

CASTOR OIL

your friend in healing



The castor bean, plant (*Ricinus communis*) and oil.

Methods of Use

Topically

Use as a rub for:

- sore joints and muscles
- wart removal
- skin infections
- fibroids
- tumors

Packs

Castor oil packs applied to:

- **Abdomen**
- **Over the liver**
- **Over lymph nodes**
- **Any area with stagnant lymph**

Internally with Caution

Taken internally for:

- **Constipation (1 tsp)**

Castor oil is a very strong stimulant of the gut and should be with caution. Taking internally may cause cramping and diarrhea.

- **Induction of labor**

This strong effect is similar to use in constipation, but always consult with your doctor or midwife before use.

CASTOR OIL PACK METHODS

The most commonly recommended way patients are asked to use castor oil is in a **castor oil pack**.

The Classic Castor Oil Pack

Supplies:

Bottle of castor oil

Length of flannel

Hot water bottle or other heater bag

Fold your flannel in half and soak the inner side with 1-2 Tbs of castor oil, apply to your abdomen with the hot pack. Relax for 20 minutes, or up to 2 hours for greater absorption. **For increased effectiveness, use daily or at least 3 days in a row per week.**

Remove the heat and sleep with the pack all night. You can store your soaked flannel in a bag between uses,

adding oil as needed for each use. Keep pack and oil in a cool dry place. Never dryclean your castor oil pack to avoid unwanted chemicals.

The “Quick and Dirty” Methods:

- Apply castor oil to the abdomen before taking a hot shower or bath. Allow the oil to soak into the abdomen before going to bed or wash off to start your day.
- Apply castor oil to abdomen after taking a hot bedtime shower or bath. Wear an old tshirt to bed to protect your sheets from the oil. Rinse off in the morning
- How to **Remove Castor Oil**

Mix 1 tsp baking soda in 1 pint of water. Apply to skin.

FINDING CASTOR OIL

Look for bottles of the golden oil in health food stores and in your doctor's medicine. Look for the words “cold pressed” on the label. Also consider choosing organic varieties. Standard and roll-on bottles are now available. Brand names include: Heritage Products, NOW and Home Health.

A BIT MORE ON CASTOR OIL...

Castor oil has been used for thousands of years by cultures around the world, for a variety of medical conditions. When used topically, it stimulates the movement of blood and lymph tissue in the area it is applied to. Castor oil contains *lectins*, a natural sugar and protein molecule found in both plants and animals. *Lectins* are used in the human body for cellular identification and communication, keeping our organs intact and immune system functioning. Castor oil has the ability to soak deep into the body when applied to the skin, and can be used to wick other substances into the body as well. Your doctor may prescribe herbs or essential oils to use with your castor oil pack to enhance the stimulation of the immune system and healing processes.



Castor oil with flannel and a hot water bottle: A few simple supplies are all it takes to take advantage of the oil's healing properties.

Castor oil came back into popular culture in the 1920's by intuitive healer, Edgar Cayce. He founded the Association for Research and Enlightenment, A.R.E., and the collection of his work has inspired many physicians to repeat his use of Castor oil packs to treat patients, with great success. Cayce promoted holistic healing by supporting the

body's natural processes to remove waste, fight disease and recover from illness. Castor oil packs must be incorporated into a balanced lifestyle with healthy sleep cycles, nutrition, exercise and a form of spiritual practice to re-establish our mind-body connection.



*Rub on your skin
and it soaks in...
...Add some heat
and it goes deep!*