Castor Oil Hot Pack Instructions

Erik Vose, NMD www.BeNaturopathic.com office phone: 520-546-3233 cell phone: 520-276-8315

Castor oil is a medicine with a long history of use both internally and externally. Internally, castor oil is used as a laxative - this handout is not this therapy at all. When applied topically, castor oil has a remarkable effect on both joint inflammation, vein inflammation, lung and heart diseases, and severe intestinal distress.

Castor oil hot packs have beneficial effects on the body, including:

- Decreasing inflammation and swelling
- Decreasing pain
- Stimulating liver and gall bladder function
- Stabilizing hypermobile joints
- · Encouraging connective tissue repair

What you need:

- Castor oil
- Plastic wrap
- · Hot pad or warm washcloth/towel

Instructions for self-administration:

- 1. Apply a small amount of castor oil to the affected area, eg. the entire abdomen, back, specific joint, etc.
- 2. Cover or wrap the area loosely in plastic wrap to prevent oil making a mess.
- 3. Place a mild heat source over the plastic wrap
- 4. Let it sit for 30-60 mins, or as directed by your doctor
- 5. Repeat daily, or more often as directed by your doctor

