

Castor Oil

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- Castor oil is a non-volatile fatty oil that is derived from the seeds of the castor bean (*Ricinus communis*) plant, aka castor seeds. The castor oil plant belongs to the flowering spurge family called Euphorbiaceae and is mainly cultivated in Africa, South America and India (India accounts for over 90% of castor oil exports globally).
- Castor is one of the oldest cultivated crops, but interestingly it contributes to only 0.15 percent of the vegetable oil produced in the world each year. This oil is also sometimes called ricinus oil.
- It's very thick with a color that ranges from clear to amber or somewhat green. It's both used topically on the skin and taken by mouth (it has a mild scent and taste).
- Studies suggest that many of castor oil's benefits come down to its chemical composition. It's classified as a type of triglyceride fatty acid, and almost 90 % of its fatty acid component is a specific and rare compound called ricinoleic acid.
- Ricinoleic acid is not found in many other plants or substances, making the castor plant unique since it's a concentrated source.

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- Aside from its primary constituent, ricinoleic acid, castor oil also contains other beneficial salts and esters that mainly act as skin-conditioning agents. This is why, according to a report published in the International Journal of Toxicology, this oil is used in over 700 cosmetic products and counting.
- Research studies have found that castor oil contains therapeutic components including fatty acids, flavonoids, phenolic compounds, amino acids, terpenoids and phytosterols.
- Compounds found in castor can help stabilize the texture and consistency of products, which is why Castor oil is used in so many cosmetics, hair and skincare treatments.
- Reports show that this oil can be safely taken internally (In small amounts). When swallowed, it's hydrolyzed in the small intestine by pancreatic enzymes, leading to the release of glycerol and ricinoleic acid, along with other beneficial metabolites.
- **These various compounds give the oil the following properties and potential health**

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Benefits:

- Abdominal disorders
- Arthritis
- Backache
- Constipation
- Muscle aches
- Parasitic infections
- Chronic headaches
- Gallbladder pain
- PMS
- Rheumatism
- Sleep problems like insomnia
- On it's own as a breast massage oil or add to your current breast massage oil
- Uterine oil (menstrual cramps, increase blood flow..)
- Studies have found that castor oil packs produced a temporary increase in the number of immune-boosting T-11 cells and lymphocytes.
- Anti-microbial
- Anti- Fungal
- Anti-inflammatory when externally applied to bruises.
- Injuries and stiffness



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Benefits:

- Nervous disorders
- Inflamed joints, muscle, connective tissue
- Skin health
- Varicose veins
- Reduces swollen lymph glands
- Shrinks lipomas
- Detoxifies the liver
- Heals burns
- Heals bed sores
- Rashes
- Itchy skin
- Cracked heels
- Torn cuticles
- Heals minor cuts or wounds
- Eliminates warts
- Fungus
- Reduces pimples
- Stretch marks
- Moisturizes severely chapped lips
- Lubricates eyes, decreases floaters
- Promotes hair growth. Great for eyebrows and eyelashes.
- Moisturizes and thickens hair.



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Benefits:

- Promotes lymphatic circulation and drainage
- Intestinal disorders.
- Helps detoxification
- Promotes blood circulation
- Gallbladder inflammation or stones.
- Night time urinary frequency.
- Stimulates the production of collagen and elastin.
- Fights signs of aging (skin).
- Improves Immune Function
- One of the major 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.
- Castor oil may be able to help improve lymphatic drainage, blood flow, thymus gland health and other immune system functions.

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- A small, double-blind study published in the Journal of Naturopathic Medicine found that adults who used abdominal castor oil packs on their abdomens had significant increases in the **production of lymphocytes** compared with patients using placebo packs. Lymphocytes are the immune system's natural "disease-fighters" that attack outside invaders such as toxins, bacteria and other perceived threats.
- The **lymphatic system** also impacts the circulatory and digestive systems, which is why the oil is sometimes used to support heart health and resolve issues like constipation.
- **Boosts Circulation**, A healthy lymphatic system and proper blood flow go hand in hand. When the lymphatic system fails (or endema develops, which is the retention of fluid and toxins), it's much more likely someone will have circulatory issues. This is due to the fact that the lymphatic circulatory system works directly with the cardiovascular circulatory system to keep blood and lymphatic fluid levels in an optimal balance.

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- **Can Help Induce Labor**

Castor oil is a time-honored natural remedy for inducing labor. For centuries, pregnant women at full term have taken it orally to help speed up uterus contractions. In fact, it's one of the most popular substances taken in a non-medical setting to induce labor. According to research the reason castor oil can work to induce labor is due to the fact that the ricinoleic acid in the oil can **activate EP3 prostanoid receptors in the uterus**. Some animal studies have shown that active compounds in the oil attach to the molecules that makes muscles — in both the intestines and uterus — contract.

The use of castor oil is related to a higher probability of labor initiation within 24 hours. Castor oil can be considered a safe non-pharmacological method for labor induction."In addition, the full-term women study subjects (between 40 and 41 weeks) who took castor oil had a lower incidence of Caesarean section

.One **downside of using castor oil** to help with delivery (and the reason it's not commonly used in hospitals) is that **some women feel nauseated** after taking it.

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- A growing body of evidence reveals that the lymphatic system **influences the health of multiple organs**, including the heart, lung, and brain.” So castor’s oil ability to positively affect our lymphatic systems likely means better overall circulation and a health boost to major organs like our hearts.
- **Moisturizes Skin**, rich in skin-boosting ingredients like fatty acids. Applying it to dry or irritated skin can help to discourage dryness and keep it well moisturized, since it prevents water loss.
- **Wound and pressure ulcer healing** thanks to its moisturizing as well as antimicrobial and antibacterial properties. It mixes well with other ingredients like almond, olive and coconut oil, all of which have unique benefits for skin.
- Lab studies have shown that castor oil is effective **against many types of bacteria**, including *Staphylococcus aureus*, *Escherichia coli* and *Pseudomonas aeruginosa*. Out of all the staphylococcal bacteria, *Staphylococcus aureus* is considered the most dangerous and can cause mild to serious skin infections and other concerning staph infection symptoms.

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- One study conducted in Turkey looked at the effects of castor oil packs on elderly people experiencing **constipation**. The study participants were monitored for a week before, three days during and four days after the oil pack administration. 80 percent of the individuals studied had been experiencing constipation for 10 years or longer. The researchers found that the oil packs were able to decrease constipation symptoms, most specifically straining during defecation.
- **Lowers Symptoms of Arthritis** Castor oil is often used as a natural treatment for arthritis pain, joint swelling and inflammation. Its natural **anti-inflammatory** properties make it an ideal massage oil that can be applied to **aching joints, muscles or tissue**. Observational studies have even shown that topical application of ricinoleic acid (the main component of castor oil), “exerts remarkable analgesic and anti-inflammatory effects.”

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- A randomized, double-blind, comparative clinical study looked at the effects of castor oil capsules on symptoms of knee osteoarthritis. Subjects were either given a castor oil capsule (0.9 milliliters) three times daily for four weeks or a capsule of diclofenac sodium (50 milligrams) for the same amount of time. Overall, they found that castor oil worked as well as conventional treatment and can be used as **“an effective therapy in primary knee osteoarthritis.”**
- Helps to **Encourage Strong, Shiny Hair**. It may help your hair grow faster, thicker, stronger and shinier. It can **detangle hair** as well and is even used to treat hair felting (a disorder in which hair becomes twisted and entangled as a hard stony mass). Does castor oil regrow hair? Because it can improve blood circulation to your follicles, it may help to speed up hair growth. This is why some people apply it not only to hair on their head, but also to eyebrows and eyelashes.
- Studies show that ricinoleic acid may treat hair loss by balancing prostaglandin D2 (PGD2) production in men, which affects **hair growth**.

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- Castor oil can be used in several ways: orally (taken by mouth), applied topically on the skin, applied to the hair, or massaged into the skin in the form of a castor oil pack.

Remember, any oil you ingest or consume (and even the kinds you apply directly to your skin) should really be of the highest quality to ensure safety and effectiveness. Hadassah Healing Oils provide a Organic Hexane free Castor oil.

Acts as a **Laxative to Relieve Constipation** Castor oil works like a natural, mild stimulant laxative when taken orally. It can provide constipation relief , reduce straining during defecation and enhance the feeling of complete evacuation after a bowel movement. Its active ingredient, ricinoleic acid, gets released into the intestine, where it helps with the process of digestion, nutrient absorption and cleansing the system. It increases movement of the muscles that push material through the intestines, helping to pass a bowel movement.

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- **Laxative for Constipation Relief**

The **dosage** of castor oil taken internally depends on what you're using it for, along with factors like your age, existing medical conditions and response to laxative-type treatments. If taking castor oil orally, a commonly recommended dose for adults (such as to treat constipation) is 15–60 mL, taken in one single dose. This is equivalent to about one to four teaspoons once per day. Many people mix it with water or another beverage before drinking.

Children between 2–12 years should take 5–15 mL orally once daily, while babies under 2 years old should take no more than 5 mL once daily.

Be careful not to increase your dose above the **recommended amount**, start slowly and don't take it for more than seven days consecutively, unless you're told to do so by your doctor. **Side effects can be serious with overuse.** Dosages can vary by age, health status and your individual response to taking the oil. Beware that castor oil can work for constipation relief quite fast so it's not recommended to take it before bed. For many people, taking it causes a bowel movement to occur within two to three hours, but it can take up to six hours.

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- Helps Dry, Irritated, Sun-Burnt or **Acne-Prone Skin**
As a **natural antibacterial** agent, castor oil works similarly to coconut oil for boosting skin health. It also makes a great general skin moisturizer and anti-inflammatory blemish treatment.
- Castor oil is a great treatment for acne as it penetrates deep into the skin, it **fights bacteria overgrowth** that can clog pores, while softening and hydrating irritated skin at the same time. As mentioned earlier, this oil has been shown to fight off *Staphylococcus aureus*, which is linked to development of acne.
- **Natural acne treatment:** Dap castor oil onto the affected area with a clean cotton swab. You can also use apple cider vinegar and essential oils like frankincense mixed with a small amount of pure coconut oil. All of these options reduce redness and swelling of acne blemishes along with scarring and pain.
- **Prevent future breakouts:** Wash your face in warm water to open up the pores and then massage some of the oil into your face and leave it on overnight, rinsing the next morning. If leaving the oil on your face overnight causes greasiness, reduce the amount of time until you rinse it off.

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- **Hydrate skin without clogging pores:**
Mix 1/4 cup of castor oil and 3/4 cup virgin coconut oil (or 3/4 cup sesame oil), then apply to your body and face.
- **Moisturize normal or oily skin:** Try using 1/4 cup of castor oil with jojoba oil, grapeseed oil or olive oil instead of coconut and sesame oils. Gently massage dry areas of your skin with the mixture, then dab off any excess using a clean towel. Allow the treatment to soak in overnight and then rinse well in the morning with warm water. Another option is creating a fast-acting face mask using one teaspoon of castor oil along with one egg yolk. Apply the mixture to your face for 10–15 minutes, then clean your face.
- **Soothe a sunburn:** Castor oil's anti-inflammatory properties reduce pain and redness. Apply castor oil mixed with coconut oil (in a 1:1 proportion) to the affected area, or try the same remedy as a natural lip balm to solve chapped or sunburned lips.
- Something else to consider is that castor oil and ricinoleic acid can enhance the transdermal penetration of other chemicals, so it's a good idea to only use castor oil along with other natural ingredients that you don't mind fully absorbing into your skin.

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- **Help Hair Growth**

Use castor oil for hair health by massaging several tablespoons slightly warmed-up oil into your hair and scalp. You can make 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, then leaving the oil on overnight before washing it out.

- **To Thicken Eyebrows**

Use a cotton swab or clean mascara wand to wipe a small amount of oil over clean eyebrows. Let it absorb for 20 minutes or longer. You may want to apply the oil before bed so it seeps in while you sleep. Because the oil can irritate some people's eyes, applying it to your eyelashes should be done with caution. Use a Q-tip to carefully do this.

- **Induce Labor** (be sure to speak with your doctor first) In most studies where labor was successfully induced, women have received 60 mL of the oil, sometimes mixed with orange juice to mask the taste and reduce nausea.

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- **Help Reduce Joint Pain**

The oil can be applied like any other over the counter analgesic (pain relieving) cream and massaged into tense areas. Apply about a dime sized amount for every three hours or until pain subsides. Repeat every day for three days for best results.

Castor Oil Packs:

When we have scar tissue or adhesions, fibroids, ovarian cysts, blocked fallopian tubes, PID, Asherman's Syndrome and more, castor oil packs improves the blood flow needed for healing and is one of the easiest therapies along-side acupuncture to improve the health of the reproductive system and fertility.

- **5 Ways Castor Oil Packs Improve Reproductive Health and Fertility, Increases Circulation, Castor Oil Therapy stimulates the circulatory system. By increasing circulation, fresh oxygenated blood flows through the abdomen/pelvis and nourishes the reproductive organs – ovaries, fallopian tubes, and uterus – helping them to properly function. A lack of circulation to these organs prevents them from properly healing if damaged and may promote the formation of excessive scar tissue and adhesions.**

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- **Boosts Immune System Function**

Lymph nodes surround the reproductive organs and are home to lymphocytes (lymph cells) and lymph (fluid) that make up part of the body's immune system. The lymphatic system continuously defends the body from disease. Application of a castor oil pack over the lower abdomen stimulates movement of the lymph through the reproductive area. The lymphatic system then goes to work to remove waste (toxins) from the area helping to cleanse the reproductive organs.

- **Promotes Detoxification**

Increases circulation to the liver, which stimulates liver detoxification and improves liver function. The liver removes hormones, drugs, and other biologically active molecules from the blood and it also makes 1/3 to 1/2 of all lymph. Liver health is vital to proper function of the lymphatic system. A liver that is overwhelmed due to poor diet, poor lifestyle choices, being sedentary, or exposure to xenohormones, cannot adequately function, or produce lymph as well. This may contribute to hormonal imbalance and disease. In Chinese medicine, the Liver meridian is of paramount importance in women's reproductive health mostly through its relationship with the uterus

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- **Reduces Inflammation & Pain**

Lack of circulation, poor immune system function resulting in sluggish lymph flow or congested lymph glands and an overburdened liver can all contribute to inflammation and pain. We find it is very common with some fertility issues because inflammation is present such as ovarian cysts, blocked fallopian tubes, uterine fibroids, PID, PCOS, and Asherman's syndrome. Castor Oil packs as a home therapy can be supportive to use along-side acupuncture in a natural and holistic approach to women's health and fertility.

- **Relieves Stress**

Another important benefit of Castor Oil Therapy is that it may help relieve stress. As you can guess, stress has a profound impact on those dealing with infertility and reproductive health concerns. Castor Oil Therapy requires you to temporarily step away from routine, daily demands and forces you to be present with yourself and rest.

- **How often should you apply castor oil packs?**

Apply a castor oil pack at least 3-4 times a week for an hour. When trying to conceive, do not use after ovulation.

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- Saturate a piece of cotton flannel in cold-pressed, pure castor oil Place it directly on the skin over the lower abdomen Cover it with plastic wrap Add gentle heat source on top – hot water bottle or heating pad Lie down and rest for an hour
- Hexane is a hydrocarbon solvent commonly derived from crude oil. It is commonly used as a solvent in various industries, including the extraction of oils from seeds and vegetables. Hexane has a low boiling point, which makes it effective in separating oils from plant materials. However, its use in the production of castor oil raises questions about potential risks and health concerns. Traditional castor oil production methods involve the use of hexane as a solvent to extract the oil from the castor seeds. While this method is efficient in extracting large quantities of oil, it also raises concerns about residual hexane in the final product. The presence of hexane in castor oil can be worrisome as it is a neurotoxin and a volatile organic compound.



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- Exposure to hexane can have various adverse effects on human health. Prolonged or high levels of exposure can cause neurological issues, including nerve damage, numbness, and even paralysis. In addition, hexane is flammable, and its inhalation can lead to respiratory problems. Hexane-free castor oil is produced without the use of hexane or any other chemical solvents. Instead, it is extracted using mechanical pressing methods or cold-pressed techniques, ensuring a pure and natural oil without any residual solvents. Hexane-free castor oil retains all the beneficial properties of traditional castor oil without the potential risks associated with hexane.
- **Please choose your Castor oil Carefully , It has to be of the utmost purity Organic Hexane free, Hadassah Healing Oils Castor oil is of the Highest Standards.**

