

Caster Oil Packing

Many of you may remember your grandmother recommending castor oil for constipation. While true, the unique healing benefits of castor oil reach much farther than just constipation and has a sterling reputation because of its rapid healing of a number of disorders.

The famous Edgar Cayce popularized the use of castor oil in the 1940's and 1950's, especially in the form of external castor oil packs, which resulted in amazing health recoveries for many people. Some of the most frequently recommended uses of the castor oil packs by Cayce included:

- inflammation of the gallbladder
- poor elimination
- epilepsy
- liver conditions such as cirrhosis
- scleroderma
- headaches
- appendicitis
- colitis
- intestinal disorders such as stricture and colon impaction
- lack of coordination between the nervous systems
- neuritis
- toxemia and many more

Since then castor oil packs have been used to improve digestion, promote regular menstrual cycles, increase lymphatic circulation and for better assimilation of nutrients. One particular lady had been doing regular castor oil packs daily for over six months to improve a severe digestive problem and received a surprising side benefit. Her smiley face scars from her C-section and hysterectomy had gone from an ugly wide looking scar to a barely noticeable razor thin looking scar.

For thousands of years castor oil packs were used in ancient India, China, Persia, Africa, Greece, Rome and then into Europe during the 17th century and the uses for which the castor oil packs included: easing childbirth, clearing warts, many diverse types of pain, lacerations, skin disorders including eczema or psoriasis, immune system boosts, skin softeners, and inflammatory conditions.

How Caster Oil Works

Castor oil appears to work by drawing blood circulation and enhanced biological energy to the area where it is applied and then drawing out toxins through the skin and out of the body. Castor Oil has proven to detoxify the body at very deep levels often eliminating the true root causes.

The Healing Effect of Ricinolenic Acid

The effectiveness of castor oil may be due in part to its unusual chemical composition. Castor Oil is a triglyceride of fatty acids. Almost 90% of its fatty acid content consists of ricinolenic acid. Research has shown ricinolenic acid to be effective in preventing the growth of numerous species of viruses, bacteria, yeasts, and molds. It has been said that castor oil is a healthy component for humans but acts like a poison to some types of pathogenic organisms. Due to the many beneficial effects of this fatty acid component, the use of castor oil topically has

had a high degree of success in clearing stubborn skin ailments such as ringworm, keratosis, and skin inflammation. Generally for these conditions, the affected area is simply wrapped in an organic cotton cloth (organic so there is no pesticide residue) soaked with castor oil for one night or for a few nights in a row until the area heals. In Russia, castor oil is added to health products to restore hair growth and soothe eye irritation.

Cayce also recommended applying castor oil based paste on callouses on the feet, moles, ingrown toenails, warts etc. The paste was made with baking soda and several drops of castor oil in the palm of the hand and then massaged into the afflicted area. Wrapping it then with a towel for several hours was also recommended.

Castor Oil May Increase Lymphocytes

Edgar Cayce was especially fond of recommending abdominal castor oil packs using several layers of cotton flannel and then placing the pack against the skin and adding the use of a heating pad for 30 minutes up to an hour (2 hours at the most). Frequently he observed lymph node swellings being reduced, depression being eased and a general lessening of fatigue. Dr. William McGarey (a medical doctor from Phoenix Arizona) recounts in his book "The Oil that Heals," that castor oil packs had significant increase in the production of lymphocytes as compared to those using placebo packs.

Beware of "Junk" Castor Oil

Unfortunately, much of the castor oil currently available in North America is garbage because so much of it is derived from castor beans grown with pesticides or on poorly grown soils lacking in nutrients and which have been solvent extracted or deodorized which damages the healing phytonutrients and imparts a residual toxic solvent contaminant.

The Best Castor Oil

The best castor oil comes from where it was originally discovered and that is in India. The non-hybrid castor beans are still grown by traditional herbal masters in the dense, central forests of India in fertile, luxurious soil and pure air. The castor oil from India is cold pressed without the use of hexane and is 100% pesticide free. This is the only castor oil that we recommend.

Instructions for Castor Oil Pack

1. Saturate a piece of organic flannel that is large enough to cover the area of concern with some Premier castor oil.
2. Place the saturated flannel over the area to be treated.
3. Cover the castor oil saturated flannel with plastic wrap
4. Place a heating pad over the area and heat the area for a minimum of 30 minutes and up to 2 hours.
This is a great time for meditation or prayers.