



Castor oil pack:

Soak a thick flannel cloth (or double layer cotton such as an old t-shirt) with pure cold-pressed castor oil (both available at health food stores). Place over body part (it will be a little sticky). Cover with plastic such as saran wrap. Cover plastic wrap with another cloth and put a heating pad over the top. Leave heat on and relax for 30-45 mins. once per day. When you are finished, you can save the oil soaked cloth in a plastic bag in the refrigerator and reuse it several times.