

The Healing Power of Castor Oil, and How to Use it for Optimal Health

Castor oil is full of amazing health benefits and has been used by humans for many years! Its healing effects have been documented since at least 1550 B.C, when it was described as a therapy in ancient Egyptian medical textbooks. It is known to have been used in Ancient China and India as well, and is still being in these cultures today! The amazing healing powers of this plant along with the leaf's resemblance to an open hand inspired the historical reference of castor as the "Palm of Christ." Current studies show that this oil indeed has powerful healing and immune-stimulating effects. Derived from the plant's seeds, castor oil has been traditionally used externally to treat:

- Digestive complaints
- Liver health
- Lymph circulation
- Lymphedema
- Portal vein hypertension
- Joint pain
- Acute and chronic injuries
- Dry eyes
- Bacterial infections
- Ulcers
- Constipation
- Swollen glands
- Chronic pain
- Scarring
- Edema
- Hair loss
- Dermatitis
- Inflammation
- Re-epithelialization
- Broken bones
- Menstrual cramps
- Hypertension

How to Use Castor Oil:

As a PACK: You will need cotton or wool flannel, which can be re-used many times. You will also need organic, hexane-free castor oil, plastic wrap (or a thick cotton wrap, which I recommend), a hot water bottle (or heating pad, or microwavable rice pouch), a glass container with a lid to store the flannel and heat the oil, & clothing and bedding that you do not mind staining.

1. Cut the flannel to a size which allows you to fold it into 3 layers and completely cover the area to be treated

2. Saturate the flannel with castor oil in the glass container. This takes some time, as the oil is very viscous and slowly gets soaked into the flannel.
3. Heat the flannel over very low heat on the stovetop. This requires constant monitoring and stirring the flannel so that it evenly heats.
4. Once warm, apply it to the area to be treated.
5. Cover the area with the protective wrap, then apply the hot water bottle.
6. Relax, and keep the pack applied with the heat source warm for 1-2 hours.
7. Once finished, you can remove the pack and store the flannel in the glass container, to be kept cold in the fridge between uses.
8. Either rub in and lightly wipe off remaining oil from the skin, or use baking soda and warm water to thoroughly remove the oil.
9. Drink some water and rest after each application.

As an OINTMENT: Castor oil has immunogenic, antimicrobial, and skin-healing properties which can help resolve certain ailments when topically applied. To do so, apply the oil directly and massage into the area to be treated for 1-2 minutes. Allow the remaining oil to stay there and absorb into the skin. Do this once a day, or as directed by your physician.

Warning: allergic reactions to *Ricinus communis* are rare but possible. Discontinue use and contact your physician if you experience any redness, itching, discomfort, or other signs of allergy. Contact your local emergency department with any severe signs such as shortness of breath, throat swelling or loss of consciousness. There is no known toxicity associated with external application nor internal ingestion of castor oil. However, ingestion of large amounts can cause nausea and severe diarrhea, which may require medical attention. Ingestion of the unprocessed castor bean is extremely toxic and not recommended.



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