NEW LEAF HEALTH

Castor Oil Pack

A Gentle, Time-Honored Tool for Lymphatic & Liver Support

Why We Use Castor Oil Packs

Castor oil packs have been used for centuries to support the body's natural detoxification and healing processes. When applied over the liver area, they work to:

- Support liver and gallbladder function
- Encourage lymphatic circulation and drainage
- Reduce inflammation in the abdominal area
- Calm the nervous system and promote a parasympathetic (rest & digest) state
- Aid in the movement of toxins and excess hormones out of the body
- Support bowel regularity

> *Think of it as a nourishing ritual that signals to your body: it's safe to rest, restore, and release.*

What You Need

- 100% pure, cold-pressed, hexane-free castor oil (Queen of Thrones or Heritage Store are great options)
- A castor oil pack wrap or an old flannel cloth (dark-colored — castor oil stains)

How to Apply Your Castor Oil Pack

1. Saturate your pack. Apply 1–2 tablespoons of castor oil to your flannel cloth or pack wrap. It should be well-saturated but not dripping.
2. Place over the liver. Position the oiled side directly on your skin over the upper right abdomen (just under your right rib cage).
3. Remove and clean up. Use a warm, damp cloth to wipe off any excess oil. You can also use a small amount of baking soda in water to cleanse the skin if desired.
4. Store your pack. Place your flannel in a glass jar and store in the refrigerator. Add a little more oil before each use. Wash in warm baking soda water every few weeks or replace if it smells rancid.

How Often to Use

For most people, we recommend starting with:

- **15 - 45 minutes, 3–4 times, per week for the first month**
- **Then 2–3 times per week as a maintenance rhythm**

> *Consistency matters more than intensity. A regular practice will yield better results than occasional marathon sessions.*

Best Times to Do Your Pack

- Evening before bed — wonderful for sleep and nervous system regulation
- During your menstrual cycle to ease cramping and support hormone clearance
- During a detox or supplement protocol to support elimination

When to Avoid Castor Oil Packs

- During pregnancy
- Over broken, irritated, or inflamed skin
- If you have an active infection in the abdominal area
- If you have a known sensitivity to castor oil

What to Expect

As your body begins to use this practice regularly, you may notice:

- Improved sleep and a calmer nervous system
- Better bowel regularity
- Reduced bloating or abdominal discomfort
- Improved energy as your liver and lymphatics work more efficiently

> Some people notice mild detox symptoms (headache, fatigue, loose stools) in the first week — this is normal and typically resolves quickly. If you experience significant discomfort, decrease or pause use.

"He makes me lie down in green pastures… He restores my soul."

— Psalm 23:2–3

> *Your body was designed to heal. These simple, intentional practices are one way of honoring that design — faithfully, and with patience.*