

Castor Oil

Summary

What is castor oil?

Oil that comes from the seed of the castor plant, it has been used by the Egyptians, Romans, Chinese over thousands of years

What is it used for

Anti-inflammatory to rub on joints if sore, used in hair or eyelashes to help it become thicker and longer. Also to help heal scars, stretch marks and other general skin issues.

Dr Berg - Interesting benefits of castor oil

Summary:

- Comes from the seeds of the castor-oil plant
 - It's an unsaturated fatty acid
 - Anti-inflammatory and anti-fungal to rub on joints
 - Used to rub into eye lashes and hair to make it soft and thick
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Dermatologist on the top benefits of castor oil

Summary

- Taken internally is safe but is a natural laxative
- Keep the skin hydrated when used on the face, skin or lips
- Help eyelashes, head hair by reducing the breakage
- Keep in a cool dry place

Dr Berg - Therapeutic benefits of castor oil

Summary

- Been used by the Egyptians, Romans, Chinese over thousands of years
 - Good moisturiser on cracked foot, stretch marks, dry scalps
 - When used on the skin it increases the blood circulation in the local area
 - Can also be used for joint pain
 - Oil is Anti bacterial and antifungal
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The miracles of castor oil

Summary

- Has been found in ancient Egyptian tombs dating back to 4000 BC
 - Can help with pain and a lot of skin conditions by rubbing the oil onto the skin
 - Great for hair, eyelashes and eyes (when put on eyelids)
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Dr Berg - Castor oil for your face

Summary

- Many civilizations used it
- Can give your skin a soft, smooth tone and good for scars
- The oil penetrates deep into the skin
- Castor oil is high in Vitamin E which protects the skin
- The oil is anti bacterial and antifungal
- Ricin is removed in production

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