

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## The Castor-Immune Pack

### Needed Items

- a) **Castor Oil Pack**  
(Made with 4 layers of cotton flannel about 6" by 8" saturated with **Premier Castor Oil**)
- b) **Heating Pad**
- c) **An Immune Support Oil**  
(such as **Q. Carvacrol Oil**, **Q. Limonene Oil** or **Q. Neem Oil**)

### Instructions

1. **Target Area.** Select a target area to pack (such as the low back area, liver, abdominal area, site of a previous fall, etc.)

Target Area to be treated: \_\_\_\_\_

2. **Apply an Immune Specific Oil.** Next, apply 3 to 4 drops of a selected immune-specific oil. Massage well into the target area  
Selected Oil: \_\_\_\_\_
3. **Apply Castor Oil Pack.** Next, apply the castor oil pack to the target area, cover with a sheet of plastic (to protect the heating pad from getting oily), then cover with a heating pad. (To disperse the toxic effects of AC current from the heating pad, apply 2 EMF Diffuser Tags on the cord of the heating pad about every 2 feet. This is harmless to the cord but effectively neutralizes the toxic signature of the AC current.)

Apply the pack for about **30 to 60 minutes**, using medium to med-high heat.

4. **Wipe off area.** After the allotted packing time, simply take a paper towel to wipe off any excess oil from the skin area. Then gently rub in any remaining oil into the skin. It is not necessary to wash the area with soap and water.
5. **Aloe Drink.** Drink 2 oz. **Quantum Aloe Drink** in 2 oz. purified water (to help clean up internally released waste particles).
6. **Zeo Mineral Cream.** Next, massage the area with a small dab of **Zeo Mineral Cream** to deliver maximum cation exchange.

**Note:** Optional: This procedure may be followed by a **Medi-Blast** procedure (see instructions).