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Castor Oil Packs (COP)

The castor oil pack is an ancient therapeutic treatment that has been used in many civilizations including India, China, Persia, Egypt, Africa, Greece, Rome and the Americas. The application and effects of the COP are wide ranging and have demonstrated tremendous benefit in coordinating many organ systems.

Harvey Grady, a researcher in Arizona, has gathered information on and studied the many ancient uses of castor oil packs. We have included his summary of the physiological effects of the castor oil pack for your interest:

1. **IMPROVES ELIMINATIONS** in the gastrointestinal and genitourinary tracts; stimulates peristalsis; maintains the mucous membrane lining.
2. **IMPROVES ASSIMILATION** in the gastrointestinal tract; balances acid secretion in the stomach; stimulates the liver, pancreas and gallbladder secretions.
3. **IMPROVES COORDINATION** of the functioning of major organs, glands and systems; regulates the nervous system; regulates metabolism; etc.
4. **IMPROVES LYMPHATIC CIRCULATION.**

How to prepare your castor oil pack

Note: this preparation need only be done once. Then you can simply store the pack in a container or zip-lock bag for the next use. Castor oil does not go rancid, so the pack can be reused frequently and does not require refrigeration.

- Cut a piece of cotton flannel or woolen material to a size that will cover the indicated area, and be 3 layers thick.
- Place the folded material in bowl and begin to apply the castor oil. The pack should not be drippy and messy, rather simply saturate the fibres of the cloth by working the oil in. It is better to have to add more oil than have too much.

To apply the pack:

- You may warm the pack in a glass pan over low heat on the stove if you wish (not necessary).
- Lay the pack over the indicated area (abdomen, liver, injured area)
- Cover with a hot water bottle.
- Relax, breathe, enjoy for the indicated amount of time.
- Cover with an old towel if risk of contact with bedding or furniture exists (it stains)
- Relax with your castor oil pack for 45 minutes to hours!