



EAT WELL. DETOX WELL. 'LIV' WELL

Castor oil is an anti-inflammatory, anti-bacterial and an anti-oxidant. It is considered a vegetable oil (but not a culinary oil) and is extracted from the seeds of the castor oil plant (*Ricinus Communis* L.). This oil includes a mixture of triglycerides which contains fatty acids, oleic acid and gamma-linoleic acid (GLA), which is a type of omega-6 fatty acid. About 90% of the fatty acids in castor oil are [ricinoleates](#) (an unsaturated omega 9 fatty acid and hydroxy acid which has been known to have pain-relieving and anti-inflammatory properties). Castor oil has been used since ancient times and is till an age-old remedy favorite. It is probably most popular for its laxative effect and relief of constipation (beware, it may cause diarrhea if used for simple constipation) and was used in traditional medicine to [induce labour](#) in pregnant women by ripening and stimulating the cervix by increasing the production of prostaglandins, a group of lipid compounds that play a central role in pregnancy and the induction of labor. Although they say there may not be any “clinical evidence” to prove this, a 2022 review of 8 studies says otherwise. I can tell you from personal experience, that within a matter of 3 hours of taking a spoon full of it, it certainly worked for me, for my sister-in-law and others in my circles.

Castor oil is also used in the production of candy (e.g., [polyglycerol polyricinoleate](#) in [chocolate](#)), food additives and flavourings. It is also used to reduce mold and to keep certain food grains like rice and wheat, from rotting.

All of these reasons to love and use Castor oil are great, but I like to use castor oil for a few other favourite reasons:

1) Hair Care

Castor oil is an amazing scalp conditioner/moisturizer. I have found it to help reduce dandruff, improve shine, helps with smoothness and detangling (especially curly hair – black castor oil is said to work great for thick and dry) and they say it can even help with hair growth. When massaged onto the scalp, it can increase blood flow which is likely how it can contribute to hair growth. I also use it on my eyelashes. Could this be because of its anti-inflammatory and anti-oxidant characteristics? Reducing inflammation and free radicals has many health benefits, so perhaps this is where Castor oil lends its assistance in this matter.

I like to combine Castor oil (1 part), Jojoba oil (2 parts: to dilute the thickness of the Castor oil a bit as it is very thick and sticky) and [Rosemary Essential oil](#) and [Peppermint Essential oil](#) (which also helps with dandruff) together in a little jar with a dropper and let it sit for a few days. I then use that combination 1 a week or bi-weekly on my scalp by rubbing a few drops of the oil combination into my scalp and massaging it in. I leave it in my hair for at least 20 minutes like a mask before shampooing to help stimulate hair growth and soaking up all the wellness it brings. You can find the link to my favorite essential oils in my bio at bio.site/livwell



2) Fungus

Fungus is a common culprit on the skin, scalp and nails that can be uncomfortable, irritating and embarrassing. This can be caused by [different types of fungi](#) like yeast (Candida – common on the mouth/thrush, genital area and skin folds) or mold. Fungus may cause itching, redness and inflammation, discoloration, rashes or patches which could even have raised or scaly borders.

Because of castor oil's anti-fungal properties, it is my favorite go to for this problem. I too like to mix it with essential oils and baking soda as well to create a paste and gentle scrub. I sometimes add coconut oil to this mixture too. My favorite go-to [essential oils](#) for this are:

Frankincense, Tea Tree, Lemongrass, Peppermint and Oregano. Enjoy 25% OFF my favourite essential oils [HERE](#) or find them in my bio at [bio.site/livwel](#). I simply rub the oil combo into the problematic area in a circular motion (I REALLY rub it in), each night before bed until its gone. If you work from home and can handle doing this in the morning too and throughout the day, I would take advantage of that opportunity and do it more often.

Remember that detoxing with our [Pure Body Zeolite spray](#) and [dropper](#) duo (nano and for the gut) can also help with the removal of mold in addition to removing toxins, chemicals and metals from the body. As [Dr. T](#) always says, by keeping your body clean you will have improved immune function and your body will simply work better to resolve and avoid so many health conditions including some of those mentioned here. Which leads me to the next point...



3) Warts

Warts are probably some of the most embarrassing to admit you may have. Even worse than yeast infections? In my opinion, yes. They always reminded me of images of witches as a child and that has stuck in my mind all these years. Making sure to have an easy way to rid your skin of these embarrassing and contagious nasty skin problems is essential.

Castor oil could just be one of the easiest remedies to stop wart growth because of the ricinoleic acid; antifungal and antibacterial properties, preventing it's spread and further growth. I use castor oil in combination with baking soda, tea tree, oregano and frankincense essential oils as a paste for this purpose. Create a paste with all the ingredients together and put it on the wart, then cover it with duct tape. Do this daily (several times a day again if you are able) until it is gone for good.

4) Sun spots

I am a lover of the sun, and I truly believe in the importance of absorbing all the sun's vitamin D benefits directly through my skin. Besides, there is nothing quite like the feeling of that warm sun kissing your face. In saying that, I'm not willing to give up my time I the sun due to the possibility of sun spots on my skin. But I have been able to get rid of them using castor oil and turmeric/curcumin as a paste.

Castor oil has humectant properties. This means it can draw moisture from the air into your skin. Because of its ability to moisturize your skin so well, it can also help reduce dry skin, flaking, relieve sunburn and reduce eczema. After my [interview with Dr. M a d e j](#), I'm also going to incorporate her combo of adding baking soda to that mix too and scrubbing that into those pesky spots. Not only will it help with the skin discoloration, but can also exfoliate, even out skin tone and keep your skin moisturized, hydrated and smooth. Some have said to leave it on for about 20 minutes to half an hour. I usually leave mine in for longer than that but you may want to test your skin if you decide to leave it say, overnight, to ensure that it doesn't clog the pores on your face. If you're spot treating, I wouldn't worry as much as if you were going to use it all over your face. I feel the same about coconut oil for this clogging reason.

5.) Makeup Remover and face cleanser

There is nothing on the market that does the job better to remove makeup and dirt from your skin, than a mixture of castor oil and another carrier oil, in my opinion. Because oils are lipophilic (oils are attracted to other oils) and solvents (great for breaking down those oils), think of this cleansing method as oil pulling out oil. This method dissolves dirt, makeup and sebum

I have oily skin, and oily skin normally has bigger pores. I use this oil cleansing method when I wear makeup. Because of my oil prone skin, I prefer using a combination of castor oil and jojoba oil or grape seed oil on my face and switch to a combo of castor oil with either coconut oil or avocado for my eye makeup ONLY. You can even use rosehip oil which works beautifully with castor oil for oily and acne prone skin.

For my skin type, I use a ratio of 75:25...75 of one of those other oils to 25 castor oil (about a dime size amount of castor oil for me). I also follow with a gentle cleanser to ensure I remove all the oil off my face. Mine includes activated charcoal and clay.

If you have dry skin, you likely have smaller pores. I would use olive oil, apricot oil or almond oil together with castor oil as a combination instead.

To use the oil cleansing method, simply mix the two oil combos together that you choose, and rub in a slow, circular motion and then remove the eye makeup with a hot, cotton pad (careful not to scald yourself please) and then get the rest of it with a damp microfiber cloth by pressing it into the skin and then gently wiping it all off. You may need to do this several times but you will be thrilled at how easy it is to remove all your makeup.



6) Castor Oil Packs

In my video you may have seen my flannel wool that I use for my castor oil pack. I simply cut the material to 3-4 pieces that are about 12 inches by 10 inches or so (sized as needed for the target area) and soak the pieces of wool, one by one in castor oil. Then I layer them onto a plastic sheet and layer each piece on top of each other. Once complete, apply to the target area, such as the kidneys for kidney stone support. I also add essential oils along with my castor oil to support the particular ailment I'm targeting. Recently I targeted kidney stones and my choice of essential oil combo with the castor oil was lavender and tea tree essential oils but I also like using Rosemary, Chamomile, Helichrysum, Lemon, Eucalyptus (hint: there is a combo oil of Lemon Eucalyptus in my essential oils link that is already combined). Essential oils together with the castor oil, can help relieve symptoms like inflammation, pain, swelling, contracting and discomfort.

As with anything, if you are pregnant or breastfeeding, check with your integrative medical practitioner and do your due diligence. Informed consent is your best friend.

Find all my info including special offers and supporting documents at
bio.site/livwell