

Castor Oil Pack(s) : using topical oil for internal benefit

Castor oil (from castor bean seeds) has been shown to be highly effective for tissue healing and may be beneficial for you to use in conjunction with your Averio Concentrated Care. Castor oil packs are used over a specific tissue area such as: liver, breast, extremity joint (ex: knee or elbow), or lateral leg in order to increase tissue function in that area and speed up your recovery. Please use castor oil packs as directed by your Averio doctor.

Researched Benefits of Castor Oil used topically:

- **Anti-inflammatory:** bactericidal and **antiherpetic** benefits (i.e. slows and/or stops infections). [1](#), [3](#), [5](#), [6](#), [7](#), [8](#), [10](#), [12](#)
- **Improves bowel function** and reduces symptoms of constipation [2](#), [9](#), [13](#), [15](#)
- **Anti-cancer** benefits (specifically with liver, skin, and breast cancers) with no negative affect on normal cells [3](#), [4](#), [5](#), [12](#), [14](#)
- **Reduces cellular adhesions:** [3](#), [7](#), [11](#), [14](#)
- **Improves skeletal health** and reduces bone cell degradation [5](#)
- **Antinociceptive ('no pain') support:** (i.e. ability of the nervous system to block toxicity in the human body) [8](#)
- **Reduces biofilms:** (i.e. tissue specific infections) with topical use [10](#), [15](#)
- **Improves lipolysis:** (i.e. increased metabolism of stored fats into smaller free fatty acids) [11](#), [14](#)
- **Reduction of yeast signaling and glucose signaling:** (i.e. anti-diabetic) [12](#)

Directions For Use

Quality matters! Please only use a high quality, cold-pressed, organic Castor oil** for any topical applications.

1. Apply over your area of concern. Please use enough castor oil to adequately cover the entire area of skin. Castor oil is normally a somewhat sticky and heavy oil.
2. Once applied, either allow the castor oil to sit on the area of skin without contact with any other surface or topical **or** cover the castor oil with a non-toxic fabric pack**.
3. Leave on as directed by your Averio doctor. Typically castor oil needs to have an application between 4-20 hours to be effective.
4. To remove any non-absorbed castor oil, please use a clean dry cloth or paper towel.

*** both castor oil and non-toxic fabric packs (i.e. coverings) are available through Averio Health Institute.*

Cited Public-Access Studies:

1. <https://pubmed.ncbi.nlm.nih.gov/35661063/>
2. <https://pubmed.ncbi.nlm.nih.gov/21168117/>
3. <https://pubmed.ncbi.nlm.nih.gov/35021802/>
4. <https://pubmed.ncbi.nlm.nih.gov/22923370/>
5. <https://pubmed.ncbi.nlm.nih.gov/27356539/>
6. <https://pubmed.ncbi.nlm.nih.gov/25542985/>
7. <https://pubmed.ncbi.nlm.nih.gov/31874691/>
8. <https://pubmed.ncbi.nlm.nih.gov/11050297/>
9. <https://pubmed.ncbi.nlm.nih.gov/91681/>
10. <https://pubmed.ncbi.nlm.nih.gov/33530824/>
11. <https://pubmed.ncbi.nlm.nih.gov/19291579/>
12. <https://pubmed.ncbi.nlm.nih.gov/31867745/>
13. <https://pubmed.ncbi.nlm.nih.gov/22615395/>
14. <https://pubmed.ncbi.nlm.nih.gov/16310724/>
15. <https://pubmed.ncbi.nlm.nih.gov/191594/>