

Castor oil

## Description

To Jesus:

You can use this as an aide to your own research and share with your doctor.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

Castor oil (ricinus oil/ricinoleic acid)

If castor oil helps:

immune health- increased lymphocytes against infection

circulatory health

lymphatic health

digestive issues

constipation- morning-early afternoon 1-4 ts, kids 1/3-1 ts, under 2 1/3rd ts max

skin problems

diabetes

inflammation & pain

infections

wounds

hair loss

default watermark

should we all be taking a half a teaspoon under our tongues 2x a day & putting it on our skin (problems, wounds & injuries) & hair (thin) daily, more if we have any problems above?

Taking castor oil with ginger may help prevent queasiness at higher doses.

[draxe.com/nutrition/castor-oil](https://draxe.com/nutrition/castor-oil)

## Labor & delivery- 4 ts

Two meta-analyses of research studies on castor oil found taking it orally during labor significantly increased the number of vaginal deliveries over caesarian section. It likely increases the strength of uterine contractions.

Moradi M, Niazi A, Mazloumi E, Lopez V. Effect of Castor Oil on Cervical Ripening and Labor Induction: a systematic review and meta-analysis. J Pharmacopuncture. 2022 Jun 30;25(2):71-78. doi: 10.3831/KPI.2022.25.2.71. PMID: 35837141; PMCID: PMC9240406. [pubmed.ncbi.nlm.nih.gov/35837141](https://pubmed.ncbi.nlm.nih.gov/35837141)

Amerizadeh A, Farajzadegan Z, Asgary S. Effect and Safety of Castor Oil on Labor Induction and Prevalence of Vaginal Delivery: A Systematic Review and Meta-Analysis. Iran J Nurs Midwifery Res. 2022 Aug 9;27(4):251-259. doi: 10.4103/ijnmr.ijnmr\_7\_21. PMID: 36275342; PMCID: PMC9580580 [ncbi.nlm.nih.gov/pmc/articles/PMC9580580](https://ncbi.nlm.nih.gov/pmc/articles/PMC9580580)

### Category

1. Uncategorized

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### Author

biggs