

The Oil That Heals



Quantum Castor Oil

*Real Castor Oil: The Healing Secret of the Ancients**



**The Oil that Heals -
From the Outside In**

The Palma Christi or the "Hand of Christ"

Castor oil was used therapeutically in ancient India, China, Persia, Egypt, Africa, Greece, Rome and Europe — so effective it was called "the Palma Christi" or "hand of Christ." The famous Edgar Cayce, known as the "sleeping prophet," popularized the use of castor oil, especially in the form of castor oil packs in the 1930's and 40's, resulting in amazing health recoveries for many people.

More recently, Dr. Wm. McGarey, a medical doctor from Arizona, recounted many seemingly miraculous cases using castor oil packs in his book, *The Oil That Heals*, for a wide range of disorders from "you name it" to chronic headaches, low back injury, trauma, digestive and liver/gallbladder problems, infertility, menopause, menstruation, and more.

Beware of "Junk" Castor Oil

Beware of the source of your castor oil. Unfortunately, much castor oil currently available is derived from castor oil beans that have been pesticided or poorly grown (thus having few or no healing properties) and which have been solvent-extracted or deodorized (which damages the healing phytonutrients as well as containing residual toxic solvent contaminants).

Quantum Castor Oil

Key Benefits

- Ancient remedy called the "hand of Christ," used for thousands of years by many cultures, especially for skin conditions and detox
- Rich in ricinoleic acid, a unique, potent, immune-boosting fatty acid
- Dramatic anti-infective support
- Helps reduce kidney burden
- Promotes rapid lymphatic drainage

Therapeutic-Grade Castor Oil

- The finest castor oil in the world from Kerala, India (*therapeutic quality*)
- Naturally rich in extraordinary phytonutrients, ricinoleic acid and undecylenic acid: potent, natural anti-infective compounds
- Cold-pressed, certified organic, not solvent-extracted or deodorized, grown in ideal conditions

Not common weak, solvent-extracted "junk" castor oil with little or no healing effects

The Very Best Castor Oil

The best castor oil comes from the ancient land of its original discovery and use: India. Our nonhybrid castor beans are still grown by traditional herbal masters in the dense, central forests of India in fertile, luxurious soil and pure air.

This premier quality castor oil is guaranteed to contain the full range of highly active, undamaged healing phytochemicals including ricinoleic acid and undecylenic acid. Now this previously inaccessible grade of castor oil is available to you.

Am Oil Chem Soc 6a; 37: 323-5

McGarey, William A., The Oil That Heals: A Physician's Successes with Castor Oil Treatments

What is a castor oil pack?

To make a pack, saturate 3 layers of organic cotton flannel (10" x 8" squares) with castor oil. Place the pack directly on the skin, cover with plastic sheet, then a heating pad. Keep in place for 1 to 2 hrs, 2 to 3 times per week. Initial key site choices: abdominal area or low back (kidneys). It has been effectively used to promote proper bowel eliminations, good digestion, regular menstrual cycles, increased lymphatic circulation and better assimilation of nutrients.

Quantum Castor Oil: **Ingredients** (8 fl. oz./bottle)

100% Extra Virgin, Cold-Pressed Castor Oil, Imported from India (guaranteed hexane-free) **Other Ingredients:** None

Castor Oil Pack Instructions

How to Use a Castor Oil Pack

Items Needed

- **Quantum Castor Oil** (8 oz) – Quantum Quality from India
- **Quantum Cotton Flannel** – 3 sheets of certified organic flannel from India (natural beige); no toxic bleaches, pesticides or chemicals
- **Plastic Sheet** – a plastic sheet (such as a garbage bag), plus a bath towel and a few safety pins or large elastic bandage
- **Electric heating pad** (for dry, not moist heat) – to gently heat the castor oil pack while it is in place on the body. We recommend tying a fairly tight knot in the middle of the cord of the heating pad: an old bau-biologie technique to disperse the toxic electromagnetic field of AC current
- **Stone Nano-Detox™** – For use after the castor oil pack

Instructions For Use

1. Prepare 3 layers of cotton flannel. Fold or cut the cloth into three thicknesses, creating a pad of a size adequate to cover the area to be treated. For example, to use a castor oil pack over the abdominal area, the size of the flannel cloth might be 10 inches long by 8 inches wide (3 sheets thick).
2. Cut a plastic sheet. Cut a plastic sheet so it is somewhat larger than the flannel cloth. The plastic is used to protect the heating pad from getting oily. Using a plastic garbage bag normally works fairly well, but it is best to avoid using plastic grocery bags, since they are usually printed with ink on one side which can dissolve and spread when exposed to castor oil.
3. Saturate cloth with castor oil. Place the flannel cloth on top of the plastic sheet. Then saturate it with castor oil. The cloth should be wet but not dripping. The saturated cloth should then be placed directly on the skin with the plastic sheet on top of it. If you are applying the pack to your back, you may find it easier to lay the plastic on the bed, put the flannel on top of it, and roll over onto the flannel in such a way as to position it at the area that needs to be treated. Make sure that your plastic sheet covers the entire exterior of the saturated flannel cloth, since castor oil is likely to stain any fabric it touches.
4. Place heating pad over plastic sheet. Then, place a heating pad over the top of the plastic sheet on either a low or medium setting, or higher if it is comfortable. The heat will promote absorption, increase circulation, and help the body to relax. This is generally left in place for approximately 1 to 1½ hours. You may place a bath towel over the top of the heating pad to help hold in heat and an elastic bandage to hold it in place.

PLEASE NOTE: Heat should not be used in conditions where it is normally contraindicated, such as appendicitis, diabetic neuropathy or over the abdomen during pregnancy. However, the castor oil pack can be used without heat in these conditions.

5. Stone Nano-Detox™ – Take ½ teaspoon in ¼ cup water immediately after using a castor oil pack; this helps to gently cleanse and detoxify the acidic secretions that are released after a castor oil pack.

6. Optional: Baking Soda Wash. After using the castor oil pack, the skin can then be gently cleansed with a simple solution containing a teaspoon of baking soda per pint of purified water. The Baking Soda Wash helps neutralize acidic toxins which are drawn out of the body during the castor oil treatment and helps prevent reabsorption of toxins.

Castor Oil Pack Without Heat. An alternative method is to apply the castor oil pack without heat, using a towel wrapped around the body (with safety pins to hold it in place). This can be left on for several hours, overnight or for an entire 24-hour period.

Re-Use of the Same Castor Oil Pack. Each cotton flannel pack may be used up to 4 times if, between usages, it is kept in a plastic container and refrigerated. With use, the pack gradually absorbs toxins. Therefore, after 4 uses, discard the pack and make a new one. It is not recommended to try to wash out the pack for re-use.

Frequency of Castor Oil Packs. In general, the castor oil packs are recommended 2 to 4 times per week, for 1 to 1½ hours per session, for 3 to 6 weeks or longer. At first, it may work better to skip a day in between the use of each pack, rather than using them on consecutive days.

Long-term Chronic Illness. If a person has been chronically ill for a long time, if they have a high degree of toxicity or if they have significant difficulty in eliminating toxins (such as with kidney failure), then it is best if the packs are used on alternating days for the first week or so and for smaller amounts of time (such as 30 minutes only per session). As the general condition of the body improves, the packs may be used more frequently and/or for longer periods of time (for 1 to 1½ hours per session).

Cleansing Reactions. The use of castor oil packs should always be gentle, without side effects. Cleansing reactions, such as a rash, are rare. If they occur, it usually indicates that the body's ability to eliminate toxins is not sufficient yet. It may be necessary to temporarily decrease the frequency or length of time of using the packs. The most common cleansing reaction is a rash that may occur at the site of the pack. If this occurs, it is typically noticed during the first few applications of the pack. It may be relieved by using the Baking Soda Wash (see #6).

Full Body Nutritional Support.

To thoroughly support the body's detoxification process, we also recommend taking the **Quantum-5 Kit** (five key foundation products which deliver ample amounts of all classes of nutrients essential for life) and **Heavy Metal Nano-Detox™** (for detoxification of heavy metals and chemicals.)

For Superior Health. Castor oil packs are one of those rare remedies that cannot be used too much. Many people continue to use castor oil packs periodically throughout their lives to help boost the immune system, to keep the lymphatic circulation clear, to assist in proper eliminations and to always feel their best.*