



## Gentle Touch Healing

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### Castor Oil Pack

#### *INFORMATION SHEET ...*

#### How to make a Castor Oil Pack

When making a castor oil pack, the best material to use to hold the oil, is wool flannel. It needs to be non-dyed and/or treated wool flannel. The oil puts whatever is in the cloth into your body. If you can't get the wool flannel use cotton: no dyes if possible. To start with it is best to boil the new material for five minutes: don't use soap and let the material dry well.

If you lie down on your bed to have this treatment, it's a good idea to cover the bed with a sheet of plastic. A large bin bag, cut in half, is very good for this purpose.

Fold the wool flannel in two, soak it lightly in castor oil: don't use too much, because when you do, the castor oil flows when heated. If you put in too much, squeeze it out gently. You don't want it to drip. Put cling film or plastic on top of the material. Place a hot water bottle on top of the plastic. This thins down the castor oil and allows it to go through the skin and into the body. You can use an electric heating pad. Cover it all with towels to keep the heat in. Leave the pack on for an hour or two: 90 minutes is a sensible time. The oil goes through into the stomach area and starts a healing process. It can put the bowels, the liver and the kidneys right and can even reach right through the body to help the spine. Use the pack 3 days in a row, or for a maximum of 4 days in any one week. You can re-use the material 28 times without boiling it again. Just add to the original quantity each time. This means that it is only with the first application that a lot of oil is required. When washing the material after 28 uses, add bicarbonate of soda to the water: this helps to remove the oil. Then boil it again in clean water, for a short time.

You may clean the body after each use with a cloth soaked in water and bicarbonate of soda or just rub your body clean with a paper towel. Put the flannel into a plastic bag in between treatment and close the bag to keep it clean. The correct oil should last at least five years.

#### Treatments using Castor Oil Pack

Castor oil packs on the stomach were recommended for the following sicknesses: arthritis, blood in urine, cancer, colitis, constipation, epilepsy, gallstones, gastritis, migraine, hernias, Hodgkin's disease, hypertension and hyperactivity in children, help immune system, insomnia, strangulation of kidneys, and all kidney problems, cirrhosis of the liver, multiple sclerosis, neuritis, cerebral palsy, Parkinson's disease, sterility, ringworm and uraemia, clears uterine fibroids.

It can help a mother avoid a miscarriage. Apply before giving birth even when one knows that the body is healthy. This also leads to one having an easy birth. Using it for three months is ideal and keep to the rules: on for three days and off for three or four, setting up a weekly cycle. It trains the body to be its own healer and to stop dependency one must have a break.

The Edgar Cayce readings mention it as a good cure for about thirty other diseases. If in doubt, use it. When use for appendicitis do not apply heat. This means that you should always use your common sense when using this or any other cure recommended by this source. For sprains, broken bones, any kind of damage or puncturing of the body, backaches or pains of any kind etc: apply directly to the problem area and leave on for as long as possible. In this last example, you may boil the piece of flannel as often as it needs cleaning.

Should you suffer from a problem such as psoriasis in your hair, you need to alkalise the body before using it. A salad diet can do this. Soak the scalp in castor oil before going to sleep at night and wear a plastic shower cap to keep it in and to stop it being wasted. Eat salads at, at least, two meals every day. Put an old towel over the pillow to protect it.

For osteo arthritis, do the castor oil packs as given above and rub peanut oil into the pain areas twice a day. Also eat a good alkaline diet, by adding salads to two meals a day. Don't eat potatoes or tomatoes. These two vegetables belong to the deadly nightshade family of plants and are bad for arthritics and for those with skin problems.

For rheumatoid arthritis, follow as above but add in ATOMIDINE to get the glands working. (ATOMIDINE can be purchased from Edgar Cayce society). Also have two baths, a week apart, each lasting for half an hour, with 7 kilos or 16 pounds weight of Epsom Salts in the water each time. Your friendly local chemist will get this for you. The Epsom Salts pull the poisons out of the body. This bath weakens you excessively, so you need a friend or someone with you to get out of the bath afterwards. It will shatter you, but you'll be all right.

For warts, cysts and moles, mix the castor oil with bicarbonate of soda, half and half, and rub in the soft mixture gently morning and every night for about five minutes each time.

For other skin problems, rub the castor oil directly on the cut or sore spot or whatever. For Sciatica, rub the castor oil into the paid area, but you need to rub cold pressed peanut oil into the spine as well. You also probably need a spinal adjustment.

## ***REFERENCES***

The following information has been supplied by the [Edgar Cayce Centre](#) (Tel: +44 (0) 1207 237696) - source comes from the Edgar Cayce readings.

## ***IMPORTANT***

If you are ill, please see your doctors for advice and medication. We do not advocate any advice given on this Information Sheet as a substitute for conventional medicine or medical advice – this is additional information that may help you with your illness.

We cannot guarantee that any advice given will improve every individual's well-being or state of health. What might work for one person may not necessarily work for another.