

# The Oil That Heals - Castor Oil

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## Hi Everyone

In this newsletter I decided to talk about Castor Oil more in depth. I have recommended some of you to do Castor oil compresses to your specific problems and the results speak for themselves when they are done consistently. Many of you heard of Castor Oil in the past growing up. Some of you had to swallow it as kids to help with constipation, but were left with the bitter taste of the oil for the rest of your lives. This newsletter will explain the many benefits it has for various problems ranging from back pain, to fibroids and cysts. From my own personal experience it has helped me with knee and back pain instantly.

## The Oil That Heals - Castor Oil

Castor oil was used extensively in ancient India, Greece, Persia, Egypt and 17th Century Europe. Its a thick oil that penetrates the skin deeply and can



affect the body's own immune system. It helps to bring down inflammation, detoxify the body and increase circulation (especially in the lymphatic system).

A castor oil pack can be placed on the following body regions:

**The right side of the abdomen.** Castor oil packs are sometimes recommended by alternative practitioners as part of a liver detox program.

**Inflamed and swollen** joints, bursitis, and muscle strains.

The **abdomen** to relieve constipation and other digestive disorders.

The **lower abdomen** in cases of menstrual irregularities and uterine and ovarian cysts.

## **Safety**


Castor oil should not be taken internally. It should not be applied to broken skin. It should not be used during pregnancy, breastfeeding, or during menstruation.

## **Materials**

- 1) Three layers of undyed wool or cotton flannel large enough to cover the affected area.
- 2) Castor oil
- 3) Plastic wrap cut one to two inches larger than the flannel (can be cut from a plastic bag)
- 4) Hot water bottle
- 5) Container with lid
- 6) Old clothes and sheets. Castor oil will stain clothing and bedding.

## **Method**

1. Place the flannel in the container. Soak it in castor oil so that it is saturated, but not dripping.
2. Place the pack over the affected body part.
3. Cover with plastic.



4. Place the hot water bottle over the pack (if you find that it is too hot for you place a face towel over the area). Leave it on for 45-60 minutes. Rest while the pack is in place. I find it is best to leave it overnight for best results.

5. After removing the pack, cleanse the area with a dilute solution of water and baking soda.

6. Store the pack in the covered container in the refrigerator. Each pack may be reused up to 25-30 times.