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Castor Oil Packs

Castor Oil Packs help to clear the bowels as the castor oil is absorbed into the lymph system and relaxes and nourishes the bowels. When used properly, castor oil packs improve the function of the thymus gland and other areas of the immune system. Two separate studies found that patients using abdominal castor oil packs had significant increases in the production of lymphocytes compared to those using placebo packs. Lymphocytes are the disease-fighting cells produced by your immune system and found mainly in lymphatic tissue—including the thymus gland, spleen, and lymph nodes, as well as the lymphatic tissue that lines the small intestine (Peyer's patches).

Several problems occur when lymph drainage slows, and fluid accumulates around cells. First, the individual cells are forced further and further away from the capillaries. Next, the amount of oxygen and nourishment the cells receive is decreased and, under exertion or stress, some cells may die. Additionally, the cells are forced to try to survive in their own waste and toxic byproducts, which can eventually lead to the degeneration and destruction of organs. For example, poor lymphatic drainage of the heart can lead to tissue damage and even heart failure.

When castor oil is absorbed through the skin from packs, several events take place. The lymphocyte count of the blood increases as a result of the oil's positive influence on the thymus gland, lymphatic tissue, or both. The flow of lymph increases throughout the body, speeding up the removal of toxins surrounding the cells and reducing the size of swollen lymph nodes. The end result is a general overall improvement in organ function with a lessening of fatigue and depression. Additionally, as toxicity is reduced, the pH of the saliva becomes less acidic, signaling improved health, and the Peyer's patches in the small intestines more efficiently absorb fatty acids, which are essential for the formation of hormones and other components necessary for growth and repair. Castor oil packs may be used on lumps of any kind: breast, wrist, axilla, etc.

1. Pour warm castor oil onto a flannel cloth that has been folded over several times.
2. Place the castor oil soaked cloth onto the abdomen.
3. Cover the cloth with a piece of plastic wrap or plastic bag.
4. Make sure that the bed, couch, floor, or other surface that you are laying on is protected with a towel or blanket.
5. Place the heating pad over the plastic
6. Cover everything with another heavy towel or blanket which will wrap around the body; this helps retain the heat.

7. Relax for 1-1 ½ hours at least, 3 days in a row. When you remove the pack, massage the remaining oil into the skin or clean it off with a solution of 2 tablespoons of baking soda mixed in 1 quart of warm water.
8. You may save the same pack and reuse it each day, just pouring more castor oil on each day. Store the pack in the refrigerator.
9. For the next three days, massage the abdominal area with olive oil.
10. Wash the cloths and leave them in the sun to purify for a day.

Reuse of the Same Castor Oil Pack: Each cotton flannel pack may be used up to 4 times if, between usages, it is kept in a plastic container and refrigerated. With use, the pack gradually absorbs toxins. Therefore, after 4 uses, discard the pack and make a new one. It is not recommended to try to wash out the pack for re use.

*Use organic castor oil if possible or at least a high grade of this amazing oil. The Rhino nucleic Acid will be strongest in a high-quality oil.

PLEASE NOTE: 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 can be used without heat in these conditions.