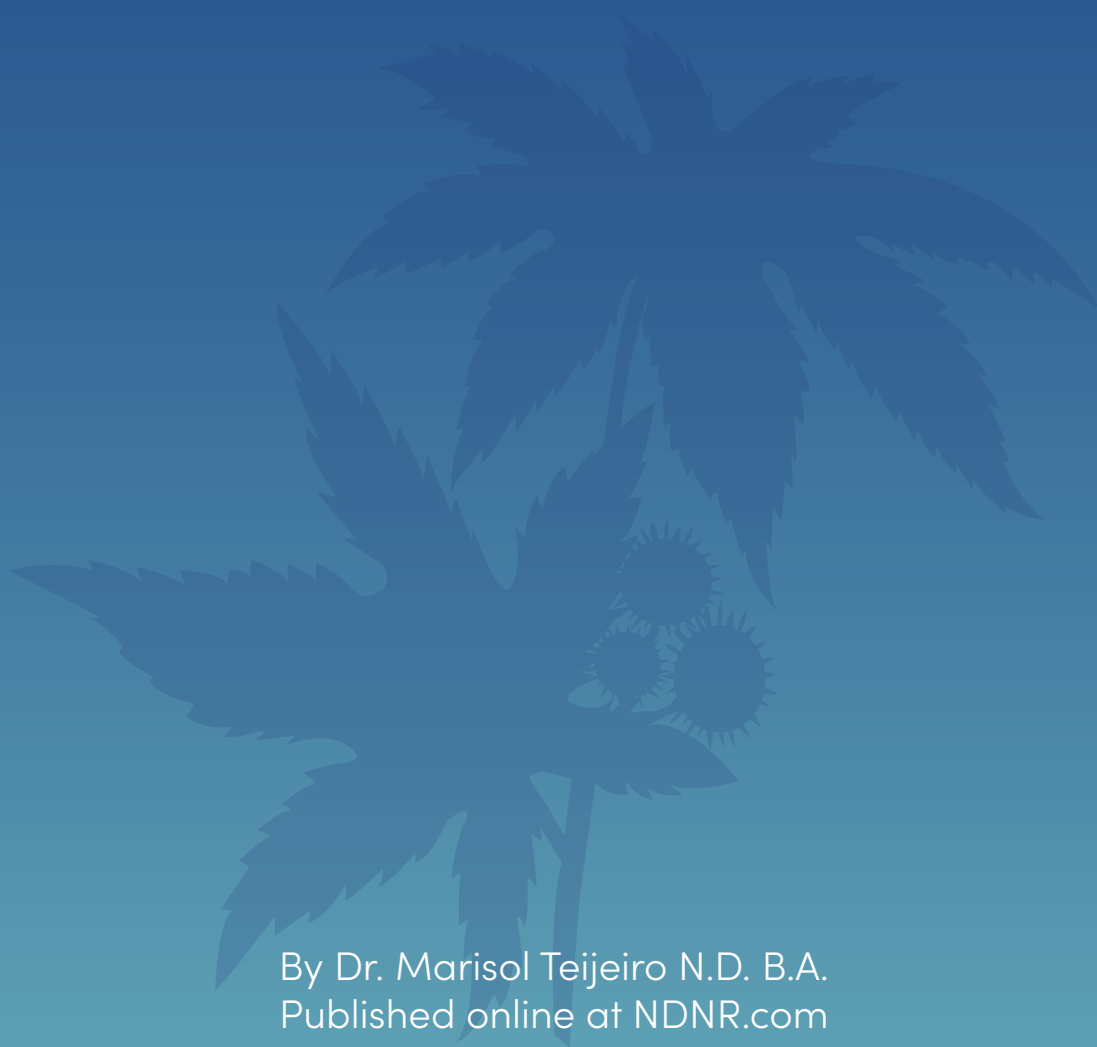


# CASTOR OIL: MAGIC OR MYTH

The Vegetarian Oil and Biochemical  
Anomaly That Heals



By Dr. Marisol Teijeiro N.D. B.A.  
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# HELLO FRIENDS!

When I say the words ‘castor oil pack’ you’re probably thinking... *“Do they really work? How could placing something on your body impact your internal organs!?”*

Or **maybe you’re on the other end of the spectrum**, thinking, *“They’re so ‘woo-woo’, they just might work!”* Is this you?

And if **you’ve ever made your own pack before** you’re probably thinking... *“Who on earth wants to do a 12 step process and make a mess that looks like a grease trap spilled all over your oven and upholstery... oil dripping everywhere!”* Have you been there?

Or **maybe you’ve hacked it** and figured out your castor oil pack groove... **But you don’t feel quite right about wrapping yourself up in plastic wrap...** Agreed?

And **maybe you’re worried about herxing**, it’s happened to you before with other so-called ‘gentle’ therapies... Am I right?

Herxing (A.K.A. having a herxheimer reaction) is a die off of lipopolysaccharides during the healing process that causes an immune reaction in the body (ie. headaches, nausea, fatigue, rashes, breakouts, aches, chills).

**Or you’re worried about the emotional release** that happens when you put on a castor oil pack... The clouds open up and the angels begin to sing and you finally let go... **feeling held, comforted and loved.**

Most don’t know that **when you put on a castor oil pack you get a burst of oxytocin, and the soft material stimulates dopamine...** So it’s a bit of ‘woo-woo’ mixed with the wonders of science. I invite you to experience the journey as I have seen it over the past 20 years.

So **together let’s marvel, stay open, and digest and absorb all of the miracles that can happen when we say “YES” to the wonderful world of castor oil packs.** Are you with me? Let’s do this!

- Dr. Marisol Teijeiro, N.D., B.A.  
Queen of the Thrones®

**Dr. Marisol Teijeiro ND** is the director of Sanas Health Practice, in Petersburg, Ontario. She is the founder of Queen of the Thrones® line of products including an easy, heatless, less-mess, ready-to-wear castor oil liver pack and castor oil in a glass bottle. She is the award-winning author of Oh, Sh\*t! 3 Stress-Less Steps to Connect, Clear & Calm Digestion. Own the Throne! She helps people all over the world learn how to illuminate their purpose and passion in life by understanding their body language through experience-based health & happiness practices. She's recently been featured on various TV programs including nationally syndicated shows (Bloom & Daytime) as well as The Marilyn Denis Show in Canada. It's her life's mission to help people unfold and understand their inner journey towards full expression of self by connecting the body, mind, and soul for infinite health.



***\*The articles herein are published on line at NDNR.com***



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**DISCLAIMER:** Always check with your gut, your higher self and your doctor before starting any new lifestyle practice. This is not meant to treat, prevent, cure or diagnose. This is not to be construed as business, financial, legal, medical or any other advice. This is simply just a sharing of over a decade of clinical experience. All of the products mentioned in this eGuide have been added in by Queen of the Thrones® Inc. and are not endorsements or recommendations from Dr. Marisol Teijeiro ND. This does NOT constitute a patient-doctor relationship. Always talk to your doctor.

# CASTOR OIL: MAGIC OR MYTH | PART ONE | THE VEGETARIAN OIL THAT HEALS



Walk into any health food store, talk to any naturopathic physician, midwife, nurse, medical doctor, herbalist or functional medicine practitioner, and ask them about castor oil. You will receive a polarized response as to their emotions and experience with it.

Those who love the oil, live by the oil. I confess, I am now “one of those”, a self proclaimed castor oil hippie. I use castor oil in a variety of contexts, from the sacred health promoting ritual of the castor oil pack, to oil pulling, skin conditions, beauty care, digestion, laxation, a topical nutrient, the list goes on and on. Undeniably, it is one of the MOST important things in my medicine cabinet and my patients’ cabinet as well. Like the father in the movie “My Big Fat Greek Wedding” who put Windex on everything, I use castor oil (in different ways) on everything.

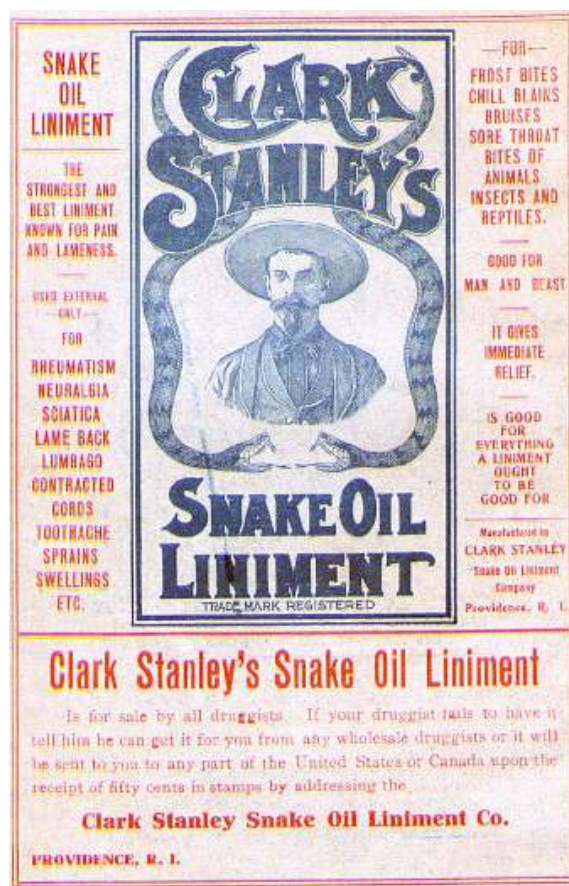
If you’re already “one of those” hippie dippie, woo-woo, castor oil enthusiasts, help spread the gospel and grow your business by joining our world class affiliate program.

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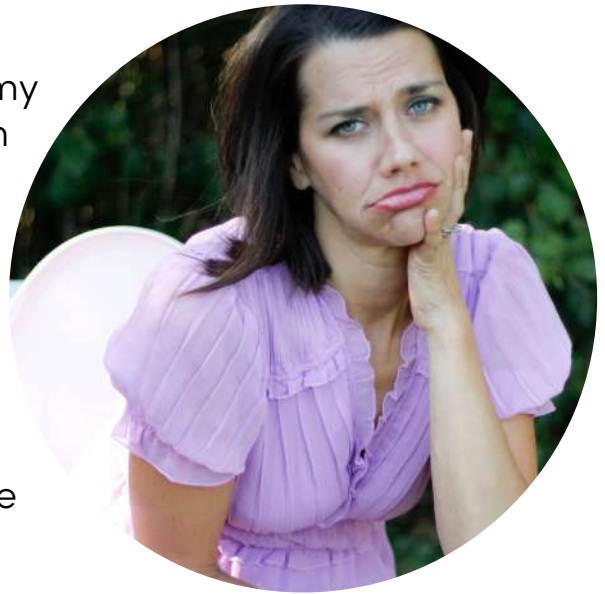
Look, you may be hesitant to use it in your practice, resistant to it even. As a natural health practitioner you have heard so much about it. How can one oil do so many things? It sounds like one of the “snake oils” promoted at the turn of the century. Obviously, as a renegade health practitioner that is on the outside of the conventional system, the last thing you want to be promoting is something that is unscientific and not evidence based.

The oxymoron about this is that castor oil offers even more than its claims, and research that has been conducted in the last 20-30 years demonstrates this. I also used to be a non-believer, the one that would shift the conversation away from the incredible nature of the oil and comment solely from my ignorance about its messiness, sticky-ness and unflattering reputation of no one wanting to work with it. Worse, I would propagate myths about its nature, claiming the dangers of this oil and lack of research behind it. All untrue stories that have given this oil a bad reputation. I know better now.



I have a rule in my practice. I try everything on myself before passing judgement or using it on a patient, with only a few exceptions for obvious reasons. With this oil, for some reason, I hadn't given it a chance. I hadn't even tried it. First because of the messiness, and the time it took to prepare a castor oil pack. This was what I had to overcome and figure out how to do differently. I also feared being mislabeled a doctor of “woo-woo” medicine. As my son calls it, and I quote, “hippie bullsh\*t”. It's a good thing I love sh\*t because I actually take it as a compliment, now.

I once found myself in this camp. But it was my exposure to castor oil, that came in the form of repeated reminders about adopting it into my life practice (almost to the point of annoyance), that I came to a point of health crisis which challenged my dream of completing my naturopathic medical training and becoming a naturopathic doctor. This is when I was finally enticed to give the castor oil pack a try, because nothing else was working.



It seemed that I was doing everything else I should be, the herbs, the supplements, the lifestyle practices (diet and exercise), but I wasn't getting better. I had no other options to get me out of the most fearful time of my life, where my intense fatigue prohibited me - a normally active, full of life person - from even being able to get out of bed.



I'm here now to set the record straight on how this oil has multiple applications in your practice. Most importantly, through the castor oil pack, as a foundational health practice for your patients.





## Castor Oil and Castor Oil Packs - What's Old is New Again

The irony is that castor oil has a long history of use throughout the ages in food, industrial, cosmetic and medical industries. This unique oil demonstrates its versatility in medicine where it can be used both internally and topically for a multitude of purposes. A look at its chemistry, eclectic and anecdotal usage, as well as the modern day scientific evidence that supports its use, is abundant. I'm so excited to dispel the myths, clarify this mysterious "un-snake" oil and share my passion for it with you.

After all, castor oil has become my first prescription, my first personal go-to, and what I preach the most, because frankly, after you've seen what I've seen, heard the reports of many doctors, patients and sages, and dissected the research, there is no going back. Get ready to open your mind and let's dive into this sacred health ritual to learn why castor oil and castor oil packs are an excellent example of the old saying, *"what's old is new again"*.

## The Reign of Castor Oil and Castor Oil Packs

Castor oil deserves to claim its place back on the throne as the most unique, healing vegetarian oil that exists in the world. In part, its legendary use dates back to the beginning of evolved humans, and offers us, in one simple substance, a multipurpose healing panacea. This is often seen in herbal medicine. Take the example of *Schisandrae chinensis Fructus* or Wu Wei Zi, a folk medicine in Asia that has multiple well known usages, yet it is one single herb<sup>1</sup>. This is the case with much of herbal medicine, and castor oil is no different.

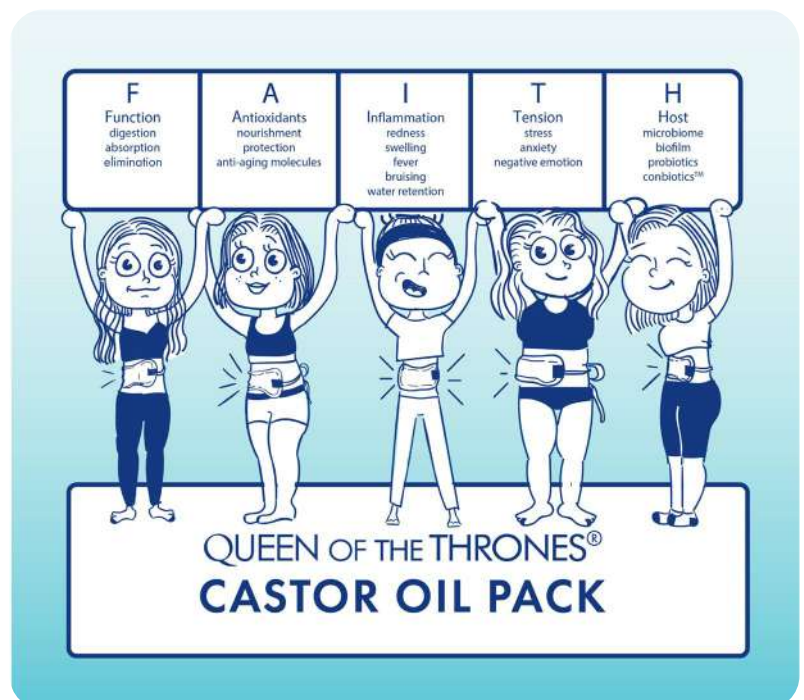




The use of castor oil on its own exerts a medicinal effect, but the castor oil pack is an at-home, (now easy-to-do) practice that enhances all other treatments and tools you are using for health optimization, by creating the foundation for healing. This saves you and your patients both time and money and improves your patient outcomes. I have seen this repeatedly in practice, and I'm not the only one.



How does castor oil achieve this? Partly due to its unique chemical structure and how it functions in our ever evolving physiology, one that it has worked with over the centuries. For the castor oil pack, it is the mere genius of combination with our wellness practices that sets the foundation for our health. It does this by supporting the pillars that promote proper function of the digestive tract<sup>2 3</sup>, antioxidant status<sup>4</sup>, balanced inflammation<sup>5</sup> and stress<sup>6 7</sup>, and an improved host microbiome<sup>8 9 10</sup>. The castor oil pack supports all of our health care tools, treatments, food and supplements to work increasingly better.



## Pharmacognosy of Castor Oil

The castor oil plant is known by its latin name, *Ricinus communis*, and belongs to the Euphorbiaceae family. *Ricinus* is the latin word for tick. It is named as such because the seeds resemble a blood-filled tick. Could this perhaps be a sign of benefit, according to the doctrine of signatures, as to the medicinal effectiveness in tick borne diseases such as Lyme? Just an idea, but an interesting one as castor oil packs are often used to support this condition.



The healing oil is also commonly referred to as the oil of Palma Christi, (Palm of Christ)<sup>11</sup> and is extracted from the bean or seed of the castor oil plant. The bean itself is poisonous, because of the lectin protein, ricin, which is used in both chemical and biological warfare. It is toxic to humans because it attaches to the cell membrane of human erythrocytes, or red blood cells, which contain specific protein receptors for the lectins of *Ricinus communis*<sup>12</sup>. Fortunately, the oil extracted from the bean is completely ricin-free and therefore non-toxic<sup>13</sup>. This is highly important to take note, because much controversy exists as to the lectin being in the oil, and people assume that it is the lectin component that creates laxation by intoxication and poison!

Fortunately, this is not the mode of action, although it has also been postulated that castor oil is an irritant or stimulant laxative, but this claim has been disputed<sup>14</sup>. For laxation, it is actually quite beneficial to the intestine, stimulating the gasotransmitter nitric oxide<sup>15</sup> and thus shifting electrolytes<sup>16</sup> as well as stimulating smooth muscle contraction via PGE3<sup>17</sup>.

Excessive oral usage of castor oil can cause an effect on the mucosal membrane of the intestine. This has been studied in rats, similar to the effect produced by fatty acids, indicating that excessive use (as with all fats) will cause potential damage and create a similar environment in the intestine as with steatorrhea disease<sup>18</sup>.



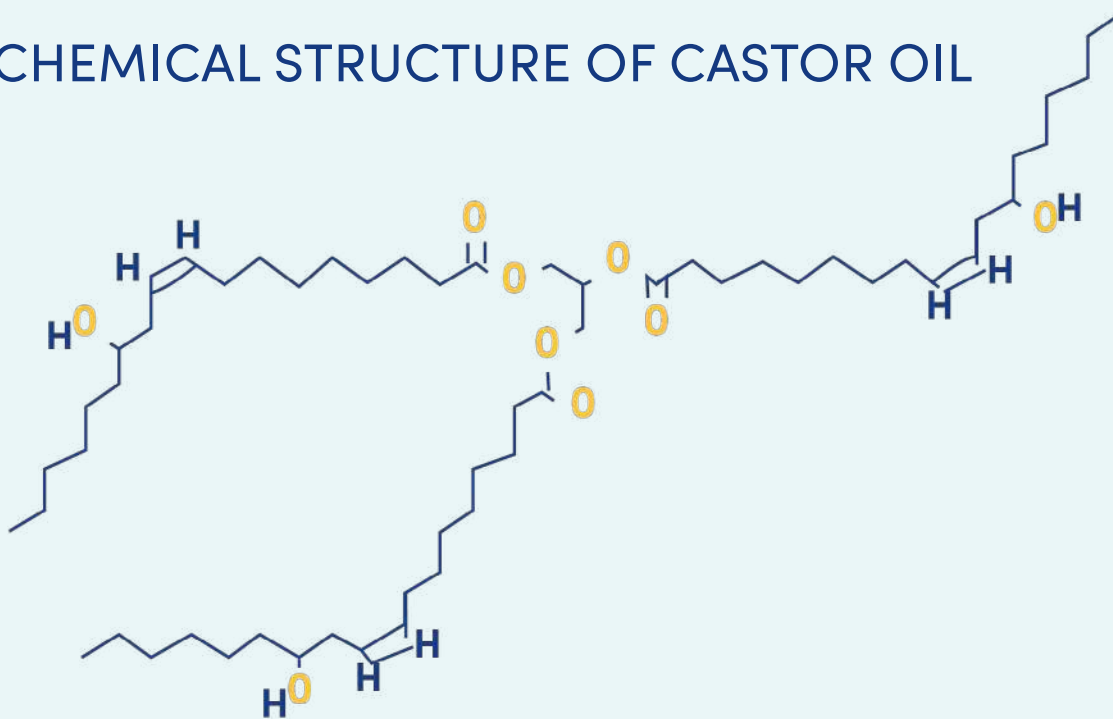
The ability of the castor oil plant always astounds me. It has the capacity to be one of the most well known therapeutic substances since the beginning of evolved man, or at least that's what we know, but at the same time has the ability to kill us. It feels to me as though this plant is the perfect expression of Yin and Yang, the balance we find in all things in life.

**Castor oil is totally safe as it does NOT contain any ricin  
(the poisonous component of the castor bean).**

## Chemistry of Castor Oil

Castor oil is a vegetable oil, composed of a triglyceride molecule that consists of a glycerol backbone and three fatty acid chains. Ninety percent of the fatty acid chains of castor oil are ricinoleic acid, and the remainder, a combination of oleic and linoleic acid. The signature of castor oil is the high content of ricinoleic acid. Only found in castor oil, ricinoleic acid is unique in that it is an unsaturated fatty acid with a hydroxyl end on the twelfth carbon, also known as a fatty hydroxyacid. This gives it properties, such as being soluble in alcohol, and allows it to be so versatile across many different industries<sup>19</sup>. The ricinoleic acid chains also look very much like prostaglandin E3, an immune system messenger and the end product of ingestion of fish oils, or eicosapentaenoic acid (EPA). In the human body EPA is responsible for anti-inflammatory effects and combats arachidonic acid<sup>20</sup>.

### CHEMICAL STRUCTURE OF CASTOR OIL

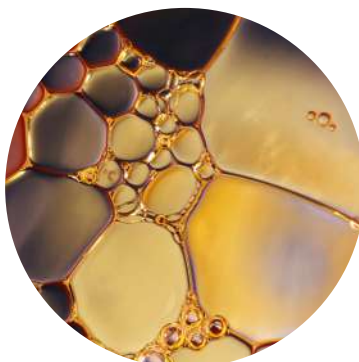


Another unique aspect of castor oil is that the molecular weight of its main component, ricinoleic acid, is 298 Da<sup>21</sup>. A molecular weight under 500 Da is significant because this allows a substance to be transdermally absorbed into the circulation, and not simply remain above the stratum corneum, acting as an emollient<sup>22</sup>. Due to this low molecular weight, castor oil functions as a convenient transdermal therapy on its own, or as the king of carrier oils for other substances such as essential oils.





The research isn't exactly clear as to what happens once castor oil is absorbed transdermally. When castor oil is absorbed orally, a metabolic urine waste product known as epoxydicarboxylic acid is produced. With topical application, this product is not demonstrated to be outside of normal physiological ranges. Either castor oil is not absorbed topically, or the metabolism of its transdermal absorption is unknown<sup>23</sup>. In my opinion, likely the latter. There are so many clinically reinforced benefits and patient reports that I personally cannot fathom the possibility of it not absorbing, but perhaps it is my bias. However, clinical practice for over a decade does teach you a thing or two.



## Quality

Medicinal or therapeutic grade castor oil should be “first quality” otherwise known in the oil world as “extra virgin”, meaning that it has been cold-pressed without the use of solvents such as hexane. First quality oil is virtually colorless, odorless, has a very low acidity and very high nutrient and antioxidant profile<sup>24</sup>.



Antioxidants found in extra virgin castor oil include fat soluble vitamins such as vitamin E, Omega 6, Omega 9, flavonoids like quercetin, phenolic acids, and much more<sup>25</sup>.

This is important because quality and choice of castor oil can impact your treatment significantly. If the oil isn't of the highest quality, its low nutrient profile and increased acidity can have the opposite effect of an anti-inflammatory. It is very important to know the quality of the oil that you are using. There is much adulteration in the market and a most common testimonial is *“I've used other oils, but the Queen's oil is the one that works.”*

An additional note here is the selection of an organic oil over a conventionally produced one, as it would have less toxicity. Pesticides, as an example, have a tendency to bioaccumulate in fats<sup>26</sup>. Fats such as castor oil have a predisposition to carry substances that are lipophylic.





## Why Castor Oil Must Be in a Glass Bottle

Castor oil is the master carrier oil, due to its structure and the molecular weight of ricinoleic acid. Because of this amazing capability of transporting and transferring substances into the body, it is of the utmost importance to only use a high quality oil that is organic.

If it is packaged in plastic, castor oil will absorb the plastic from the bottle and then carry it into the body when you put it on your delicate skin. Even BPA-free plastic does not suffice as there are many more plastic chemicals present, like phthalates, and if they have not been polymerized they will leach out into the oil. There are also UV filters in plastic bottles, such as benzophenones, that are endocrine-disrupting. These benzophenones, sadly, are also used in sunscreens to block UV light. They have been found to increase carcinogenic risk of keratinocytes, which are skin cells that make up 90% of the epidermis or top layer of skin, in combination with UV light<sup>27</sup>. In plastic production there is also a slip agent called nonylphenol which is found on the insides of bottles if not washed out before production. Nonylphenol has been found to be endocrine-disrupting and toxic to keratinocytes, causing DNA damage, dose dependently<sup>28</sup>.



Clearly, these are only the chemicals that we have been made aware of, but there are many more that have not been exposed, as has BPA<sup>29</sup>.

Inert packaging like glass will prevent any transfer of chemical components that are damaging to the body, whether endocrine, neurological or immune-disrupting. Always purchase your castor oil in a GLASS BOTTLE and never in plastic. An astounding fact to me is that in the United States it is incredibly difficult to find castor oil in a glass bottle in the major health food store chains such as Whole Foods, Sprouts and Natural Grocers. It's time we change

and educate these promoters of health to select the right type of castor oil, in a glass bottle. If you have castor oil in a plastic bottle at home or in your clinic, please, please, please make the shift. Please throw it away now.

I understand why companies do not want to use glass as it's much more expensive to ship, but you are worth it!

An interesting first bite into why this legendary castor oil has withstood the test of time, and continues in the naturopathic professional practice in the 2000s. Castor oil has already been in use for over 6000 years. Stay tuned for what you will learn in the next exposé on castor oil and you'll know why it's likely going to be around for at least 6000 more. We will delve into the history and conventional medicine uses of this incredible vegetarian oil.

**Queen of the Thrones® Castor Oil is the best quality oil available on the market today. It is always:**

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# CASTOR OIL: MAGIC OR MYTH | PART TWO | THE MYSTICAL HISTORY

Like any good legend, the story of castor oil throughout the ages is one of ebbing and flowing, and mainly adapting into the common medical practices of the time. From the glory years in ethnobotanical and cultural medicine, to the dark ages of fascist governments, castor oil has seen it all because of its worldwide and historic reach. In all areas of the world. This oil has been proven, time and time again for its effectiveness in taking care of our health. Beginning with its indigenous roots in India, the Mediterranean Basin and Eastern Africa, then spreading across the world with trade.

## Castor Oil Through The Ages - Medicinal and Cosmetic Use

The roots of the usage of castor oil run very deep in connection to human evolution. This plant has been with us since the beginning of our time on earth walking as upright humans. Archaeological excavation of Ancient Egyptian tombs has discovered the use of castor oil in oil-fired lamps as far back as 4000 BC. It is also referred to in Egyptian hieroglyphics dating before Christ<sup>30</sup>.

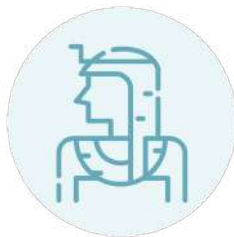




The ancient medical treatise known as the Ebers Papyrus discusses the use of castor oil as a laxative dating back to 2000 BC<sup>31</sup>. Additionally, castor oil was detected as an embalming material on a Ptolemaic mummy dating back to 100 BC<sup>32</sup>. It was even suggested that Cleopatra herself was a big fan of castor oil and that she used it to help with the whitening of her eyes, although this still remains to be confirmed.

The Ancient Roman's called castor oil 'oleum cicutinum'. Like the Egyptians, their use for it included both cosmetic and medicinal. According to the Roman naturalist, Pliny the Elder (AD 23), castor oil was very effective for joints, the uterus, the ear, and the skin to improve complexion, scabs and burns<sup>33</sup>.

For the Ancient Greeks, Herodotus discussed the use of castor oil for lightening the skin, in body ointments and improving hair growth and texture<sup>34</sup>.



Many ethnobotanical medicine systems have a deep connection with castor oil. In Haiti, they call the oil 'maskreti', processed before use to give it a red colour. Here it is used for newborns to expel their first stools<sup>35</sup>.

It is common practice, as reported by so many of my patients in Caribbean and Indian cultures, to give children a spoonful of castor oil weekly as an intestinal de-worming and anti-parasitic substance. For some, it was a remedy for bad behaviour in children, depicted in a well known short animated film Tom and Jerry, in an episode titled "Baby Puss", produced by Fred Guimbsy and a Metro-Goldwyn-Mayer production (released on December 25, 1943).



In South India, castor oil is used as a traditional eye medicine for corneal ulcer patients<sup>36</sup>. Ayurvedic Medicine calls castor oil 'eranda' and finds it to be the king medicinal for arthritic complaints and abdominal pains<sup>37</sup>.

In China, castor oil and its seed derivatives have been used for centuries internally or as a dressing.



## The Abuse of Castor Oil

The dark ages in the history of castor oil's usage was the abuse of it in Italian and Spanish societies. In 18th century Spain, a time recognized by overindulgence of food and drink, it was common for people to experience 'empacho', translated to mean indigestion or gastrointestinal issues. In this era, the practice was to use castor oil as a stimulant laxative to clean oneself after excessive indulgence<sup>38</sup>.

Many Italians have an immediate aversion to castor oil, due to the cultural references of fascist Mussolini, who used castor oil as a torture tool. Prisoners would be fed castor oil as a form of torture to get them to divulge their secrets. For many, this resulted in death from loss of electrolytes, also giving castor oil a bad reputation in this culture<sup>39</sup>.

## Castor Oil's Worldwide And Multicultural Usage



Many different cultures all around the world have experience with castor oil, or at the very least know what it is. I've had Russian, Turkish, Persians, and so many others tell me their cultural uses, similar to those mentioned above.

As we evolved into nations united, multicultural melting pots like the USA and the multicultural mosaics of my country, Canada, were formed. In the early part of the 20th century, castor oil found itself on the shelves of the pharmacy along with three other common herbs, senna, ipecac and the astringent witch hazel.

## Popularization Of The Castor Oil Pack

In the early 1900s, Edgar Cayce put castor oil on the map as a healing agent in North America, specifically known as the castor oil healing pack. He was a renowned “bedside healer” and used packs saturated in this healing oil as his most important treatment, no matter the condition or ailment<sup>40</sup>. Naturalists, naturopathic doctors, herbalists, and other alternative health promoters adopted these packs into their practice.

With the rise of health food stores in the 60s in North America, castor oil became a staple - one will always find castor oil in every health food store.





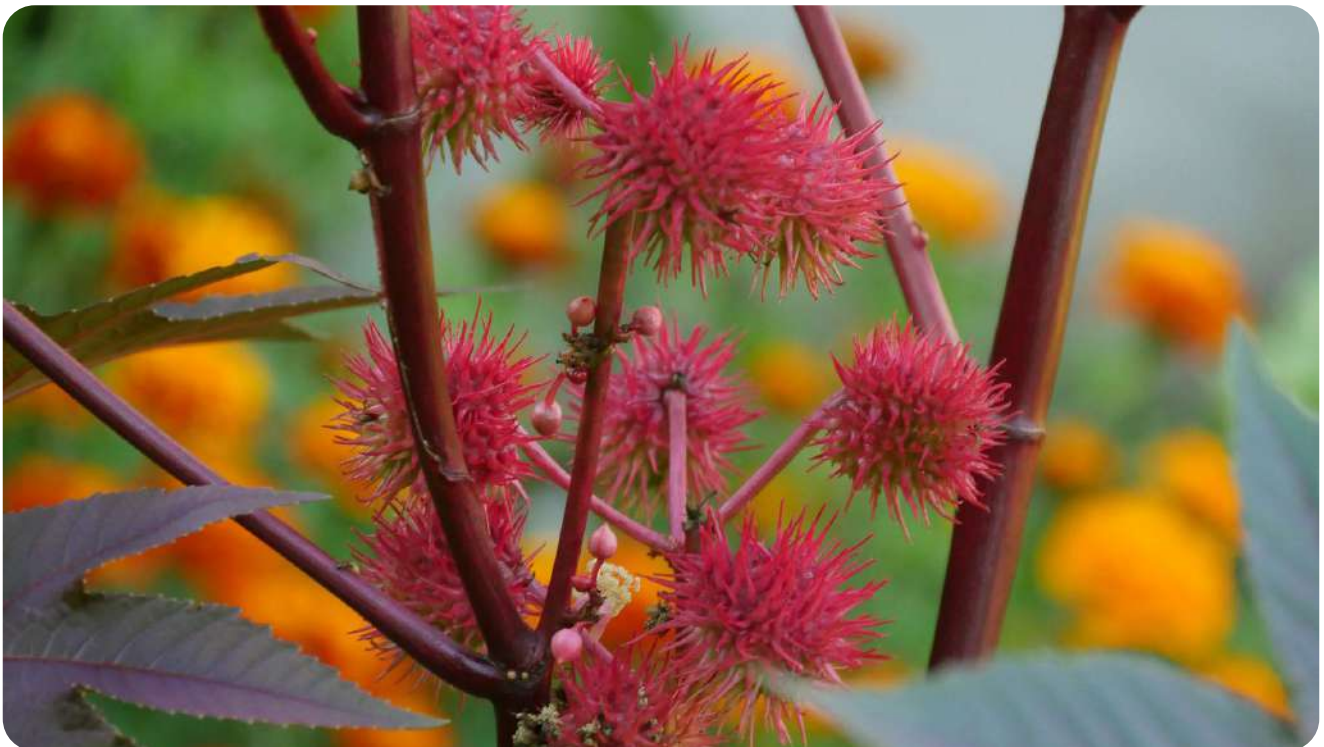
# Scientific Investigation Into The Mechanism Of Action Of Castor Oil

In the late 1970s, the Mayo clinic began active investigation into the unique triglyceride found in castor oil, ricinoleic acid. The investigations were looking into the effect of this triglyceride chain on the surface of the intestine<sup>18</sup> and its effect on water and electrolytes<sup>14</sup>.

The incredulous activity of this oil being used for nearly everything created both speculation and mysticism surrounding it. How could one oil have so many applications? Some in the conventional world began to shun it, while others embraced it wholeheartedly.

## Castor Oil Usage In Conventional Medicine

A nurse and one of my patients, reported that in her early years in the hospital back in 1987, they were using the castor oil pack in the labor and delivery department. Another example, a few months ago one of my patients followed a recommendation to do a castor oil pack post hip surgery, directly on the area, to speed up healing and reduce the pain. Her physiotherapist made the same recommendation and noted that he had learned it from top orthopaedic doctors who also used the packs for speedier repair post surgery.



## Castor Oil Usage In Pharmaceuticals

What an incredible history this oil has and continues to create. I urge you to open up the conversation about all of its uses with your patients, or delve into a quick search on Pubmed and you'll note so many other examples including its use as a carrier oil for essential oils and a carrier and binding agent in Cremophor EL for fat soluble vitamins A, D, E, and K<sup>41</sup>. It is used in a number of pharmaceutical drugs such as the anti-fungal topical Miconazole, the anti-cancer oral Paclitaxel<sup>42</sup>, and the IM/IV Diazepam as example<sup>43</sup>.



You can also find it being researched as a bowel preparation for colonoscopies<sup>44</sup>, as one of the main ingredients used in Xenoderm ointment for decubitus and varicose ulcers<sup>45 46</sup>, in periodontal medicine as a biofilm reducer<sup>8 9 10</sup>, and even in industry as a polyester<sup>47</sup>. The list goes on and on.



## Castor Oil Bottled In Plastic vs. Glass



When using castor oil therapeutically it is very important to only use castor oil that is 100% pure, cold-pressed, hexane-free and certified organic. It also must be bottled in glass, not plastic. Since it is an excellent carrier oil, the potential of plastic chemicals being absorbed into it is high. Even BPA-free plastics contain chemicals that can be detrimental to the hormone, nervous and immune systems, such as slip agents like nonylphenol<sup>28</sup> and UV filters like benzophenones<sup>27</sup>.

### The Legend Of Castor Oil Lives On

My feeling is this oil will somehow always find its place in our lives. No matter the adversary or the negative appeal of how it looks, feels and smells. Those that use the oil and have reaped the benefits are enamoured with it. If you haven't yet experienced castor oil I urge you to start today.

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# CASTOR OIL: MAGIC OR MYTH | PART THREE | COSMETIC USE

Many ancient cultures share a tradition of using castor oil for beautification. In the modern day, the prevalence of castor oil in beauty care kits is notable and supported by science.



Since beauty is, in part, a reflection of being healthy, it's no surprise that an oil that has so many external applications also has internal health benefits (which in turn benefit our outer appearance). In what ways does castor oil apply to ocular, dermal and oral cosmetic care? These are all areas that as a society, we typically focus on and desire to be beautiful, and when they look and feel beautiful we consequently feel better.

## The History of Castor Oil for Beauty

From the earliest of ages, before Christ (BC), castor oil was used in beautifying practices such as Egyptian mummification practices<sup>32</sup> as a form of preservation. The oil was loved by Cleopatra, Roman Empresses and Greek Mediterranean beauties. Even the medicine men of the time such as Hippocrates and Galen<sup>48</sup> believed in its ability to bring out the best in the eyes, skin, hair, nails and oral health.



## Looking for Beauty

The search for beautifying practices has always been part of our cultural evolution, and the eyes have always been a focal point. Not only to see beauty, but to look beautiful as well. The eyes are, after all, the window into our soul.

A known cue of increasing age is a change of colour in the sclera. Reddening and yellowing are common indicators of the aging process<sup>49</sup>. For the historical beauty Cleopatra, it is said her main use for castor oil was to brighten the whites of her eyes. It was her form of anti-aging treatment.



As to the mechanism of action it is unknown, however with the ocular research that has been done with castor oil we can hypothesize some of its effects. It reduces dryness of the eye<sup>50</sup> as seen in Meibomian gland dysfunction similar to conventional counterparts. In an animal study, it was shown to improve glutathione in the extracted lens of rats<sup>4</sup>. In cases of conjunctivitis, where reddening of the eye is a notable symptom, a solution with 2% cyclosporine is used safely<sup>51</sup>. It is unlikely that castor oil solely works as a carrier oil in this situation, but also contributes through its anti-inflammatory<sup>5</sup> and nitric oxide promoting actions<sup>16</sup>. Naturopathic doctors are privy to the benefit of castor oil in the eyes for age-related declines<sup>52</sup>.



The Egyptian Ebers Papyrus discussed the use of castor oil as early as 1550 BC<sup>53</sup> and they aren't the only ones. In southern India, castor oil is a traditional remedy for the health and beauty of the eyes and cornea<sup>36</sup> and there are many other cultures that have similar and unique traditional usages<sup>25</sup>.



**Get better sleep with the Queen of the Thrones® Beauty Sleep Brow & Lash Kit™ while promoting longer lashes and thicker brows and reducing wrinkles, dark circles and puffiness. Kit includes:**

- **Queen of the Thrones® Cosmetic Castor Oil:**  
100% pure, organic, cold-pressed, extra virgin, hexane-free & in a glass bottle
- **Sleep Eye Mask:**  
Inner layer of organic cotton sherpa & outer layer of non-toxic, solvent-free PUL
- **Double Ended Applicator Brush**  
To apply castor oil to the roots of brows and lashes



Simply wearing an eye mask naturally helps regulate melatonin while castor oil nourishes and hydrates the delicate skin around the eyes.

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## Castor Oil: Affairs Of The Hair

Another well known traditional use of castor oil is for the health and beauty of hair on the head, eyebrows and eyelashes.

Castor oil has been the go-to for centuries for help with treatment of alopecia and male pattern baldness, however there is no direct evidence as to why. A query on Pubmed using the search terms 'castor oil and alopecia' or 'castor oil and male pattern baldness', reveals only research concerning the chemotherapeutic agent Paclitaxel, which is bound to polyethoxylated castor oil, and one of its many side effects is alopecia<sup>54</sup>.

We only know the hair growth benefits as aforementioned from hearsay, people's personal accounts of their experience with the oil, and cultural traditions. I have yet to find even one study that proves it, but I have found many people that swear by it. It is commonly combined with rosemary essential oil for this purpose. Those that use it are convinced that it works.



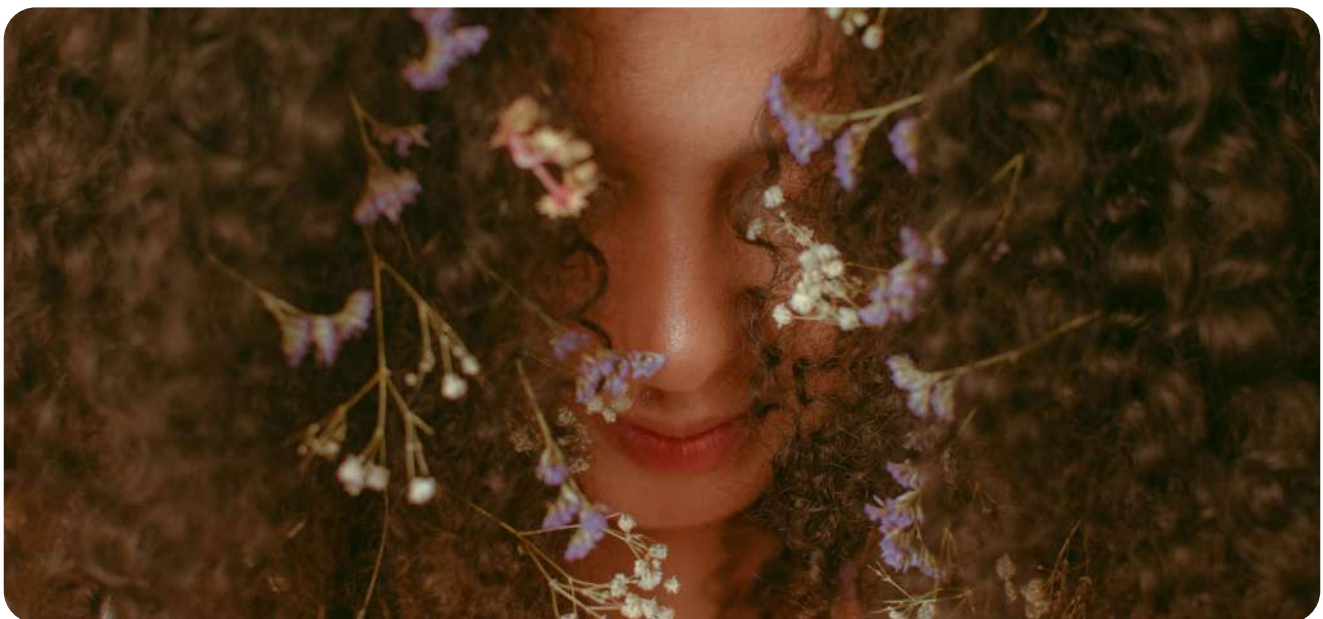
The people of Myanmar have honoured castor oil for use with thickening the hair but also for nail and skin health. They consider castor oil to be a queen of oils for all of these purposes<sup>55</sup>.



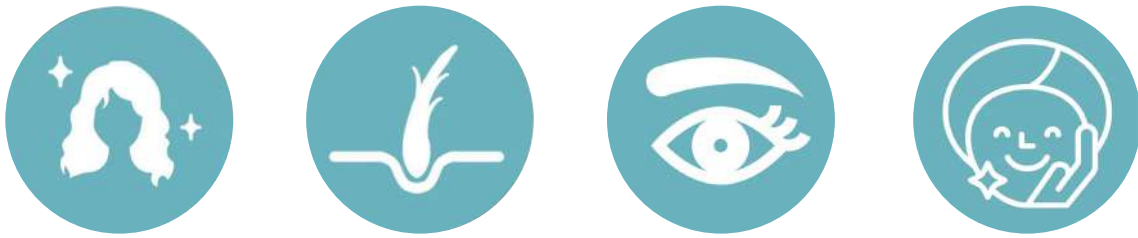
In Jamaica, the castor bean plant was brought over by the slave trade. Castor oil is cooked and burnt to create Jamaican black castor oil, which is their traditional oil of choice for hair and beauty practices<sup>56</sup>. It is becoming popularized here in North America, too. However, it is this author's impression that since it is an oil, and there are components of the oil such as triglyceride chains of linoleic (omega 6) and oleic (omega 9) acid which have low burning points, likely the black colour and burnt smell is created by products of oxidation and thus the oil is in a rancid form. Consumption is consumption, whether it is topical or oral. Oxidized fats aren't something that is recommendable to ingest as they are a potential carcinogen<sup>57</sup>.



Castor oil is beneficial for those that suffer with dandruff, which is often caused by a species of fungus known as *Malassezia*. Nitric oxide donors, which castor oil is<sup>58</sup>, have known antifungal activity<sup>59</sup>. So castor oil can act as an aid in hair health for those that suffer from dandruff caused by fungus. Over time, long term dandruff causes a thickening of the epidermis<sup>60</sup>, making it problematic for other oils to treat the scalp as the barrier becomes stronger and scarred. Castor oil is able to penetrate the epidermis, and therefore feed and nourish the hair follicles as well as increase circulation to the area. It serves as an excellent ally.



In clinical practice, I have seen an improvement in the thickness of hair, eyebrows and eyelash growth but more importantly, a reduction of further hair loss as seen in male pattern baldness. I typically recommend for men to use it almost like a hair gel. It's great if they can shave their head down to the wood, so to say, and apply castor oil daily. For women, a weekly conditioning castor oil treatment can be used for a few hours (or worn to bed). For eyelashes and eyebrows, it can be applied nightly with an applicator brush, and for best results can be worn to bed with an organic cotton eye mask.



**The Castor Oil Dream Hair Kit makes it easy to do a weekly hair mask with castor oil that nourishes the hair and scalp and supports natural growth. It includes:**

- **Queen of the Thrones® Castor Oil:**  
100% pure, organic, cold-pressed, hexane-free, in a glass bottle & extra virgin (just like your olive oil!).
- **Queen of the Thrones® Stainless Steel Pick:**  
Supports even distribution of oil and increases circulation by stimulating the scalp.
- **Queen of the Thrones® Hair Wrap:**  
Reduces mess, produces natural heat, locks in moisture & enhances nutrient absorption.



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## Skin So Soft with Castor Oil

It is hypothesized that the chemical structure of castor oil; rich in polyphenols, essential fats and many other nourishing components, is one of the reasons it's so beneficial to the hair and nails. This is also true for its effect on the skin.

When it comes to matters of the skin, there is often an immune component such as in psoriasis, eczema, dermatitis, fungal irritation or viral warts. Inflammation predominates, pruritus is often observed, and changes in the epidermal layer is often a key sign as well.

Castor oil was compared to capsaicin and was shown to be an excellent anti-inflammatory, that reduces edema without the rubefacient effect<sup>5</sup>. It also reduces substance, which is advantageous as sensation of pain is often present in skin conditions.



A usage of castor oil in conventional medicine is to care for radiation-induced dermatitis – the ultimate insult to the skin, typically including epidermal changes, scarring and irritation. Hydrogenated castor oil is combined with other ingredients in a topical ointment, it serves as an emollient and epidermal builder in this formula<sup>36</sup>.





Practically in my clinic, these are some of the skin protocols that I recommend:

### 1. Acne: A castor oil face wash

- Use a steamed cloth on the face to open pores
- Place a dollop of castor oil in the palm of clean hands
- Blot castor oil all over the face
- Use the damp steamed cloth to wipe off excess
- Use extra castor oil around the eyes to clean eye makeup (if needed)



### 2. Dry or wet eczema and psoriasis: Topical application

- Simply use clean hands to apply castor oil to affected area of the skin



### 3. Fungal infections and warts: Apply a paste

- In a glass container, combine baking soda, castor oil and a drop of tea tree essential oil
- Mix ingredients together until a paste forms
- Apply the paste to affected skin

It is an incredibly versatile oil that can be used in so many different ways, but always take care with use around fabrics as it WILL stain.

## Oral Vitality

A warm, beautiful smile speaks a thousand words. As we age, our smile ages with us. Yellowing or missing teeth, receding gums and cavities are all classic signs of aging.

Oral health is important for various reasons. The microbiome of the body begins in the mouth, and the health or lack of health in our oral cavity can affect our entire body. Oral health is directly related to heart health<sup>61</sup>. Oral health is also correlated to the health of the lungs<sup>62</sup>.



The ancient practice of oil pulling has been used for centuries to clean the mouth. Toxins are said to travel in fat because they are lipophilic. In the mouth, castor oil, as compared to old traditional methods of oil pulling with coconut oil and sesame oil, requires less time and less amount. Castor oil's unique chemical structure makes it a magnet for toxins. Twenty minutes of swishing with one to two tablespoons of coconut oil or sesame oil is required, but only one to two minutes and one to two teaspoons of castor oil is needed.



Research in periodontal medicine demonstrates the beneficial activity in vivo of castor oil orally to break down biofilm, a protective barrier created by detrimental bacteria of the microbiome. This makes it easier to get rid of the 'bad' bacteria, and makes the environment hospitable to healthy bacteria. Oil pulling with castor oil also helps with reduction of inflammation<sup>5</sup> of the gums, and circulation via nitric oxide. It's an easy practice to add into your nighttime routine, before or after brushing your teeth. Swoosh with purpose, for one to two minutes and spit. Repeat daily.



## Concern for Allergy to Castor Oil

Castor oil is well tolerated in dermatological medicine. The castor bean, on the other hand, is known to cause allergy, anaphylaxis and possibly death<sup>63</sup> due to the toxic lectin present in the plant known as ricin. There is NO ricin in castor oil. Hypersensitivity reactions to castor oil resembling dermatitis<sup>64</sup> are a rare occurrence, and this is typically seen in combination with other ingredients<sup>65</sup>. This is simply treated with cessation of usage of castor oil.



## Concern for Toxicity with Castor Oil

To repeat as spoken about before, castor oil does NOT contain the toxic substance ricin. Ricin is a lectin that has the ability to be lethal within six hours of consumption, and has been used in biological warfare. Ricin is only found in the meal of the castor bean and NOT in castor oil.





## Quality of Castor Oil

For cosmetic purposes, the ideal castor oil should be 100% pure, hexane-free, cold-pressed, organic, extra virgin and always in a glass bottle. If castor oil is bottled in plastic, the potential of absorbing slip agents<sup>28</sup>, UV filters<sup>27</sup>, bisphenol A<sup>66</sup> or a number of other toxic components of plastic is high. These substances have detrimental effects on the regulatory systems of the body.



Also make sure to purchase from a source that you trust, as many bulk manufacturers are selling REFINED castor oil, which is often used as a cheaper alternative than the cold-pressed, hexane-free, extra virgin oil. When refined, the oil loses many of its nourishing components.

So there you have it, not only is castor oil a versatile tool in your pharmaceutical cabinet, it also has a well-deserved place in your beauty regime, too!

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# CASTOR OIL: MAGIC OR MYTH | PART FOUR | THE CASTOR OIL PACK

In the early 1900s, naturopathic medicine migrated to North America where the conventional medicine system was in full force. Imagine, a world that had since been a mix of snake oil salesmen, Native American shamans, witch doctors and barbers that were dentists.

When Dr. Benedict Lust came over to America, he spearheaded the naturopathic movement and a simultaneous paradigm shift, that in the near future would include the likes of OG Carroll, Harold Dick, Bastyr and all the major influences of the North American naturopathy genesis.



It was also incredibly tumultuous times, nicknamed the roaring twenties for a reason. Like the growl of a lion, this decade brought in a revolution of modernization, liberalization as well as restriction. It was a mixing of currents, both positive and negative, in an attempt to rebalance.

There were many monumental events shaping North America at this time; Prohibition - 1920-1933, the Great Depression - 1929-1939, World War I - 1914-1918, the rise of fascism - 1922-1943. There were other movements occurring at the same time, such as the Modern Dance Revolution with Martha Graham and the beginning of yoga infiltrating North America.

## Edgar Cayce Movement

One of these movements included the uprising in popularity of the medical medium, Edgar Cayce, also known as the illustrious bedside healer. He had gained much popularity and was said to go into a trance, embodying the person's energy, then coming to an immediate prescription, sourced not from his own mind but from the akashic records<sup>67</sup>.

The one prescription that stood the test of time and was seen in every one of his protocols for the 1800+ people that he saw, was the castor oil pack. Somehow this simple treatment seemed to be the staple and foundation of his protocols.

The castor oil pack is an evolution of the use of castor oil to maximize its potential, which is what will be discussed in this article.





# The Most Important Naturopathic Application Of Castor Oil – The Castor Oil Pack

Castor oil has had a place in medicine since the beginning of time. Its main usage was topical; oral was reserved only as a laxative treatment.

In dermatological medicine castor oil has an incredible appeal. One only needs to take a quick look at cosmetic formulas and will see the widespread use of castor oil.

As mentioned before, early in the 1900s a famed psychic and healer Edgar Cayce began to use castor oil specifically over the liver and under the right ribcage, in combination with a pack placed directly on the abdomen. It was said to have helped thousands of his patients improve their health, according to Dr. McGarey in the book *The Oil that Heals*, where he reviews Edgar Cayce's patient notes as well as his own experiences with castor oil packs. The take home points include the direct effect castor oil packs have on stimulating the parasympathetic nervous system and the penetration of the oil into the tissues which stimulates lymphatic flow and regulates the immune system via the Peyer's patches and inflammation.



These effects translate into enhanced digestion, assimilation and elimination for those who use them. The packs are recommended for many disorders from irritable bowel syndrome (IBS), inflammatory bowel diseases like Crohn's and colitis (IBD), constipation, a weakened immune system, gastritis, GERD, stress, anxiety, general detoxification, hormonal dysregulation, infertility, cancer and basically every other condition except for pregnancy.

One final note worthy of mention was McGarey's insight into the ability of the castor oil pack to raise the 'consciousness' of patients, preparing them to heal<sup>68</sup>. This point is interesting, as castor oil was used as an anointing oil by the clergy to elevate them closer to God as they took on a higher role, as well as by kings and queens as they were coronated, guiding the leader to an elevated consciousness.

However, helping patients on their healing journey requires more than just anecdotal observation. Present day empirical evidence is supported by Cayce, McGregor and countless naturopathic doctors and alternative health professionals recommending the castor oil packs.

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One study published in the Journal of Naturopathic Medicine describes the enhancement of T11 cells seven hours post castor oil pack treatment<sup>69</sup>.

Another study compared topical application of castor oil to the highly documented capsaicin. Castor oil proved to be as effective as capsaicin (without the irritating rubefacient effect) in reducing inflammation and edema by stimulation of the lymphatic system and reduction in the sensation of pain by decreasing substance P, a nervous system neurotransmitter<sup>5</sup>. This is the same mechanism of action as when one receives acupuncture treatment, and a reason why castor oil packs are often used on strains, sprains injuries, and arthritic joints.



Castor oil seems to exert its well known effect on the stimulation of PGE3 receptors on smooth muscle<sup>2</sup>, which promote contractility and peristalsis. Castor oil also seems to support nitric oxide production in the intestine<sup>58</sup>, which could account for its ability to stimulate bowel movements, but also promotes circulatory flow to the intestine as well as protective mechanisms of nitric oxide including anti-microbial effects<sup>59</sup> and biofilm breakdown.



A recently published study was executed in hospital for elderly patients with constipation. Noted improvements with castor oil packs included decreased symptoms of constipation with none of the uncomfortable effects, such as cramping or inability to hold stools, as experienced with traditional laxatives<sup>2</sup>.



In my clinic, case studies were done and presented at the Environmental Health Symposium annual conference in 2018, with patients undertaking a month long cleanse. One group did castor oil packs and the other did not. The totality of the protocol included cleansing diet recommendations, supplementation, and colon hydrotherapy. Patients were tested two weeks before starting the cleanse, at the initiation of the cleanse, two weeks into the cleanse, at the end of the cleanse (four weeks) and two weeks post cleanse. Laboratory markers included CBC, electrolytes, liver enzymes, bilirubin direct and indirect, urea, uric acid, and blood lipids. Significant differences were noted in improvement on conventional labs in the group practicing the castor oil packs compared to those not practising the castor oil packs<sup>70</sup>.

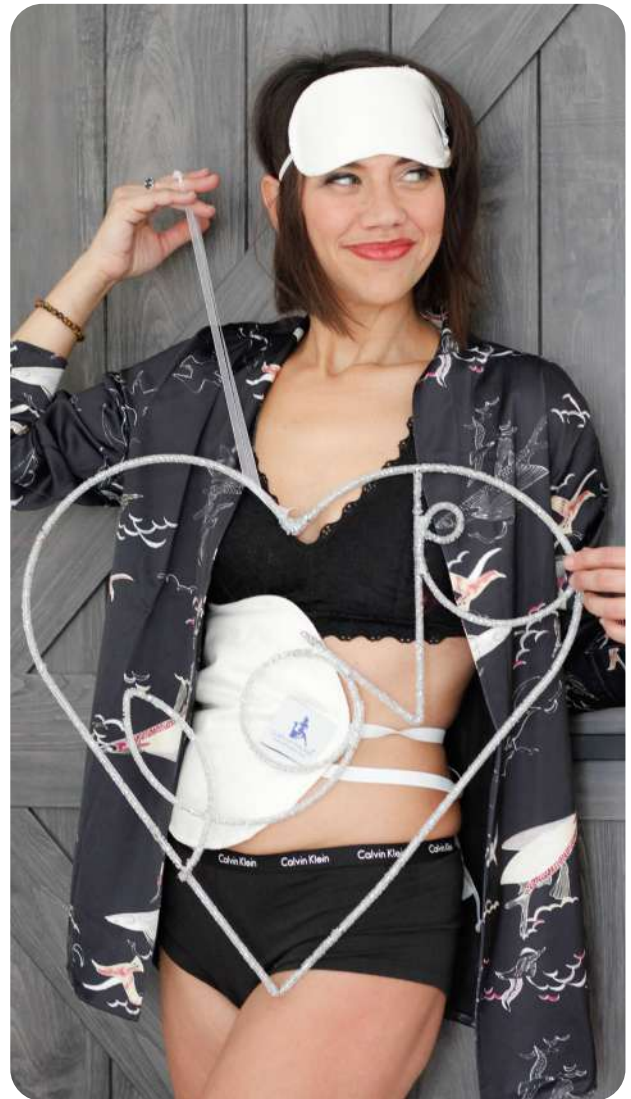


## Problems with Compliance - The 'Lazy Man's Pack' Lacks Therapeutic Effect

This time honoured treatment proves its efficacy over time, usage and study. This therapy, however, has been modified over time and not for the best benefit but for the ease of treatment. The biggest problem was that it took twelve steps to do these packs, reducing compliance. This was a detriment in my clinical practice experience, and it prevents practitioners from wanting to prescribe them, as patients would be unlikely to do them, reducing the effectiveness of a protocol.

Some practitioners recommend patients to simply rub the castor oil over the abdomen, in hopes of achieving the same result. This has been given the title of the 'lazy man's castor oil pack'. The problem is, it's just that, lazy, and you lose the most important benefits of the pack. The pack ensures that the oil permeates the tissues deeply, and it's also what produces the neurological switch into the parasympathetic state and stimulates a vast amount of beneficial neurohormones<sup>6 7</sup> that are what create the sense of wellbeing produced by treatment.

Fortunately castor oil has the ability, unlike other oils, to penetrate through the stratum corneum, which is the upper layer of skin. In order to have an effect over the entire body, the castor oil needs to permeate into the dermis, which is separated from the stratum corneum by three more layers of epidermis, namely, granular layer, spinous layer, and basal layer. The dermis is where there is an abundance of blood vessels and lymph connections, allowing the flow of castor oil into the visceral parts of the body.



Mechanical and thermal support is required to assist the oil's penetration through four layers of epidermis, which is required for maximum absorption and systemic benefit. In order for the castor oil to exert its full effect, it is imperative to follow the guidelines of modern transdermal therapy where an impermeable backing like the pack, or four layers of organic cotton flannel (similar to the recommendation of Edgar Cayce) is used, with something that holds the pack in place, like straps<sup>22</sup>. These provide both mechanical compression, tension and preservation of natural bodily heat in the area that opens the pores and allows for the oil to enter the dermis through the roots of hair follicles. With no pack, castor oil will not penetrate as deeply and would act much more like a skin emollient; the full range of benefits of the oil cannot be reaped.

## Is Heat Necessary for the Pack?

Adding extra heat is not necessary, but what is necessary is the compress, which preserves the natural heat in between the skin and compress.

Heat on its own is a modality in health care. We all know this from our hydrotherapy and physical therapy classes. Heat slows things down, not necessarily what we want to do in the digestive tract, however we all know the benefit of a hot pack on period cramping<sup>71</sup>.



Much of the point of the castor oil pack is to regain good “flow” in the intestine, engaging the visceral organs into the parasympathetic state, to execute their ever important jobs of digestion, absorption, detoxification and of course, elimination.

Heat slows, cold initially stimulates and then constricts, neutral natural heat from a wrap can be one of the best things to do. No extra heat is needed.

## Is the Castor Oil Pack Contraindicated During Periods?

There is so much hearsay and myth around the pack, and divided camps about its usage. It's the same for its use during menstruation, specifically dysmenorrhea. As patients say their heavy periods can severely impact their day to day functioning, it's been said to never use your castor oil pack during menses, but let's delve into the truth.

Castor oil stimulates the PGE3 receptors of the smooth muscle which includes the intestine and the uterus<sup>3</sup>. So there is some merit to the claim that it could potentially aggravate menses by stimulation of the smooth muscle, causing increased contractions in an already weakened uterus.



The warning, however, wasn't because of the cramping, but more so the idea that a castor oil pack done during menstruation would cause blood thinning, leading to haemorrhage. Although physiologically this could be the situation, as any oil that reduces inflammation can reduce the viscosity of blood, it is highly unlikely as the quantities that would be needed aren't offered in a castor oil pack treatment. In addition, the stimulation of nitric oxide by castor oil packs has been a speculated risk for haemorrhage, but this is simply a fallacy as it doesn't cause you to bleed more, it only increases nitric oxide in the area.



## Why Castor Oil is a Household Name Yet People Choose to Avoid It

Castor oil is sticky, messy, thick, stains things, and most castor oil pack protocols inadvertently worsen the appeal. A million steps that confuse the patient and create a barrier towards compliance. Ask any doctor, herbalist or healing arts practitioner, and if they don't work with the packs often it is because they did early on in their practice but patients didn't comply, they didn't find that it did anything. But if there is no compliance, how can you pass judgement?



For me, I was turned off by the mess and by other practitioners lacking faith (albeit the multitude that swore by it). But that's why I'm here now teaching about it and promoting it. My preconceived notions prevented me from even trying the therapy despite the amount of people who were telling me to do it, saying it would only do the best for me. The believers believe and swear by it. For good reason, it is the easiest, most economical way to create your best health practice. It sets the foundation of healing. Without it everything else takes longer, is less successful and more expensive. Why wouldn't you do it?

## My First Castor Oil Pack Experience

So the first time I did the pack... I was sick. So sick that I couldn't get out of bed. Me. An uber energetic person (if you know me) always full of piss and vinegar, and poo! Even though I was eating the right diet, taking the right supplements and exercising, the stress of life, studying 80 hours a week and going back to naturopathic school with no science background took its toll. Life was hard. I was alone. I'll never forget a day that was so dark I was unable to get out of my bed. It killed me. At this point I had nothing to lose, it was the one time that I was willing to try anything to feel better. So I decided to figure out a way to make my own pack, and make it easy.



I took an organic cotton bag I had received at a trade show with minimal dye on it, folded it in half, sewed it up then took the handles and made straps. I put it on my body with castor oil and immediately got a sensation that I had never felt before. Relaxation. I was so sympathetic dominant that I had no idea what relaxed meant.

When I relaxed, I realized I could heal. I felt, well, a bit more energy from the doldrums I had been experiencing. One day at a time. I felt better, stronger. Day by day. I was getting better.



I was truly amazed that for the first time, I felt the sensation of time and life being in balance. I felt that everything that I was doing for myself was FINALLY being used by my body to heal. I felt the castor oil pack, that I was so against doing for years, was the solution that helped me regain the FAITH in my body that it could heal. I wasn't at the mercy of the conventional medical system's need to cut, burn and kill.



The castor oil pack was the foundation to my health protocol. Everything I did worked that much better from diet choices, fasting, supplements, exercise, meditation and therapeutic treatments, everything was supercharged. So I took on the mission, to find the truth about this so-called Holy Grail of natural healing that I once ran way from, and now simply wanted to know everything about it.



I started delving into the science of what made castor oil packs tick. In school, it was a constant recommendation yet no one would really clarify exact mechanism of action. I am a science buff, a nerd, I like to know exactly how treatments and tools work. I don't want hearsay, I want research. It doesn't all have to be double blind placebo controlled studies, I also delved into historical use, case studies, the application of castor oil in other industries, the function of the flannel on the skin. I basically dissected all components of the pack to learn its mechanism of action.



The pack is different from the oil, because this sacred ritual of going to bed with the flannel all plays an important role in how it works.

## How Does the Castor Oil Pack Work?

Castor oil's main action is as an anti-inflammatory that reduces pain via substance P<sup>5</sup>, moves edema by supporting lymphatic flow, improves microbial balance via nitric oxide stimulation<sup>58</sup> and biofilm breakdown<sup>8 9 10</sup>, stimulates peristalsis via PGE3 receptors in smooth muscle<sup>3</sup> and provides nutritive value of omega 6, omega 9, Vitamin E<sup>25</sup> and the list goes on and on.



The pack, the actual cotton flannel serves its own purpose, so when people rub the castor oil on and put a T-shirt over top, it simply doesn't work. The compression is 50% of the actual treatment. The soft organic cotton Sherpa that feels delicate and fuzzy on the skin stimulates c-tactile afferent nerves and deep sustained pressure receptors such as Merkel's<sup>72</sup>.



This is the part of the therapy that stimulates oxytocin<sup>6</sup>, dopamine<sup>7</sup> and the areas of the brain that are the same as feeling the satisfaction that you have with a fatty meal<sup>73</sup>.

If you haven't worked with the pack yet, there is ample evidence that suggests you should try it. My advice, before prescribing to a patient, do it for yourself. Once you do a castor oil pack, you never go back. That'll be all you need!

**The Castor Oil Liver Pack Bundle has everything you and your clients need to do an easy heatless, less-mess, ready-to-wear castor oil pack. Kit includes:**

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**DISCLAIMER:** Always check with your gut, your higher self and your doctor before starting any new lifestyle practice. This is not meant to treat, prevent, cure or diagnose. This is not to be construed as business, financial, legal, medical or any other advice. This is simply just a sharing of over a decade of clinical experience.

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