

CASTOR OIL PACKING

This is probably the ultimate technique for bringing energy to any area of the body which is struggling to shift stagnation.

What does it do?

It is very hard to find a complete explanation of why castor oil has such healing properties but its results are comprehensively documented, we also know it has been used for thousands of years by ancient civilisations.

Within natural nutrition we see it working in the following way:-

Castor oil is known to emit white light, (apparently colourless light containing all the wavelengths of the visible spectrum at equal intensity –such as ordinary daylight). This white light penetrates the cell giving it the energy to promote movement thereby lessening the stagnation. In addition it is known that the cell produces its own measurable light (in the form of bio-photons) from within its DNA helix. We feel that the action of castor oil packing promotes this creation of cellular light to be used as energy for healing.

When should I use a castor oil pack?

Castor oil packing can be used in any situation where the body needs help to create movement. It is such a versatile technique that it benefits all situations with the **exception of hypertension and haemorrhaging problems or during pregnancy and menstruation.**

When applying castor oil packing there is a **constant rule to be applied: wherever the problem area may be, you should always pack the liver first.** This ensures that this main route of elimination is open and ready to receive toxicity from the troubled area. Once the liver has been opened you can return to the problem area to apply a castor oil pack to release the stagnation.

What do I need?

- A piece of unbleached cotton or woollen material (27 inches by 27 inches)
- A bottle of castor oil.
- A roll of cling film
- A hot water bottle.

The same piece of material can be used up to about 20-30 times. It doesn't need to be stored in the fridge as it is a stable oil. Some instructions suggest washing out the material, this is not necessary and would be messy (and wreck your washing machine!) If a lot of toxicity is drawn out the cloth may be stained a dark brown colour, if this happens it is best to discard the material and use a fresh piece.

INSTRUCTIONS

1. Fold the unbleached cotton into double or treble thickness.
2. Place the cotton on a flat surface.
3. Pour on enough castor oil to cover the cloth well but avoid pouring so much that it starts to drip.
4. Place the oily cloth over the liver area on the right side of the torso (from about the belly button upwards).
5. Wrap cling film over the cloth and around your body to keep the pack in place.
6. Put on some old clothing in case there are any leakages.
7. Relax and place a warm hot water bottle over the liver area and leave for one hour (in extreme situations a longer duration may be required).
8. After you have packed the liver you are then able to repeat the above process in order to pack any specific areas of discomfort. You must ensure that the liver has been packed first as it will have to deal with any toxicity shifted by packing other areas of the body.

The frequency of castor oil packing will depend upon the situation but it is recommended that even in extreme cases it should not be implemented more than 5 days per week. A good routine would be to do it for three nights in a row every week for three weeks and then have one week off (for women who are menstruating, the menstrual week should be the week you leave off).

What are the effects?

On completion of this technique (or during) there is usually a feeling of deep relaxation and soothing. Pain and spasms normally subside.