

Massage Oils for Aches and Pains

by Tessa Jupp RN

Some of our members got back to me on success they have had with applying our **castor oil** brands to aching joints and also lessening of tingling & nerve pain in legs. They report improvement in skin conditions and in sleeping better. Some have been using the **magnesium oil spray** for painful muscles too. I had been sending the magnesium spray to Dr Niblett for the 8 years he was working in Papua New Guinea. **Dr Niblett said it did sting** when he sprayed it on but it helped with pain and he thought must have helped to raise his low blood levels of magnesium as well. He did take oral magnesium too. Others have been seeking solutions for **itchy scalp** and skin as well. So here are some articles I have found that may be useful to you and others.



Use castor oil as an all-natural massage oil

Joint Pain: Although you can treat many surface conditions with castor oil, the benefits are **more than skin deep**. When using as a massage oil, you can help **enhance circulation** and **target sore, achy muscles and joints**.

Scalp, Hair and Mouth: Castor oil is high in what is known as ricinoleic acid, a fatty acid that has been found to potentially **help balance scalp pH**, replenish natural oils and promote positive hair health. In turn, this can help undo some of the damage that has been caused by other harsh hair products. When the pH of your scalp is either **too alkaline or too acidic**, this can lead to bacterial or fungal issues, **an itching scalp** and **dandruff**.

Your scalp is also a great area to massage, helping target problematic dandruff. Just remember, this oil can stain your clothes. Wear old clothing after applying it to your body. When applied to the scalp, this oil penetrates deep into the pores of your hair follicles, providing nourishment. Leave for 20 minutes then wash out with an all-natural shampoo.

Several studies have shown that castor oil helps fight fungal **infections in the mouth** caused by **Candida** (thrush).

Soothe Bug Bites and Stings: When you want to soothe an insect bite or sting, castor oil can help **reduce itching** and encourage **more rapid healing**. Offering both **anti-inflammatory** and **anti-bacterial** properties, castor oil helps soothe and heal when applied to itchy bites. Apply a small amount to the affected area and repeat throughout the day. Castor oil **helps heal wounds** by stimulating the **growth of new tissue**, **reducing dryness** and preventing the buildup of dead skin cells.

Feet & Skin: If you are suffering from **athlete's foot** or **ringworm**, castor oil is rich in a biochemical known as undecylenic acid — which helps target **fungal growth**. Castor oil hydrates the skin thus **treating cracked heels**. It is rich in vitamins and essential nutrients that help to **hydrate dry, cracked skin**. Simply rub castor oil on your feet, put on a pair of socks, and leave on overnight.

Relieve Sunburn: With the same **cooling** sensation as aloe vera, castor oil is great for alleviating **the pain of sunburns**. The ricinoleic acid will **protect any blisters** that pop up from becoming infected and **reduce the inflammation associated with sunburns**.
www.healthline.com/nutrition/castor-oil

Myth or Reality—Transdermal Magnesium?

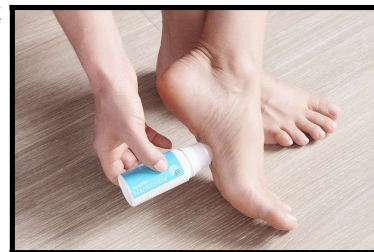
From an article published in "Nutrients" Aug 2017
www.ncbi.nlm.nih.gov/pmc/articles/PMC5579607/

“Numerous studies demonstrate the effectiveness of oral therapeutic or preventive magnesium supplementation. An adequate magnesium supply is important, particularly in patients with diabetes and prediabetes. Magnesium supplementation is also useful when taking drugs such as diuretics and proton-pump inhibitors for acid reflux.

Future research should focus on magnesium creams and magnesium oil applications administered for longer durations to investigate whether transdermal application may show a significant contribution to improvement in magnesium status. Magnesium might be able to get into the lymphatic system beneath the dermis and enter the circulatory system, bypassing the regulation through the GI tract and hereby increasing serum magnesium.”

This Research did record an increase in urinary excretion of magnesium as well as rises in plasma and cell levels which indicated it was being absorbed thru the skin. This occurred from Epsom Salt baths and the oil sprays.

There are lots of versions of external magnesium application around these days and you may find some in local shops but I am not sure how effective they are. I was getting the **Amazing Oil brand** for Dr Niblett. They now have a **roll-on version** to get to hard to access places and using roll-on may stop the stinging.



The **Magnesium oil spray 250ml** is available now from Australian Natural Care for **\$30** and 60ml **roll-on for \$23**. This is mail-order from Sydney or we may get in for you.

The **Amazing Oil Magnesium brand** despite being based in Qld, is **sourced from salt lakes of WA**. Magnesium oil is not actually an oil. Magnesium flakes are mixed with water but when applied and rubbed in, it has an oily feel. Could be useful for muscle pain in a specific area.

Suggestions made for use also include rubbing on the forehead for **migraines**, tummy for **period pain**, under feet for **foot pain** and to aid relaxation for **sleep**.

Of course our regular oral magnesium works well too.