



Jade Mountain Medicine Castor Oil Packs:

Buy castor oil and cotton flannel, they will be right next to each other on the shelf at any store like the co-op, bi-mart, Ashland drug etc. You will also need a hot water bottle or a heating pad (I prefer the bottle) and a small towel that you don't mind possibly staining with the oil.

Cut a piece of the flannel large enough to cover your entire mid and low abdomen and soak with the castor oil. Lay this on your abdomen and place the hot water bottle wrapped in the towel on top of the castor oil. Leave in place for an hour or two – the duration of a movie is perfect or you can go to sleep with it in place and it will likely fall off, but you run the risk of staining the bedding – castor oil is very thick oil!

You can use the same flannel for one week - after use, just fold it and place it in a ziplock bag in the fridge so the oil doesn't go rancid and just re-apply a little more castor oil each night. You can either wash the same flannel or start over with a fresh piece at this time. Make sure the water bottle is nice and hot so you can really feel the heat penetrating for the whole time, the heat is required to get the oil to soak in and reach its destination!