

# BACK TO BASICS CASTOR OIL PACKS

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Castor Oil was recommended by Edgar Cayce for treating many ailments that resist traditional therapies. It can be applied as a balm for skin problems, a soothing tonic for alleviating allergies, and as a "castor oil pack." Known to conventional medicine only as a strong laxative, this extract of the castor bean is a safe, gentle, easy-to-use remedy for virtually any illness-when it is used externally.

## What Is a Castor Oil Pack?

A castor oil pack is an external application of castor oil to the body. A piece of wool (or cotton) flannel is saturated with castor oil and applied to a specified area with heat. The Cayce readings recommend castor oil packs in general to improve assimilations (utilization and absorption of nutrients), eliminations (bowel movements and urination), and circulation (especially of the lymphatic system). Although this therapy may seem unusual, it is one of the best documented. It was recommended, as part of a holistic approach, for epilepsy, gallstones, scleroderma, constipation (and other intestinal conditions), liver congestion and stones, reproductive conditions, kidney stones, arthritic inflammation, lymphatic drainage and immune support among many other benefits.

Castor Oil Packs work with our lymphatic system. They help to support the flow of the lymph fluid and to help any areas that the lymph flow is being sluggish or blocked. Because they stimulate lymph flow they support the healthy functioning of organs, glands, joints, connective tissue, soft tissue and any cells the lymph flows to which is nearly every cell in our body.

In addition to stimulating the lymphatic flow they also have a drawing out effect. They will draw out through the skin, toxins and other impurities. There are times a pack will need to be tossed after one use because so much gets drawn out through the skin the pack actually shows discoloration.

## Some Areas a Castor Oil Pack Can Help:

- Any soft tissue injury or soreness such as sprains or over exerted muscles
- Inflammation of joints such as arthritis
- Structural pain in the joints of knees, hips, backs, shoulders, ribs, ankles, wrists
- Gastrointestinal disorders of all kinds: colon, liver, gall bladder, stomach, pancreas
- Swollen lymph nodes and support for the Lymphatic System flow and Lymph organs such as the spleen and thymus
- Emotional support by calming areas of stress especially the solar plexus and abdominal area
- Lung support: pulmonary edema, pneumonia, asthma, bronchitis
- Benign breast lumps
- Edema and swelling from a sports injury
- Menstrual cramps
- Constipation/diarrhea
- Adhesions/scar tissue