

The Benefits of Castor Oil/How to Make a Castor Oil Pack

3 John 2 – “Beloved, **I wish above all things that thou mayest prosper and BE IN HEALTH**, even as thy soul prospereth.”

“EVERY PERSON should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to **understand** the principles involved in the treatment of the sick and to **have a practical training** that will enable one rightly to use this knowledge.” {MH 127.2}

“There are many...**simple remedies** which will do much to restore healthful action to the body. All these simple preparations **the Lord expects us to use for ourselves**...If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain when we are too indolent to make use of these remedies within our power, it is simply presumption...” {2SM 297.8}

WHAT IS CASTOR OIL?

Castor Oil is a very pale yellow liquid that **is extracted from castor seeds** (Ricinus Communis). **It is an anti-inflammatory and anti-oxidant oil** which has been used for centuries for its therapeutic and medicinal benefits. It is believed that most of castor oil's benefits are derived from its high concentration of unsaturated fatty acids.

“Castor oil is a unique substance with an ancient history. Folk healers the world over have used it to treat a wide variety of conditions. Castor oil's effectiveness is probably due in part to its unusual chemical composition—a triglyceride of fatty acids with almost 90 percent of that fatty acid content consisting of ricinoleic acid...and the high concentration of this unusual, unsaturated fatty acid is thought to be responsible for castor oil's **remarkable healing abilities**. Ricinoleic acid is effective in preventing the growth of numerous species of viruses, bacteria, yeasts, and molds.” (By: Dr. David Williams)

WHAT ARE THE BENEFITS OF CASTOR OIL?

Castor Oil has been **used both internally and externally for thousands of years** due to its many wonderful health benefits. Since it can strengthen the immune system, castor oil is considered a great remedy to treat the following major illnesses and ailments:

USED FOR:

Abdominal pain	Colds
Abdominal stretch marks	Colon problems
Abscesses	Constipation
Acne	Corns
Adhesions	Cysts
Appendicitis	Door jammed fingers and/or hands
Arthritis	Dry skin
Athlete's foot	Earaches
Back pain	Epilepsy
Breasts (painful)	Excessive bleeding of the uterus
Breasts (oozing) that are full of cancer	Eye problems
Bursitis	Fibroids
Calluses	Flu
Canker sores	Fluid retention

Fungal infections
Gall bladder pain
Gout
Hair loss
Hair thinning
Headaches
Infections
Itching
Joint pain
Liver pain
Liver problems
Liver spots
Lymph glands, swollen
Menstrual disorders
Migraines

Multiple Sclerosis
Muscle pain
Pain
Parkinson's
Ringworm
Rough hands
Skin abrasions
Sunburn
Tumors
Ulcers
Varicose veins (relief of pain and swelling from)
Warts
Wrinkles
Yeast infections

Examples: (2 drops of castor oil in eyes can stop eye pain; 2 drops in the eyes twice a day can dissolve cataracts. A castor oil pack to the lungs of a cancer patient can cause pain to be gone in seconds. Taken orally it is a laxative. You can add to enema with soapy water for unblocking the colon in severe cases. A very effective natural remedy. (These remedies taken from Danny Vierra's Health Tip of the Day /6-16-10.)

WHAT IT DOES:

Anti-toxin...helps remove toxins from the body
Improves lymphatic flow
Increases eliminations
Increases T-cells
Initiates labor
Reduces inflammation
Softens the cervix
Stimulate the body's natural immune system
Stimulates the lymphatic system
Stimulates the uterus
And much more

WHEN USING CASTOR OIL, KEEP THE FOLLOWING IN MIND:

1. Use Cold Pressed Castor Oil
2. When applying to scalp, to remove oily residue, mix apple cider vinegar and water (25/75) in a water bottle...Squirt in hair then wash with shampoo and don't forget to condition.
3. The skin can be cleansed afterward, if desired, by using water which is prepared as follows: to a quart of water, add two teaspoons of baking soda.

GO HERE TO SEE HOW TO MAKE A CASTOR OIL PACK:

<http://www.youtube.com/watch?v=sVaCT80TzIY>

<http://www.youtube.com/watch?v=6yt9uq6piBc>

https://www.youtube.com/results?search_query=castor+oil+pack

TO LEARN MORE ABOUT THE BENEFITS OF CASTOR OIL, GO TO THE FOLLOWING LINKS:

<http://www.annieappleseedproject.org/castoroiluses.html>

http://www.bukisa.com/articles/74566_awesome-benefits-of-castor-oil

<http://www.angelhealingcenter.com/CastorOilDrWilliams.html>

<http://lifestyle.iloveindia.com/lounge/benefits-of-castor-oil-5250.html>

<http://www.diagnose-me.com/treat/T350155.html>

Directions – The easiest way to use castor oil is to massage it into the body on the problem spot, along the spinal cord, the abdomen, or following the lymph drainage patterns. It can also be taken internally, but is a strong laxative constipation. Despite being a simple procedure, the castor oil pack can produce good results. For the strongest effect, use a hot oil pack. Physiological effects of the castor oil pack include stimulating the liver, increasing eliminations, relieving pain, increasing lymphatic circulation, improving gastrointestinal function, increasing relaxation and reducing inflammation.

Materials Needed (and is used to treat)

- * Three layers of natural, uncolored wool or flannel cotton large enough to cover the area being treated
- * Castor oil
- * Plastic wrap large enough to cover the cloth
- * Hot water bottle or electric blanket Procedure
- * Soak cotton with castor oil. It should be saturated but not dripping
- * Place the pack on the area being treated, for example lower right abdomen (liver)
- * Cover the pack with plastic wrap and place a hot water bottle over the pack
- * Leave the pack on for 30-60 minutes.

Use the castor oil pack 3-7 days per week.

The same pack may be used for weeks or months. Refresh with additional oil if necessary.

COUNTER-INDICATORS AND WARNINGS:

Precautions include avoiding meal times, not using the pack during heavy menses, and avoiding contact with fabric that could become stained.

Blog Link:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/05/the-benefits-of-castor-oilhow-to-make.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2017/11/the-benefits-of-castor-oilhow-to-make.html>