

Poultices/Castor Oil Packs/Epsom Salts

Castor Oil Pack

Items Needed: Castor oil, flannel cloth, heating pad, plastic sheet.

Make sure that flannel is clean and free of impurities.

Fold at least once to make a pack of appropriate size for the area being treated. Saturate with castor oil. Castor oil may be preheated or can be used with a heating pad.

Position pack over the treatment area and cover with a piece of plastic or heating pad. A towel may be used to protect the bedding from the castor oil.

Allow the pack to remain on for at least an hour. The person should avoid falling asleep with it on, unless there is someone there to monitor them.

After pack is removed, area can be cleaned with soap and water or baking soda (1tsp per pint of water).

Store flannel pack in a plastic bag in a cool place. Pack can be reused several times as long as it remains clean.

Poultices

These can be prepared from either fresh or dried herbs, carrot, onion, potato or clay in the following manner.

Preparing a dried herb poultice

Using a mortar and pestle, grind the herbs into a powder. Place the ground herbal preparation in a bowl and add enough warm water to make a thick paste that can be easily applied. Make a quantity sufficient to cover the affected area. The ratio of ground herbs to water will vary according to the herb being used. Add the water in small increments, just until the mixture is thick but not stiff.

Preparing a fresh herb poultice

If using fresh herbs for your poultice, place 2 ounces of the whole herb - about 1/2 cup - and 1 cup of water in a small saucepan. Simmer for 2 minutes.

Carrot, Onion or Potato poultice

Grate, or slice the carrot, onion or potato so that it is thin and can be placed on the skin or between some gauze.

Clay poultice

Prepare similar to a dried herbal poultice.

Application

Any of the preparations can be applied by arranging a clean piece of gauze, muslin, linen,

or white cotton sheeting on a clean, flat surface. The material should be large enough to cover the affected area completely. Spread the herbal paste over the cloth. Cleanse the affected area with hydrogen peroxide, or soap and water and place the poultice over the area. Wrap a towel around the poultice to prevent the soiling of clothes or sheets. Use a pin or other fastener to secure the poultice in place. You can use a hot water bottle in order to keep a poultice warm.

Treatment duration

Poultices should be kept in place for 1 to 24 hours, or as needed. During this period, you may experience a throbbing pain as the poultice draws out infection and neutralizes toxins. When the pain subsides, you will know that the poultice has completed its task and can be removed. You can apply fresh poultices as needed until the desired level of healing has been reached.

Epsom Salts

Epsom salts (magnesium sulfate) is absorbed through the skin, such as in a bath, where it draws toxins from the body, sedates the nervous system, reduces swelling, relaxes muscles.

Epsom Salt Pack

Add ½ cup of Epsom salts to a pint of warm water. Soak a cotton cloth, leaving it slightly moist but not soaking. Place over area to be treated and cover with a plastic sheet followed by a heating pad.

Epsom Salts Bath

Add 2 cups of Epsom salts to the bathtub.

Foot Bath

Soothe aches, remove odors and soften rough skin with a foot soak. Add 1/2 cup of Epsom salt to a large pan of warm water. Soak feet for as long as needed. Rinse and dry.