# UK Nurse Warns Against TikTok Castor Oil Trend for Weight Loss



A nurse has raised concerns about a viral social media trend on TikTok involving the use of castor oil for weight loss. Jane Clarke, an incontinence nurse from the UK, warned against ingesting the oil or applying it to the body as recommended in the videos, which have amassed almost 100 million views.

The trend consists of young women drinking and bathing in castor oil, claiming benefits such as fat burning and cancer prevention. Clarke pointed out that consuming castor oil, even in small doses, can cause severe diarrhea, abdominal cramps, potential electrolyte imbalances, dehydration, and nausea. In large doses, the risks are more severe.

Despite popular beliefs promoted in nearly a million TikTok videos, the medical community does not support the claimed benefits of castor oil for weight loss or cancer treatment. Castor oil, which contains ricinoleic acid, has a laxative effect that leads to increased bowel movements. Experts argue that this does not result in lasting weight loss as the body primarily loses water, which is quickly regained.

Usage of castor oil as a natural laxative and an ancient remedy to induce labor is well-documented but comes with significant safety concerns. Clarke advised that while castor oil is safe for external use, it offers no substantial benefits aside from potentially softer skin.