



Castor oil has been used for healing and therapeutic practices for hundreds of years. Castor oil is an anti-fungal, anti-bacterial, anti-parasitic, anti-inflammatory, anti-arthritis, and anti-tumor agent.

The Castor Oil Pack Detox Consists Of 4 Ingredients:

- 1) A 6x6 inch cotton / or felt/ flannel cloth (organic preferred)
- 2) Castor Oil
- 3) Plastic wrap (PBA free - or paper towel or parchment paper)
- 4) Infra Red Healing Pad, clock or timer



Liver Castor Pack Detox Instructions:

Wear an old shirt or you may get oil on your clothes.



- Pre heat the desired organ detox area for 5 mins with the Healing pad on a moderate temperature (#3-5.....your preference).
- Place a generous amount of castor oil on a 6x6 inch cotton cloth and place directly over the liver (right lower rib cage). Use a liberal amount, about a table spoon of oil.
- Plastic wrap (or paper) is placed around the cloth and wrapped completely over the area body holding the cloth to the body over the liver or on your back for kidney detox.
- A Therasage Instant Calmer Infrared Healing pad is placed over the castor pack. Heat the desired organ detox area for 15-20 mins with the Healing pad on a moderate temperature (#3-5.....your preference.....hotter is not better).
- Lay down on your right side with the castor pack on. Use massage and percussion (stress tap) to soften debris and stones.



- Liver castor packs have therapeutic effects on the liver, gallbladder and whole biliary system. This detox therapy treatment relaxes and dilates the liver, gallbladder and bile ducts. Allowing for the release of toxins from the liver/gallbladder system.
- Kidney castor packs can be used anytime or as desired for gentle detoxification and elimination of toxins found in the kidney system in a very slow gentle detox.
- Repeat every other day.....for 3 times per week....for 2 weeks.



When finished, wipe any excess oil off your torso. I recommend doing castor packs before bed when ever possible and not washing the area until morning. The benefits and cleansing seem to increase if left on while your body resting, absorbing, sleeping, healing.

"The effect of these oil packs is to enliven, through the activity of the absorption through the perspiratory system, the activities in such natures and measures as to produce a greater quantity (than at present) and a superficial activity of the lymph circulation; hence setting up drainages to such measures that the poisons will be eliminated from the system..."

