



Castor Oil

Palma Christi ~ The Hand Of Christ

History - Benefits - Uses

It's history begins nearly 6,000 years ago, when the first castor seeds were found in Egyptian tombs that date back 4,000 years B.C. Commonly called **Palma Christi** or **the Hand Of Christ** as the leaves were believed to resemble the hands of Jesus. Castor Oil has a component in it, ricin, that can actually be targeted to kill cancer cells. Castor Oil Packs can actually increase our T-Cell count. This is one reason as to why great caution is needed for any internal use. Be sure to consult with your health professional before using Castor Oil for any internal healing.

Instantly treats dry, itchy, and red eyes ~ Anti-bacterial ~ Anti-inflammatory
Removes styes ~ Treats conjunctivitis (Pink Eye) and other eye infections
Reduces healing time for sub-conjunctival hemorrhage (broken blood vessels in the eye)
Reduces cataracts and glaucoma ~ Prevents and treats wrinkles
Reduces under-eye circles ~ Thickens the eyelashes

Castor oil is extracted from castor oil seeds (or beans), harvested on the castor oil plant. The seeds, leaves and stem of the plant contain ricin, which is poisonous to humans and animals. However no ricin is present in the oil once it has been extracted from the seed (it is only present in the left-over watery pulp, which is discarded).

WHAT IS IN CASTOR OIL? IS THERE A RISK IN USING IT? Castor oil contains many beneficial essential fatty acids, but its primary component (at a 90% concentration) is ricinoleic acid and is responsible for the oil's anti-inflammatory and painkilling abilities. Linoleic acid is another of castor oil's components, known for its ability to lock moisture into the skin and keep it hydrated, as well as its anti-inflammatory action.

You may have heard the words 'toxicity' and 'castor oil' in the same sentence. However, castor oil is not toxic, and using it externally is considered perfectly safe. Consult your physician before using internally, which can have a strong laxative effect and could lead to diarrhea and dehydration.

Castor oil has antibacterial, antimicrobial, and antiviral attributes, giving it the ability to easily penetrate deep into the skin. This is due to its molecular mass, which is low enough to enter into the stratum corneum. For this reason castor oil is helpful with arthritic conditions. Studies have shown that castor oil acts effectively as an analgesic, reducing pain significantly.

Castor oil is also renown for its hair rejuvenating qualities including stimulating hair growth, countering dandruff, repairing split ends, nourishing the hair, thickening and strengthening the hair, stimulating blood flow to the scalp, cleansing toxins from the scalp, moisturizing dry and brittle hair, adding body and bounce to hair, preventing hair breakage, thickens eyelashes, counteracts an itchy scalp, supplies nutrients to the hair follicles, disinfects wounds and promotes healing, works as an analgesic, humectant, antiviral, and antibacterial.

TIP: Rubbing castor oil on the body before getting into a bath is a wonderful way to help the skin absorb the nutrients from the oil. You can also use castor oil as an eye make-up remover - it works wonders even on waterproof mascara, and moisturizes the eyelashes.

CAN YOU ELIMINATE CATARACTS WITHOUT SURGERY? The medical profession tells us that surgery is the only option for removing cataracts. While surgery may be the best option for treating an advanced case of cataracts, there are several natural ways you can dissolve or reverse cataracts if you catch the condition early on. This one ingredient can be used to reverse and dissolve cataracts. From my research, I found that it is also beneficial for correcting other eye problems, such as conjunctivitis, near and far-sightedness, dry eyes and age-related macular degeneration. When you understand that eye problems are caused by "oxidation", then by applying antioxidants and

consuming foods high in antioxidants for healing from inside out, it totally makes sense! Natural healers have understood this from many decades ago. Castor oil is rich in antioxidants and has many beneficial nutrients for the eyes. Having said that, using the right type of castor oil is utmost important so as not to harm your eyesight! (100% Pure, Organic, Cold-pressed, and Hexane-Free Castor Oil) Cataracts can be reversed. It can be dissolved, and vision can be restored without surgery.

Many of us can remember being given castor oil as a child, for cold, fever, constipation or deworming. If you did, then you'll know just how unpleasant it was to have to swallow the oil. Our parents (or grandparents) probably knew about the many health benefits of castor oil, but we now know that castor oil has many more uses, virtually a cure-all for many ailments!

Castor oil is a triglyceride that is composed of fatty acids, 90 percent of which is ricinoleic acid. Ricinoleic acid is the primary healing ingredient in castor oil that is used to prevent the growth of various harmful microbes such as viruses, bacteria, yeasts and molds. This is really a no-wonder as we have read that seeds from fruits have these powerful anti-pathogen properties. Three very good examples are papaya seeds, pumpkin seeds and avocado seeds.

CASTOR OIL TO BE TAKEN ORALLY FOR MEDICINAL BENEFITS (Check with your medical provider before internal use) *PREGNANT women should AVOID taking castor oil ORALLY.*****

~ **Improves Immune Function** - Castor oil has strong immune-enhancing effects that support and improve the lymphatic drainage. You can use abdominal castor oil packs to significantly increase the production of lymphocytes—white blood cells that help produce antibodies to fight invading pathogens. The lymphatic system also impacts the circulatory and digestive systems in helping you to detoxify, support heart health and heal digestive issues such as diarrhea and constipation.

~ **Improves Blood Flow** - Poor blood circulation is one of the first signs of impending chronic diseases. By improving circulation, the blood system is able to pump blood to and from the heart, carries oxygen and nutrients throughout the body. This process is vital for keeping a healthy body to nourish every cell and ensuring that wastes are also carried out of the body effectively.

~ **Balances Hormones** - With a much improved blood circulation and less toxins in the blood stream from castor oil consumption, your body is able to balance hormones more efficiently. With more balanced hormones, the immense benefits are distributed to all parts of the body where hormones affect your health. There will be less PMS symptoms, mood swings, anxieties, depression, and improved health of the reproductive system, and the other hormone producing glands, such as the thyroid, thymus, pancreas, adrenals and the like.

~ **Improves Digestive Health** - The pharmaceutical companies may tell you that it is not safe to ingest the oil for its effective effect. The truth is that our ancestors have been doing this for centuries for good health. Castor oil works as a natural mild laxative when taken orally and helps with complete evacuation during a bowel movement. The active ingredient ricinoleic acid helps the process of digestion, nutrient absorption and cleansing of the digestive system for regularity. A healthier gut will reduce digestive issues such as constipation, diarrhea, cramping, bloating (water retention), leaky gut and other symptoms of IBS.

~ **Soothes Arthritic Joint Pains** - Congestion in the lymphatic system due to accumulation of toxic wastes is what typically cause the pain and inflammation in joints. As castor oil is efficient in easing up the lymphatic flow, it can also help ease up the congestion thus relieving arthritic pains. Massage castor oil on the painful joints regularly to get the lymphatic system moving and to ease the congestion. Increasing blood flow in the affected area will alleviate the pain.

~ **Treats Fungal Infections** - Castor oil can be used to treat common fungal infections such as cystic acne, ringworm, shingles, athlete's foot, jock itch, and other fungal ailments. To effectively treat fungal infections, take castor oil orally (see dosage below), and also apply it topically. Heat 1-2 tablespoon of castor oil on low heat just to warm it up a little. Apply it on affected area to ease the itch. Repeat regularly or when needed till you see significant improvement. Continue treatment until the infection completely disappears.

PURCHASING QUALITY CASTOR OIL AND ORAL DOSAGE: As with ingesting any oil, always be sure that you obtain only the highest quality to ensure safety and effectiveness. Pure castor oil has to be cold-pressed, organic, hexane-free, and preferably come in dark glass bottles. Do not purchase cheap castor oil. Some of it is processed with chemicals or in other ways that leave a less than desirable resulting product including possible contamination

with toxins. Do not take more than recommended and do not consume more than seven days consecutively unless under the supervision of your healthcare professional.

To use castor oil orally, always start with a low dosage and working your way up. Typically, the dosage for adults is 1 tablespoon and children 2-12 years old is 1 teaspoon. You can mix the oil with juices or choice of milk to dilute the oil and at the same time, making it palatable. Not recommend that the oil to be taken orally for children under 2 years of age.

CASTOR OIL FOR EXTERNAL APPLICATION:

~ **Treats Inflamed Skin** - Castor oil is excellent for treating skin inflammation that is caused by sunburns, bites, dry cracked skin or acne. Dip a cotton ball in castor oil, apply directly to the affected skin area and leave it on for an hour and let it absorb. Repeat two or three times a day till skin is healed.

~ **Moisturizes Skin And Relieves Itchiness** - The fatty acids in castor oil can nourish and moisturize dry skin and skin itchiness. Due to its viscous nature, it stays put and easily penetrates into your skin tissue. Remember that a little goes a long way—simply rub a teaspoonful between your palms and apply all over your skin.

~ **Healthy Lips** - Castor oil does wonders for dry and cracked lips. Simply rub a little of this oil on your lips to heal cracks and prevent further chapping. This is a much safer option than petroleum jelly such as Vaseline.

~ **Relieves Muscle And Back Pain** - Massage castor oil on your muscles after an intense workout to promote blood circulation and relieve soreness. Mix it with peppermint oil or chamomile oil for extra healing and soothing effect. Have someone massage the oil on your back pain area. Then cover the area with a clean, soft cloth and place a hot water pack on top to help the oil permeating through the skin into the inflamed tissues. Leave till hot water pack turns cold. Repeat the process daily till pain goes away. This remedy helps increase blood flow that will remove the pain effectively.

~ **Treats Hemorrhoids** - Castor oil is great for shrinking hemorrhoids that are outside the body. Soak a cotton ball in castor oil and apply it on the hemorrhoids. Leave the cotton ball on for about 15 minutes. Wear a pad if you need to move around. Apply multiple times a day if needed.

~ **Assisting A Good Night's Sleep** - This is an excellent remedy if you have difficulty falling asleep. It is not clear exactly how, but people who have tried this vouch for its effectiveness. Dabbing a small amount of castor oil on your eyelids can help you fall asleep much easier. Castor oil may promote a deeper and longer sleep, enabling you to wake up refreshed in the morning.

~ **Stops Colic In Infants** - Colic sometimes occurs during the first few months of a baby's life and can lead to long periods of excessive crying. Its exact cause is still unknown, although gas is believed to be a major culprit. To use castor oil for baby's colic, rub some of the oil between your two palms to warm it up, then gently place your warmed palm on your child's abdomen. Do this until you hear your baby break wind, expelling the gas in the intestines. Your baby will get quick relief and soon fall asleep in peace.

CASTOR OIL FOR BEAUTY, HAIR AND HEALTH:

~ **Hair Growth And To Thicken Hair** - Warm up castor oil a little and massage the oil into your hair and scalp to improve blood circulation to the follicles, promoting faster hair growth. The oil will also nourish your hair with the fatty acids and protein content. For a really deep effect, leave the oil on overnight and cover with a shower cap. Wash it out the next day. You may need to shampoo a couple of times to get rid of the greasy oil. A little messy but it works to grow your hair like crazy! Doing this regularly promotes hair growth and new growth that will leave you with a beautiful head of healthy, shiny and thicker hair.

~ **Treats Dandruff And Scalp Conditions** - Thanks to its anti-microbial properties, massaging castor oil into the scalp will help to clear up much of the dandruff even after one application. For a healthier and shinier hair, and to get rid of dandruff, mix these: 1 tablespoon of castor oil, 1 tablespoon of olive oil, Juice from half a lemon. Apply this mask mixture to the roots of your hair and leave for about 30 minutes. Shampoo and condition your hair.

~ **For Longer Eyelashes And Eyebrows** - If you desire to have longer eyelashes and thicker eyebrows, use a cotton bud tip to apply castor oil on your eyelids and eyebrows respectively. Do this every night before going to bed. It stimulates the growth of hair in these area. You will see good results within two weeks of nightly application.

~ **Erases Scars And Stretch Marks** - Apply castor oil on scars or stretch marks—2-3 times a day, every day—to reduce the appearance of scars. The fatty acids in the oil penetrate into the scar tissue and promote the growth of healthy tissue around it. Applying castor oil on your abdominal skin during pregnancy will prevent stretch marks from forming. It is easier to prevent than to erase, so it's good to know and do this during pregnancy.

~ **Removes Skin Tags, Corns And Warts** - Take a cotton wool cloth, soak it in castor oil and press out the excess. Put the soaked cotton over your skin blemish and secure it in place with a bandaid. The oil will soften the tags, corns, warts and all, within a few days and drop off without scarring. Remove and change the dressing every day until you achieve your desired results.

CASTOR OIL PACKS FOR LIVER DETOX - Benefits Of Using A Castor Oil Pack:

Castor oil packs have been shown to help liver detoxification naturally, break down kidney stones, support uterine and ovarian health, improve lymphatic circulation, increase blood flow and reduce inflammation. Detoxification using castor oil pack may be messy but it does not have any negative side effects. Many have reported better and quality sleep, more energy, less body and joint pains, better skin condition and many other health issues gone, after applying castor liver pack a few times. As in any detoxification program, it is very important to eat healthy, drink plenty of water, and for better results to drink freshly-extracted juices to nourish cells back to health. Castor oil packs for liver detox.

CAUTION: As good as castor oil is, always practice safe use especially when using it for the first time. Test the oil on your wrist before using it, to make sure that you are not allergic. Do not use too much castor oil, nor too often on your face, as it may clog pores and lead to breakouts. Castor oil application can be very messy and difficult to remove, so make sure to wear a clean, old garment that you don't mind getting stained.

WHAT IS A CASTOR OIL PACK AND HOW DOES IT WORK? A castor oil pack is basically made of several layers of flannel-like material (wool or cotton typically), which you saturate with cold-pressed castor oil. You then position the pack directly against the skin (traditionally castor oil packs are applied to the abdomen), place a hot water bottle on top of the pack to heat it gently, and leave it in place for 1 to 2 hours. Castor oil penetrates deep into the skin because of its light molecular weight – as a result tissues and even organs can benefit from its anti-inflammatory properties.

HOW CAN A CASTOR OIL PACK HELP? Castor oil packs increase blood and lymphatic circulation: this promotes better assimilation (the absorption of vitamins and minerals by the body during digestion) and also better elimination (flushing out unwanted waste). While castor oil packs are most commonly used for abdominal complaints, their anti-inflammatory effects can also help with headaches, muscle pains, sunburn, and general improvement of digestion amongst others. Note: although castor oil packs are a gentle and time-tested natural remedy, we would first recommend discussing their use and your particular requirements with a health or natural health professional, especially if you are seeking relief from symptoms such as abdominal pain or are pregnant.

HOW TO CREATE A CASTOR OIL PACK? You will need: Cold-pressed, Organic, Hexane-Free 100% Pure Castor Oil (at the very least, cold-pressed as this preserves all the nutrients in the oil). A large piece of wool or cotton flannel cloth (the average size of a pack is about 25 cm x 35 cm, when the material has been folded over several times. Your cloth should be at least 4 times that or more in surface). A heating pad or hot water bottle. A large towel (castor oil may stain, so use an old towel if you can). Large safety pins. An old shower curtain, or a few large garbage bags. Start by washing your flannel cloth to remove any impurities (castile soap), and allow to dry thoroughly. Protect the surface you will lie down on with a plastic material such as an old shower curtain or plastic tablecloth, a few garbage bags. Castor oil doesn't just penetrate deep within the skin: it can also stain clothes and sheets! You can protect your heating pad with food cling wrap or a large plastic bag. Place a few towels over the plastic sheeting. Turn your heating pad on to medium heat, or fill your hot water bottle and cover generously with cling wrap or a plastic bag. Place the flannel on the covered heating pad/hot water bottle and start pouring castor oil slowly over the cloth, one layer at a time, until each layer becomes saturated – but not dripping. If you pour too much oil, wring it out in a small dish (no need to waste it!), then return the cloth to the covered heating pad, fold over and continue pouring oil if needed. Leave the the castor oil pack to warm up for about 10 minutes (on medium heat, or simply left on the hot water bottle). Do not leave the castor oil pack unattended during that time.

Lie down and place the warm castor oil pack against the skin, with the heating pad/hot water bottle on top (your heating pad or hot water bottle should still be covered in plastic). Wrap a small towel about the body to cover and secure the castor oil pack and heat source together. You can safety-pin the edges of the towel together if you wish. Keep the pack on for 1 to 2 hours, but take care not to fall asleep: you may go beyond your comfort level if you do, without realizing it in time to stop the treatment. We also don't recommend turning the heating pad on too high, as this could make you feel too hot or uncomfortable too quickly, and you would not get all the benefits out of staying under the pack for up to 2 hours.

(Optional: Add 1-2 drops of lemon essential oil to the castor oil, mix well.) Place moistened pad/cloth on right side of abdomen, just below rib cage (that's where your liver is located). If using to detoxify kidneys, put them on your back where both kidneys are located.

After your treatment, cleanse the skin that has been in contact with the pack with a solution of one cup warm water and one teaspoon bi-carb soda. Store your castor oil pack in a zip lock bag (we recommend a glass container) in the refrigerator in between treatments. There is no need to wash the pack – simply re-saturate it with oil the next time you want to use it. You could get up to 25 treatments out of your flannel before having to replace it (if you notice a rancid smell on your pack you should replace the flannel immediately). Finally, we would not recommend sharing the pack between family members, so take care to label your pack when it isn't in use. *TIP: If castor oil accidentally spills or stains clothing or sheets, you can add bi-carbonate soda (baking soda) along with detergent in the washing machine load. It should help lift the stains out, without using harsh chemicals.*

Contraindications: Generally, there are no side effects for castor oil eye drops or usage. However, since we all have unique reactions to oils and herbs, it is always recommended to use only a small amount at the start. If any negative reaction does occur, discontinue use immediately. If you are currently using a medicated eye drop other than the castor oil, it is highly recommended to either only use the castor oil (meaning discontinue the medicated eye drops if appropriate*), or allow an 8-12 hour gap between applications. Please do not use the castor oil eye drops with any other drops unless allowing at least 8 hours between applications. Please consult your doctor if there are any concerns. If a negative reaction does occur, discontinue use immediately. ****Please do not discontinue any prescription eye drops without consulting with your doctor first.

General Instructions: Always make sure the eyes are clean, dry, and makeup-free. Tilt the head back slightly and apply 1-2 drops into each eye upon awakening. For severe issues, apply this dosage again before bed. After application, close the eyes and gently massage on and around the eye. Allow the oil to penetrate and avoid washing the eye. If the outer eyes are too oily, dab with a piece of tissue to remove any excess oil around the eye (optional). **For dry, itchy, and red eyes, feel free to apply the castor oil eye drops as needed during flare-ups for instant relief. **For anti-wrinkle treatment, you can avoid placing the drops into the eye (unless otherwise desired) and simply massage several drops around the eye. Do not remove the oil after application, and allow it to penetrate completely. Apply each night before bed and again in the morning.

Very simply.....Castor Oil stimulates the lymph fluid and helps it to flow. It Promotes hair growth and thickening. Castor Oil is shown as being an immune supporter and builder when used externally as a pack.

Sources:

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