

Castor Oil Pack

A THERAPEUTIC HOME REMEDY

Reproductive Health

Reproductive issues

- PMS
- Uterine fibroids
- Ovarian cysts
- Male - enlarged prostate

Hormonal Imbalances

- Irregular menstrual cycle
- Pre menstrual/menstrual bloat
- menstrual cramps
- Loose stools during menstruation
- Infertility

Benefits & Indications

Digestive disorders

- Constipation
- Irritable bowel
- Liver diseases
- Gallstones
- Digestive bloating
- Gas

Women report freedom from

- Pre-menstrual and menstrual bloating
- Menstrual cramps
- Digestive bloat

General

Headaches
Inflammation
Sleep
Relaxation

¹ **Enhances liver** function

Elimination detoxification
processes

Improves **lymphatic circulation**

Improves **immune system**

¹ Source: Barbara Hunter ND, Jessi Klopp BS, VSP

Castor Oil Treatment

THERAPEUTIC HOME REMEDY

Materials

- 1** Organic, hexane-free castor oil



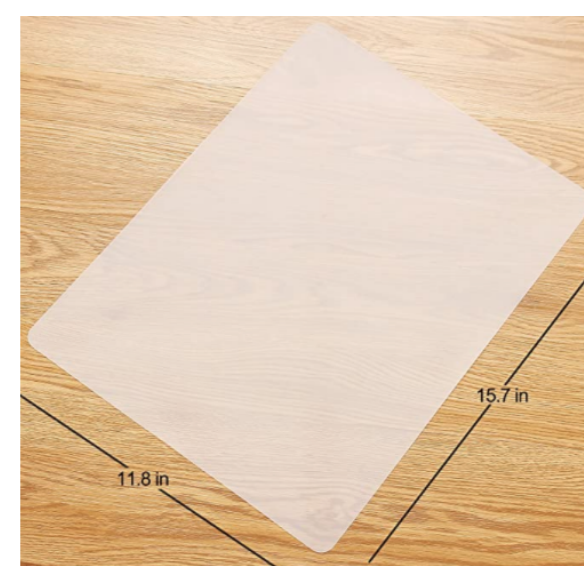
- 2** Organic, unbleached, wool or flannel cloth



- 3** Hot water Bottle



- 4** Silicone baking sheet



- 5** Quart glass jar



- 6** Hand towels



Ebook: Castor Oil Pack

THERAPEUTIC HOME REMEDY

Directions

1. Saturate cloth in a glass or stainless steel bowl, it should be soaked but not dripping
2. Use towels to keep clothing from the soaked cloth
3. Lay flat and place saturated cloth over abdomen
4. Then place the silicone sheet over the cloth
5. Lastly, the hot water bottle is placed over the silicone
6. Use for 30-60 minutes for best results
7. Store cloth in a glass jar for storage

Mentionables

Specific Protocols needed for:

Heat sensitive people
Shorts cycles
Heavy bleeders
Night sweats
Use on period

There's a lot of misinformation on the internet.

Which is why it's important to consult with health care professional or trained individuals.

A few notes

Referred to as a castor oil pack
Castor oil stains sheets/clothing
Keep in a cool dry place
Do not wash
Get new cloth as needed

Tips

I know, I already hear you saying that you don't have an extra 30-60 minutes 4 x a week . I get it, but you can safely fall asleep with using the castor oil pack, or utilize while you watch TV.

¹ Source: Barbara Hunter ND, Jessi Klopp VSF