**Castor Oil Pack (COP)**

What you need:

1. Flannel cloth (cotton or wool) folded, 2-3 layers thick, about the size of your abdomen or about 12” x 15”
2. Old hand towel just bigger than the flannel
3. Castor Oil

What to do:

1. The first time using a COP apply ~2-3 Tbsp oil evenly to one side of the flannel.
   1. Then every night add ~1 tsp more oil for the rest of the first week or until the flannel is “wet”. It should be noticeable oily to touch but not sticky or dripping.
   2. After the first week you may need to add 1-2 tsp of oil every 3-4 uses.
2. Lay flannel directly abdomen and cover with hand towel. Be sure the margins of the towel go beyond the flannel.
3. Optional - Apply heat: a hot water bottle or heating pad work great.
4. Rest and relax! This is a great time to do your 100 deep-breaths, a healing visualization, read a favorite book, or listen to your favorite music.

Keep your COP in a Ziploc bag in a convenient place to remind you to do them (such as on your bedside table). Please be aware castor oil can leave a stain. Take caution not to get it on clothing or bedding.

It is important to note that the affects of the COP are additive and the most benefit is obtained when the COP is done multiple days in a row.