

Dr. Meera – HOW TO MAKE A CASTOR OIL PACK

Did you know?

The application of castor oil increases circulation and encourages healing to the tissues and organs under the local area of its application. When it is absorbed into the tissues and circulation, it has the ability to improve many areas of health, including digestion and inflammation. It should **not be applied to the abdomen during pregnancy or menstruation.**

INSTRUCTIONS:

- Pour a small amount of castor oil onto a piece of flannel cloth.
- Place the flannel cloth over your liver and cover this with plastic (ie: shopping bag or saran wrap)
- Place a bean bag or hot water bottle over this area for 20-30 minutes.
- When you are finished, the castor oil filled flannel can be placed in a covered container and be re-used for your next application.