

CASTOR OIL PACK

CUT AN OLD TOWEL TO THE SIZE OF THE AREA IN QUESTION.
SOAK THE TOWEL WITH THE CASTOR OIL.

PLACE ON THE AREA IN QUESTION.

COVER WITH PLASTIC WRAP (KEEPS THE MESS CONTAINED).
PLACE HEATING PAD OR MICROWAVABLE RICE BAG ON THE
PACK FOR 30-60 MINUTES.

DRINK PLENTY OF WATER WITH CHERRY JUICE CONCENTRATE TO
ELIMINATE URIC ACID CRYSTALS AND/OR OTHER UNWANTED
DEBRIS.