

Castor Oil Packs

One of the most useful and least utilized methods of using castor oil is to employ packs. Packs are an economical and efficient method of absorbing the ricinoleic acid and other healing components of castor oil directly into body tissues. (The following basic procedure was outlined in several of the readings of [Edgar Cayce](#).)



To make a castor oil pack you will need the following items:

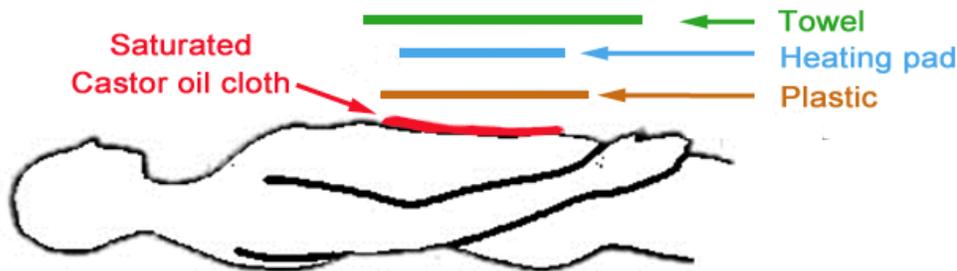
1. Cold pressed castor oil, (the good stuff from your local health food store)
2. A standard heating pad,
3. A plastic garbage bag,
4. Two or three pieces of wool or cotton flannel...about the size of your heating pad,
5. One large bath towel.

Now that you have your supplies... Create your "Castor oil pack"

The procedure:

1. Start by placing the heating pad on a flat surface and turn it on, the only problem I have ever seen is when the pad is **tooooo hot**. [This link gives more details on procedure.](#)
2. On top of the pad lay the plastic garbage bag. Next, soak the flannel pieces with castor oil (approx. 1/2 cup) and lay them on top of the garbage bag.

Layers



3. The entire pack can now be placed against the body with the oil-soaked flannel on the skin. For general conditions the pack should be placed over your liver. (For lower back problems, the pack can be placed there, simply lay on it.) To help hold the everything in place and to protect bedding etc. from oil stains, place a towel over the layers and tuck into the sides.
4. The pack should remain in place for at least one hour and the temperature of the heating pad should be kept at the highest temperature **tolerable**.
5. When you remove the pack, the remaining oil can be massaged into the skin or cleaned off using a little soda water made from 1 quart of warm water and 2 tablespoons of baking soda.
6. A suggested cycle is 3-4 consecutive days, wait a week and repeat for 3-4 days.

The flannel can be reused many times if stored properly. After removing the flannel, store it in a Pyrex (glass) container and place it in a cool location, even the refrigerator. Before using it next time, let it warm up to room

temp and always add another 1 or 2 tablespoons of fresh cold pressed castor oil, or simply massage some oil into your skin where you place the pack.

(After 10 full cycles of use I would recommend obtaining new flannel.)

Hope this serves you 😊

Dr. David G. Williams --

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My webpage has more information:

