

Palma Christi *Castor Oil*

The palm of Christ was the name given to the castor plant during the middle ages. Traditional Chinese medicine, Indian Ayurveda and Ancient Egyptians all used the castor oil as a healing balm. The Egyptians also used castor oil as fuel for their lamps.

*It is produced by extracting oil from the seeds of the **Ricinus communis plant**. The seeds are known as castor beans and contain a toxic enzyme called ricin, which is removed through the heating process that the castor oil is subjected to which enables the oil to be administered safely.*

Today it is still promoted in Naturopathic medicine and is used as an additive and preserver in foods, medication, and beauty products along with an industrial lubricant and a biodiesel fuel component. In India Nepal and Pakistan it is used to stop rice from rotting.

There is evidence to suggest that Castor oil was given to induce labour and to abort a fetus in the early stages of pregnancy. Castor oil was also used as a form of punishment by some parent. The act was frowned upon by Physicians, as they did not want medicines to be associated with punishment. A heavy dose of castor oil was also used as a humiliating punishment for adults. Colonial officials used it in the British Raj to deal with those who did not conform to authority. Italy Greece and Belgian authorities used castor oil as a form of punishment. In Russia it is used as a lubricant in industrial equipment because of its consistent viscosity, it will not freeze during severe arctic weather.

Castor oil is used by some Alternative Practitioners to promote circulation, along with the healing tissues and organs, located underneath the skin. It is also credited for improving liver function, relieve pain, reduce inflammation and improve digestion.

*Castor oil can be administered both orally and topically in the form of castor oil packs. A castor oil pack consists of cloth preferably flannel soaked in castor oil and applied to the skin. This procedure has been attributed to Edgar Cayce who is referred to as the **Sleeping Prophet the father of holistic medicine**.*

Edgar Cayce
1877-1945

For more than 40 years Edgar Cayce gave physic readings to thousands of people while in an unconscious state, diagnosing illnesses and revealing lives lived in the past and predicting future events. He was born in Hopkinsville Kentucky and his psychic abilities were event from a young age. He was able to see and talk to his late grandfathers spirit he had imaginary friends and was able to memorize the words of a book simply by sleeping on it. His main focus in life was to help other people especially children.

*Later in life he was able to enter a meditative state where he would give readings, which covered 10,000 different topics. Health related information was the most common topic. **500** of the readings promoted the use of castor oil packs in a variety of health issues concerning both physical and mental wellbeing. These included*

*Stimulation to the liver
Dissolving and removing lesions and adhesions, relieving pain
Reducing incoordination in the nervous system
Stimulating the gall bladder
Increasing lymphatic action
Enhancing digestion and intestinal functions
Promote bowel elimination
Stimulate peristalsis
Reduce inflammation
Increase relaxation
Reduce flatulence and bloating
Relieve nausea and headaches
Reduce swelling
Improve liver and kidney coordination
Improve skin problems
Reduce cysts*

It needs to be stated here that there is virtually no scientific research that credits castor oil with the above claims made by The Edgar Cayce Foundation. However, there is a substantial number of case studies which verify and support the claims, which has been endorsed by Dr. William A. McGarey, M.D. who has written and spoken about the therapeutic use of castor oil.

Hello Castor Oil

My personal involvement with castor oil goes back to 2001 when I came across a book in Florida written by William A. McGarey M.D.

The book was guided by the teachings of Edgar Cayce, this the first time I had heard about castor oil packs and their amazing healing properties. It was whilst I was in Florida that I experienced my first castor oil therapy more than twenty years ago. I made a castor oil pad, using an old piece of towel and positioned it over my abdomen and liver area, I allowed the heat of the sun to warm my skin and the castor oil pad. In those days I was probably not as health conscious as I am now and the first experience of applying the castor oil made me feel quite nauseas resulting in after 30 minutes removing the pack and taking a shower to wash off any residue of the oil.

Thankfully through continuing to read the book I tried the castor oil pack again and this time encountered no adverse effects only the assurance that my liver was receiving a healing balm. I truly believe that the liver is such a vital organ which receives very little attention until sadly it cannot function efficiently and health problems manifest.

I was so convinced that castor oil was having a positive impact on my health that I designed a handout to give to my clients, which explained the therapeutic value of castor oil packs. I encouraged clients to administer the castor oil pack prior to coming for a colonic hydrotherapy treatment. This proved to be such an amazing bowel preparation as the most stubborn bowels have experienced a positive release during the treatment.

Over the years I have seen and experienced the amazing properties of castor oil, on myself and family members. I also heard how castor oil has proved to be a means of assisting clients with many chronic health conditions.

JOINT PAIN

Castor oil used as a base in an herbal healing balm along with other essential oils specifically for painful joints associated with osteoarthritis. My mother-in-law claimed it gave her more relief than prescribed analgesic gels.

MOUTH INFECTIONS/ORAL HYGEINE

For mouth ulcers and oral thrush, apply directly on the affected area. As a medium for oil pulling to promote general oral hygiene. Place a tablespoon of castor oil in your mouth and swish it around for two minutes. (You only have to retain the castor oil for two minutes as opposed to ten minutes with coconut oil)].

BACK PAIN

In the case of a painful back and sciatic pain place the soaked pad on the lower back and apply heat.

SINUSITIS

Apply castor oil directly onto the painful area on your face, cover with a face cloth and apply heat.

Further benefits of Castor oil

In June 2018 I attended the International Association of Colon Therapy (IACT) convention in Las Vegas and heard a lecture given by Dr. Marisol who markets herself as the Queen of Thrones during her lecture she promoted the benefits of castor oil. The information below is taken from her lecture along with material from her website dr.marisol.com

Stimulates Dopamine

She explained that castor oil stimulates Dopamine and induces relaxation by placing a castor oil pack on the liver area you stimulate sensory receptors in the human skin. This sends a message via the somatic-visceral reflexes, to the corresponding organs the liver, pancreas, stomach, small intestine, large intestine, kidney and adrenals. This in turn moves the body from a stress state into a relaxed state promoting the parasympathetic system.

Increases Glutathione

Glutathione is known as the master of all antioxidants it plays a major role in elimination especially toxins including stored heavy metals and oxidative stress that can cause cell damage. In a recent article by Dr. Mercola. She claimed that a large percentage of victims dying of Covid19 had significantly low levels of glutathione. She promotes the

theory that they have low glutathione levels due to the chemicals and pesticides that we ingest. The human body naturally produces glutathione in the liver.

Promotes Peristalsis

Castor oil promotes smooth muscle contractions via the prostaglandin EP3 receptors in the body, which are located throughout the digestive system and in the uterus. Castor oil activates peristalsis whilst softening faecal matter lodged in the colon. It is not advisable to use a castor oil during pregnancy due to its possible stimulating action of the uterus.

Promotes a balanced Microbiome

Taking a probiotic is an essential component for good gut health, however the effectiveness is easily diminished if the gut flora comprises of more harmful bacteria than good. These harmful bacteria produce a protective layers known as the biofilm to keep them from being destroyed. Castor oil has the ability to break down the biofilm which allows the probiotic to work more effectively due to the eradicating harmful bacteria which allows the probiotic to have room to multiply.

Reduces pain and inflammation

Ricinoleic acid the main component of castor oil is likened to prostaglandins in our body, which, reduce inflammation. Fish oil is widely used due to the high concentrate of prostaglandins, which reduce inflammation throughout the body. Inflammation is likened to a fire that burns in the body in an attempt to destroy renew and heal. Whilst this initially is purposeful, in many cases the inflammation gets out of control. The body's own defense mechanism is to put out the fire/inflammation by using fluid. In the case of inflammation in the intestinal tract this results in fluid retention in the abdominal cavity causing excess weight gain commonly referred to as a beer belly.

Aids digestion, absorption and elimination

Castor oil enhances the production of prostaglandins along with nitric oxide, stimulates neurons which in return acts as a protective lining on the gastrointestinal tract.

Castor oil can also actively promote gastric acid and digestive enzymes which act as defensive barrier against rogue bacteria entering the body.

Castor is also instrumental in assisting with elimination, by increasing peristalsis, there is also evidence that it reduces food sensitivities and promotes a stronger immune system

Antioxidant Support

Castor oil is a source of Vitamin E, omega 6, omega 9, along with Glutathione as previously discussed. Using a castor pack over the liver supports circulation, which in turn allows the liver to detoxify by improving the flow of bile.

Inflammation and Immunity

By reducing inflammation, the body's own healing mechanisms can work more effectively. By using a castor oil pack inflammation in the digestive tract can be reduced. Castor oil has also shown that it can support the function of white blood cells.

Stress

Stress a consequent of 21st Century living, stress is attributed to several major health issues such as heart disease, Alzheimer's disease, obesity, diabetes, depression, asthma and gastrointestinal problems. Castor oil helps to move the body into a parasympathetic state and stimulates good feeling hormones such as dopamine and oxytocin. It may also improves the quality of sleep by producing melatonin.

The aim of every colonic procedure is to assist the body to release stored toxins within the body and start to heal. When you are relaxed your body produces the necessary digestive enzymes, bile, hydrochloric acid and promotes immunity. In the case of leaky gut where it is thought that a contributory factor is a continued stressful lifestyle, by stimulating the parasympathetic system with a castor oil pack you in effect create good gut integrity. This enables the digestive system to absorb supplements and nutrition more effectively.

How to Administer Castopak.

Pour one to two tablespoons of Castor oil evenly on to the soft bamboo pad, avoid saturating the edges. Fold the pad in half to ensure maximum coverage over all areas of the pad. The castor oil can also be rubbed directly onto the skin.

Place the pad directly on to the skin, make sure that the liver area is covered with the pad, for maximum benefits. If using castopak for painful joints apply directly to the affected area. Secure the pad by using the elastic straps.

You can use castopak at any time of the day, but it is more effective if you can set time aside and go and lie down on your back. Castor oil can stain, ensure that you don't get the oil on clothing or bedding by lying on an old towel.

Leave the pad on for at least one hour or you can use it overnight. You can apply heat over the pad by using a heat pad or hot water bottle. When the treatment is finished remove the castor oil from the skin with soap and water.

For maximum benefits use the castopak at least three to four days a week for one month. Monitor the results of the procedure by documenting any significant benefits in a diary or journal.

As mentioned previously please ensure that you use adequate protection when using the castopak as castor oil is very sticky and will stain clothing.

Castor Oil Challenge

If you identified with any of the claimed benefits of castor oil, why don't you put this amazing oil to the test by giving castopak a chance to work its therapy on you.

DISCLAIMER

The suggestions and treatment described in the Castopak is for information and educational purposes only and should not replace direct supervision of a qualified health practitioner. If you have any concerns regarding your health, please consult your General Practitioner.

EDGAR CAYCE QUOTES

Meditation is listening to the divine within

Dreams are today's answer to tomorrow's questions

He who understands nature walks close with God

There is progress whether ye are going forward or backwards the thing is to move

Know that all healing forces are within not without! The application form without, are merely to create within a coordinating mental and spiritual force

Sound will be the medicine of the future

It is thought and feelings, which guides the universe, not deeds

The spirit is life, mind is the builder, physical is the result

Reality is built out of thought and our very thoughts begin to create reality

Smile often, speak gently, be kind

Don't feel sorry for yourself if you have chosen the wrong road, turn around

You can never lose anything that that really belongs to you, and you can't keep that which belongs to someone else

Be glad that you have the opportunity to be alive at this time

Magnify the virtues minimize the faults

Be a light unto others not boastful of self

Cultivate the ability to see the ridiculous and retain the ability to laugh

Life – God in its essence is vibration