



How to Make A Castor Oil Pack FOR FERTILITY

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Castor Oil can help with infertility and is used to treat gynecological disorders related to infertility (*like endometriosis, fibroids, polycystic ovary syndrome, and more!*).

It is called Castor Oil Therapy For Infertility and it consists of using a warm, castor oil wrap over your abdomen. This helps to stimulate blood flow to your uterus and ovaries.

Castor Oil Packs for fertility are fairly easy to make. You will need the following items:

*Piece of flannel or a small cotton towel



*bottle of castor oil



*piece of plastic wrap

*hot water bottle (*or heating pad*)



*cotton towel

HOW TO USE THE CASTOR OIL PACK FOR FERTILITY

*SOAK THE SMALL COTTON TOWEL OR SQUARE PIECE OF FLANNEL IN SOME CASTOR OIL. MAKE SURE TO COAT THE WHOLE PIECE.

*LAY THE PIECE OF CLOTH/FLANNEL ON YOUR ABDOMEN MAKING SURE IT COVERS YOUR UTERUS AREA COMPLETELY

*COVER THE FLANNEL OR PIECE OF CLOTH WITH THE PLASTIC WRAP

*PUT A TOWEL ON TOP OF THE CASTOR OIL-INFUSED CLOTH AND PLASTIC WRAP

*PUT THE HOT WATER BOTTLE OR HEATING PAD ON TOP OF EVERYTHING

*RELAX FOR 30-60 MINUTES

YOU DO THIS 3-5 TIMES A WEEK FOR 8-16 WEEKS