



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare*

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## Castor Oil Packs

How to make and use a Castor Oil Pack:

You need:

- 1). Flannel or cotton (unbleached, natural fabric)
- 2). Palma Christi (pure cold pressed castor oil)
- 3). Hot water bottle(s)
- 4). Bath towel(s)
- 5). Plastic sheet or plastic garbage bag
- 6). Plastic wrap or plastic garbage bag

1. Warm your castor oil in a sink of hot water.
2. Place plastic sheet or garbage bag on bed or couch to protect upholstery or linens.
3. Prepare your flannel by folding it to have two to four layers of thickness. It should cover the entire area desired, approximately 10 x 12 inches.
4. Prepare your hot water bottle, hotter than nice and warm.
5. Lie down on the protected area and place the flannel on the desired area. Apply some warmed castor oil to the skin. Pour warmed castor oil onto the flannel until it is saturated. Apply the plastic wrap or garbage bag over the flannel to hold in heat and prevent dripping.
6. Place a folded bath towel over the plastic wrap, to protect yourself from the heat.
7. Place the hot water bottle on top. You may want to place another towel over the hot water bottle to insulate the heat to the compress. Covering the entire body with wool blankets or a down comforter is luxurious.
8. This castor oil compress needs to be in place for at least 1 hour. Pay attention to your thoughts and feelings and note these. People often gain insights about their health while they are focusing on it in this relaxed and healing state. This is a perfect time to visualize, pray, and/or meditate.
9. Unfold or remove the protective bath towel as the hot water bottle cools. You may need to have a new hot water bottle, (or to refill the original one) once or twice during the hour.
10. After the hour elapses, or you feel inclined to stop, you may cleanse the skin with castor clean, or wipe the skin vigorously. Save your compress for the next use in a plastic bag and store it in the refrigerator. You may want to put your name on the bag, as you are not to share your pack.
11. Natural Solutions carries Palma Christi Castor Oil, wool flannel, and castor clean, the necessary supplies for a successful and convenient healing using the Castor Oil Pack.



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## Physiological Effects of Castor Oil Packs

Rank	Physiological Effect	Readings
1.	Eliminations:	<i>increase</i> 42
2.	Liver:	<i>stimulate</i> 40
3.	Lesions:	<i>dissolve and remove</i> 24
4.	Adhesions:	<i>dissolve and remove</i> 23
5.	Pain:	<i>relieve</i> 18
6.	Colon Impaction:	<i>release</i> 18
7.	Nervous System:	<i>increase coordination</i> 15
8.	Gall Bladder:	<i>stimulate</i> 15
9.	Toxemia:	<i>reduce</i> 13
10.	Lymphatic Circulation:	<i>increase</i> 13
11.	Gastro-intestinal Assimilation:	<i>improve</i> 10
12.	Eliminations:	<i>balance</i> 10
13.	Inflammation:	<i>reduce</i> 9
14.	Relaxation:	<i>increase</i> 8
15.	Flatulence:	<i>reduce</i> 5
16.	Lacteal Duct Adhesions:	<i>dissolve and remove</i> 5
17.	Nausea:	<i>reduce</i> 5
18.	Gallstones:	<i>dissolve</i> 4
19.	Lacteal Duct Circulation:	<i>stimulate</i> 4
20.	Swelling:	<i>reduce</i> 4
21.	Cecum:	<i>stimulate</i> 3
22.	Liver-Kidney Coordination:	<i>improve</i> 3
23.	Organs and Glands:	<i>stimulate</i> 3
24.	Acids:	<i>draw out</i> 2
25.	Vaginal Fistulas:	<i>draw out and discharge</i> 2
26.	Headaches:	<i>relieve</i> 2
27.	Peristalsis:	<i>stimulate</i> 2
28.	Perspiration & Respiration Coordination:	<i>improve</i> 2
29.	Skin Circulation (Blood and Lymph):	<i>increase</i> 2
30.	Tumors:	<i>dissolve and remove</i> 2

1. IMPROVES ELIMINATIONS in the gastro-intestinal and genitourinary tracts; stimulating peristalsis; maintains the mucous membrane lining.
2. IMPROVES ASSIMILATION in the gastro-intestinal tract; balances acid secretion in the stomach; stimulates liver, pancreas and gall bladder secretions; etc.
3. IMPROVES COORDINATION of the functioning of major organs, glands and systems; regulates metabolism; etc.
4. IMPROVES LYMPHATIC CIRCULATION.
5. DRAWS ACIDS AND INFECTION OUT OF BODY.

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Excerpt from the article, "Castor Oil Packs: Scientific Tests Verify Therapeutic Value" by Harvey Grady.