

## **CASTOR OIL** **dispersing poultice**

When castor oil is used externally it penetrates through the skin to underlying tissues and breaks up the congestion being felt in the glands and tissues of the intestines. This congestion is then taken away through the eliminative organs.

This breaks up congestion, tumours and lumps, penetrates deeply.

The same poultice can be used a number of times as the congestion is dispersed via the bloodstream and organs of elimination. Each time you reapply the poultice you will need to add more castor oil. After it has been used for some time (say about 7 times) discard and make up new poultice.

### **Use externally on:**

**Liver poultice:** Use for liver and or gall bladder, or kidney stones. It digs out waste caught in the glands. Place poultice over liver area. Use for 3 nights on, 3 days off (or can do day time if this suits.) Stimulates liver, increases lymphatic circulation.

**Haemorrhoids:** Dip cotton ball in castor oil and place in freezer. Place over haemorrhoid all night. Use buttocks to hold in place. Can change every 2 hours. Will shrink piles and ease pain.

**Eye irritations:** any eye irritation (metal in eye). Can use a drop in each eye every night

**Sore joints:** Breaks up crystals in joints – massage joints, arthritis

**Bone spurs:** bone spurs – massage over painful area. Can take weeks to months to break up spur

**Constipation:** – as a poultice over abdomen NOT INTERNALLY USED

**Irritable bowel:** – as a poultice over abdomen NOT INTERNALLY USED

**Fibroids in uterus, cysts on ovaries:** – as a poultice over abdomen NOT INTERNALLY USED After using castor oil for one month, fibroid were halved in size

A suggestion is to soak a panty liner with castor oil and place on skin above pubic bone. Use your underwear to keep this in place. Wear during the day (you may need to keep it up for months)

**Inflammation:** Sciatica, any inflammation, painful varicose veins, soak old cloth or towel and place over area. Apply heat over this eg hot water bottle

**Lactating women:** painful breasts, breast lumps, increases milk flow in lactating women, sore nipples

**Lumps:** Use on any lumps in testicles (One man, PSI from 22.9 to 1.2 in 6-8 weeks of using castor oil between scrotum and anus). Another man used this as one of the poultices to treat testicular cancer, great for fibrocystic breast lumps – massage over lump and then can place poultice over area with lump.

**Pain:** relives pain, this will reduce stomach pain in stomach cancer, reduces pain of shingles (for shingles, add olive leaf extract and/or oil of oregano, or frankincense oil)

**Moles, warts:** - mixed with baking soda, make into a gummy paste and apply to callouses, moles, ingrown toenails and warts (1 night on, 1 night off)

**Face oil:** Nice face oil (1/2 castor, 1/2 macadamia)

### **How to apply poultice**

Warm oil, massage some over the area. Then drizzle more over 2-3 thicknesses of old towel. Place over liver, bowel or any area. Cover with plastic and hot water bottle. 3 nights on - 3 nights off for 30 days. Take a break for a month then start again.  
In case of tumours use continually.  
For normal application, the heat is not always used.