

# *Advanced Immune Wellness*

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## **Castor Oil Pack**

Castor oil packs aid in elimination and detoxification processes in the body, through some mechanism that is likely related to its anodyne and anti-inflammatory properties such as cytokine modulation.

### **INDICATIONS**

Uterine fibroids, non-malignant ovarian cysts, headaches, liver disorders, abdominal pain, constipation, diarrhea, intestinal disorders, gallbladder inflammation or stones, night time urinary frequency and inflamed joints

### **CONTRAINDICATIONS**

Castor oil packs should be used with caution or avoided during pregnancy, bleeding disorders and active ulcers. Individuals with chemical sensitivity disorders may have an increase in symptoms after using the castor oil pack, especially at the beginning of treatment, as it aids (and stimulates) the process of elimination and detoxification. It may be best to shorten the length of time of the castor oil pack treatment initially and should be discussed with your physician.

### **SUPPLIES**

- Flannel Cloth (cotton or wool, washed and dried, 20" to 40" x 24" to 48")
- Plastic wrap (clear kitchen plastic wrap or plastic bag without printing)
- Glass dish (Pyrex or similar dish large enough to warm the flannel castor oil pack prior to use)
- Old bath towel
- Hot water bottle or hot gel pack
- Castor oil
- Large zip-lock bag

### **DIRECTIONS**

1. Fold the washed and dried flannel cloth so that it is 2-3 layers thick and fits over most of your abdomen.
2. Soak the flannel cloth in castor oil. Strip or loosely wring out the excess oil. There will be excess oil for the first few applications, after that the castor oil pack should not drip excess oil.
3. Put the castor oil pack in a heat-safe glass dish and place in oven or in microwave to heat to a comfortable temperature.
4. Lay down in a comfortable position. You may want to place an old towel or plastic under you during the initial applications to avoid oil stains from getting on your bedding, upholstery or carpeting. Place the castor oil pack directly on your abdomen.
5. Cover the pack with a sheet of plastic, again to avoid staining.
6. Wrap an old towel around your abdomen to hold the castor oil pack in place, and secure. Place a hot water bottle or gel pack over the towel. Wrap yourself in a warm blanket.

7. Leave the castor oil pack on for 45-60 minutes.
8. It is fine to fall asleep with the castor oil pack on, as long as you are not using an electrical heating source.
9. When you are done, store the pack in a large zip-lock bag in the refrigerator. The pack can be used repeatedly, adding more castor oil as needed. The castor oil pack can be used for several months.

### **ALTERNATIVE DIRECTIONS**

This is an alternative method for applying castor oil to the abdominal area:

1. Use Castor oil from a bottle or in a roller ball form.
2. Apply the castor oil directly to your abdominal area.
3. If using essential oil mixture – apply 5-10 drops of essential oil mix over castor oil once it is on your skin
4. Cover this with plastic wrap or wax paper or a plastic bag without lettering, to avoid staining and to keep in the heat. Cover this with an old thin piece of cloth.
5. Apply a hot water bottle, hot gel pack or heating pad.
6. Keep warm pack on for 45 to 60 minutes. If using a hot water bottle or hot gel pack, change them to keep the pack warm.
7. Do this once a day for 10 days then you can decrease to once every other day. It has an accumulative effect so do not expect dramatic results after only a couple days. That being said many will have results even after the first application.

### **Anti-inflammatory, Restorative essential oils: (Do not use if pregnant!)**

**Rosemary – Stimulating and restorative** It is a rich, fortifying, and warming essential oil. Well known for its circulatory stimulating properties and for toning muscles.

**Lemon – Cleansing and detoxifying** Lemon will counter-act acidity in the whole body which in turn will help with all sorts of painful conditions like – arthritis, gout or rheumatism, which cause pain and inflammation of the joints.

**Lavender – Calm and relaxation** This oil can help calm the digestive system. Reduces inflammation, relieves emotional stress, and anxiety.

**Geranium – Balancing Reduces fluid retention**, balances hormones, will help to reduce hot flushes, (for a more peaceful night). Aids poor circulation, and stimulates lymphatic system.

**Frankincense also known as Boswellia** - Frankincense essential oil is good for relieving muscle aches and pain. It also helps to lessen the pain caused by rheumatism. Beneficial in helping anxiety, asthma, bronchitis, stress, cough, scars & stretch marks.

**Fennel – lymph, fluid retention** For lymphatic decongestant, helps to reduce cellulite, cleansing oils for all systems.

**Cedar wood – warming, soothing** This oil can help to decongest the lymph system, helps to unblock arteries by breaking down fat deposits, and improves poor circulation.

**Basil – uplifting tonic** This oil is a wonderful nerve tonic, an excellent essential oil for all sorts of digestive ailments, and helps arthritis and rheumatism, muscle spasm and gout.

**Black Pepper – Warming, soothing, decreases inflammation, improves lymph flow.**

**To make a useful essential oil mixture:**

Rosemary essential oil – 2 parts

Lemon essential oil – ½ part

Lavender – 2 parts

Geranium 1 part

Frankincense 2 parts

Fennel – ½ part

Cedar wood – 1 part

Basil – 2 parts

Black Pepper – 1 part