

Healing gift from the earth

CASTOR OIL

– the oil that deserves a spot in every home

大地恩賜的疗愈礼物

蓖麻油 – 每个家庭的珍宝

Back in ancient Egypt, castor oil was used for its therapeutic and medical benefits to assist healing the body, from relieving menstrual cramps to whole body detoxification. Castor oil is derived from the seeds of the castor bean plant *Ricinus Communis*. Because of its powerful healing properties, it was known to the Greeks and Romans as “Palma Christi” or “hand of Christ”. Today, many health care practitioners continue to utilize its therapeutic potential for the management of health.

What is responsible for its incredible healing capabilities?

Castor oil is made up of fatty acids and 90% of its fatty acid composition is ricinoleic acid. Such a high amount of this unique unsaturated fatty acid may be accountable for the effectiveness of castor oil. Ricinoleic acid is shown to have many benefits including the prevention of microbial growth and pain relief.

Benefits of Castor Oil

Pain Relief & Joint Health

Castor oil has powerful anti-inflammatory and pain-relieving properties, making it excellent for stiff and painful joints caused by arthritis, gout or rheumatism. It can easily penetrate the skin to reduce pain, bring down inflammation, and lubricate the joints.

Antiviral & Antibacterial

Ricinoleic acid found in castor oil prevents the growth of viruses, bacteria, molds and fungi. With its powerful anti-microbial properties, it can act as a disinfectant when applied on wounds and burns. It is also effective in treating scratches, minor cuts and fungal skin infections.

Promotes Lymphatic Drainage

The lymphatic system is essential in repairing tissue and suppressing inflammation in most organs. An unhealthy lymphatic system may lead to fatigue, impaired immune system, multiple sclerosis and even tumours. Castor oil has a positive influence on the lymphatic system. When it penetrates the skin, it increases the lymphocyte counts and stimulates lymph flow, strengthening the immune system and reducing fatigue.

自古埃及时期，蓖麻油已被广泛用于医疗治病，如舒缓月经疼痛或进行全身排毒。蓖麻油提炼自蓖麻的种子，因具强大的愈合功能，所以在希腊和罗马人眼里，有“基督之手”的雅誉。至今，蓖麻油仍继续被采用作为医疗保健用途。

蓖麻油的神奇愈合功能

蓖麻油由脂肪酸组成，而其90%的脂肪酸皆是蓖麻油酸。如此高成份的独特不饱和脂肪酸或许是蓖麻油具有如此高疗效的原因，提供人体非常多的健康效益。蓖麻油酸具有许多好处，包括预防微生物生长和缓解疼痛。

蓖麻油的功效

舒缓疼痛和促进关节健康

蓖麻油具有超强抗炎和缓解疼痛的功效，因对舒缓关节炎、痛风或类风湿所引起的关节僵硬和疼痛问题非常有效。它可轻易渗入皮肤，以减轻痛楚，并减缓发炎反应和润滑关节。

抗病毒和抗细菌

蓖麻油中的蓖麻油酸能预防病毒、细菌和霉菌的生长。它强效的抗菌功能，可对伤口或灼伤的肌肤进行消毒作用。能有效治疗肌肤抓伤、割伤和霉菌感染等问题。

促进淋巴流通

淋巴系统对大多数器官的组织修复和炎症抑制扮演着非常重要的角色。不健康的淋巴系统可导致身体疲劳、免疫系统受损、多发性硬化或甚至长肿瘤。蓖麻油有改善促进淋巴系统的功效，当它渗透皮肤时，可增加淋巴细胞的数量、刺激淋巴流通、增强免疫系统以及减少疲劳。



Improves Gastrointestinal Problems

Castor oil is a laxative that helps to relieve constipation. It is absorbed by the small intestine to stimulate nutrient assimilation and waste elimination. It also soothes the symptoms of irritable bowel syndrome (IBS).

Master of Detoxification

Eliminating the symptoms of an illness may not bring you complete healing. Most importantly, the root cause of a disorder must be removed. Castor oil has remarkable detoxification properties which detoxify the body at a deeper level, assisting the elimination of the root causes. As it promotes lymphatic drainage and waste elimination, castor oil effectively draws toxins out of the body. It also stimulates the liver's detoxification functions.

Healthy & Beautiful Skin

Castor oil can be used as a moisturizer, keeping the skin soft and hydrated. Due to its ability to prevent microbial growth, castor oil keeps the skin free from infection and wards off acne. It also reduces wrinkles and fine lines by stimulating the elastin and collagen, making it a powerful skin tonic that restores and rejuvenates a youthful appearance.

Hair Growth & Thickness

When applied to the scalp, castor oil stimulates blood circulation, aiding hair growth. It is also beneficial against dandruff and scalp infections by inhibiting the overgrowth of bacteria and fungus. With its high concentration of fatty acid and Vitamin E, castor oil provides nourishment to the hair and prevents hair loss.

改善胃肠道的问题

蓖麻油类似泻剂，有助缓解便秘。此外，它能轻易被小肠吸收，以激发肠道对营养的吸收和废物排除。它也可减轻肠道易激综合症的症状。

排毒之尊

单单排除疾病的症状可能不会让您身体完全复原。最重要的是，必须彻底清除病根。蓖麻油具有显著的排毒功能，可为身体进行更深层的排毒，帮助消除疾病根源。由于蓖麻油有促进淋巴排毒和清除废物的功能，因此能有效将体内毒素排出体外。它也能刺激肝脏的排毒功能。

养颜美容

蓖麻油可被作为护肤保湿剂，滋润肌肤和保持皮肤柔滑。由于它能有效预防微生物的生长，因此能保护肌肤免受感染和抑制暗疮。它还可提高弹性蛋白和胶原蛋白的产生，进而减少皮肤皱纹和细纹的形成。因为蓖麻油被视为高效护肤液，助您活颜焕彩！

促进头发生长

将蓖麻油滴在头皮上可刺激血液循环，并帮助头发健康生长。它也能通过抑制细菌和真菌的生长，有效对抗头皮屑和头皮感染的问题。蓖麻油所含的高浓缩脂肪酸和维生素E，可提供头发充足的营养素，进而防止脱发问题。

Applications of Castor Oil | 蓖麻油的应用

| Uses 功能 | Directions 使用方法 |
|-----------------------------------|---|
| Hair growth 头发生长 | Gently massage a few drops into the scalp for 5 minutes and leave it overnight. Wash it off thoroughly the next day. 只须滴几滴在头皮上，轻轻按摩5分钟，留隔一夜，直到第二天才清洗干净。 |
| Split ends 发尾开叉 | Apply a few drops to ends of dry hair and leave it overnight. 滴少量在发尾上，留隔一夜。 |
| Stretch mark 妊娠纹 | Rub over the stretch marks on stomach and thighs. 擦抹在腹部和大腿上的妊娠纹。 |
| Arthritis & joint pain 关节炎和疼痛 | Massage into aching or stiff joints. 涂抹在疼痛或僵硬的关节处，再轻轻按摩。 |
| Acne & sunburn 暗疮和晒伤 | Dip a cotton wool ball in castor oil and apply directly to the affected skin area. 将棉花球蘸上蓖麻油，直接涂抹在皮肤患处。 |
| Dry skin 皮肤干燥 | Massage a few drops into the face and keep it overnight. Wash off the next morning. 少量涂抹在脸部，直到隔天早上清洗干净。 |
| Cracked lips 嘴唇干裂 | Rub a small amount on the lips. 适量涂抹在嘴唇上。 |
| Ringworms 皮癣 | Dilute 2 teaspoons of castor oil in 4 teaspoons of coconut oil. Apply the oil mixture gently to the affected area and cover with a cotton cloth. Leave it overnight and rinse off in the morning. 混合2茶匙的蓖麻油和4茶匙的椰子油，将混合油轻轻涂抹在皮肤患处，然后用棉布覆盖，维持一个晚上，直到隔天早上清洗干净。 |
| Minor cuts & scratches 轻微割伤或抓伤 | Dip a cotton wool ball in castor oil and apply directly to the affected skin area. Leave it for 1 hour then wash off. 将棉花球蘸上蓖麻油，直接涂抹在皮肤患处。搁置1个小时后清洗干净。 |



| Uses 功能 | Directions 使用方法 |
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| Sore muscle 肌肉酸痛 | Apply directly to the sore area and massage for as long as you like. 直接涂抹在酸痛处，并轻轻按摩。 |
| Stye 长针眼 | Apply a small amount with finger on the area at least 2 or 3 times a day. 将少量的蓖麻油滴在干净的手指上，然后涂抹在患处，每日至少2或3次。 |
| Thicker eyebrow 浓眉作用 | Apply on to the eyebrow ridge with the tip of a cotton bud. 将棉花棒蘸上少量的蓖麻油，涂抹在眉骨上。 |
| Skin moisturizer 滋润皮肤 | Rub a teaspoonful between the palms and gently massage into the skin. 将1茶匙的蓖麻油滴在手掌上，然后抹开，轻轻按摩全身。 |
| Colic 疝气 | Warm the oil and massage into baby's abdomen in clockwise motion. 暖油后，顺时针轻轻按摩婴儿的腹部。 |
| Lymphatic flow & detoxification 淋巴流通和排毒 | Fold a flannel cloth into 2 to 4-inch thicknesses and size suitable to cover the affected area. Saturate the cloth with castor oil and place directly on the skin, usually on the right side of the abdomen. Place a plastic wrap on top of the cloth. Place a hot pad or hot water bottle on the plastic wrap for better absorption. Leave it for 1 to 2 hours. 将绒布折成2至4吋的厚度和能遮盖受影响部位的大小。用蓖麻油浸湿绒布，直接铺放在皮肤上，通常都覆盖于腹部的右侧。接着把塑料袋放在绒布上，再将热垫或热水壶放置在塑料包装袋上，以便蓖麻油能更有效地被吸收。大约1至2小时即可。 |
| Lubricant for appliances 润滑作用 | Apply on the appliances like scissors and meat grinders as grease. 可作剪刀和绞肉机等工具的润滑剂。 |
| Castor oil enema 蓖麻油灌肠 | <p>Directions:</p> <ol style="list-style-type: none"> 1. Add 3.5 heaped tablespoons of NewLife™ Pure Organic Enema Coffee to 3-4 glasses of distilled water. Bring to boil and simmer for 15 minutes. Strain and pour out one cup for drinking (see step 2). Allow the remaining portion to cool to body temperature for coffee enema (see step 3). 2. Drink 2 tablespoons of castor oil with 1 cup of coffee. 3. Five hours later, administer castor oil enema as follows: Drop 4 tablespoons of castor oil into the enema bucket / bag, let all flow into the tube and stop the cork. Then, pour the balance of the coffee into the bucket/bag and let it flow into the tube with the castor oil remaining at the bottom of the tube. Administer the enema. Retain for 15 minutes if you can. <p>Benefits: Deep cleansing of the blood and liver; stimulation of bowel activity.</p> <p>使用方法:</p> <ol style="list-style-type: none"> 1. 将3汤匙半的新生命纯有机灌肠咖啡参入3至4杯的蒸馏水，煮至沸腾，然后用小火慢煮15分钟。接着过滤后，倒出一杯的份量备用（请见步骤2）。将剩余的液体冷却至室温以供咖啡灌肠使用（请见步骤3）。 2. 将2汤匙的蓖麻油倒入1杯咖啡内，混合饮用。 3. 5个小时后，进行蓖麻油灌肠： 将4汤匙的蓖麻油倒入灌肠桶或袋，当所有的油流入管道后，关闭密封处。然后，将剩余的咖啡倒入灌肠桶或袋子，让它流入管道内，蓖麻油仍停留在管末端，接着进行灌肠。尽可能保留体内15分钟。 <p>功效: 深层净化血液和肝脏；刺激肠道蠕动</p> |



Castor oil is no doubt a wonderful home remedy for everyone. Its remarkable properties make it a versatile and handy essential to have at home. NewLife™ Pure Castor Oil is of British Pharmacopoeia quality. It is cold processed and not solvent extracted. It is 100 % pure and contains no artificial ingredients. Keeping a bottle of NewLife™ Pure Castor Oil in the house will benefit your entire family!

蓖麻油无疑是一个对全家人都非常有用的居家疗方。它卓越功效，容易使用。新生命纯天然蓖麻油是通过英国药典质量验证。经过冷榨提取，而不是经由溶剂提炼。100%纯天然、不含人工成分。家有一瓶新生命纯天然蓖麻油，如有一宝，绝对能让您受益无穷！