



## THE SOLINGER METHOD

by Root Health L.L.C.

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For **breast cysts**, castor oil can be highly effective due to its ability to improve lymphatic circulation, reduce inflammation, and help the body break down fluid-filled cysts naturally.

### How Castor Oil Helps with Breast Cysts

- Promotes Lymphatic Drainage**
  - Stagnant lymph flow can contribute to fluid-filled cysts. Castor oil helps stimulate lymphatic circulation, reducing swelling and tenderness.
- Reduces Inflammation & Pain**
  - The ricinoleic acid in castor oil is anti-inflammatory, which helps ease breast tenderness and discomfort associated with cysts.
- Supports Hormonal Balance**
  - Many breast cysts are linked to **estrogen dominance**. Castor oil helps support the liver in detoxifying excess estrogen, which can prevent new cysts from forming.
- Dissolves & Shrinks Cysts Over Time**
  - Regular use of castor oil packs softens the tissues and gradually helps the body reabsorb the cyst naturally.

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### How to Use Castor Oil for Breast Cysts

#### 1. Castor Oil Pack Therapy (Best for Deep or Multiple Cysts)

##### What You Need:

- Organic, cold-pressed castor oil



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- A piece of organic cotton or wool flannel
- Plastic wrap (to avoid mess)
- Heating pad or warm towel

### **Instructions:**

1. Soak the cloth in castor oil (it should be saturated but not dripping).
2. Place it over the affected breast area.
3. Cover with plastic wrap and apply a heating pad on low/medium heat.
4. Leave it on for **30-60 minutes**, 3-4 times a week.
5. After removal, wipe the area with a warm, damp cloth.

**Best done before bed for deeper absorption. Avoid during menstruation.**

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### **2. Direct Massage (For Small or Tender Cysts)**

- Warm a few drops of castor oil and gently massage the breast in circular motions.
- Do this daily for **5-10 minutes** before bed.
- Helps with **lymphatic movement and circulation.**

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### **Additional Naturopathic Tips for Breast Cysts**

#### **Support Liver Detoxification (Crucial for Hormone Balance)**

- Take **DIM (Diindolylmethane)** or **Calcium D-Glucarate** to help the liver clear excess estrogen.

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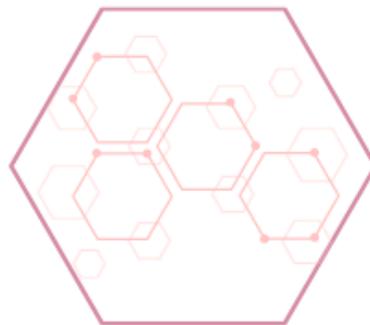
- Eat **cruciferous vegetables** (broccoli, kale, Brussels sprouts).
- Drink **dandelion tea** or take **milkthistle** for liver support.

#### **Reduce Caffeine & Dairy** (May Worsen Cysts)

- Caffeine and dairy can contribute to fibrocystic breast changes—try eliminating them for a few weeks to see if symptoms improve.

#### **Increase Iodine Intake**

- **Iodine deficiency** is linked to breast cysts. Consider adding **seaweed, kelp, or iodine supplements** if appropriate.



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