the skin briskly until clean. The pack itself keeps up to one year in a plastic container or zip-lock bag.

How Often

In an acute situation, the castor oil pack is usually used 1–3 times a day. For a more chronic situation, apply it 1–3 times a week. During the CleanUP, once counts as your physical modality for the day.