

CASTOR OIL INFO SHEET

The benefits of using castor oil packs

When used over the abdomen / reproductive organs they can help

- Improve the lymph and blood circulation to the reproductive organs
- Help shrink and eliminate ovarian cysts/uterine fibroids and endometrial adhesions and help clear fallopian tubes
- Help to soften/ease uterine adhesions and scarring
- Reduce menstrual cramps - support healthy bowel movements

How to use your castor oil pack

You will need:

- Cling film
- Hot water bottle (should not feel too hot when placed on the abdomen)
- Muslin or gauze
- Castor oil

This can be done while you are watching TV or lying in bed.

1. Place a section of cling film on work surface/ nearby tabletop – sized to fit over your lower abdomen
2. Place muslin or gauze cloth on top of cling film and then put some castor oil on, just enough to adequately soak the muslin cloth.
3. Lift clingfilm and cloth and place muslin side UP - onto the hot water bottle and leave for a few minutes to warm up.
4. Lift the clingfilm and cloth and place muslin side DOWN onto your abdomen.
5. Place hot water bottle over this pack and cover it with a towel - leave for approx. 30-45 mins.
6. To remove, take away the towel, hot water bottle and place castor oil pack- muslin side UP onto work surface. Place and store muslin cloth into a zip-lock plastic bag in the fridge. The muslin cloth can be reused for a few treatments and then can be hand washed in very hot water with washing powder.

If trying to conceive castor oil packs can be done every 2-4 days on the abdomen from around cycle day 5 to ovulation. If you have fibroids, endometriosis or ovarian cysts then every day or every other day is recommended. If not trying to conceive – you can use packs all through your cycle every 2- 4 days but stop while you are bleeding. **Do not use once pregnancy is confirmed or if you have an IUD (intrauterine device in situ).**

if you are unsure always seek support and advice from your practitioner or GP.