

Healing with Castor Oil Packs

Castor oil is derived from the bean of the *Ricinus communis* or Palma Christi plant (palm of christ). The Palma Christi has been used therapeutically for centuries in folk medicine of ancient India, China, Persia, Africa, Greece, Rome, and the Americas. It has large, beautiful palmate leaves hence the name, Palma Christi.

Edgar Cayce, a medical intuitive known as the "sleeping prophet", introduced castor oil packs for the treatment of many conditions. Some of the numerous uses of castor oil include the treatment of breast cysts, fibroids, ovarian cysts, congestion of abdominal organs, skin conditions, small benign cysts, and adhesions from surgery. Wherever there is congestion, scar tissue, decreased blood flow and need for healing, castor oil can be an effective treatment option.

How does castor oil work?

Research has shown castor oil has a unique chemical profile rich in ricinoleic acid which is found only in the castor bean from which the oil is extracted. Double blind studies conducted by the Association for Research and Enlightenment, Inc. demonstrated an increase in lymphocyte production and the level of activity of T-cell lymphocytes in the group that used castor oil packs. T-cell lymphocytes originate from bone marrow and the thymus gland and identify and kill invaders such as virus, bacteria, and fungi.

In addition to strengthening the immune system, castor oil appears to have a balancing effect on the autonomic nervous system, increasing liver activity and improving digestion. Tumors, fibroids and cysts can be shrunken and eliminated by re-absorption.

How is a castor oil pack used?

Cover the area topically with castor oil. Cover with a cotton t-towel, cloth or t-shirt. Place a heat source (a magic bean bag, a hot water bottle or a heating pad on LOW) on top of the cloth. Keep on for a minimum of 30 minutes, maximum of 2 hours. DO NOT leave on overnight.

How often do should I do a castor oil treatment?

Use for 30 minutes nightly for five nights, take two nights off. Repeat the cycle for two weeks or until the condition is resolved.

Are there any contraindications to usage?

Do not use the packs during times of heavy bleeding, gaseous stomach, intestinal conditions, or during pregnancy.

On rare occasion a rash may occur at the site. This is a normal occurrence of the body's way to eliminate toxins. Cleanse the area with a solution of 1 TBL baking soda to one cup of warm water.

- If trying to conceive, do not do a castor pack after ovulation
- Castor oil on testicles, without heat, at night (while wearing boxers) will help increase the mobility, quality & quantity of sperm & seminal fluid.