



# Light & Love Naturopathic Center

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## CASTOR OIL

Castor oil is the oil extracted from the castor bean plant. The use of castor oil is found in medical references dating back to ancient civilizations. Most of our present information about the therapeutic use of topical applications of castor oil comes from the files of Edgar Cayce. Cayce suggests the use of castor oil for more than fifty different conditions of illness in the human body.

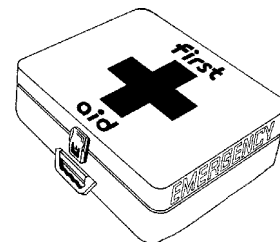
As castor oil is absorbed through the skin it moves through the lymphatic channels stimulating the natural healing ability of the body to break up any inflammation present. Since the pain and swelling from injury is due mainly to the interruption of lymph drainage in the affected area resulting in an accumulation of fluid, the action of castor oil on the lymphatics is what makes it a valuable therapeutic tool.

### Uses For Castor Oil

Uterine fibroids, non-malignant ovarian cysts, headaches, migraines, constipation, colitis appendicitis, and other intestinal disorders, gallbladder and liver conditions, arthritis, low back pain, chest colds, ear infections (A few drops of warmed castor oil can be dripped in the affected ear or a castor oil pack can be done on the neck,) abscesses, bursitis, whip lash, muscle sprains, fractures, bruises, abrasions or lacerations, and infected puncture wounds.

### Supplies for Castor Oil Pack

- √ Flannel or wool cloth
- √ Hot Water Bottle or Heating pad
- √ Plastic wrap
- √ Castor oil



### Preparation of Castor Oil Pack

1. Fold the flannel or wool cloth into 2-4 thicknesses, and a suitable size to cover recommended body area.
2. Saturate the cloth with castor oil, and heat the castor oil pack in the oven on a cookie sheet at a low temperature. (Don't use your microwave.) You want the pack very hot, but not hot enough to burn your skin.
3. Apply pack to area of body you wish to treat.
4. Place sheet of plastic over pack. This is to prevent oil from ruining your clothes and linen.
5. Place a hot water bottle on top of plastic, (Heating pad set to medium also works.)
6. Treatment should continue for one hour. Longer treatments are not harmful, though it is not advisable to fall asleep with the heating pad on.
7. To complete treatment remove the castor oil pack, and cleanse your skin with a solution of baking soda. (1 teaspoon baking soda to 1 pint of water.)
8. The pack can be stored in the refrigerator in a container. It can be reused 20-25 times, after which it should be washed or replaced.

**Contraindications:** Do not use heat with uterine growths, bleeding, pregnancy, ulcers or while menstruating.