



CASTOR OIL PACKS

Dr. Donna F. Smith

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CASTOR OIL PACKS

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PURPOSES

There are two types of Castor Oil Packs, Castor Oil and Castor Oil Immune. Castor Oil packs use only Castor Oil, where Castor Oil Immune packs have one or more other oils that are applied first before apply Castor Oil.

Standard target sites (placement areas on the body) for Castor Oil packs are over the colon, liver and gall bladder and both kidneys. This will boost and accelerate healing and detoxification in the primary “eliminating” organs of the human body. There are other areas of the body that may require Castor Oil and/or Castor Oil Packs, such as to dissolve an external cyst or other mass, to reduce inflammation and swelling, which automatically provides pain relief, for examples.

Though there are a number of purposes that Dr. Smith may recommend external Castor Oil and/or Castor Oil Immune Packs, the following are the most frequent.

1. **Castor-Oil (CO) Packs** may be recommended over the Detoxification Organs:

- a. To assist in faster detoxification of liver, kidneys and colon. An example of this is as part of the Scar Detoxification Programs so scar particles being dissolved into smaller particles are not inhibited in the process of removing them from the body, due to a sluggish, toxic or dysfunction elimination organ (liver, kidney, colon)..
- b. To strengthen the immune system after completing external Scar Detoxification Program.
- c. To drive parasites back into the large intestines so Parasite Detox Supplements can get to them and destroy them.
- d. As prevention to help detoxify these elimination organs who have the greatest stress in the body due to daily exposure and ingestion of toxic substances.

2. **Castor-Oil Immune (COI) Packs** over

- a. Scars (old) or to speed healing of an fresh surgical scar.
- b. Vaccination sites



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- c. External growths on the skin, etc.
- d. Skin Conditions, like rashes, boils, diabetic sores, etc.
- e. Speed healing of an external wound after it skin has closed.
- f. Over any area of the body experiencing pain to speed healing and for relief.
- g. To name a few.

SUPPLIES

There are two categories for supplies: **Therapeutic Supplies and Other Supplies**. The items listed in the Therapeutic Supplies will depend upon the specific health purpose for the Oil Packs and Other Supplies apply to everyone.

Though Immuno-ND is the most frequently required, a different Herbal Liquid may be recommended instead. Therefore, the instructions for using in this document refer to "Herbal Liquid" instead of Immuno-ND. If you have received each of the five items below except Immuno-ND, write in the blank the therapeutic herbal liquid that you needed and received, instead.

Therapeutic Supplies

1. Castor Oil 8 Fl. Oz.
2. Herbal Liquid (8 oz.) Immuno-ND or _____ (insert Name if an different)
3. Neem Oil – 1 Fl. Oz. (591 drops)
4. Limonene Oil – 2 Fl. Oz. (1182 drops)
5. Flannel, Cotton 20X59" Organic

Special Instructions for Therapeutic Supplies

1. When the **Castor Oil Immune Packs** are recommended, all of the above will be used.
2. When the **Castor Oil Packs** are recommended, only #1 Castor Oil and #5 Flannel are used.
3. When an **Herbal Liquid** is included, this is because the health challenge is external, such as a rash, boil, bump, growth, etc., on or just under the surface of



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the skin, and it is also taken orally. Therefore do the following. :

- a. Take 3 ml. orally, in juice or water daily.
- b. Apply a few drops, teaspoon or whatever amount will cover the area externally and bandage.
 - i. Do this once or twice daily either before or after daily oil pack or in between oil packs when applying twice or more daily.
 - ii. If the area is infected, such as a rash or boil, apply the amount of herbal liquid to the gauze center of a band-aid or gauze pad, then apply bandage over the area.
 - iii. If not infected, you may do the above or dab the herbal liquid on the skin area and then apply the bandage over the area. Just be sure to touch only the herbal liquid to be applied and not contaminate the amount in the bottle by touching the bottle opening, inner lid area or the liquid that will remain in the bottle after using pouring out what you need at the time.
- c. Doing both of the above, taking the herbal liquid internally and apply externally when not using the oil pack, will allow you to treat from the inside out and outside in for faster results.
- d. **For Clarification:** Herbal Liquids for the Scar Detoxification Program are listed on the Skin Target Schedule and are mixed with the mineral powder to make a paste to apply on the scars. Also Herbal Liquids for the Scar Detox Program are not taken orally.

Other Supplies

1. **Electric Heating Pad.** (one pad is sufficient; two pads will save you time)
2. **Electro-Magnetic Field Remediation Tapes –**
 - a. If you have remediated the adverse Electro-Magnetic fields in your home already, but applying these tapes as instructed to your circuit breaker box then you will not be adversely affected by the electricity from the heating



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pad when it plugged into the wall.

b. However, if you have not done this yet, do not start the Castor Oil packs, i.e., do not use the heating pad, until this is done or it will interfere with the effectiveness of this treatment.

c. **Therefore, contact Dr. Smith for further instructions.** This is a simple task, inexpensive task that takes less than five minutes to do.

3. **Several Plastic Grocery Bags** like the ones used for carrying grocery items home.

4. **“Frozen” Zip Lock Plastic Baggies** (or a similar brand) – For size, read below:

a. **Medium “Frozen” Zip Lock Plastic Baggies** -- This size is needed if you are applying packs **only** over areas of the skin that are no larger than the size of your hand.

b. **Large Frozen Zip Lock plastic baggies** –This size is needed when you will be applying the Oil packs over an area of the skin larger than your hand, such as the lower back.

c. **Medium and Large sizes** are recommended when covering areas the size of your hand (or less) and larger. Though you could use large size baggies for both, you may waste the oil needed for a smaller area by putting it in the larger baggy.

Note: After reading the instructions, you will get a good idea of the number of Grocery and zip log plastic baggies you will need to have on-hand. Note: Frozen baggies are recommended as they are stronger than Sandwich baggies and they must have a strong zip seal.

DURATION AND WHEN TO APPLY OIL PACKS

SKIN TARGET SCHEDULE

References in these instructions to “Skin Target Area(s)” mean the areas of the skin to be covered by the Castor Oil or the Castor Oil Immune Packs.



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Those who are applying oil packs as part of their Scar Detoxification Program will receive a **Skin Target Schedule**. This provides the order in which each area is to be treated, when (day), how often and other information related to both the mineral packs for the scars and the oil packs.

Clients, who are applying oil packs for other health challenges, i.e., not as part of Scar Detoxification, do not routinely require a Skin Target Schedule. However, if your treatment requires a schedule, it will be provided with the therapeutic supplies or sent separately by email, fax or U.S. mail.

On the **Skin Target Schedule**, the row will indicate the target area and a check mark appears on the target area row, under the CO columns, when the Castor Oil pack is to be applied or a check mark under the COI Column when the Castor Oil Immune Pack is applied. This is because some target areas of the body require the CO and others the COI packs.

DURATION

Unless otherwise instructed, follow these guidelines when using either of the oil packs on each of the skin target areas.

1. 30-60 minutes on each of the Target areas.
 - a. 45 minutes is an acceptable time when your personal schedule is challenged for the most effective time of **60 minutes**.
 - b. 30 minutes is the least time, but this should be chosen infrequently and any time less than 30 minutes is ineffective.
2. Do one target area at one time, unless the heating pad will cover two areas that are in close proximity.
3. **Hands and Feet** - No matter what the reason for recommending Castor Oil (CO or COI) packs to one or more hand and foot, below are some options for using heating pad for 30-60 minutes over the oil packs. 60 minute is best. This may be recommended as part of the Scar Detoxification Program and thus there is a check in the column for Castor Oil (CO or COI) or to speed healing in arthritic hands/feet, to dissolve a cyst on the hands or foot, for a few examples.



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Therefore, after following all instructions in this document to where you are now ready to apply the heating pad, do one or more of the following...

- a. Use heating pad for 15-30 minutes on the top side, and 15-30 minutes on the bottom side of each foot and/or hand.
 - b. Wrap heating pad around both hands for 60 minutes and then wrap heating pad around both feet for 60 minutes.
 - c. Use two heating pads, wrapping around both hands with one pad and both feet with the other pad.
4. When Castor Oil (CO or COI) are used as part of the Scar Detoxification program, this is generally a one-time procedure for each target area to be oil packed, unless otherwise instructed. However, when oil packs are being recommended for other reasons, arthritis, cysts, etc., Dr. Smith will provide information on how frequent (daily, weekly) to do the oil packs and for how long (duration). Consultations to monitor progress may also be needed.

ADVANCED PREPARATION

It is important to prepare the Castor-Oil Packs in advance, so they will be ready to use when needed whether using as a Castor Oil (CO) or Castor Oil Immune (COI) pack, or when both types are required.

How To Prepare Castor Oil Packs

Flannel Cutting For Area - Hand Size or Less

For Oil packs that will be used over an area about the size of your hand, follow the instructions below. You will use medium size baggies.

1. Cut one piece of Flannel at a measurement of three-times as long as the size of your hand. It will be cut as one long strip of flannel, not three separate hand-size pieces. Now, fold it three times, like an accordion, so



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you have a three-fold thick piece of flannel the size of your hand.

2. In a medium-size zip lock baggy, put 5 tablespoons of Quantum Castor Oil and insert your three-fold, hand-size piece of Flannel into a zip lock the bag. Lay the bag on the table and press the Castor Oil into the Flannel until well saturated. Be sure the zip lock is secure so that the oil does not escape.
3. You may reuse this Castor Oil Pack up to six times, one time for each of the six folds, before throwing the Castor-Oil-Saturated Flannel away.
4. **The exception above (#3) is when using on an open wound. In the case, you could use the Castor-Oil Flannel pack only once and then you must throw it away so when you cut the flannel, cut separate and single pieces for open wounds. You will apply to open wounds when instructed by Dr. Smith, otherwise, the skin that has been wounded should be allow to close first.**

Flannel Cutting For Area - Larger Than Hand Size

If the pack is to be used on an area larger than your hand:

5. Fold the Flannel three times, like an accordion, so you have a three-fold thick piece of flannel, then cut the size you need to cover the area. .
6. In a large frozen zip lock baggie, put the amount of Castor Oil as indicated below and insert your three-fold piece of Flannel into a plastic baggie. Lay the bag on the table and press the Castor Oil into the Flannel until well saturated. Be sure the zip lock is secure so that the oil does not escape.

To calculate how much oil, consider that you would use 5 Tablespoons for areas the size of your hand, so increase this accordingly. For example, if the area is twice the size of your hand, then use 10 Tablespoons of oil; if one and half times the size of your hand, then you would use 7-8 Tablespoons.

7. With the 3-folded Flannel you have several sides you can use for the Castor Oil pack. For example, if you cut an accordion with three-folds, you can use one side of a fold on an area once, then use one side of the second fold on a different area or the same area the next time you will be applying the Castor Oil, and still have one side of the third fold to use.



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8. The exception above (#6) is when using on an open wound. In the case, you could use the Castor-Oil Flannel pack only once and then you must throw it away so when you cut the flannel, cut separate and single pieces for open wounds. You will apply to open wounds when instructed by Dr. Smith, otherwise, the skin that has been wounded should be allow to close first.

APPLYING THE OIL PACKS

1. IMPORTANT NOTE: **NEVER USE A HEATING PAD on the Head.**
2. Before using your heating pad, be sure that your home electrical system has been remediated using the Q-Tape and Gaffer Tape as instructed on your circuit breaker box. Once done, then you may use your heating pad and your body and the oils and therapeutic herbal liquid, will not be adversely affected by harmful electrical frequencies.
3. Place the heating pad by itself on the target skin areas where the Castor-Oil pack will be applied. Allow the heating pad to heat the skin for about 10 minutes then massage the skin area. This will bring the skin out of a cold state and into a warm state, which will prepare the skin to be more receptive to the Castor-Oil pack.
4. **Castor-Oil Immune Packs Only** - Add this step only if doing Castor-Oil Immune Packs. If doing Castor Oil Pack, not Immune, skip this step and proceed to the next step.
 - a. **Scar Detoxification Program** – Follow the instructions below on each of the Scar Skin Target Areas that you packed today.
 - b. **Other Health Challenge** – Follow the instructions below on the Skin Target Area where you will be applying the oil pack.
 - c. Depending upon which oil(s) you received, you will apply and massage each of the oils separately into the Skin Target area(s) in the order presented below, before applying the Castor Oil soaked in the flannel and using the heating pad.



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Put the number of drops for each oil in the palm of your hand and rub over the target skin area, then massage the area. Then apply the next oil. Do not mix the oils in your palm and apply them together. They need to be layered; one of the oils applied and massaged into the skin, then repeating this with the next oil, then the next. Unless otherwise instructed, use four (4) drops from each type of oil on each area every time you are to apply the Castor Oil Immune Pack.

- a. Allicidin Liquid – 4 Drops (immune system regulator)
 - b. Neem Oil – 4 drops (immune boosting oil).
 - c. Limonene Oil – 4 drops (stiff, sore joints/muscles, and bruises, bumps, growths or sore areas).
5. Next apply the Castor Oil soaked in the flannel over the skin target area(s).
 6. Cover the flannel with a thin piece of plastic from the grocery store plastic baggy. The Plastic may be a grocery plastic bag, small plastic trash bag, etc. The plastic is used to prevent the oils from being absorbed into the heating pad.
 7. Place the heating pad over the grocery store plastic, with the Castor Oil soaked flannel underneath it, for 30-60 minutes on each of the Target areas.
 8. For hands and feet, do at least 15-30 minutes on the top side, and 15-30 minutes on the bottom side.
 9. Do one target area at one time. However, when left and right kidney or left and right large intestines are to be oil packed, you may do both at the same time because the Heating Pad will cover both areas at the same time, thus saving you time. You can do this any time two areas are in close proximity.
 10. After the allotted time, wipe excess oil off the target area with dry, clean cloth.
 11. If you have been in pain or you are currently experiencing pain in the target skin area(s) where the oil pack has been applied, you may now massage a small dab of “Zeo Mineral Cream” into these areas, after the Castor Oil Pack/Heating Pad procedure, to assure maximum chelation of toxins and minimize discomfort in these areas.

CONTACT INFORMATION

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