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## Castor Oil: Nature's Beauty Tonic

- Christa: You're watching Food As Medicine TV where we help you heal from the root cause. And today we are talking about an ancient oil that heals, but it's also been used as a tonic for beauty and sleep for 6,000 years. That oil is castor oil. [00:00:30] It is amazing. I have been using it for the last 15 years since I've been doing this work. Today we have an expert on castor oil. We have Dr. Marisol to head up. She is all the way here from Canada and she runs a company called Queen of the Thrones and as a naturopathic doctor has decided to commit most of her healing time to castor oil.
- Dr. Marisol: Absolutely. It is the oil of healing and of beauty and it's been around for so long. [00:01:00] It's just such a wonderful tool.
- Christa: It's amazing. I love that we're talking about beauty because it's difficult to be a woman aging in this society. I get barraged with ads on Instagram and Facebook for whether they be creams or you know, wands or new technology. There's so many different things and they're expensive and you feel like you can be kind of chasing your tail with them. But this is something that's been used for millennia. Okay, so we've got all these things [00:01:30] out there. Lash boost, micro blading, but you can use castor oil instead to help grow your eyelashes, to help your eyebrows to help reduce fine lines and wrinkles. Right?
- Dr. Marisol: Absolutely.
- Christa: Of course, we've been using it externally as packs on the whole journey for years. So it's beauty from the outside in.
- Dr. Marisol: That's right.
- Christa: The inside out.
- Dr. Marisol: That's right.
- Christa: Tell me, how did you get into dedicating your career to castor oil?
- Dr. Marisol: Well, what I loved about castor oil is that it truly is the medicine of choice [00:02:00] of many of the original medical practitioners, right?

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Hippocrates, the father of medicine. They just loved castor oil and there's so many more I could name. What I believe is that when things have such a long trajectory of working for people, there's a reason why. That is part of what makes our medicine beautiful.

Christa: Yeah.

Dr. Marisol: Right?

Christa: Yes.

Dr. Marisol: The healing capabilities of this oil is second to none. There really isn't an oil that can do all the healing qualities of what castor oil has. You know, for people it can help [00:02:30] them poop better, sleep better, cleanse better, they'll bloat less and digest better. They'll also stress less and feel better.

Christa: Yeah, so that's basically everything. We were talking about the functional medicine kind of triangle before we started. If you think of a triangle and you think of the adrenals, the thyroid and the digestive system, if you get all of those working better, you are going to fix the vast majority of health issues.

Christa: You know, there's mental emotional stressors, of course, we have to talk about. But it's incredible. For [00:03:00] the purposes of beauty, because we know that we use it. Tell me what does it do? You talked about Glutathione. I thought that was really interesting and age spots.

Dr. Marisol: Yes, yes. When you feel better, you look better. It's just a natural evolution. Glutathione being the master detoxification agent has actually been shown to be used for darkening of the skin, liver aging spots. When you're deficient, having something that helps you enhance your natural Glutathione, like [00:03:30] castor oil, will help to reduce those types of darkening of the skin.

Christa: Which is great.

Dr. Marisol: Yes, yes.

Christa: Then when you wear it, okay, so now we're working on the liver to produce more Glutathione, which is beauty from the inside out. But

then you also have eye masks that you wear that will be right, from the outside in that's going to help reduce fine lines and dark circles.

Dr. Marisol: Absolutely, so you know, castor oil is the only oil in existence that actually goes deep into the dermis. It does so because of the molecule known as ricinoleic acid, [00:04:00] which happens to be of the right molecular weight to go into the tissues. When it goes into the dermis, it can actually go into the circulation and the lymphatic system. From there, it can bring nourishment. It can help with blood flow. This area around the eyes is an area that gets very little blood flow. Any tension in the neck, constriction of muscles ...

Christa: That makes sense.

Dr. Marisol: ... will reduce the blood flow. That can be why, and one of the reasons we're aging faster around the eyes. Castor oil will improve blood flow via the molecular messenger [00:04:30] nitric oxide. It'll also help to go deep into the dermis and nourish the area. When that comes to eyebrows and eyelash growing, it'll do the same thing.

Christa: This is great.

Dr. Marisol: Yes.

Christa: I know there's a lot of women that get in their 50s and they do the little eyelid surgery, right? But so if you're using this it can tighten it and give you that fresh look. Cause people think, oh, I don't look awake anymore. Right? But this is a natural alternative.

Dr. Marisol: 100%.

Christa: That is so inexpensive and nonsurgical and natural. It advances the rest of your health. That's what we're all about [00:05:00] here at The Whole Journey.

Dr. Marisol: Yes, and if you look at many of your cosmetic products and many of your lotions and potions that you may be using they actually contain castor oil.

Christa: My face wash does every night.

Dr. Marisol: Right? Yeah, so this is the thing is that you can learn how to use castor oil in so many different ways that is inexpensive and easy to do.

Christa: Absolutely. Okay, we're going to do a demo so you can see how the Queen of the Thrones is different than regular castor oil where you could end up using less of it than normal and it's quicker and easier and more effective [00:05:30] because of the way that it holds into your body. Then of course, the eye masks.

Dr. Marisol: All right guys, so start with taking your Queen of the Thrones castor oil pack out of the container, then take your bottle of castor oil and a glass bottle and pour two tablespoons in the middle of the pack and simply hug both sides of the pack like so.

Christa: Okay. You're really spreading it out and you're keeping it away from the edges so it doesn't get messy, which is a wonderful thing.

Dr. Marisol: That's right, and every time that you do the castor oil pack, you use less and less oil [00:06:00] because the oil will stay there and it will keep on having a therapeutic effect. Just using less oil and saving money. You apply it on your liver underneath the right rib cage. This is the most ideal spot to do the castor oil pack. Then you apply the cosmetic castor oil to your face. You pour castor oil into your hand, then you take your fingers, you apply it around your eyes, you take the brush and pour the castor oil onto the brush area for your eyebrows, [00:06:30] and then onto the spoolie area for your eyelashes. Follow it up with placing the eye mask. Then you go to bed.

Christa: Yeah, that's great.

Dr. Marisol: Yeah, pretty simply, right?

Christa: Yeah, and then I know that people are thinking, well how do we clean it? Or how many uses does this, like when should you clean it and then how do you do it?

Dr. Marisol: Yes, so truly only clean it once the castor oil goes out into the seams. I'm usually about 15 to 17 days in a row that I'll do the castor oil pack [00:07:00] and then I'll wash it. The easiest way is, of course, to try to not get the oil into seams. That's step one, trying to avoid washing it. The other way to wash it is in the dishwasher. Just place it in your

dishwasher, attach the straps onto the rack and let the cycle go. Make sure you're using a natural clean soap.

- Christa: I think you also said you can do a bowl of water with baking soda and that lifts the castor oil, as well.
- Dr. Marisol: That's right. Yeah, you can either do that beforehand or if you don't have a dishwasher, that's the option.
- Christa: Now these are in glass bottles, which I love cause we know [00:07:30] plastic can be pro estrogenic. Then what were you saying about carrier oils with essential oils and why you chose glass?
- Dr. Marisol: Yes, so castor oil is the very best carrier oil and again it's the only oil that goes deep into the dermis. Because it does, it brings everything into the body circulation lymphatic system. Castor oil is actually the best carrier oil for essential oils if you want to have a therapeutic effect all over your body.
- Christa: That's great.
- Dr. Marisol: Yeah, and it must always be in glass for that reason, too because it is a carrier oil. So if it's [00:08:00] bottled in plastic it'll be absorbing that plastic and then it'll bring that into your body. For people who've experienced that, maybe the castor oil packs didn't work for them in the past. It's likely because of the quality of the oil. We really want it to be ...
- Christa: That's such a great point.
- Dr. Marisol: ... right? Yeah.
- Christa: Yeah, cause they're all in plastic in the grocery store.
- Dr. Marisol: Exactly, and if people have that at home, I encourage you to just throw out that bottle and get a castor oil that's high quality in a glass bottle, hexane free, which means it's been processed with no chemicals. It's cold pressed, so [00:08:30] there's no heat used that would damage any of the essential oils in the castor oil and it's extra-virgin. Just like we like our olive oil, we want our castor oil to be that maximum nourishment quality.



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Christa:

There you have it, my friends. Castor oil, the oil that heals. Use it for sleep, use it for beauty, digestive health, immune health, you name it. This is something that is safe and effective for everyone except for those pregnant and nursing. If you want to get in on the castor oil [00:09:00] revolution, go to [thewholejourney.com/castoroil](https://thewholejourney.com/castoroil) to find all these things.