



JACQUI LAMPLUGH

— NATUROPATH —

Castor Oil Pack for Endometriosis

Castor oil packs are very beneficial in treating endometriosis pain due to its anti-inflammatory and antioxidant properties. It is recommended to administer castor oil packs 2-3 times per week or when an endometriosis pain flare up occurs.

Instructions

1. Soak a wash cloth in castor oil (available from most health food shops and online).
2. Apply to the skin of the lower pelvis with a heat pack on top (be careful as it can stain clothes).
3. Leave on for 20-30 minutes, allowing the heat to penetrate the cloth and for the oil to be absorbed by the skin. Apply 2-3 times a week.

Caution: Do not use during menstruation or in the two days before menstruation.



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