

The Castor Factor

蓖麻的“哇因素”



Castor oil is a vegetable oil pressed from castor seeds, used for a wide range of cosmetic, medicinal and pharmaceutical purposes. Castor oil is a colourless or slightly-yellow liquid, thick in consistency and with a distinct flavour.

Castor oil comes from seeds of the *Ricinus communis* plant, indigenous to the south-eastern Mediterranean Basin, Eastern Africa and India.

Here are some historical facts about castor oil:

- Herodotus and other Greek travellers used castor oil for lighting, body ointments and improving hair growth and texture.
- The Ebers Papyrus, an ancient Egyptian medical treatise believed to date from 1552 BC, describes castor oil as a laxative.
- In India, traditional Ayurvedic and Siddha medicine considers castor oil the king of medicinals for curing arthritic diseases.
- Also, in India, castor oil is regularly given to children to treat parasitic worm infections.
- Ancient Romans used castor oil for lamp oil and castor plant leaves to improve complexion.
- In China, castor oil has been prescribed since centuries ago in local medicine for internal use or for use in wound dressings.

There are several methods to extract castor oil from castor seeds—solvent extraction, expeller press and cold press. Wondering how these methods differ? Read on!

Solvent Extraction

In this method, hexane is used to extract the oil from the seed. Hexane is widely used for oil extraction because of easy oil recovery. Apart from that, it is also the cheapest method. However, hexane can cause mild central nervous system effects such as nausea and headaches.

Expeller Press

Unlike the solvent extraction method, a high-pressure screw press called an oil expeller is continuously used to crush the castor seeds to facilitate the removal of the oil in this method. Usually, higher temperatures are used to increase the efficiency of the extraction. However, these higher temperatures can cause castor oil to lose most of its nutrients.

Cold Press

The best method for health benefits, in this method, castor seeds are ground to squeeze out the oil while rotation is used to extract the oil. The cold press method takes its name from the German words *kalt geschlagen*, translated as 'cold pummelling'. No external heat is required to fuel the process. The friction that is created by the rotation works to separate the oil. In this method, castor oil's natural properties such as purity, flavour, fragrance and most importantly, nutritional value are preserved.

蓖麻油是一种从蓖麻种子压榨出来的植物油，广泛用于化妆品、医药和制药用途。蓖麻油是一种无色至非常淡黄色的液体，相当粘稠，具有独特的味道。

蓖麻油来自蓖麻的种子，原产于地中海盆地东南部、非洲东部和印度。

以下是一些关于蓖麻油的有趣历史事实：

- 希罗多德和其他希腊旅行者用蓖麻油点灯照明、用它做身体软膏和改善头发。
- 据信可以追溯到公元前1552年的古埃及医学论文《埃伯斯纸莎草》(Ebers Papyrus)描述蓖麻油为一种泻药。
- 在印度，传统的阿育吠陀和悉达医学认为蓖麻油是治疗关节炎疾病的药物之王。
- 此外，在印度，儿童经常服用蓖麻油来治疗寄生虫感染。
- 古罗马人用蓖麻油做灯油和用蓖麻叶来改善肤色。
- 在中国，蓖麻油早在几个世纪前就被作为处方用于内服或用于伤口敷料。

提取蓖麻油的方法有几种，例如溶剂萃取法、压榨法和冷压法。想知道这些方法有什么不同吗？很快就会给您揭晓。

溶剂萃取法

采用正己烷法从种子中提取油。正己烷因其易于采油而被广用。除此之外，它也是最便宜的方法。然而，正己烷可能会引起轻微的中枢神经系统反应，如恶心和头痛。

压榨法

与溶剂萃取法不同的是，这种方法是用高压螺旋榨油机压碎蓖麻籽榨出油。通常需要很高的温度来提高萃取率。然而，高温会使蓖麻油失去大部分的营养成分。

冷压法

冷压法是对健康有益的最佳萃取法。在这种方法中，蓖麻籽被碾碎，旋转抽油。冷压法这个名字取自德语单词，意思是冷打击。这个过程不需要加热。旋转产生的摩擦作用能够分离油。通过冷压法，蓖麻油的天然性质得到了最好的保留，如纯度、味道、香味、还有最重要的是营养价值。



Now you may wonder, what is it in castor oil that makes it great? What are the nutrients found in castor oil so valuable that the method of extraction matters? The answer is **ricinoleic acid**, a monounsaturated fatty acid. Apart from that, castor oil also carries vitamin E and linoleic and oleic acids.

Here are some of the amazing benefits of castor oil and how to make the most out of it:

1. FACE

Reduce Acne

The antimicrobial and anti-inflammatory properties of castor oil make it useful in reducing acne. Ricinoleic acid can inhibit growth in the bacteria that cause acne. Being a natural moisturiser, it also helps to soothe inflamed and irritated skin.

Soft and Smooth Skin

Castor oil is also rich in other fatty acids. Working as an emollient, it can enhance smoothness and softness when applied to facial skin. It can also provide a barrier on the skin to protect against moisture loss.

Glowing Complexion

The fatty acids in castor oil can also promote the growth of healthy skin tissue, making it great for restoring uneven skin tones.

Gentle on Sensitive Skin

Castor oil has a low comedogenic score. This means that it is unlikely to clog pores in the skin and reduces the risk of developing blackheads, making it appropriate for use on sensitive skin.

Anti-wrinkle

Ricinoleic acid is a potent antioxidant, effectively protecting the skin from free radical damage that causes collagen damage and wrinkles.

现在您可能会想，是什么使蓖麻油如此特殊？蓖麻油中有哪些营养成分如此珍贵，以至于提取方法变得重要？答案是**蓖麻油酸**，一种单不饱和脂肪酸。除此之外，蓖麻油还含有维生素E、亚油酸和油酸。

以下是蓖麻油的一些神奇的好处，以及如何充分利用它的建议：

1. 脸部

减少粉刺

蓖麻油的抗菌和消炎特性使它对减少粉刺有用。蓖麻油酸可以抑制导致粉刺的细菌的生长。作为一种天然的保湿剂，它也有助于舒缓发炎和敏感的皮肤。

柔软光滑的皮肤

蓖麻油还富含其他脂肪酸。作为润肤剂，应用于面部肌肤时，可增强肌肤的光滑和柔软度。它还可以为皮肤提供一个屏障，防止水分流失。

容光焕发的肤色

富含脂肪酸的蓖麻油还能促进健康皮肤组织的生长，有助于恢复不均匀的肤色。

温和适用于敏感皮肤

蓖麻油致粉刺性低。这意味着它不太可能堵塞皮肤上的毛孔，可减少导致黑头的产生，使它适用于敏感皮肤。

抗皱紧肤

蓖麻油酸是一种有效的抗氧化剂，能有效保护皮肤免受自由基的伤害，防止胶原蛋白损伤和皱纹的产生。



2. BROWS & LASHES

Apply a little castor oil daily to your eyebrows and eyelashes.

Castor oil promotes hair growth and improves blood circulation. More circulation results in more nutrition to your hair follicles.

Apart from that, the moisturising properties of castor oil will help condition and thicken the brows and lashes.

2. 眉毛和睫毛

每天在眉毛和睫毛上涂一点蓖麻油。

蓖麻油促进毛发生长，改善血液循环。血液循环越顺畅，输送到毛囊的营养就越多。

除此之外，蓖麻油的保湿特性也有助于滋润和增厚眉毛和睫毛。



3. HAIR

Hair Conditioner

Dry or damaged hair can especially benefit from an intense moisturiser like castor oil.

Applying castor oil to the hair on a regular basis helps to lubricate the hair shaft, increasing flexibility and decreasing the chances of breakage.

Treat Dandruff

Castor oil can also benefit those who experience dandruff, a common scalp condition characterised by dry, flaky skin on the head.

Due to castor oil's anti-inflammatory properties, it can effectively treat dandruff caused by seborrhoeic dermatitis—an inflammatory skin condition that causes red, scaly patches on the scalp.

Hair Tonic

Castor oil helps to thicken and grow hair.

Studies show that the ricinoleic acid stimulates the production of the lipid prostaglandin (PGE2). This lipid is known for its ability to enrich hair follicles.

Regular application along the hairline will promote definition and lustre.

4. NAILS

Do you have brittle nails that break or peel easily? Then castor oil should become your go-to nail treatment. Its rich, thick texture and generous dose of vitamin E makes it great for moisturising not only the cuticle area, but also the nail bed itself. Castor oil has also been claimed to promote circulation and blood flow; hence you will see improvements in nail strength with regular application.

3. 头发

护发素

使用密集保湿剂，如蓖麻油，对干燥和受损的头发特别有益。

经常在头发上涂抹蓖麻油，有助于润滑毛干，增加弹性，减少断裂的机会。

治疗头皮屑

蓖麻油也可以帮助那些有头皮屑的人。头皮屑是一种常见的头皮状况，其特征是头部干燥、片状皮肤。

由于蓖麻油的抗炎特性，它可以有效治疗由脂溢性皮炎引起的头皮屑；一种引起头皮发红、鳞屑斑的炎症性皮肤病状况。

生发油

蓖麻油有助于头发增厚和生长。

研究表明，蓖麻油酸刺激脂质前列腺素 (PGE2) 的产生。众所周知，这种脂质可以丰富毛囊。

经常使用在发际线，可以使发际线更清晰和促进头发光泽。

4. 指甲

您的指甲容易碎或脱落吗？那么蓖麻油就是您指甲护理的首选。它浓厚的质地和丰富的维生素E对角质层和甲床都有很好的保湿作用。蓖麻油也被认为能促进循环和血液流动；如果经常使用，您会看到指甲强度的改善。

5. BODY

Anti-inflammatory

Both castor oil and ricinoleic acid have demonstrated anti-inflammatory properties. This makes them useful for treating irritated skin caused by inflammatory diseases such as rheumatoid arthritis or psoriasis.

Antimicrobial

It may also protect the skin from bacterial infections by keeping out microbes that can cause disease.

Moisturising

Castor oil contains triglycerides. These can help maintain moisture in the skin, making it useful for treating dry skin or dry patches on the knees or elbows.

Hydration

Castor oil has humectant properties, which means that it can draw moisture from the air into the skin, keeping the skin hydrated.

Cleansing

The triglycerides found in castor oil are also helpful for removing dirt from the skin.

Note: It can take time for the skin to fully absorb castor oil, but diluting the oil can promote absorption into the skin. Although castor oil can be used on its own, we suggest diluting castor oil with other oils, such as coconut oil. The recommended ratio is 1:1—the quantity of castor oil should be the same as the oil with which it is mixed.



6. LAXATIVE

Castor oil is classified as a stimulant laxative, meaning that it increases the movement of the muscles that push material through the intestines, helping to clear the bowels.

Stimulant laxatives act rapidly and are commonly used to relieve temporary constipation.

When consumed orally, castor oil is broken down in the small intestine, releasing ricinoleic acid. The ricinoleic acid is then absorbed by the intestine, stimulating a strong laxative effect.

A study found that when elderly people took castor oil, they experienced decreased symptoms of constipation, including less straining during defecation and lower reported feelings of incomplete bowel movements.

However, do note that castor oil is not recommended as a long-term treatment for chronic constipation.

5. 身体

抗炎

蓖麻油和蓖麻油酸都显示了抗炎特性。这使得它们对治疗风湿性关节炎或银屑病等炎症性疾病引起的皮肤过敏非常有用。

抗菌

它也可以保护皮肤免受细菌感染，将可能导致疾病的微生物拒之体外。

保湿

蓖麻油含有甘油三酯，可以帮助保持皮肤的水分，这对治疗干燥的皮肤或膝盖或肘部的干燥斑块很有用。

水合作用

蓖麻油具有保湿特性，这意味着它可以将空气中的水分吸入皮肤，保持皮肤水分充足。

洁净

蓖麻油中的甘油三酯也有助于清除皮肤上的污垢。

注意：蓖麻油需要经过一段时间才能让皮肤完全吸收，但如果先被稀释就可以加速皮肤吸收。因此，虽然蓖麻油可以单独使用，我们建议用其他油（如椰子油）稀释蓖麻油。蓖麻油与基底油的用量推荐比例为一对一。

6. 泻药

蓖麻油被归类为一种刺激性泻药，这意味着它增加了肠道的肌肉运动，有助于推动物质、清理肠道。

刺激性泻药作用迅速，通常用于缓解暂时性便秘。

食用时，蓖麻油在小肠内分解，释放出蓖麻油酸。蓖麻油酸随后被肠道吸收，产生强烈的通便作用。

一项研究发现，老年人服用蓖麻油后，他们的便秘症状有改善，包括减轻排便时的困难感或不尽感。

然而，请注意，我们不建议使用蓖麻油作为长期治疗慢性便秘。

7. NATUROPATHY

Arthritic Pain Relief

Due to its anti-inflammatory properties, applying castor oil to arthritic areas can relieve pain effectively. Warm castor oil can be applied topically or can be used in a pack to treat arthritic pain.

Lymphatic Drainage

When topically applied to the abdomen, castor oil is absorbed through the skin into the tissues. Heat applied helps to drive the castor oil into deeper layers. The castor oil increases lymphocyte production and increases circulation of the lymphatic system.

The lymphatic system is like a drainage system within the body. Toxins, infections, metals, dead cells and debris from all over the body are collected and cleaned up by the lymphatic system, then brought to the liver for filtering and emptied out through the colon. When the lymphatic system is not working effectively, waste and toxins can build up, leading to a depressed immune system, inefficient bowel movements, worsening food sensitivities, ultimately leading to inflammation and disease.

Therefore, castor oil packs can be used to increase lymphatic drainage, detoxify the body, strengthen the immune system, reduce inflammation and enhance overall health.

7. 天然疗法

缓解关节炎疼痛

由于具抗炎特性，蓖麻油可以有效缓解关节炎部位的疼痛。暖暖的蓖麻油可以直接局部应用或可以用在敷包治疗关节炎的疼痛。

淋巴引流

当局部涂抹于腹部时，蓖麻油进入皮肤被组织吸收。热敷有助于将蓖麻油渗入更深层。蓖麻油有助增加淋巴细胞的产生和增加淋巴系统的循环。

淋巴系统就像体内的排水系统。全身的毒素、感染、金属、死亡细胞和残骸会被淋巴系统收集和清理，然后被带到肝脏进行过滤，最后通过结肠排出体外。当淋巴系统不能有效工作时，废物和毒素就会堆积，导致免疫系统差，排便效率低，对食物更加敏感，最终导致炎症和疾病。

因此，蓖麻油包敷可用来增加淋巴排毒，增强免疫系统，减少炎症，改善整体健康。

NewLife™ Organic Castor Oil

Produced in India, **NewLife™ Organic Castor Oil** is certified organic by the U.S. Department of Agriculture (USDA). The *Ricinus communis* plants and seeds are cultivated in an environment free from chemical fertilizers, pesticides and artificial chemicals.

NewLife™ Organic Castor Oil is of British Pharmacopoeia quality. It is cold-pressed, unrefined and not solvent extracted, providing maximum nutritional benefits.

It is 100% pure and contains no artificial ingredients.

NewLife™'s Organic Castor Oil can be applied topically or ingested.

Head over to your closest NewLife™ branch or contact your Upline to get a bottle of **NewLife™ Organic Castor Oil** for you and your family!

新生命有机蓖麻油

产自印度，经美国农业部 (USDA) 有机认证。保证蓖麻的植物和种子是在没有化肥、杀虫剂和人工化学品的环境中种植的。

新生命有机蓖麻油符合英国药典标准。冷压萃取，未经提炼，不使用溶剂，使您在营养方面得到最大的好处。

100%纯净，不含人工成分。

新生命的有机蓖麻油可以局部敷用或口服。

前往最近的新生命分行或联系您的上线，为您和家人买一瓶新生命有机蓖麻油！

