

Information on Castor Oil pack

Dr. McGarey says: "We still have no explanation why a pack using this oil will help restore normalcy to a hyperactive child, or speed up the healing of hepatitis, or help to get rid of gallstones, or even help heal abrasions and infections. Perhaps [the explanation] is to be found in the nature of the human body and the secret capabilities of the substances God gave us here on the earth for our use and benefit."

Dr. McGarey is very humble in his statement, for he does present a plausible hypothesis relating to Edgar Cayce's suggestion that castor oil packs can strengthen the Peyer's Patches, which are tiny patches of lymphatic tissue in the mucosal surface of the small intestine.

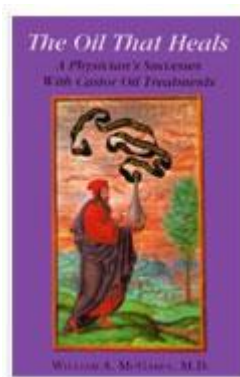
According to Cayce, the Peyer's Patches produce a substance which facilitates electrical contact between the autonomous and the cerebrospinal nervous system when it reaches those areas via the bloodstream. Dr. McGarey thus understands Cayce to say that the health of the entire nervous system is, to an extent, maintained through the substance produced by the Peyer's Patches when they are in good health. Although the Peyer's Patches were discovered in 1677, it is only recently that medical science has begun to recognize them as constituents of the body's immune system.

Current research appears to confirm Dr. McGarey's theory. A double-blind study, described by Harvey Grady in a report entitled Immunomodulation through Castor Oil Packs published in a recent issue of the Journal of Naturopathic Medicine, examined lymphocyte values of 36 healthy subjects before and after topical castor oil application.

This study identified castor oil as an anti-toxin, and as having impact on the lymphatic system, enhancing immunological function. The study found that castor oil pack therapy of two-hour (minimum) duration produced an increase in the number of T-11 cells within a 24-hour period following treatment, with a concomitant increase in the number of total lymphocytes.

WHAT IS A CASTOR OIL PACK?

A castor oil pack is an external application of castor oil. A piece of wool flannel is saturated in castor oil and applied to the abdomen with a heating pad. The Cayce readings recommend castor oil packs to improve assimilations, eliminations and circulation (especially of the lymphatic system). Although this therapy may seem unusual, it is one of the best documented of the Cayce therapies. Dr. William McGarey has applied castor oil packs to treat many conditions.



You can purchase
Castor Oil Packs from [BAAR](#)
[Products](#)

INSTRUCTIONS FOR CASTOR OIL PACKS

To make the Pack

Take the piece of wool flannel and fold it into 3 thicknesses. Put it in a pan (like a large disposable NON ALUMINUM baking pan) and pour castor oil on it. Saturate the whole flannel, and leave it until it is well-saturated. When you use it, you want it saturated, but not dripping. The size you want for use is about 12 x 18 inches - about the same size as your heating pad, so that the pad heats the whole pack, but does not touch your skin. After each use, you will probably need to add a little more castor oil. You can use the pack many times. When you're not using it, you can store it in a plastic bag in the refrigerator.

Where to Place the Pack

This will depend on what the problem is. In general, it should be on the right side of the body, extending from a little above the bottom of the sternum (breastbone) to about 4 inches below the navel. It should go from the navel around the body on the right side as far to the side as you can get it. Basically, cover as much of your right side as you can.

1. Place the pack over the affected body part.
2. Cover with plastic.
3. Place the hot water bottle/heat pad over the pack. Tuck a towel over the assembly. Leave it on for 60-90 minutes. Rest while the pack is in place.
4. After removing the pack, cleanse the area with a dilute solution of water and baking soda.
5. Store the pack in the covered container in the refrigerator. Each pack may be reused up to 25-30 times.

Frequency of use

Use the pack for 3-4 days in a row. Then take a break for 3-4 days, and repeat.

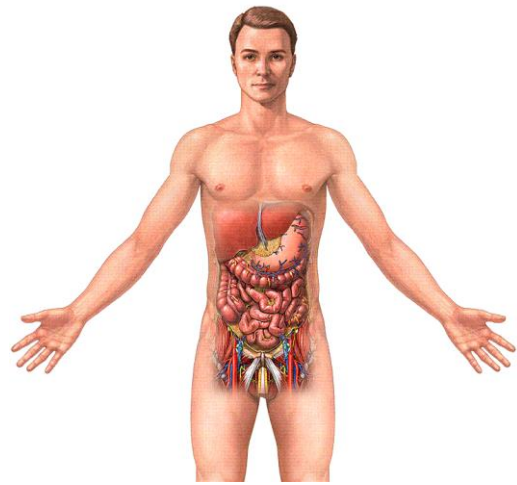
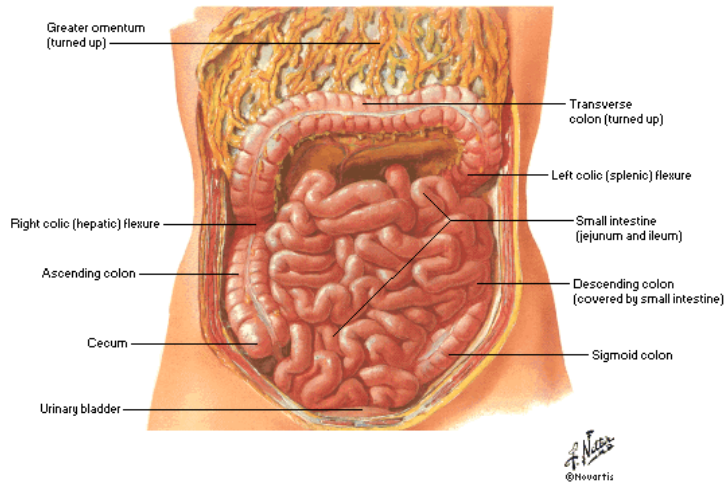
After 3 Days of Using the Pack

On the evening of the 3rd day, take olive oil (not castor oil!) by mouth. Begin with about a teaspoon. If you feel OK, you can take up two tablespoons.

It is generally recommended that a castor oil pack be used for 3 to 7 days in a week to treat a health condition or for detox.

FOR MORE INFORMATION

Read *The Oil That Heals* by William A. McGarey, M.D., (Virginia Beach: A.R.E. Press, 1993).



Interesting info:

<http://www.edgarcayce.org/th/tharchiv/therapies/castor1.html>

http://www.jamesdirect.com/books_castor%20oil.htm