

Castor Oil - "Palm of Christ"

The use of castor oil (CO) in rubs and packs provides a remedy with amazing healing properties. Therapeutic castor oil is cold-pressed from the small, thick round seeds of the tropical castor bean plant (*Ricinus Communis L.*, Euphorbiaceae). The oil comprises 60% of the seed and is rich with ricinolein, a glyceride of ricinoleic acid.



What's in a name? - CO was known to the Greeks as Kiki and to the Romans as "Palma Christi" (the leaves of the castor bean plant were thought to resemble the palm of Christ - indeed, this name beautifully reflects the inherent healing power of this unique oil). Beginning in the 17th century, CO was taken internally for its effect as an "irritant" or "stimulant" to cleanse the digestive tract, however, its ingestion is no longer recommended.

Castor Oil is Externally Applied - In the early 20th century, Edgar Cayce recommended castor oil packs as an external application over the right side of the abdomen for a variety of conditions. CO packs are used successfully to help increase eliminations, stimulate the liver and gallbladder, and to alleviate various kinds of abdominal complaints, headaches, inflammatory conditions, pains, muscle damage, skin eruptions and lesions.

Ricin (not ricinoleic acid) is a **deadly toxin** - Ricin is an alkaloid, protein toxin that is also extracted from the castor bean. Ricin is more poisonous than cobra venom, even in minute quantities about the size of a grain of salt. Ricin gets inside body cells and by preventing them from making needed proteins, causes the cells to die.

Ricin is released if castor beans are chewed and swallowed, and is also toxic when inhaled or injected. Ricin can be made from the waste "mash" left over from processing castor beans into oil. A modified form of ricin has been used experimentally in medicine to selectively kill cancer cells. In some reports ricin has possibly been used as a warfare agent in the 1980s in Iraq and more recently by terrorist organizations.

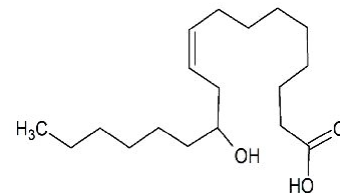
Constituents and Active Ingredient of Castor Oil (CO)

CO has minor components of oleic and linoleic acids, but **close to 90% of its fatty acids are Ricinoleic Acid (RA)**, rare in the plant kingdom, and believed to be responsible for CO's remarkable healing abilities.

RA (C₁₈H₃₄O₃) is a monounsaturated fatty acid produced in CO by hydroxylation of oleic acid. It is an omega-9 (C=C double bond in w9 position), 18-carbon fatty acid having a hydroxyl functional group at the 12th carbon, a very uncommon property for a biological fatty acid. This functional group causes RA (and therefore castor oil) to be unusually polar, and also allows chemical derivatives not practical with other biological oils.

Polar molecules include ammonia and glucose and are generally able to dissolve in water due to the polar nature of water - "like dissolves like". Polar molecules have slightly positive and slightly negatively charged ends (Non-polar compounds include fats, oil and petrol).

RA has been shown to prevent growth of numerous species of viruses, bacteria, yeasts and molds.



Castor Oil is Used as a Rub or Castor Oil Pack

How to Apply a Castor Oil Pack

The typical application recommended by Cayce is that of a **hot abdominal pack placed over the right side of the abdomen, covering the liver, upper small intestines, cecum, and ascending colon.**

- Use only **cold pressed, hexane-free Castor Oil**
- Use only **pure undyed woolen or cotton flannel** (about 1 ft. sq.) for the packs.
- Use a **hot water bottle** for heat source (heating pads emanate unnatural frequencies).
- Use the packs **1 to 2 hours daily** - for best results, apply for at least 3 consecutive days.
- Castor oil should not be taken internally and should not be applied to broken skin

1. Place a wool or cotton flannel in a container and soak it in 1/4 Cup castor oil so that it is saturated, but not dripping.
2. Fold a pack 3-4 layers thick over the affected body part or the abdomen. Protect clothing and bedding. (Oil can be removed with a solution of 2Tbsp. of baking soda to 1 quart water).
3. Cover with a clean, plain plastic bag or piece of cling wrap (larger than pack).
4. Place a hot water bottle (Not a heating pad - electrical frequency could interfere with healing frequencies of castor oil) over the pack and rest for 1-2 hours with the pack in place.
5. After removing the pack, massage the oil remaining on the skin into the body and if desired, cleanse the area with a dilute solution of water and baking soda.

Store the pack in a covered container or plastic bag in the refrigerator, thus ensuring that you will NOT absorb harmful, RANCID Oils into your Body, which would UNDERMINE your efforts. A pack may be reused 25-30 times, adding 1-2 Tbsps. oil before each use.

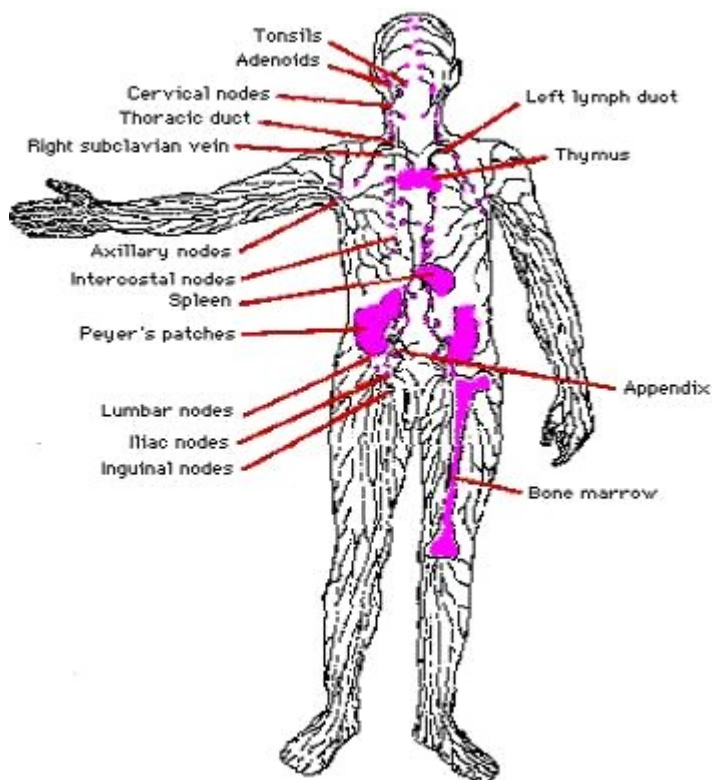
Suggested Schedule to Decongest the Lymph System

- 2 days a week over the liver/abdomen area to the right of your naval,
- 2 days a week over the spleen area (bottom of left rib cage),
- 3 days a week over the Thymus gland (just above the heart).

This will rejuvenate the adrenal glands, which in turn will enhance the function of the thymus gland, revitalizing the entire body.

Do the treatments daily for the first 4 weeks, after which, do the treatments every other day, once over the three target areas - liver,

thymus and spleen.



A castor oil pack can also be placed directly on problem areas of the body

Use CO pack until problem is healed:

- For skin conditions** - simply wrap the affected area in a castor oil soaked cloth each night, or if the area is small enough, use a castor oil soaked Band-Aid. **Tip:** For persistent infections and finger and toenails that have discolored and hardened, soak the area for 10 to 20 minutes in Epsom salts prior to applying the castor oil, to speed up the healing process.)
- Over the Liver** - CO packs are often recommended as part of a liver detoxifying program.
- Over the Chest** - for lung/bronchial infections
- Inflamed, Swollen, Aching Joints or Muscles** .
- The abdomen** - to relieve constipation and other digestive disorders.
- The lower abdomen** - in cases of menstrual irregularities and uterine and ovarian cysts.
- Callouses, moles, ingrown toenails, warts** - Cayce recommends applying "castor paste" on these problem areas. "Castor paste" is made by mixing about 1/8 tsp. of baking soda with 3 to 4 drops of castor oil in the palm, then massage into the affected area.

Uses of Castor oil packs and Rubs		
	HEALTH PROBLEM	APPLICATION
DIGESTIVE SYSTEM		
Digestion		
Hernia		
Colon	Obstructions / Constipation / Crohn's Disease / Colitis	
INFECTION		
AIDS		
Anti-microbial	Anti-fungal (yeast, mold) / Anti-bacterial / Anti-viral	
Appendicitis		
Athletes Foot		
Bronchitis	May add thyme, eucalyptus, or pine essential oil to thin mucus	Chest
Upper Respiratory Infections	Involving sinuses, tonsils, inner ear	Chest
INFLAMMATION		
Arthritis		
Inflammation		Affected site
Hemorrhoids		
Chronic Fluid Retention	Bursitis / swollen joints	
Varicose veins		Affected site
NEUROLOGICAL		
Nerve Inflammations	Nerve inflammations E.g. sciatica, shingles / Parkinson's disease Multiple sclerosis / Migraine headaches / Cerebral palsy	
Epilepsy		

ADHD	In children	
PAIN		
Headaches		
Lower Back Pain		Affected site
Muscle	Pain / Strains	
IMMUNE SYSTEM		
Immune system booster	Improves Thymus gland function	
Lymphatics	Swollen lymph nodes / Lymphatic Congestion / conditions related to poor lymph drainage; Increases lymphatic circulation.	
Liver	disease /stones /Liver cirrhosis /Hepatitis /Enlargement /Congestion	
Gallbladder	Disease / stones	
FEMALE		
Menstruation	Excessive bleeding	Lower abdomen
Breasts: Lactation / FDB	Increases milk flow / sore, inflamed nipples /mammary gland inflamm. Lumpy/Painful breasts in fibrocystic disease of the breast	Breasts (no need to wash off)
Umbilicus	Healing in a newborn	
Ovarian Cysts	Dissolves ovarian cysts	Ovaries
Pregnancy	Avert threatened abortions / Initiation and progression of labor	
Bladder /Vaginal	Infections	
SKIN / HAIR	"What skin problems castor oil won't help aren't worth talking about"	
Ringworm		
Infections	Acne /Abscesses / Boils / Skin eruptions / Lesions	
Chronic Pruritus	itching	
Keratoses	Non-cancerous, wart-like skin growths	
Cysts, warts, "Liver" spots. Moles	Massage problem area at least 3 times / day to remove	
Hair Restoral	1 part Castor oil to 10 parts grain alcohol (e.g. vodka)	
Lips	Protect and moisturize	
EYES		
Conjunctiva of the eye	Reduces irritation	
Eyelashes /eyebrows	Stimulates long thick, growth, esp. for those with scanty lashes	

Women's Problems

Excessive Bleeding - in The Edgar Cayce "Handbook for Health through Drugless Therapy", the late Dr. Harold J. Reilly, who worked with the information provided in the Cayce readings for 45 years, recalls the case of a woman who had been suffering from **excessive bleeding of the uterus for 13 years**. By the time she came to see Dr. Reilly, her problem was threatening to disrupt her career as an opera singer, as well as her ability to function normally in her personal life as a wife and mother. She consulted four leading gynecologists, who had all recommended some kind of surgery, from a simple D&C to a total hysterectomy. Dr. Reilly put her on a regimen that began with colonic irrigations and **castor oil packs four nights on, three nights off**. The woman later reported that **"after the first two nights of the castor oil packs ... the spotting**

stopped, and this was remarkable, because it was just after my menstrual period, and usually that went on and on. By the end of the week, I sang in a concert and felt fine."

Varicose veins - In her popular book "Take Charge of Your Body", Canadian physician Dr. Carolyn DeMarco recommends the application of **castor oil packs at night for the relief of pain and swelling associated with varicose veins.**

Fibrocystic Disease of the Breast (FDB) - In a 1994 article in Health Naturally magazine, Dr. DeMarco writes about the recommendation of American gynecologist Dr. Christine Northrup to **apply castor oil packs to the lumpy, painful breasts of women who suffer from FDB.**

Labor Initiation and Progression - Susun Weed, author of the book "Wise Woman Herbal for the Childbearing Year", says that in traditional midwifery, **castor oil is used internally and externally to stimulate the uterus, soften the cervix, and help initiate labor.** She also suggests rubbing castor oil on the belly and covering with a warm towel if the cervix is ripe and labor seems near. Some midwives rub castor oil on the feet to help labor along.

Stressed / Compromised Immune System - E.g. **Aids.** Conditions that stress or compromise the immune system will very often benefit from CO packs. AIDS patients who have added CO packs (usually for 1 hour a day) to their treatment regimen have had very positive results. Within 2 weeks, it was not uncommon for them to see increases in their WBC, RBC, and platelet counts, and hematocrit readings.

Most beneficiaries **also drank a combination of olive oil and lemon juice to further stimulate lymphatic flow and liver activity,** made by blending the following ingredients:

1 whole lemon, (pulp, rind, seeds and all)	1 Tbsp. extra virgin olive oil
1½ Cups distilled water	4 rounded Tbsps. frozen orange juice concentrate

This blend is then **strained through a wire strainer** to remove the pulp.

The remaining liquid is **divided in four equal portions of approximately 1/4 cup each and a portion is consumed with each of the three daily meals and before bedtime.**

In addition to stimulating lymphatic flow, the drink increases the flow of bile from the liver and gallbladder, which, in turn, enhances one's ability to digest essential fatty acids through the Peyer's patches in the small intestine. It is not uncommon for AIDS patients to experience weight gain and a reversal of a long list of complaints often associated with fatty acid deficiencies.

How Does it Work?

Castor oil is no doubt a God-given substance provided for our benefit, but its healing mechanism is still not well understood.

Two separate studies found that abdominal CO packs significantly increases lymphocyte production - compared to those using placebo packs. Lymphocytes are the disease-fighting cells produced by your immune system. Lymphocytes are located mainly in the thymus gland, spleen, and lymph nodes, as well as the tiny patches of lymphatic tissue that line the small intestine, called Peyer's patches.

One double-blind study examined lymphocyte values of 36 healthy subjects before and after topical CO application. This study identified CO as an anti-toxin, which has impact on the lymphatic system, and thus enhancing immunological function. The study found that CO pack therapy of a **minimal 2 hour duration** produced a significant increase in the number of T-11 cells, that increased over a 7 hour period, then returned to normal during the 24-hours following. **This data can only be LEGALLY offered as theoretical. No medical claims are made or implied by its author.**

treatment, with a concurrent increase in the number of total lymphocytes. This T-11 cell increase represents a **general boost in the body's specific defense status, since lymphocytes actively defend the health of the body by forming antibodies against pathogens and their toxins. T-cell lymphocytes** originate from bone marrow and the thymus gland as small lymphocytes that **identify and kill viruses, fungi, bacteria, and cancer cells**. T-11 cell lymphocytes supply a fundamental antibody capability to keep the specific defense system strong.

Possible Peyers Patches Connection - Edgar Cayce suggests that CO packs strengthen the Peyer's Patches, which he associated with longevity and maintenance of good health. According to Cayce, when a **SUBSTANCE produced by the Peyers Patches reaches the autonomous and the cerebrospinal nervous system via the blood stream, it facilitates electrical contact between them**. Thus Cayce is inferring that to an extent, the **health of the ENTIRE NERVOUS SYSTEM is maintained through the SUBSTANCE produced by the Peyer's Patches when they are in good health**.

Related to body's lymphatic system - castor oil benefits are at least partly due to its ability to drain the lymph.

Healing frequency - castor oil is the only significant natural source of ricinoleic acid. This unique fatty acid has a vibrational frequency, believed to promote healing in body cells. The special bonding in RA may possibly work to attract, store and resonate with sun energy, much the same way as flax seed does.

Osteoporosis Testimony

"One time when my mother had fractured her back due to **severe osteoporosis**, she was prescribed very strong painkillers, during her ten day stay in the hospital. I remembered the information I had read in Edgar Cayce and the Palma Christi by William A. McGarey. So on her return home; I proceeded, with her permission, to **very gently apply castor oil packs to her back**.

After the very first application she no longer required the painkillers and after using the packs for three consecutive days per week for several weeks, we then changed to a maintenance program of once a week. This kept her spine more flexible and supple. In fact she actually looked forward to her castor oil day and found it extremely relaxing.

Castor Oil is Used in Cosmetics, Lotions, Soap

- CO used as a Thickener and Emulsifier** - acts as a water dispersant to help oil-based ingredients mix into water-based ingredients.
- Humectant** - soothing and emollient (seals in moisture)
- Boosts lather in handcrafted soaps**
- Provides incredible slip**

From the June 2000 Idaho Observer:

<http://proliberty.com/observer/20000615.htm>

Castor Oil: The Palm of Christ

by Ingri Harkins

The Palma Christi

(Ricinus communis)

The Palma Christi is the name given to the plant better known as the castor oil plant. The oil is derived from its seeds (beans) and has a long history of miraculous medicinal benefits. The first documented use of castor oil is from an ancient Egyptian document, Ebers Papyrus (1550 B.C.) In this document castor oil was placed directly in the eyes to relieve and protect the eyes from irritation. It was also used extensively in eastern Europe centuries ago in the form of an external compress. This method of applying castor oil has since been revived by both Dr. John R. Christopher, the father of American Herbology, and Edgar Cayce, the renowned American psychic.

Most of us think of castor oil as a cathartic taken internally to purge the bowels and associate it with a remedy only to be used in emergencies due to its unpleasant taste. Since I have never taken castor oil in this way and have used and recommended only the cold pressed oil, we will be limiting our discussion to the external use of cold pressed castor oil.

When I was young, our family used castor oil packs for any pain in the abdominal area, whether it was from indigestion, the flu, constipation, or menstrual cramps. It was always so effective that I would ask for it if I ever became ill enough to require bed rest.

In Dr. Christopher's 3-Day Cleansing Program, Mucusless Diet and Herbal Combinations, castor oil fomentations are recommended for ridding the body of hardened mucus in the form of cysts, tumors and polyps. The castor oil is applied by soaking a flannel cloth in castor oil and applying it over the liver. A hot water bottle is applied on top of the pack and left on the area for 30 to 60 minutes. This is repeated daily for three days followed by olive oil massages over the same area for three days. On the seventh day, the patient should rest by fasting on nothing but distilled water. Depending on the particular case, this procedure should be repeated for between six weeks to six months to properly cleanse the system.

The reason this treatment is so effective is that the castor oil goes through the skin into the liver area and lymph glands and starts drawing and flushing out toxins, while the olive oil heals and forms new tissue. Our liver produces one third to one half of the lymphatic fluid in our bodies and needs to be kept in good shape. The lymphatic system is one of the major channels for absorption from the gastrointestinal tract; its main function being the absorption of fats.

So what are the constituents of castor oil that make this oil so therapeutic? 89.5 percent of the oil is composed of ricinoleic acid and three percent is composed of oleic acid. In **This data can only be LEGALLY offered as theoretical. No medical claims are made or implied by its author.**
Shirley Emmons "Heal Yourself at Home" Castor Oil - 7

1961 in the Journal of American Oil Chemists' Society, A.F. Novak writes how ricinoleic and oleic acid derivatives were studied for their antimicrobial properties and found that these two substances were superior in their activity against several species of bacteria, yeasts and molds when compared to sorbic and 10-undecenoic acids, two known antimicrobial agents. This explains why castor oil has been used successfully in treating puncture wounds; even when the patient is experiencing an acute infection at the wound site.

One man tells of how he developed an intensely inflamed finger when he was visiting his sister in the hills of Virginia. A local physician advised him to go to a larger city to receive surgical care. His sister encouraged him to see the local midwife instead and she recommended that he wrap his finger in a flannel cloth soaked in castor oil. By the morning most of the inflammation and soreness were gone and by the second day it was completely healed. A grain of sand was discovered at the edge of the fingernail which had caused the infection. This came out and the finger was healed.

My first miraculous encounter was when I was four months pregnant with my first child. I was in a car accident that left my car totaled and my uterus and entire abdomen area felt very bruised and swollen. The accident occurred on a Friday as I was coming home from work. My husband and I had planned to go away that weekend but my condition forced us to cancel our plans. I laid in bed most of the weekend with castor oil packs over my abdomen and experienced a remarkable recovery. I am convinced that I would have miscarried our daughter if it were not for the healing power of the castor oil.

I was inspired to apply castor oil packs after reading about a woman who had nine miscarriages. After applying castor oil packs over her uterus every evening during the first trimester, she carried her child to full-term.

Since then I have recommended castor oil whenever I am at a loss as to what to do; especially when the person needs immediate relief from their symptoms. Recently, a dear friend developed a raw, red rash on the tip of her nose that continued into her nostrils. She had tried several pharmaceutical over-the-counter medications to no avail. I happened to have a container of castor oil with me and had her pour out some as I instructed her to apply it liberally over the affected area and continue using it until it clears up. The following day she noticed considerable improvement and is continuing to use it as I write.

My father knew of castor oil's value to eliminate unsightly moles and warts. The first case involved a beautiful woman who had a disfiguring mole right in the center front of her nose. Her father wanted her to have it taken out by a doctor, but she didn't want to do that because she thought it might make matters worse. She used castor oil (mixed with baking soda to form a paste) every night, taking the bandage off in the morning so she could go to work. It took about a month for the mole to dry up and come off. Since my father was working on a contract basis and went to the office only to pick up some work, he never saw the girl again. He happened to see her boss at a theater and asked him about the girl's mole. The gentleman said, "Oh, that came off in about a month."

The other case involved a woman at the bank, who was getting married and was concerned about a rather large mole on her back. My father gave her the formula and it took about six weeks for it to come off.

Two things to remember about this remedy: The castor oil must be raw and cold processed and labeled "for external use only." Secondly, the castor oil and baking soda mixture, which should be the consistency of a paste, must be thoroughly rubbed in. The Home Health brand of castor oil has the hexane removed because it is reported to be an

irritant. Incidentally, this way of removing moles leaves no scar.

As you can see simply from the above stories, cold pressed castor oil is a most valuable remedy to have on hand. It is likely that the multitude of uses for castor oil as well as its powerful medicinal properties are the reasons it is referred to as the Palma Christi -- the hand of Christ.

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Castor oil: A Complete Medicine Chest

Castor oil was a part of my family's medicine chest. Once a month my Grandmother or Mother gave it to all the children for internal cleansing, and to make sure we stayed in good health. As I grew older, I became fascinated by the different healing properties of herbs, and relied on castor oil as my number one remedy. I have used it for female problems, by making a castor oil pack and placing it over the troubled area. The next morning I will wash the area with warm water and baking soda to alkalinize the area where toxins have been released.

A castor oil pack is simply cotton flannel material saturated with the oil, and placed over the abdomen or any area that needs care. Cover the flannel with clear plastic food wrap, then a towel over it, and apply heat to increase penetration, (heating pad). I also use it as my facial massage oil to relieve any stress that may be held in my face. As my eye soother, I place it around my tired eyes before retiring. Finally, it is my all over body massage oil, keeping my skin supple and smooth.

Castor oil is also know as Palma Christi (which means the Palm of Christ). Knowing that the palm of Christ is healing me, gives me great comfort as I apply the oil. The oil is safe, and I have been using it topically for over 20 years. I am grateful for Mother Nature and for the wisdom of the Elders in my Family for bringing me an understanding of and appreciation for this remarkable oil. May you too enjoy its many benefits.

Margaret Pemberton, Atlanta, GA

Nutritional Consultant

The **Castor Oil plant** (*Ricinus Communis*) is native to India, Africa and Central America and grows wild in most of the tropical and subtropical areas of the world. It was cultivated 6000 years ago by the Egyptians, who used the oil as fuel to burn in their lamps. It was known to Herodotus, who calls it Kiki, and states that it furnishes an oil much used by the Egyptians, in whose ancient tombs, seeds of *Ricinus* are found. Around the 4th century BC, it had already been introduced into Greece where it is cultivated even today under the same ancient name. It was employed medically in Europe during the early Middle Ages and used externally in skin diseases. In the 18th century, its cultivation in Europe as a medicinal plant had ceased and small supplies of the seeds and oil required for European medicine were obtained from Jamaica. The name "castor" was originally applied to the plant in Jamaica where it is called "*Agnus castus*", although it bears no resemblance to the south European plant of the same name. In Jamaica, the oil is extracted by cold pressing (without heat).

Medicinally, the oil is used as a purgative and laxative, taken in teaspoon doses followed by a glass of fresh squeezed orange juice. **Castor Oil** has a very radical effect on the stomach and intestines and is not recommended for internal use in large quantities especially for children. In fact, **caution** is recommended when using **Castor Oil**, and other herbal laxatives such as senna pods are more highly recommended. The oil has many good external uses. In China, it is used as a rub for deformed faces and joints. Warm **Castor Oil** is used as a rub for arthritis and rheumatism and as a bath oil, it relieves many skin problems. In Jamaica, the plant known as *agnus castus* is used to cure constipation and bodily pain. The oil applied to wounds will stop bleeding. Hot **Castor Oil** massaged into the hair will strengthen it and eliminate dandruff, lice, fleas, and other scalp problems. Mixed with olive oil, it will blacken hair and mixed with cocoa butter, it will make it grow. The leaves can be used in a bath to reduce swelling in the joints, to relieve all bodily pains, and to increase the flow of milk in nursing mothers.

1. Rashan Abdul Hakim, **Basic Herbs and Healing**, 1989.
2. "Castor Oil Plant ", **A Modern Herbal**_by Mrs. M. Grieve, www.Botanical.com

By Diane Abernathy

Castor oil is so simple and common; most people overlook it as a serious therapeutic agent. It has been in use by many cultures for thousands of years as a

folk medicine, being first record by the Egyptians as medicinal oil. It acquired the name of Palma Christe, the palm of Christ, as a signifier of its efficiency.

Castor oil is a unique substance. It has an unusual chemical composition of a triglyceride of fatty acids that is unique to castor oil. Almost 90 percent of this fatty acid content is in the form of ricinoleic acid, which is undoubtedly the main therapeutic agent. It comes from the poisonous bean of the castor bean plant (*Ricinus communis*). The oil that is extracted leaves behind the poisonous properties, resulting in an almost scentless, viscous oil.

One of the most significant properties is as a stimulant to the lymph system, improving lymphatic flow and increasing the activity of the cleansing of tissues. This speeds up the removal of toxins surrounding the cells and reduces swollen lymph nodes. Edgar Cayce, the famous sleeping healer recommended castor oil extensively for many different conditions, claiming that it, among other things increased the health of the peyer's patches. The peyer's patches, which are lymphatic tissue in the small intestines, then increase the absorption of fatty acids, which are essential ingredients for tissue growth and repair and the formation hormones.

Castor oil has been shown to strengthen the immune system, it creates a significant increase of lymphocytes. It also appears to have a balancing effect on the autonomic nervous system, increasing liver activity and improving digestion. Ricinoleic acid, the main ingredient of castor oil prevents the growth of numerous species of viruses, bacteria, yeasts and molds. It is used for fungal infections ringworm, keratosis, warts and even "liver" spots.

All of these properties add up to a useful medicine for bacterial and viral diseases, even being used with good effect for HIV/AIDS. It is used for such diverse problems as arthritis, colon problems from bowel impaction to colitis and Crohn's disease, to gallbladder disease. It has been a folk medicine of long standing for imbalances and growths of the women's reproductive system: breast cysts, lumps or cancers, uterine or ovarian cysts or fibroids.

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 strongly laxative and is usually used that way to correct constipation. To really drive it into the tissues for strongest effect, use a hot oil pack. Soak flannel (wool or cotton) in castor oil and heat the pack in microwave or oven, being careful not to overheat. Apply to the abdomen or breast, or wherever the problem is, cover with plastic and a heating pad as hot as tolerable for an hour or more. Do these regularly. The flannel can be reused, put it into a plastic bag and refrigerate. Add a little more oil and reheat to reuse.

It is one of those unbelievable substances that is used for everything. It has been used for wounds, bursitis, ligament sprains, multiple sclerosis, Parkinson's disease, hyperactivity, nerve inflammations and the list goes on and on. It is safe, inexpensive, can be used with other treatments, makes your skin feel silky; why not give it a try.