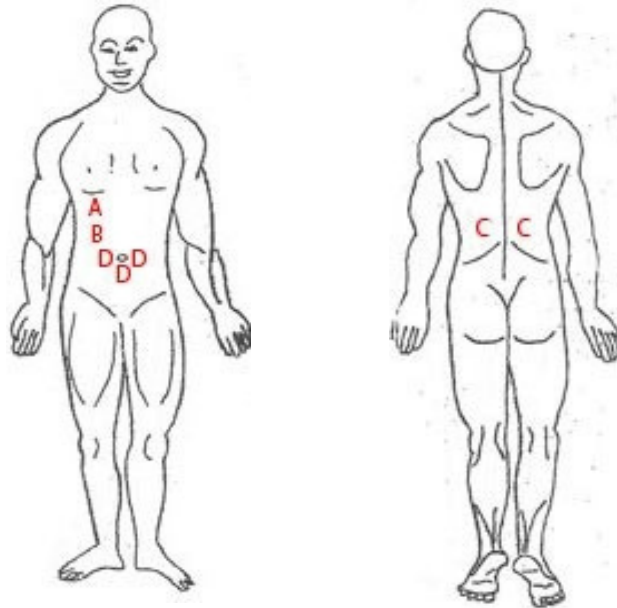


Castor Oil

Castor Oil is derived from a plant (*Ricinus communis*) and can be used orally and topically to produce healing and gentle cleansing of toxins; improve movement and decrease pain. It's known as a natural laxative (when taken orally) because it breaks down as ricinoleic acid in the small intestine to improve digestion. Not only does castor oil **treat wounds** and **inflammation**, it also acts as a great moisturizer to reduce dryness and improve skin health. It's inexpensive, powerful and can be used often for babies, kids and adults. Be sure to always choose oils in a dark bottle for better quality.



Massage areas with castor oil for about 15 seconds. Apply heat for 5-20 minutes. Rinse.

Start with liver (A), gallbladder (B), low back (kidneys) (C), and belly (intestines) (D). After doing these areas 3 times, you can alternate the above with any body part. For example, see below:

Day 1: Castor an injury, a tight area on the body, or any organ or gland.

Day 2: Castor one of the above organs (or any organ or gland).

(For a more thorough body chart, refer to: [Tapping & Swiping Organ Chart](http://www.JulieEHealth.com), at www.JulieEHealth.com)

Day 3: Repeat the above, alternating the organs with other body parts to assure perfect clearing of debris. Use 4-5 times per week.

For best results, rub Castor into an area just before a shower or bath, as the oil penetrates deep into the mesentery of the tissues when the body is warm (the hot water of the shower or bath is perfect). It is in your body in 20 seconds, and safe to wash off soon thereafter. ALL oils should be in a dark bottle, to preserve integrity and avoid toxicity.

Get your Castor Oil [here!](#) Our products are always toxin free!