



THE SOLINGER METHOD

by Root Health L.L.C.

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Phone: 912-446-4988

Fax: 912-335-3487

Email: info@roothealth.llc

www.roothealth.llc

Castor oil is a versatile natural remedy with a wide range of benefits. Here's a list of conditions it can help with:

1. Women's Health & Hormonal Balance

Ovarian cysts & PCOS – Supports circulation and reduces cyst formation

Uterine fibroids – Aids in detoxification and hormonal balance

Endometriosis – Reduces inflammation and supports healing

Menstrual cramps – Eases pain and promotes uterine circulation

Infertility support – Improves blood flow to reproductive organs

2. Digestive & Gut Health

Constipation – Acts as a natural stimulant laxative

IBS & bloating – Soothes intestinal inflammation

Liver detoxification – Supports bile flow and hormone detox

Gallbladder congestion – Helps dissolve gallstones and improve function

Parasites – Has antimicrobial and antiparasitic properties

3. Skin & Hair Conditions

Cystic acne & blemishes – Anti-inflammatory and antibacterial

Eczema & psoriasis – Hydrates and soothes irritated skin

Warts & skin tags – Helps dissolve abnormal growths over time

Scars & stretch marks – Promotes tissue healing and collagen production

Dandruff & scalp infections – Antifungal and moisturizing properties

Hair growth – Strengthens follicles and reduces hair thinning



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4. Pain & Inflammation

Joint pain & arthritis – Reduces inflammation and stiffness

Back pain & muscle spasms – Promotes circulation and relieves tension

Sciatica – Eases nerve pain and improves mobility

Carpal tunnel syndrome – Reduces swelling and inflammation

5. Immune & Detoxification Support

Lymphatic congestion – Helps drain toxins from the body

Swollen lymph nodes – Improves circulation and reduces swelling

Fungal infections (candida, ringworm, toenail fungus) – Antifungal properties

Colds & respiratory issues – Can be applied to the chest to loosen mucus

6. Wound Healing & First Aid

Burns & minor wounds – Speeds up healing and prevents infection

Bug bites & stings – Reduces itching and swelling

Ulcers & bedsores – Promotes faster healing