

Natural Health News

November 2017

E V E R G R E E N S P A & W E L L N E S S
E L Y , M N

CASTOR OIL—AN ANCIENT REMEDY



Sonja Jewell
NTS, CMT, CCWFN

Evergreen Cottage
146 E. Chapman
Ely, MN 55731
Phone: 218-365-2288

**FALL & WINTER-
STORE HOURS:**

Tuesday—Saturday
9 am-5 pm

**CLOSED SUNDAYS
& MONDAYS**

SPA HOURS:

By Appointment

Folk healers worldwide have used castor oil to treat a wide variety of health conditions for thousands of years. For centuries, at the first sign of illness, many mothers and grandparents would immediately turn to giving their children castor oil either topically or internally to boost immune function and speed up healing. Derived from the seeds of the castor bean plant, records show that many years ago the plant was referred to as "Palma Christe" because the shape of the plant's leaves were said to resemble the palm of Christ. Throughout history, castor oil's most popular use has been for treating skin infections, constipation, and improving hair quality, but research has shown that it also is able to boost immune function by increasing white blood cells and lymphocytes that help kill viruses, fungi, bacteria and cancer cells. One of the main reasons castor oil has strong immune-enhancing effects is because it supports the body's lymphatic system. The most significant role of the lymphatic system, which is spread throughout the whole body in small tubular structures, is that it absorbs and removes excess fluids, proteins and waste materials from our cells. Lymph nodes located within these tubes act like the body's natural filters for toxins, and they also pump out antibodies when we are sick to keep foreign proteins or bacteria at bay. When the lymphatic system is not working properly, this can eventually lead to the failure of many healthy cells and possibly degeneration and destruction of organs. Castor oil is believed to improve lymphatic drainage, blood flow, thymus gland health and other immune system functions. Research has shown that patients who use abdominal castor oil packs have significant increase in the production of lymphocytes. Proper blood flow and immunity go hand in hand and castor oil is able to boost circulation. The health of your skin is often a reflection of the health of your gut, immune system and hormonal balance. Castor oil fights skin infections by increasing circulation and blood flow which in turn helps the body fight infections and heal wounds. For a long-term acne treatment, apply castor oil onto the affected area with a clean cotton swab. To prevent future breakouts, wash your face in warm water to open the pores, then massage the oil into your face and leave it on overnight, rinsing the next morning. To soothe a sunburn, apply castor oil mixed with coconut oil (1:1 ratio) to the affected area or use as a natural lip balm to solve chapped or sun-burnt lips. Castor oil works well as a toenail fungus treatment and is able to get rid of moles and cysts. Traditionally, the method used was to apply a small amount of castor oil with a pinch of baking soda to the infected area. When ingested, castor oil works internally to balance gut bacteria and reduce lingering toxins, yeast or molds that can cause fungus to develop in the first place. Castor oil is also a natural mild laxative. Its active ingredient *ricinoleic acid* gets released in the intestine, where it helps with the process of digestion, nutrient absorption and cleansing the system. Castor oil is often used as a natural treatment for arthritis pain, joint swelling and inflammation. It has natural anti-inflammatory properties that make it an ideal massage oil that can be applied to aching joints, muscles or tissue. Try massaging painful areas with castor oil followed by a hot water pack to increase absorption and drainage. Practicing this process twice weekly can give you the most pain-reducing results. Just like coconut oil benefits your hair, using castor oil can help your hair grow faster, thicker, stronger, shinier and free of dandruff. Besides the fact that castor oil has omega-6 fatty acids to make hair shine, it goes to the root of the problem and improves circulation. Massage slightly warmed-up castor oil into your hair and scalp, and it will improve the blood circulation to your follicles, which speeds up hair growth. Castor oil can be used to enhance the natural color of your hair and make it look rich and thick.

~ over ~



You can try making a homemade hair mask by massaging the oil into your roots and spreading it all over your hair, tying up your hair and covering it with a cap. Leave the oil on overnight before washing it out. Keep in mind that castor oil also has antifungal and antibacterial properties that can help clear up dandruff and scalp infections. Mix one tablespoon of castor oil with one tablespoon of olive oil and add juice of half a lemon, apply the mask on the roots of your hair for about 30 minutes, and then rinse and shampoo your hair. Castor oil can be used to moisturize dry skin. The oil penetrates deep into the skin tissue and nourishes it with fatty acids. Many pricey commercial moisturizers contain castor oil, but you can get all its benefits from direct application. Applying castor oil to the eyelashes every night with a mascara brush can give you thicker and darker eyelashes over a period of time. Use castor oil to treat acne, warts, and skin tags that seem to appear for no reason. While warts result from a viral infection, skin tags usually develop in areas where the skin gets rubbed constantly. Apply castor oil to the skin growth with a cotton swab. Most of these problems seem to get resolved with regular application for one or two weeks. The antimicrobial and anti-inflammatory properties of castor oil may be responsible for this healing effect. Castor oil is also able to cure athletes foot with its strong antifungal and antibacterial components and aids in relieving the symptoms of irritation, burning, and itching. Castor oil is also very effective in decreasing inflammation associated with menstrual disorders and migraines. It also is effective in eliminating fibroids and cysts. Castor oil packs can be an effective treatment for gastrointestinal problems as it will aid in the circulation of the intestines. Another amazing benefit of castor oil is its ability to act as a natural laxative. It is completely safe and has no side effects. To clean out the bowels, simply take 1-2 tablespoons with some juice. For children, 1-2 teaspoons will do the job. You can then sit back and expect a complete cleanout within 2-5 hours of consuming the oil. A castor oil pack will also soothe the pain caused by stye. A stye is a small painful lump on the inside and outside of the eyelid. It is an abscess filled with staphylococcus bacteria. The antibacterial components of castor oil have been found to be effective in treating stye. In summary, castor oil can be used in several ways: topical application on the skin, oil packs or massage. As with essential oil uses or other skin treatments, any oil you ingest, consume or apply directly to your skin should be of high quality to ensure safety and effectiveness. Make sure the castor oil is cold-pressed and pure without additives. Dosage of castor oil taken internally depends on what you are using it for, along with your age, existing medical conditions and response to laxative-type treatments. Always start slowly and with small amounts. Normally, the dosage set for adults is one teaspoon once a day on an empty stomach. However, pregnant and lactating women should consult their doctor before using it since it is known to induce labor. You will find a good quality castor oil at the Evergreen Cottage.



Give thanks.....

For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.
~ Ralph Waldo Emerson

We wish you a HAPPY THANKSGIVING! Thank you for your friendship & support!

Organic Roots 
Bistro

FALL & WINTER HOURS:

TUESDAY through SATURDAY 9 AM—5 PM
Closed Sunday & Monday

HOMEMADE NATURAL MASCARA

Mascara, an age-old beauty aid is traditionally made by burning vegetable oils such as coconut oil infused with herbal extracts and essential oils. The soot is collected and placed on a surface smeared with castor oil. It is a messy process, but the homemade product is much safer than any mascara you can buy. Here is the recipe: Melt one tablespoon beeswax in a double boiler and add two tablespoons of castor oil. Mix in charcoal powder or cocoa powder to get the desired color and consistency. It is that simple!

