

What is Ozonated Castor Oil?

Organic Ozonated Castor Oil is made using an ozone generator, which amplifies the castor oil with **oxygen** for more beneficial effects.

The amplified effects of using Organic Ozonated Castor Oil can be **more effective** than regular castor oil and can produce more dramatic results, depending upon your condition.

- Its thicker form allows you to apply it without running or dripping like regular Castor Oil.
- Is concentrated using the powerfully healing ozonation process.
- Allows a little to go a long way
- Allows the healing properties of Castor Oil and Oxygen molecules combined to accelerate the healing process.

Edgar Cayce

Edgar Cayce, a medical intuitive known as the **sleeping prophet**, introduced castor oil packs for the treatment of many conditions.

In Cayce's writings, castor oil is presented as a marvelous source of natural remedies. As an external oil pack, it has been used to treat a variety of health conditions such as

- **arthritis,**
- **liver detoxification**
- **intestinal disorders,**
- **tumors and fibroids**
- **cysts**
 - **breast cysts**
 - **ovarian cysts**
 - **small benign cysts**
- **skin conditions**
- **congestion of abdominal organs**
- **adhesions from surgery**

storing & reuse

Organic Ozonated Castor Oil Packs can be stored in an air tight container in the refrigerator for six months, and should not be shared between persons.

Add more Ozonated Castor Oil before each re-use, for freshness.



Cozy Stars Organic Ozonated Castor Oil Pack

An Edgar Cayce Remedy



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How use the Cozy Stars No Mess Ozonated Castor Oil Pack with 100% Wool Flannel

Step 3: For benign breast cysts and other cysts

For benign breast cysts, and other cysts, the Cozy Stars water bottle gently conforms to the curves of your body.

Applying castor oil packs to the breasts a few times a week for one hour can reduce or eliminate breast pain. After the first two or three months, maintain this treatment by using the pack once a week.

Recommend adding to your diet:

- detoxified iodine
- plenty of fluids including green tea
- more alkaline foods including more fruits and vegetables.

Step 4: Clean & massage

When you are finished, fold your No Mess Castor Oil pack, (with the wool still inside it) in half to keep the oils in place without dripping.



You may clean off any oil residue with a solution of baking soda and water.

Be kind to your body by massaging with the balance of the Ozonated Castor Oil left on your skin, as a massage oil.

Prep 1: Fill the water bottle

Before you begin, prep your Cozy Stars water bottle with hot tap water, warm enough open your pores, but not so warm that it is uncomfortable on your abdomen or inside of your wrist.

Prep 2: Prep the Wool Flannel

- Pour some Ozonated Castor Oil onto the wool flannel, leaving wool inside it's no mess plastic sleeve.
- Optionally, pour the Ozonated Castor Oil on a plate, and add a few drops of Lavender Essential Oil. This will assist in relaxing the skin.
- Mix the oils together. Make sure that you only add a few drops, since essential oils are quite concentrated.
- Leaving the wool flannel in it's no mess plastic sleeve, place it open side down onto the Ozonated Castor Oil mixture on the plate, and rub gently so as to saturate the wool flannel. This will help to determine how much oil the wool will naturally hold.
- If your pack came with as silk overlay (new in 2011) for use on delicate skin, place the silk on top of the wool, tucking the corners in to the plastic cover. Both silk and wool are warming and anti-bacterial.

Step 1: Wash your hands and affected area

The first step is to thoroughly wash your hands and affected area for treatment.

Step 2: Apply wool flannel pack

Applying the warm cozy stars water bottle on top of the wool flannel adds the moist heat, which

- Sets up a natural electrostatic charge between the wool and your body
- Allows the oil to penetrate more deeply.
- Stimulates blood flow
- Assists in releasing blocked energy

Deficiency of oxygen in the skin accelerated the aging process. The oxygen in the Ozonated Castor Oil penetrates the skin gently, assisting to oxygenate the cells.



Leave in place for an hour, or until the Cozy Stars water bottle cools.

Repeat 3 to 5 nights per week, depending upon the acuteness of the condition.