

# Therapeutic Uses of Oils

## 油的治疗用途

When it comes to nourishing our skin and hair or any part of our body, 2 types of oil are commonly used. While one of them is very much in trend and many are gaining awareness of its goodness, the other quietly radiates its glory with its powerful healing properties.

We would like to introduce you to the therapeutic uses of Extra Virgin Coconut Oil and Castor Oil!

It may seem that both oils have similar properties but if we take a closer look, you will find that they work very differently.

当谈到滋养皮肤、头发或身体的任何部位时，有两种油是常用的。其中一种非常流行，许多人都开始意识到它的好处，而另一种低调地散发着它强大的治疗能力的光彩。

我们将向您介绍特级初榨椰子油和蓖麻油的治疗用途！

这两种油似乎有相似的性质，但如果我们仔细观察，您会发现它们的作用非常不同。



## Extra Virgin Coconut Oil

Extra Virgin Coconut Oil (EVCO) is known for its pleasant taste, aroma, and its powerful antioxidants and essential vitamins. It is also very popular because it is rich in medium-chain triglycerides (MCTs). Research has shown that use of MCTs in one's diet can help with lowering weight, and decreasing metabolic syndrome, abdominal obesity and inflammation.

EVCO has a wide range of uses from being a very stable oil for cooking or baking, to being a powerful tool for cleansing and detoxifying the body through oil pulling. It is anti-inflammatory, anti-microbial, and its non-greasy nature makes it a wonderful carrier oil for massage. It does not stain fabrics and has natural hypoallergenic properties. When applied to the skin, it can also help to fade scars or stretch marks over time.

### Benchmarks of Oil Quality

In the industry, a measurement of FFA (Free Fatty Acids) is used to compare the quality of oils. The lower the FFA value, the better. FFA can also affect the taste and texture of the oil.

Commercially, most coconut oils have a FFA value of 0.3%, while in the Philippines the standard is set at 0.2%.

**NewLife™ Organic Extra Virgin Coconut Oil** has a FFA value of 0.03%, which is significantly lower than the industry standard, meaning its quality is the best of the best. Not only does it taste great, it is also smooth and clear.

Another factor to measure quality is Peroxide Value. This determines how fast it can degrade or turn rancid (spoil). The lower this value, the more stable the oil is. Commercially, most coconut oils have a peroxide value of 1mg/kg while **NewLife™ Organic Extra Virgin Coconut Oil** has a peroxide value of 0.11mg/kg – almost 90% less! This means that if it is properly stored, **NewLife™ Organic Extra Virgin Coconut Oil** can retain its quality and health benefits for much longer beyond its best before date compared to other coconut oils.

## Castor Oil

Castor Oil, on the other hand, is widely used for skin care and beauty applications. It is found in many natural personal care products, moisturizers and even soap.

Castor oil is quickly gaining popularity globally as a skin-care treatment. What makes it so popular and effective? It is because castor oil is a type of triglyceride; triglycerides are a main component of our skin's natural oil. Castor oil is unique in that its main fatty acid is ricinoleic acid. Ricinoleic acid helps protect the skin against harmful bacteria and viruses, thereby preventing irritation, redness and acne. Ricinoleic acid is also an effective moisturizer, easily penetrating the skin to soothe and soften dry, rough patches while stimulating elastin and collagen production—thereby diminishing the signs of aging. Powerful but gentle, ricinoleic acid also helps alleviate itchiness, swelling, sunburn and general irritation while preventing infections and inflammation.

Research shows that ricinoleic acid helps promote circulation and has pain relief and anti-inflammatory effects. When applied to the skin, it may help relieve issues like joint pain and menstrual cramps. Due to its thick consistency, it is seldom used as a carrier oil for massage, but can be combined with other oils such as EVCO to provide therapeutic benefits such as to reduce swelling of lymph nodes and relieve sore muscles or sprains.

Castor Oil can also be used for detoxification purposes like a castor oil enema or taken orally as a natural laxative for those suffering from severe constipation.

### Benchmarks of Oil Quality

**NewLife™ Organic Castor Oil** is certified organic by the U.S. Department of Agriculture (USDA). It is cold pressed and produced according to the British Pharmacopoeia grade. It contains approximately 90% ricinoleic acid, is 100% pure, and contains no artificial ingredients.

## 特级初榨椰子油

特级初榨椰子油以其愉悦的口感、香气、强大的抗氧化剂和必需维生素而闻名。它也很受欢迎，因为它富含中链甘油三酯。研究表明，在饮食中使用中链甘油三酯可以帮助减轻体重，减少代谢综合征，腹部肥胖和炎症。

特级初榨椰子油具有广泛的用途。在烹饪或烘焙中，特级初榨椰子油是一种非常稳定的油，它也是通过拔油来排毒身体的有力工具。它具有抗炎、抗微生物和不油腻的特性，是按摩的绝佳基础油。它不会污染织物，并具有天然的低过敏性特性。当涂抹在皮肤上时，随着时间的推移，它还可以帮助淡化疤痕或妊娠纹。

### 油品质量基准

在工业中，游离脂肪酸(FFA)的测量被用来比较油的质量。FFA值越低越好。FFA也会影响油的口感和质地。

商业上，大多数椰子油的FFA值为0.3%，而菲律宾的标准是0.2%。

**新生命有机特级初榨纯鲜椰子油**的FFA值为0.03%，明显低于行业标准，这意味着它的质量是最好的。它不仅味道很好，而且光滑清澈。

另一个衡量质量的因素是过氧化值。这决定了它降解或变质的速度。这个值越低，油就越稳定。商业上，大多数椰子油的过氧化值为1毫克当量/公斤，而**新生命有机特级初榨纯鲜椰子油**的过氧化值为0.11毫克当量/公斤，几乎少了90%！这意味着，如果储存得当，与其他椰子油相比，**新生命有机特级初榨纯鲜椰子油**可以更长久地保持其质量和健康益处。

## 蓖麻油

另一方面，蓖麻油被广泛用于护肤和美容。许多天然的个人护理产品，保湿霜，甚至肥皂都含有蓖麻油。

蓖麻油作为一种皮肤护理疗法在全球迅速流行起来。是什么让它如此受欢迎和有效？这是因为蓖麻油是甘油三酯的一种；甘油三酯是我们皮肤天然油脂的主要成分。蓖麻油的独特之处在于它的主要脂肪酸是蓖麻油酸。蓖麻油酸有助于保护皮肤免受有害细菌和病毒的侵害，从而防止刺激、发红和痤疮。蓖麻油酸也是一种有效的保湿剂，很容易渗透皮肤，舒缓和软化干燥、粗糙的斑点，同时刺激弹性蛋白和胶原蛋白的产生，从而减少衰老的迹象。强大而温和的蓖麻油酸也有助于缓解瘙痒、肿胀、晒伤和一般刺激，同时防止感染和炎症。

研究表明，蓖麻油酸有助于促进血液循环，具有缓解疼痛和抗炎的作用。当涂抹在皮肤上时，它可能有助于缓解关节疼痛和月经痉挛等问题。由于它的浓稠度，很少被用作按摩的基础油，但可以与特级初榨椰子油等其他油结合使用，以提供治疗效果，如减少淋巴肿胀，缓解肌肉酸痛或扭伤。

蓖麻油也可以用来排毒，如蓖麻油灌肠或对患有严重便秘的人，它可以作为一种天然泻药口服。

### 油品质量基准

**新生命有机蓖麻油**是美国农业部(USDA)认证的有机蓖麻油。按照英国药典等级冷榨生产，含有大约90%的蓖麻油酸，100%纯度，不含人工成分。

# THERAPEUTIC USES FOR EVCO & CASTOR OIL

## 特级初榨椰子油和蓖麻油的治疗用途

### HAIR

Castor oil is rich in vitamin E, omega fatty acids, minerals and proteins. It proves to be helpful against many hair issues, while EVCO can help improve hair growth and maintain hair health and shine. Here is how they can be used:

#### 1. Hair Loss

Castor oil reduces hair fall through tackling hair issues caused by bacteria, fungi and other microbes whereby the proteins in EVCO strengthen hair growth, which indirectly reduces hair loss or fall.

#### 2. Hair Conditioning

EVCO is an excellent moisturizing and conditioning agent for hair. It helps improve hair shine. Castor oil lubricates hair and restores its moisture. It protects the hair follicles from pollutants.

#### 3. Reduce Dandruff & Scalp Itchiness

Castor oil has powerful anti-inflammatory properties that help with scalp itchiness. Its antibacterial properties also help reduce dandruff. EVCO, on the other hand, soothes the scalp and prevents dryness and irritation, thus reducing dandruff.

#### 4. Hair growth

EVCO promotes hair growth by providing essential nutrients to hair. Castor oil prevents hair loss by providing a protective coating and strengthening hair roots. It also helps to thicken hair and is effective against split ends.



### 头发

蓖麻油富含维生素E、脂肪酸、矿物质和蛋白质。它被证明有助于对抗许多头发问题，而特级初榨椰子油可以帮助改善头发生长，保持头发健康和光泽。下面是它们的用法：

#### 1. 脱发

蓖麻油通过解决由细菌、真菌和其他微生物引起的头发问题来减少脱发，特级初榨椰子油中的蛋白质可以促进头发生长，从而间接减少脱发。

#### 2. 护发素

特级初榨椰子油是一种优秀的保湿和护发剂，可以帮助改善头发光泽。蓖麻油润滑头发，恢复其水分，可以保护毛囊免受污染。

#### 3. 减少头皮屑和头皮瘙痒

蓖麻油具有强大的抗炎特性，有助于缓解头皮瘙痒。它的抗菌特性也有助于减少头皮屑。另一方面，特级初榨椰子油舒缓头皮，防止干燥和刺激，从而减少头皮屑。

#### 4. 头发的生长

特级初榨椰子油通过为头发提供必需的营养物质来促进头发生长。蓖麻油通过提供保护层和加强发根来防止脱发。它还有助于增厚头发，有效防止分叉。



### SKIN

EVCO and castor oil both contain powerful antioxidants, nutrients and soothing properties. They fight against skin infection and can aid in treating several skin conditions.

#### 1. Moisturize Skin

EVCO is an excellent skin moisturizer and is easily absorbed. It creates a protective barrier for your skin. Castor oil improves skin quality by nourishing the skin deeply.

#### 2. Anti-Aging

Castor oil exhibits powerful anti-aging properties and can be used to help reduce wrinkles and fine lines. EVCO can be used to restore the elasticity and texture of your skin.

#### 3. Fade Dark Patches

EVCO oil helps fade dark spots and reduce the appearance of scars. Castor oil protects the skin from environmental stressors and helps maintain an even complexion.

#### 4. Protect Skin

Extra virgin coconut oil protects the skin from free radicals. Castor oil protects the skin from harmful radiation, pollution, dust and other harmful toxins.

### 皮肤

特级初榨椰子油和蓖麻油都含有强大的抗氧化剂、营养物质和舒缓特性。它们可以对抗皮肤感染，并有助于治疗几种皮肤疾病。

#### 1. 滋润皮肤

特级初榨椰子油是一种很好的皮肤保湿剂，它很容易被吸收。它为皮肤制造了一道保护屏障。蓖麻油深层滋养肌肤，改善肤质。

#### 2. 抗衰老

蓖麻油具有强大的抗衰老特性，可以减少皱纹和细纹。特级初榨椰子油可以恢复皮肤的弹性和纹理。

#### 3. 淡化暗斑

特级初榨椰子油有助于淡化黑斑和减少疤痕的出现。蓖麻油保护皮肤免受环境压力的影响，帮助保持肤色均匀。

#### 4. 保护皮肤

特级初榨椰子油保护皮肤免受自由基的伤害。蓖麻油保护皮肤免受有害辐射、污染、灰尘和其他有害的毒素。

## HERE ARE SOME HOME REMEDIES AND BEAUTY RECIPES TO TRY! 以下是一些家庭秘方和美容秘诀，供大家分享！

### Hair Mask

(deep conditioning, thickens hair, encourages growth, controls frizz)

#### Ingredients

2:1 Organic EVCO to Organic Castor Oil (amount required based on hair length)

#### Instructions

- Apply on hair
- Leave on for 30-60 minutes
- Wash off with Organic Care Natural Shampoo

### 头发掩模

(深层护发，增厚头发，促进生长，控制头发卷曲)

#### 材料

有机特级初榨纯鲜椰子油与有机蓖麻油的比例为2:1 (用量根据头发长度而定)

#### 使用说明

- 涂抹在头发上
- 静置30-60分钟
- 用有机护理天然洗发水洗净



### Dark Spot / Blemish Remover

(anti-aging)

#### Ingredients

1:1 Organic EVCO to Organic Castor Oil

#### Instructions

Mix and apply on required areas

### 去除黑斑/瑕疵 (抗老化)

#### 材料

有机特级初榨纯鲜椰子油对有机蓖麻油的比例为1:1

#### 使用说明

混合后涂抹在需要的部位

### Natural Ear Drops

Earaches are commonly associated with fluid build-up behind the ear drum linked to a middle ear infection. Here is a home remedy that adults or children can use to help relieve pain quickly, and for preventing future ear infections.

#### Ingredients

- 4 squirts of Organic EVCO
- 2 drops of Wonda Oil

#### Instructions

- Mix Organic EVCO and Wonda Oil
- Gently drop the mixture into the affected ear and leave for 10-15 minutes

### 天然滴耳液

耳痛通常与中耳感染引起的鼓膜后积液有关。这里有一种家庭疗法，成人或儿童都可以使用，以帮助快速缓解疼痛，并预防未来的耳部感染。

#### 材料

- 4滴有机特级初榨纯鲜椰子油
- 2滴万宝油

#### 使用说明

- 混合有机特级初榨纯鲜椰子油和万宝油
- 将混合物轻轻滴入患耳，静置10-15分钟



### Natural DIY Lip Balm

#### Ingredients

1:1:1 Organic EVCO to Organic Castor Oil to aloe vera gel

#### Instructions

- Mix and store in the fridge until firm
- Apply on lips for natural moisture and glow

### 天然DIY润唇膏

#### 材料

有机特级初榨椰子油、有机蓖麻油和芦荟凝胶的比例为1:1:1

#### 使用说明

- 混合后放入冰箱，直到变硬
- 涂在嘴唇上，自然保湿，保持光泽

