

# Castor Oil Packs

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Castor Oil has been used throughout the ages as a natural therapy. Castor oil applied externally in the form of "packs" is very popular with natural health practitioners. The Cayce Readings inform us that castor oil packs are to be used to improve assimilation, elimination and circulation; especially of the lymphatic system. A castor oil pack is made from several layers of flannel like material, enough to absorb and hold the castor oil during application. The flannel material is wool, cotton or the newly designed disposable pack, which you will need to saturate with cold-pressed castor oil before using.

A common area to apply the castor oil pack is on the right side of the abdomen, between the upper part of the rib cage and the upper edge of the hipbone. Another common area is across the abdomen from the right to the left side of the body, covering from the sternum to the pubic or groin area. Application is usually for 1 to 2 hours. A heating pad is placed on top of the castor oil pack to keep it very warm during application. It is best to consult your health care practitioner to determine frequency of application. You can use the same castor oil pack for additional applications. It is important to discard the pack after a certain number of uses or when it becomes rancid. It may be helpful to store the pack in a plastic storage container and refrigerate between uses. The wool and cotton flannel packs can be used for approximately 25-30 applications before they are to be discarded.

The function of the packs is to improve blood flow (works like acupuncture). Applied to the lower abdomen, at least three times per week for sixty minutes each time to improve blood flow. This regimen should be followed for at least three months and then can be tapered to once a week.

- Castor oil packs are made by saturating wool or cotton flannel, folded four-ply, with cold-pressed castor oil (cloth should not be dripping). The oil and flannel can be purchased at a health food store or directly from the company that makes them.
- The oil-saturated flannel is then placed directly on the skin of the lower abdomen and covered with a piece of plastic, such as a plastic bag.
- Heat, in the form of a hot water bottle or heating pad, is then applied over the pack. A blanket or towel can be placed over the heat source to keep everything in place. A non-electric heat source is best. A hot water bottle known as a Fomentek bag is OK.
- Recline with this on your lower abdomen for 1-2 hours. A supplement to this is that during this treatment you pay attention to thoughts, images, and feelings that arise and make note of them in a journal.
- After your session, clean the oil from your body with a dilute solution of water and baking soda.
- Many people store the castor oil pack in a plastic storage container between uses. Be sure to keep the pack out of the sun and in a cool dark place.
- After 3 days of using the castor oil pack take about 1 teaspoon of olive oil (NOT castor oil) by mouth. Taken usually in the evening before retiring.
- Always seek medical advice prior to use. Do **NOT** use during pregnancy or during menstrual flow.

Preliminary studies on castor oil packs done at the George Washington School of Medicine indicate that they improve immune system functioning. The flannel can be stored in a plastic bag in the refrigerator and used over again. Add extra castor oil as needed. After the treatment, you can clean your skin with a solution of two teaspoons of baking soda dissolved in one quart of water.

- These products can be purchased from the manufacturer at 610-873-4591 (USA)

## Coffee Retention Enema

Although coffee is not a suitable food or beverage, it is a very effective herb for cleansing the liver when used as an enema. The use of coffee in enemas for detoxification purposes has been a well-known and used practice for many years. There is no better stimulant for bile production and its subsequent flushing out than coffee. This is due to a number of pharmacologically acting substances in the coffee. The combination of theobromine, theophylline and caffeine stimulates the relaxation of smooth muscles causing dilatation of blood vessels and bile ducts. Hence, bile flow is increased. Also increased are the numbers of toxins, which are conjugated in the bile. This is due to the activity of other substances in the coffee, the palmitates, which activate the enzyme system, glutathione-S-transferase, seven-fold. This enzyme system, which is selenium-dependent, is responsible for grabbing toxins, free radicals and bilirubin (breakdown product of red blood cells), and delivering them to the bile where they are carried out in the bile acids. The mopping up of free radicals effectively inhibits the formation of carcinogens, and therefore this enzyme performs a protective role against cancer. The coffee enema is unsurpassed in its capacity to stimulate the flushing of toxic bile, or bile that has been loaded with toxins by the glutathione-S-transferase system and it has literally been a lifesaver to many hundreds of people undergoing extreme detoxification.

The use of enemas in certain cases, prove to be very beneficial in the detoxification process and have enabled patients to progress at a faster rate than they would normally have been able to due to the extreme symptoms of toxicity experienced on a comparatively mild cleanse.

The effects of taking a coffee enema are not the same as drinking coffee. The coffee is absorbed into the hemorrhoid vein, and then taken up by the portal vein, which serves the liver directly. The enema is retained for 15 minutes during which time it stimulates the liver cells to cleanse the blood, removing toxins. The liver's entire blood circulation will be recycled about five times during this period, enabling a thorough cleanse. With the bile ducts open, a flushing of toxic bile is encouraged which enters the gastro-intestinal tract. The large volume of fluid retained in the lower colon stimulates peristaltic activity, which ensures the propulsion of bile through the intestine to the outside. It is important to remember that the enema is given for the stimulation of the liver and not for the function of the intestines. A coffee retention enema is quite helpful during a serious illness, after hospitalization, and after exposure to toxic chemicals. This enema can also be used during fasts to relieve the headaches sometimes caused by a fast-induced release of toxins.

- Take three tablespoon of ORGANIC ground coffee (do not use instant), and add one pint of water. \*The chemicals found in commercially grown coffee could damage the liver when used as a coffee enema. Use ONLY organically grown coffee!
- Bring the water to a boil for three minutes, and then allow to solution to simmer for another fifteen minutes. Strain this solution, and dilute with up to one pint of water.
- When the solution has reached body temperature, (when it is comfortable as you put your elbow into the solution) pour this into an enema bag. Take this solution into the bowel as an enema and retain as long as possible.
- Change positions while retaining the coffee. After a few minutes turn over onto your back, a few minutes later switch to your left side before evacuating your bowels.
- To clean the enema device, put on disposable rubber gloves available at any drug store; or cheaper but effective throwaway food handler clear plastic gloves. Soak and wash the entire enema device in fragrance-free laundry detergent water and borax; a tablespoon of powder to a gallon. Rinse the device well with very hot tap water. Then soak the nozzle 5 minutes in a small pot with supermarket grade commercial 3% peroxide.
- Combined with herbal detox protocol to reach individual cells, unlimited detox rates are enabled. You just keep on dumping. No detox program should be undertaken absent the coffee enema, even if it is just once per day
- Beginning sessions will fall short of complete success. Each session will be more effective than the last, until the process becomes routine and complete retention is no longer a problem. The Gerson Therapy calls for a 15 minute process.

- Typically, two Coffee Enemas in a week during a cleansing period are good for most people, but not for everyone. If coffee enemas make a person feel worse, even when using organic coffee, they should discontinue using them. Coffee enemas should be used with caution. Coffee enemas are stressful to the liver, and too many of them can cause liver stress. After cleansing, coffee enemas should only be used as an emergency, not just to perk oneself up! You control your discomfort by the frequency of these caffeine concentrated osmotic dialysis enemas. This is the only process of its kind that is not self-limiting by its own toxicity.

Max Gerson, M.D., was a Medical Officer in the German army. He began losing patients in his otherwise wildly successful attack on cancer. He deduced that it was the avalanche of toxic material gushing out of tumors and hiding places all over the body jamming up the liver that was killing his patients. He remembered the coffee enema. He stopped losing patients. Today, the Gerson Institute in California carries on the late Max Gerson's work. Website: [www.gerson.org](http://www.gerson.org).

Gerson reports that unlike ordinary enemas used for other purposes, only the coffee enema can be repeated as often as needed without adverse side effects. The chemical transfer occurs as an osmotic process through the wall of the hemorrhoid vein. This vein runs alongside the colon (large bowel). It connects directly into the liver. The caffeine chemical enters without going through the digestive tract. You cannot achieve this result by drinking coffee. Putting caffeine into the digestive process is counter productive to the detox process.

The Merck Manual carried this procedure as an instruction until 1977. It was pulled without explanation or advance notice.