



THE  
SOLINGER METHOD  
by Root Health L.L.C.

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**Castor oil has been used for centuries in naturopathic and holistic medicine for its anti-inflammatory, lymphatic, and circulatory benefits. Its ability to resolve cysts and support overall health comes from its rich composition of ricinoleic acid, which has unique therapeutic properties.**

### **How Castor Oil Helps Resolve Cysts**

#### **1. Increases Circulation & Lymphatic Drainage**

- Castor oil helps stimulate blood flow and lymphatic drainage, which can assist the body in breaking down and reabsorbing cysts, particularly ovarian, breast, and sebaceous cysts.
- Lymphatic congestion is often a key factor in cyst formation, and castor oil promotes detoxification and drainage of excess fluids.

#### **2. Anti-Inflammatory & Pain-Relieving Effects**

- Ricinoleic acid in castor oil has powerful anti-inflammatory properties that reduce swelling and discomfort associated with cysts.
- It can help relieve pain from fibrocystic breasts, ovarian cysts (such as in PCOS), and even joint cysts.

#### **3. Softens and Dissolves Abnormal Growths**

- The application of castor oil packs can help soften hardened tissues and gradually break down cysts, fibroids, and other benign growths.



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- It promotes enzymatic activity that assists in dissolving abnormal tissues.

## Other Naturopathic Benefits of Castor Oil

### 1. Hormonal Balance & Menstrual Health

- Helps regulate estrogen dominance, which is often a contributing factor in the formation of cysts, fibroids, and endometriosis.
- Supports liver detoxification, aiding in hormone metabolism.

### 2. Liver Detoxification

- Castor oil supports the liver, which is essential for processing excess hormones and toxins that contribute to cyst formation.
- Improves bile flow, aiding digestion and elimination.

### 3. Gut & Digestive Health

- Used internally (in small doses), castor oil can act as a gentle laxative, relieving constipation and reducing toxin buildup.
- Supports microbiome balance and soothes inflammation in conditions like IBS.

### 4. Skin & Scar Healing

- Effective for cystic acne, scars, and other dermatological issues.
- Its antimicrobial properties help prevent infections in sebaceous cysts.

## How to Use Castor Oil for Cysts

- **Castor Oil Packs:** Soak a flannel cloth in castor oil, place it over the affected area, cover with plastic wrap, and apply a heat pack for 30-60 minutes. Do this 3-4 times a week.
- **Topical Application:** Gently massage castor oil directly over cysts (for example, on breasts or ovaries).
- **Internal Use:** Only under the guidance of a naturopathic doctor, as it has a strong laxative effect.