



Castor Oil Packs

Castor oil packs have been used as a natural remedy to promote healing, improve circulation and reduce inflammation for thousands of years. In fact, the use of applying castor oil to the body topically can be traced back to medical textbooks in Egypt as early as 1550 B.C.

Castor oil (*Ricinus communis*) comes from the castor seed which is native to India. It is extremely high in the fatty acid ricinoleic acid (about 90% of the oil), which is thought to be responsible for its health-promoting abilities.

Castor oil works by stimulating your lymph and liver function by increasing your lymphocyte count, which then allows the body to speed up the process of removing toxins from your tissues. Lymphatic congestion is a key factor in inflammation and disease.

Where there is inflammation - there is sickness, toxicity and overall distress in the body.

So, if you have an autoimmune disease or health issues in general, you are likely struggling with a sluggish lymphatic system where toxins are building up and making you sick.

Castor oil packs can be placed over a large area from the pelvic bones to the clavicle bones or placed over smaller areas of the body, such as the thyroid, the liver, or mid-section to target particular areas of the body.

Placing the castor oil pack over your liver (upper, right quadrant of the abdomen) you can help support detoxification. Placing it directly on strained joints or muscles reduces inflammation and can ease arthritis. Placing a castor oil pack over your entire abdomen will ease menstrual cramps, support reproductive health, improve gut health and aid digestion.



The many benefits of Castor Oil Packs include:

- Relaxing the digestive system, reducing bloat and improving constipation
- Reducing gallbladder inflammation/stones
- Improving lymphatic drainage
- Reducing gut inflammation
- Reducing headaches and migraines
- Detoxifying the liver
- Shrinking thyroid cysts and nodules
- Reducing painful menstrual cramps
- Shrinking cysts in breast tissue
- Shortening periods and regulating cycles
- Shrinking uterine fibroids Shrinking and reducing ovarian cysts
- Reducing symptoms of PCOS
- Improving healthy gut microbiome and biofilm breakdown
- Improving circulation
- Reducing overall inflammation, muscle soreness and joint pain (systemic pain)
- Breaking up adhesions or scar tissue (recommended for after surgery)
- Strengthening the immune system
- Improving and healing the skin (improves eczema and psoriasis, decreases stretch marks and scarring, soothes dry or sunburnt skin and rashes, removes skin tags and moles)
- Improves hair health (increases growth, thickens hair, reduces damage)
- Fights toenail fungus
- Increases relaxation and improves sleep quality (best to do at night)
- Supporting weight loss
- Reducing water retention
- Increasing thyroid health and supporting autoimmune issues (Hashimoto's)

The use of castor oil packs also increases master cleansing agent, Glutathione. Glutathione is a super antioxidant that pulls and supports the elimination of most, if not all, toxic substances from the body - even including heavy metals.

If you suffer from autoimmune issues, chronic constipation, PMS symptoms or estrogen dominance, dysbiosis or Hashimoto's Thyroiditis - castor oil packs are a no brainer!

So, Castor Oil Packs are basically a super cleanse for your body. As they support and encourage your body's natural ability to detox and heal itself. If you're sick or struggling with certain health issues, that is a huge red flag that your body needs help improving these basic functions – so give it a try!