

## Castor Oil Packs

These packs can reduce swelling and pain. They can boost the immune system. Castor oil packs have been recorded to get rid of warts, lumps and even tumours. This may be one of the most remarkable healing agents known to man and at least two books have been written on this oil. Castor oil has been used as a healing agent for over a thousand years.

TO USE: Find a cotton or wool cloth and fold (ideally about 12 inches by 10 inches when folded) and pour the castor oil onto the cloth. The cloth should be wet but not dripping with oil. Cover with a plastic cloth and then put a heating pad or hot water bottle over this to warm it. Then wrap with a towel. Leave on from one to one and a half hours. Normally the best site for the pack is the abdomen but you can put it on any painful or inflamed part.

Commercial castor oil has lost some of its healing potential in processing. The best castor oil to use is cold-pressed castor oil.

*Many good health food shops sell cold-pressed castor oil. If not try Herbs, Hands & Healing (0137-960-8201) or Food for Thought (0191-237-5935)*