

## CASTOR OIL PACK

We love the practice of a liver massage as much as our liver appreciates the loving. It's a gentle and effective way to support detoxification and anyone can do it easily, and at home.

The tradition of massaging and oiling the liver is called a castor oil pack. Castor oil massaged on the liver region, which is located beneath the right rib cage, can penetrate the skin to increase circulation, promote elimination and enhance the healing and rejuvenation of the cells beneath the surface. It's remarkably effective.

The castor oil itself aids the liver in the process of detoxification. We like to look at castor oil packs as giving our liver a bit of a vacation from the hard work that it does on a daily basis, ridding the body of toxins, parsing out the good from the bad.

The topical application of castor oil is also one of our favorite methods to help people stimulate the flow of their lymph. You can think of the lymph as the trash collector of your immune system.

In these ways, a castor oil pack is a great way to boost the natural functions of some of your body's most important systems of waste elimination. Good riddance!

### SIMPLE CASTOR OIL PACK HOW-TO

- Put on an old t-shirt or tank top that you don't care too much about (your clothes may get sticky from the oil!).
- Start to heat water for a hot water bottle.
- Lift your shirt and locate the placement of your liver by hooking your fingertips under the bottom rib on your right ribcage.
- Pour about an inch diameter of castor oil (sticky stuff!) into the palm of your hand and rub it directly on the skin at the location identified above.
- Drape an old washcloth (one you don't care much about) or small towel over the oil.
- Fill your water bottle with the hot water and lay that over the towel on your right side.
- Pull your shirt down over the water bottle and lie down to relax for 15 to 20 minutes.

This is best done before bed, while reading and in a restorative position. It can be done regularly when the body needs additional support (during a cleanse or detox, antibiotic treatment or chemotherapy), or periodically for additional liver and lymph stimulation and support.

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