



Castor Oil Pack

- Stimulates lymphatic flow & detoxification.
- Helps to ease digestion, cramping, bloating, gas and constipation.
- Supports immune system function, breaks down scar tissue, reduces swelling and inflammation.
- Supports detoxification and liver function.
- Beneficial gynecological conditions, endometriosis, uterine fibroids, ovarian cysts, menstrual cramps and urinary symptoms and more!

[CLICK HERE to purchase Castor Oil Pack Kit](#)

Use code BETTERBELLYNUTRITION for 10% off.



How To Use:

- Using the castor oil roll on applicator, liberally apply oil onto your abdomen or targeted area (i.e. liver). *Always choose organic & cold-pressed castor oil.
- Place a towel over the area and then apply a heating pad or hot water bottle on top of the towel.
- Relax for 30-60 minutes while lying on your back with your feet slightly elevated to enhance lymphatic drainage.
- Once finished, wipe the remaining castor oil from your skin with the towel.
- Repeat daily for acute conditions, or as needed.

*Castor oil will stain, so avoid wearing clothing that you prefer to not get stained.

*Be sure to only purchase *organic castor oil* that's stored in a *glass bottle* to avoid toxins.

Want to learn more? Watch informational video [HERE](#).