

CARRBORO ACUPUNCTURE CLINIC

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CASTOR OIL TREATMENT

This remedy is effective for acute or chronic joint and muscle pain such as muscle strains and sprains, and osteoarthritis. In addition this remedy is beneficial for various forms of tissue swellings like swollen lymph nodes and benign fibrocystic tissue conditions.

For more information on using this remedy, feel free to contact the clinic.

Soak cotton or wool flannel with Castor Oil.

Make flannel large enough to generously cover area being treated.

Massage Castor Oil into area

Cover area with flannel

Cover flannel with hot wet towel

Cover towel with moist heat

Apply with heat for 20 minutes

BE SURE TO NOT MAKE TOO HOT

Between uses oil soaked flannel can be kept in fridge. WARM before use.

Castor oil can be difficult to remove from clothing and upholstery. Use care not to get castor oil on furniture etc. Place an old towel under areas being treated.

DISCONTINUE this remedy if there are ANY complications such as:

Increased pain

Increased inflammation

Skin irritation

Or ANY other complications