



How to use castor oil
packs for your thyroid

Thyroid Wellness



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Hello and thank you for downloading my free guide. This guide will provide you with everything you need to know to get you started with using your castor oil packs to support healthy thyroid and immune function.

[This guide](#) takes you through the steps you need to take to use a castor oil pack and answer frequently asked questions. You will also find links to purchase the essentials you require. This guide does not go into the history or benefits of using a castor oil pack. If you are interested in reading more about this, then you can do this [here](#).

Castor oil packs have been successfully used to treat a variety of ailments, such as skin lesions, skin disorders such as psoriasis, haemorrhoids, epilepsy, tumours, gastrointestinal disorders, constipation, eye problems, immunological disorders, ovarian cysts, monthly menstrual cramps, urinary tract infections, PMS, sciatica, pain and inflammation and cancer. More recently people have also found benefits in reducing the size of thyroid nodules, cysts and improving thyroid function.

Like with most things, the [benefits of castor oil packs](#) really depend on the frequency of use and the location of application. You have the option of using it direct on the thyroid gland or on the abdominal and liver area or any other area where you may be experiencing pain. Each of these places come with different benefits.

As with any new skill, it may take some practice before you understand how often you should use it to get the best results. Remember, we are all different and whilst 1 hour once a week may well work for one individual, you may see greater benefits for your Hashimoto's or thyroid function when you use your castor oil pack every other night. I prefer to do mine overnight.

Personally, I recommend that you start by using your pack for 45-minutes once a week, then increase to twice a week and then three times a week, up to 1 hour daily. I would pay close attention to how you feel and reduce if you feel you are stimulating your liver too much. I personally feel that a safe and manageable routine is to use your pack three times a week for an hour each time.

Education only resource

This guide is for educational purposes only. It is not intended as a substitute for the advice provided by your medical professional. If you have or suspect that you have a serious medical condition, contact your health care provider immediately. Always consult with a health care practitioner before beginning a new supplement or product, especially if you are pregnant, breastfeeding or taking any medication.

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How to use Castor Oil Packs for Hashimoto's

Materials

- Castor oil packing fabric. I used [Nutrigold](#) for many years before I got [Castorvida](#). This measures 50cm x 68cm.
- Organic Castor Oil, I like Pukka Herbs Castor oil.
- A large mason jar or [glass tupperware](#).
- Bowl or pan.
- Old towel to lie on to protect the bed and bedding.
- Another small old towel to put over the castor oil pack.
- Plastic sheet to cover the packing fabric.
- Hot water bottle, wheat/rice pack or electric heat pad.

Procedure

- You can cut your castor oil packing fabric in half if you like and then fold it in two or you can just fold it to fit the abdomen. You will need more castor oil if you fold it.
- Pour some castor oil into the mason jar or [glass tupperware](#) (remember, never plastic) and soak your packing fabric. It just needs to be moist not dripping with castor oil.
- Put the fabric in the bowl.
- Lie on your towel on your bed and place the packing fabric over the abdomen area, but specifically over the top right part of the abdomen to ensure that it covers the liver.
- Cover with plastic but ensure that the plastic does not touch your skin.
- Then add the second towel over this.
- Place the hot water bottle/heat pad on top of the towel. If you are using an [electric heat pad](#), please make sure that no moisture come in contact with your pad! For safety, you may find using a hot water bottle or heated wheat/rice pad more suitable.
- Pop your earphones in and listen to a guided meditation, relaxing music, or do some gentle breathing. Use this time to relax!
- Start with 45 minutes once a week and then increase to twice a week, three times a week and then 1-hour daily.
- You may also find it easier to sleep with your pack (but this is much messier!).
- After the desired time, remove the pack and return the packing fabric to the jar or [glass tupperware](#). Keep it stored in the fridge and remove 30 minutes before you want to use it next.
- Use baking soda mixed with a natural soap to remove any excess castor oil on your abdomen.
- Keep yourself hydrated to support your body's efforts to detoxify.

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How to use a castor oil pack over your thyroid

It is important to understand that low levels of triiodothyronine (T3) often indicate the need for some additional liver support. Using a castor oil pack over the liver area on a regular basis can support a healthy conversion of levothyroxine (T4) to triiodothyronine (T3).

I personally recommend that you first start by using a castor oil pack on your liver 3 times a week for 4 weeks before you attempt using it direct on your thyroid. This will ensure that you have done the necessary work on your liver before starting work on your thyroid gland.

Materials

- A piece of organic cotton
- Organic cold pressed castor oil
- Scissors
- A hand towel
- An old hand towel that you don't care much about
- A rectangular heat pad, such as rice pad or small hot water bottle.

Procedure

1. Cut a small rectangle out of your organic cotton to fit over your neck.
2. Put enough castor oil on the cotton to ensure that it is saturated and not dripping wet.
3. Put a towel down over your pillow.
4. Tie your hair back if you have long hair.
5. Heat your heat pad or fill a small hot water bottle with hot water.
6. Lie down on your bed with your head on your hand towel covering your pillow.
7. Put the cotton with castor oil over your throat area.
8. Cover this with the old flannel and hand towel.
9. Put the heat pad or hot water bottle over this.
10. Keep the castor oil pack on your neck for 15 minutes if you have Hashimoto's or Hypothyroidism, or 5-10 minutes if you have Grave's or Hyperthyroidism.
11. When finished wipe your neck with an old flannel to clean away the castor oil. You can also use a little baking soda with clean water to clean your skin.
12. Always follow this by doing a full castor oil pack on your liver for 45 minutes to support healthy detoxification.

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The possible side effects of using castor oil packs.

Using castor oil orally definitely comes with greater side effects than using a pack. As a child my father used to give us 1tbsp of castor oil (neat) once a month as a way of detoxifying the body. I can assure you that this came with abdominal cramps and full-blown diarrhoea, so not something that I would recommend you to do. There is a risk of losing too much potassium when doses greater than 3 tsp of castor oil is used orally.

Castor oil packs on the other hand are much safer, but there are still some factors to consider.

- Avoid castor oil packs if you are pregnant.
- Avoid using a castor oil pack if you have an IUD as it can release excess copper into your system and possibly dislodge the IUD.
- Avoid during your menstrual cycle.
- Some individuals may be sensitive to castor oil and may develop a skin rash. It is always important to start with a very small amount and gradually increase this to see whether you have a reaction to it.

FAQ

When should I avoid using a castor oil pack?

- When you are pregnant or breastfeeding.
- If you have an IUD fitted, as it can release the excess copper into your system and possibly dislodge the IUD.
- During the bleed of your menstrual cycle.
- Some individuals may be sensitive to castor oil and may develop a skin rash. It is always important to start with a very small amount and gradually increase this to see whether you have a skin reaction, before using it on your liver or thyroid.

How do I store my castor oil pack?

You can store your castor oil cotton in a glass container in the refrigerator and remove it 30-minutes before you want to use it next. If you are using [Castorvida](#), then follow their instructions of wash after each use.

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How long can I use the one piece of cotton?

You can use the one piece of cotton as long as it last. It will start to discolour and the oil can start to smell rancid. At this point, you can replace it, or hand wash it in bicarb of soda with warm water and natural soap. In my experience the cotton sheet will last a couple of months.

How often should I use a castor oil pack on my thyroid?

I don't recommend using it as often as on your liver, but you can start with once a week and then increase to 3 times a week for a few weeks. I wouldn't use it all the time, only when you feel pain or inflammation around the thyroid gland. Listen to your body for the necessary feedback.

What do I do if I notice a rash on my skin after using the castor oil pack?

Some individuals react to castor oil therefore I always recommend that you test a little bit on your skin before you use the pack. If you still react, then I suggest that you leave it for a few weeks and then try again, but this time use a little less oil and reduce the time of the treatment. Some individuals can also react the first time they use it on their thyroid. If this is you, then just go back to using on your liver for a few weeks before trying again around the thyroid.

Can I put castor oil direct onto my thyroid?

Yes, you can use neat castor oil instead of the pack, but it may deliver a different result. You can massage castor oil into the area for 10 minutes and then wash off with a little baking soda and hot water.

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Where can I buy a castor oil pack?

For many years I have been using [Nutrigold Castor oil packing fabric](#). Recently I have invested in a [Castorvida](#) castor oil pack. It is a different experience, and you can't store your pack in the fridge, but will need to wash it after each use. It works out a bit pricier, but in my opinion, it is much easier to use. If you are using it on a regular basis, then it is worth the investment!

I recommend that you ALWAYS purchase organic cold pressed castor oil sold in a glass bottle. NEVER buy castor oil in a plastic bottle as the oil will absorb the toxins in the plastic, which will be absorbed into your skin.

You can purchase [Castorvida](#) from Amrita Nutrition using the code **M8NRYH** to get your **15% discount**.



[Castorvida Castor Oil Pack](#)

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You can buy the Nutrigold Castor oil packing fabric and Pukka Herbs Castor oil from Natural Dispensary and receive a **10% discount**, using the code **STHU10**



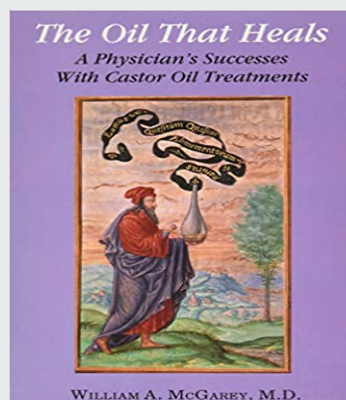
[Castor Oil Packing Fabric](#)



[Castor Oil](#)



[Beurer Electric Heat Pad](#)



[The Oil That Heals Book](#)

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The next step

Most of the amazing women I work with receive very little support to improve their quality of life once they have been diagnosed with a thyroid condition. In fact, many of them don't even know that they have Hashimoto's. Living with chronic fatigue, low mood, digestive distress, cold feet and hands, weight gain, hormonal imbalances, PMS, perimenopause, low sex drive, to name a few can sap the joy out of life. The truth is that you don't have to live like this! You can learn the tools on how to create a lifestyle that enables your body to live in harmony with its environment and to support yourself so that you can thrive rather than survive. In my years in clinical practice, my clients have received the biggest results when they combine functional medicine with mindset work. The mind is the body and when we learn to master our mind, we change our physiology. I have seen significant results in supporting women with thyroid conditions on my 360-degree solution package. This package is focussed on harmonising the mind, body and spirit and creates a platform of limitless transformation. I also offer a group programme and a foundational health package.

If you are ready to take action and get in the driver seat of your life to achieve the life and health you desire, , then I encourage you to schedule your free 45-minute breakthrough call today. This will be the single biggest transformation process that will enable you embrace life with renewed perspective.

[Book Now](#)

About the author

Stiana Hubert is a Functional Medicine Nutritionist and member of the Institute of Functional Medicine. She is a Master Neurolinguistic Practitioner, Master Hypnotherapist, Health Coach and Breakthrough Coach. She is the founder of The Wellness Junction and passionate about helping women harmonise their mind, body, and spirit. Her own journey with Hashimoto's has led her to become a specialist in thyroid, gut health and mindset and she now helps women around the world to get to the root of their health problems whilst at the same time harmonise body and mind. Stiana Hubert is a mother of two with a thriving practice who believes that every woman has the right to live a vibrant and energetic life.

