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Castor Oil

Castor oil is derived from the seeds of the *Palma Christi* tree. Although the oil is poisonous and only recommended for internal consumption under strict guidance, external application of the oil has been well documented for its powerful lymphatic stimulation. **Cold-pressed castor oil** retains more active ingredients, although heat-extracted oil is more readily available.

Castor oil packs have been used to successfully treat many common ailments: from aching feet and warts, to digestive and urinary conditions. Castor oil packs are one of the most successful methods of treating internal scar tissue following surgery.

Castor Oil Packs

- Find a piece of real wool large enough to cover the area of application, such as the leg portion of old wool work socks
- Pour the castor oil directly on the wool until wet
- Heat the wool until comfortably warm
- Apply the heated wool directly to the skin, cover with a cotton tea towel and a moist heat source (hot water bottle, bean/rice bag)
- Maintain application for 45 to 90 minutes, *if desired* remove heat, wrap the entire application site with saran wrap and wear overnight
- Apply the castor oil pack for three days in a row, break for two days then start the cycle again
- Edgar Cayce recommended one tablespoon of olive oil taken orally on day three of each cycle

Notes

Castor oil is a form of pitch and will stain **everything**, do not use around any important clothing or bedding. Lukewarm soda water may be used to cleanse the area after application. Store the wool pack in a Ziploc bag for future use, and there is no need to wash the wool between applications.

Clinical Signs of Castor Oil Toxicity

- burning of mouth & throat
- increased thirst
- vomiting & diarrhea
- kidney failure