

## The Castor Oil Pack:

I've had many people respond well to the castor oil pack. It's not something that is taken internally by mouth, so people don't believe it does much, since it's just applying something to the skin. However, it can have a dramatic effect on someone who has cancer or another type of incurable disease. The famous healer Edgar Cayce frequently made use of the castor oil pack. He used castor oil packs for arthritis, and other painful conditions or blockages in the body. Many natural healers have discovered their invaluable use as an aid to disperse cysts, especially in the breast area, the uterus and ovaries. For sick or diseased areas, painful joints, areas that have been injured or traumatized, cysts, or for tumors (benign or malignant) which lie deep inside and can't be felt from the outside, use a castor oil pack each night.



Apply the castor oil pack over the area of the tumor. Or if there is no tumor, use the castor oil pack over the area that is painful or diseased or apply over the liver area. If the nervous system is diseased, then apply the castor oil pack along the entire spine from the tailbone to just below the base of the skull. Using the castor oil pack over the liver area helps to strengthen and balance the immune system. The area of the liver is on the right side inside the ribcage below the nipple. Apply the castor oil pack on this area and wrap around the right side of the body.

## Instructions for Making a Castor Oil Pack:

To make the castor oil pack: Buy the castor oil at the health food store, and the woolen piece of cloth often sold next to it as "castor oil pack." The castor oil is usually found along with the massage oils. Buy the castor oil from the health food store, not the cheap stuff from the drug stores. Fold the cloth until it is at least four layers thick. Saturate the cloth with the oil, and apply to the liver area or to the area of the body that is sick, painful or diseased. Cover the cloth with some clear plastic cling wrap. This will prevent the oil from leaking out and staining things. Then, apply a heat source such as a hot water bottle or a heating pad. You can then put on an old thick robe and tie a belt around your waist that will keep it all in place. Or think of other ways to keep it attached to the body. It is best to leave it on for at least two hours. Better still if it can be left on all night. If you're not comfortable leaving the heating pad on all night, then turn it off, but leave the castor oil pack on. Most heating pad manufacturers recommend not to leave a heating pad on while sleeping due to the slight risk of burns or malfunction of the heating pad, so please don't leave a heating pad on all night unless you are willing to take this risk.



If a castor oil "pack" can't be found at the health food store, then use a cotton T-shirt. White is preferable to colored shirts since colored shirts contain dyes that may soak in through the skin. Many say that wool flannel cloth works a bit better. Make sure to use the cloth only for this purpose because the oil will permanently stain the cloth. You will never be able to wash the oil out of this cloth.

After using the castor oil pack once, it can be reused many times. Store the oil-soaked cloth in a resealable/zipperable clear plastic bag and seal it up until the next time it is to be used. The cloth can become stained over time with various toxins that are drawn out of the body during the routine. Depending on the toxins, the colors can be different. Coffee drinkers may notice brown stains, smokers may notice yellowish-brown stains, etc. Be careful not to do this routine around any nice sheets or other things that could be stained by the oil. If needed, you can lay down a plastic garbage bag underneath the body to protect sheeting, carpeting, etc.

If for any reason, the castor oil pack is just too much effort, or you can't take the time, simply massage the castor oil into the area for about 10 minutes. Spend this little amount of time massaging the area to increase blood flow and break up blockages. The oil doesn't work quite as well this way, but still can be of enormous benefit.

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Cynthia Foster, MD

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