

# Castor Oil

Castor oil is a vegetable oil that is derived from the seeds of the castor bean plant, scientifically known as *Ricinus communis*. It is a pale yellow or colorless liquid with a distinct odor and taste. Castor oil has been used for a wide range of purposes for centuries.

Castor oil is probably best known for its laxative effects when taken orally, although what I am going to share with you here does not involve the oral consumption of castor oil, but I can confirm it is very effective at relieving constipation.

Castor oil is a very thick oil, and a topical application is able to penetrate the skin far deeper than any other oil and it helps with the break down of lumps and bumps under the skin.

## What can it heal?

Through topical application via a castor oil pack (keep reading for a detailed explanation on how to use it), it can break down and help to heal:

1. Cysts, fibroids or tumours
2. Kidney Stones
3. Gall Stones
4. Bone Spurs or Calcified Joints (Arthritis)
5. Cataracts
6. Constipation

7. Irritable Bowel

8. Fatty Liver

## **How do we use it?**

To use it, you must make up a compress pack. And the thicker the pack, the more castor oil it can hold and the more can go into you.

For a castor oil pack, you want a plastic backing to stop the oil from going onto your clothes. Incontinence pads provide an ideal medium to work with.

You can cut open the pad (see the video below), and add a few layers of a towel or teatowel to give it more bulk and absorbency. Once you have done this staple the edges of the pack to hold it all in place, then cover the staples and seal the edges with masking tape.

Apply a generous amount of castor oil to the center of the pack and allow it to soak in for an hour.

Then strap the pack to your body. If the lump is on a breast, you can put some castor oil on a panty liner and put it inside your bra. But find the most convenient way for you to do this.

The warmth of your body will thin out the castor oil making it easier to absorb. A compress made in this way can be used everyday for a month, just topping up the castor oil as and when needed.

Keep the pack for as long as possible - for the evening, or over night if it is comfortable.

For cataracts, it is suggested that you put one drop of castor oil in the affected eye just before you go to bed. There have been anecdotes of sufferers seeing better the following day!

## **How long does it take to work?**

The answer is: It depends...

It depends how long you have had the specific issue. If it is years, it could take up to 3 months. The key is consistency. The pack will need to be used daily to see results.