

CASTOR OIL LIVER PACK KIT

Digestion regulation, inflammation reduction, liver cleansing and antioxidant status,
microbiome balance, relaxation

PRODUCT DESCRIPTION

*A castor oil pack is one of the **OLDEST, most widespread healing rituals in the world** and the best kept secret known only to a privileged few. From Traditional Chinese Medicine to Indian Ayurveda to modern Naturopathic Medicine, it has withstood the test of time for centuries in cultures all over the globe. Amazing, right?*

*It is the ritual of **applying castor oil to a piece of organic cotton flannel then placing it onto the body** (traditionally over the liver) and wearing it for 1 hour or more **for physical and spiritual wellbeing**.*

Your new modernized 2-step, heatless, less-mess Castor Oil Liver Pack Kit makes this transformational self-care ritual easier than ever before so you can wake up like new every day!

BENEFITS OF CASTOR OIL LIVER PACK KIT

For centuries, castor oil packs have been used for:

- Body, mind and soul wellness and health optimization
- Hormonal imbalances (PCOS, menopause, estrogen dominance, etc.)
- Constipation, diarrhea, bloating, indigestion, IBS, colitis, Crohn's disease
- Insomnia and other sleep problems
- Stress reduction, anxiety, depression, ADHD
- Period regulation, endometriosis, TTC, ovarian cysts, uterine fibroids, fibrocystic breasts
- Cancer, tumours
- Thyroid issues (hypothyroid, Hashimoto's thyroiditis, nodules, etc.)
- Liver cleansing and detox, fatty liver
- Inflammation, arthritis, joint pain

And more!

Just like the father in the movie My Big Fat Greek Wedding used Windex on everything, castor oil packs are **supportive in all conditions** (EXCEPT pregnancy!) to *naturally engage the healing mechanisms of the body.*

Now you're probably thinking, *how could a piece of cotton with castor oil on my skin impact my insides?!* It all sounds a little 'woo-woo', don't you think? I thought so too, until I tried it, felt the benefits and discovered that this ritual is clinically practiced and scientifically supported!

The Original Organic Castor Oil Liver Pack™ supports:

- Bowel movements regulation^{1 2}
- Inflammation reduction³
- Liver cleansing and antioxidant status^{4 5 6}
- Microbiome balance^{7 8 9}
- Less stress and anxiety by moving the body into a relaxed state^{10 11 12}

And more!

References

1 Arslan GG, Eşer I. An examination of the effect of castor oil packs on constipation in the elderly. Complement Ther Clin Pract. 2011 Feb;17(1):58-62. doi: 10.1016/j.ctcp.2010.04.004. Epub 2010 May 18. PMID: 21168117

2 Sorin Tunaru,a Till F. Althoff,a Rolf M. Nüsing,b Martin Diener,c and Stefan Offermannsa,d,1 Castor oil induces laxation and uterus contraction via ricinoleic acid activating prostaglandin EP3 receptors. Proc Natl Acad Sci U S A. 2012 Jun 5; 109(23): 9179–9184. Published online 2012 May 21. doi: 10.1073/pnas.1201627109 PMID: 22615395

3 Vieira C et al. .Effect of ricinoleic acid in acute and subchronic experimental models of inflammation. Mediators Inflamm. 2000;9(5):223-8 PMID: 11200362

4 Mascolo N1, Izzo AA, Autore G, Barbato F, Capasso F.Nitric oxide and castor oil-induced diarrhea.J Pharmacol Exp Ther. 1994 Jan;268(1):291-5. PMID: 8301570

5 Marwat SK, Rehman F, Khan EA, Baloch MS, Sadiq M, Ullah I, Javaria S, Shaheen S. Review - Ricinus cmmunis - Ethnomedicinal uses and pharmacological activities.Pak J Pharm Sci. 2017 Sep;30(5):1815-1827. PMID: 29084706

6 Holm T, Brøgger-Jensen MR, Johnson L, Kessel L. Glutathione preservation during storage of rat lenses in optisol-GS and castor oil. PLoS One. 2013 Nov 19;8(11):e79620. doi: 10.1371/journal.pone.0079620. eCollection 2013. PMID: 24260265

7 Andrade IM1, Andrade KM2, Pisani MX1, Silva-Lovato CH1, de Souza RF1, Paranhos Hde F1. Trial of an experimental castor oil solution for cleaning dentures. Braz Dent J. 2014 Jan-Feb;25(1):43-7. PMID: 24789291

8 Badaró MM, Salles MM, Leite VMF, Arruda CNF, Oliveira VC, Nascimento CD, Souza RF, Paranhos HFO, Silva-Lovato CH. Clinical trial for evaluation of Ricinus communis and sodium hypochlorite as denture cleanser. J Appl Oral Sci. 2017 May-Jun; 25(3):324-334. PMID: 28678952

9 Salles MM, Badaró MM, Arruda CN, Leite VM, Silva CH, Watanabe E, Oliveira Vde C, Paranhos Hde F. Antimicrobial activity of complete denture cleanser solutions based on sodium hypochlorite and Ricinus communis – a randomized clinical study. J Appl Oral Sci. 2015 Nov-Dec; 23(6):637-42. PMID: 26814466

10 Walker SC1, Trotter PD2, Swaney WT2, Marshall A3, Mcglone FP4. C-tactile afferents: Cutaneous mediators of oxytocin release during affiliative tactile interactions? Neuropeptides. 2017 Aug;64:27-38. doi: 10.1016/j.npep.2017.01.001. Epub 2017 Jan 19. PMID: 28162847

11 Rolls ET et al. Representations of pleasant and painful touch in the human orbitofrontal and cingulate cortices. Cereb Cortex. 2003 Mar;13(3):308-17. PMID: 12571120

12 Löken LS, Wessberg J, Morrison I, McGlone F, Olausson H. Coding of pleasant touch by unmyelinated afferents in humans. Nat Neurosci. 2009 May;12(5):547-8. Epub 2009 Apr 12. PMID: 19363489

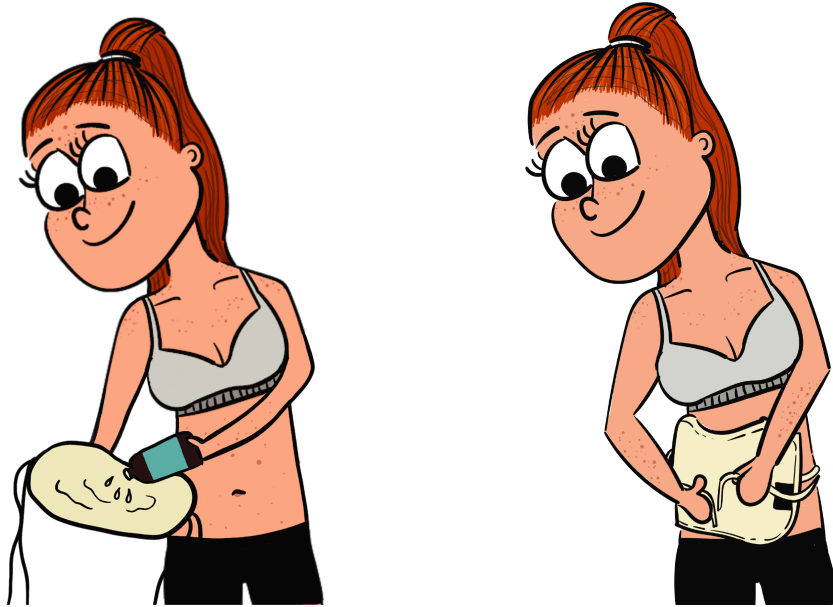
WHAT'S INCLUDED?

- **Queen of the Thrones® Castor Oil Liver Pack** | Inner layer of organic cotton sherpa, outer layer of non-toxic, solvent-free polyurethane (PUL), nylon straps
- **Queen of the Thrones® Castor Oil 16.9 oz (500ml)** | 100% pure, USDA certified organic, hexane-free, cold-pressed, extra virgin, always bottled in glass

HOW TO USE IT

Step 1: Place castor oil on the soft cotton side of your Queen of the Thrones® pack

Step 2: Place your pack on your liver (or any other area) and tie it in place Then wear your pack for 1 hour or overnight. That's all. This super easy 2 step system takes less than a minute to prep!



FAQ

Can I just drink the oil or take a castor oil pill?

If you take castor oil orally, it's a stimulant laxative. This is often done for relieving constipation, however, a study done in an old age home compared castor oil packs to conventional laxatives and found they were just as effective, but without the harsh urgency to run to the bathroom! I'll take that over running to the bathroom anyday, would you?

It's not another supplement, it's a new system... You want to find the magic pill that will fix everything and make you feel better, but think of the real estate alone - a tiny little supplement isn't going to fix everything, especially if your gut can't absorb it! The Original Organic Castor Oil Liver Pack is a system that foundationally balances digestion, absorption and elimination so that all the healthy food you eat and the supplements you take work BETTER and FASTER.

Is it messy?

By nature, castor oil is a beautifully messy oil that can stain fabrics. Your new way to approach it is to work with the Original Organic Castor Oil Liver Pack that is ready to wear, heatless and **LESS-Mess** – NO, it is not messless, but it's **less messy than a DIY pack**... Sound good? Always wear an old t-shirt over top, just in case.

I've heard I have to add heat to it?

The Original Castor Oil Liver Pack is engineered to naturally hold in your own body heat. You got it, we just need to save it! Who wants the hassle of another thing to remember? Not me, am I right?

Why is this pack so much better and easier for me?

It's made with the healthiest materials possible and ready for you to wear! Simply place oil on your pack and tie it on. That's it, that's all.

Will it fit me?

The Castor Oil Liver Pack is made to fit over the size of the human liver. No matter your body type, livers are generally the same size. The Queen of the Thrones® Castor Oil Liver Pack has long, comfortable straps that can be tied to fit and adjust to most body sizes.

Could it cause me any problems?

Castor oil packs should **NOT be used during pregnancy**. They are not contraindicated with any medications, and can be safely used with all other conditions. In rare cases, a hypersensitivity reaction to castor oil may occur.

Can I just rub castor oil on my skin?

Simply rubbing castor oil on your belly and throwing an old t-shirt on overtop (also known as the "Lazy Man's Castor Oil Pack") **only gives you about 50% of the benefits**. The castor oil pack is an equally important part of the process because **the soft compression of the pack on the skin is what promotes the release of feel-good hormones like oxytocin and dopamine**, and helps move your body into the relaxed parasympathetic state.

When will I see the benefits?

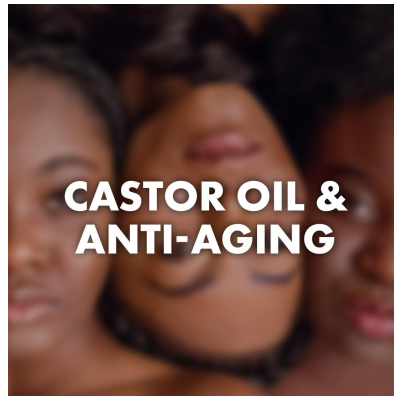
Many experience benefits immediately, as in amazingly deep, restful sleeps, regular poops, better digestion, less bloating, less heartburn, and more feelings of relaxation. However, **everyone is unique and some may take weeks or even months to notice the benefits.** Often when the body is imbalanced it's taken a long time to get this way, so it can sometimes take awhile for the foundation to re-balance.

EXTRA SWIPE COPY

ANTI-AGING | CASTOR OIL PACKS & NITRIC OXIDE

Did you know that nitric oxide is a powerful anti-aging, antioxidant nutrient in the body that opens blood vessels and helps to keep you young!?

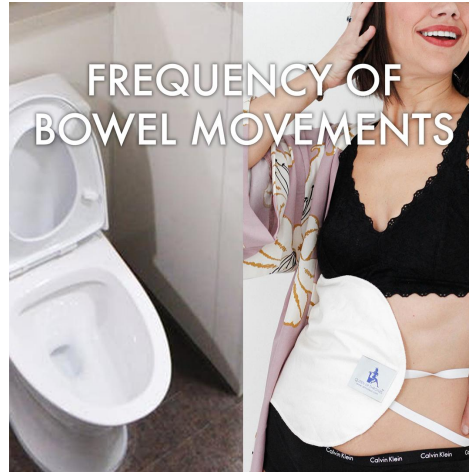
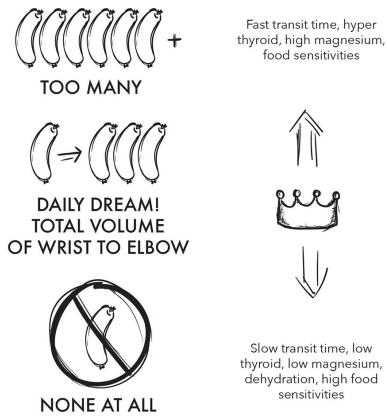
Amazingly, castor oil packs help increase this powerhouse nutrient in our bodies. Nitric oxide is also very helpful in getting rid of Candida in the body, so this practice is a **MUST-DO** for microbiome health.



BOWEL MOVEMENTS & CASTOR OIL PACKS

Did you know that the frequency of your bowel movements can indicate different issues within the body? The daily ideal bowel movement should be the unique length of your wrist to your elbow. Now this can be in one big stool or 1-4 smaller stools that approximate this length.

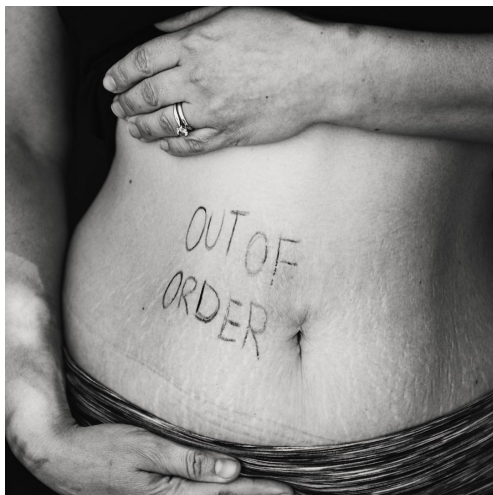
Whether you're going too much or not enough, castor oil packs are a legendary health ritual that help to regulate your bowel movements naturally.



BLOATING AND CASTOR OIL PACKS

Have you ever been so bloated, you look like you're 6 months pregnant? Maybe someone even congratulated you on your little bundle of joy, that was really a food baby? So embarrassing...

But have no fear - I've got you! My favorite tool to help with a flat tummy is the castor oil pack. It helps to improve digestion and reduces gas and bloating. Not to mention it helps regulate bowel movements, reduce inflammation, improve detox and balance stress!



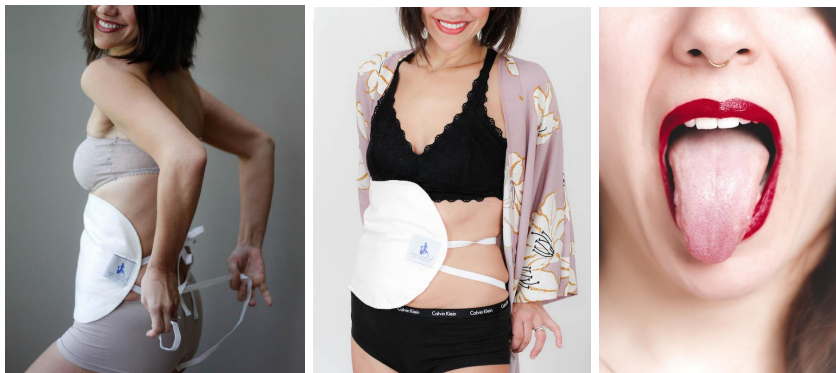
CANDIDA

Have you ever heard of Candida overgrowth? It's when yeast grows out of control in your system and causes symptoms like:

- Bloating so big you feel like a pressure cooker about to explode
- Gas (that always seems to happen at the WORST times!)
- Constipation that feels like you've got bricks in your intestines
- Foggy brain and troubles concentrating
- Skin problems like acnes, rashes, dryness, redness and itchiness
- White coating on tongue, especially in the morning
- Yeast infections
- Urinary tract infections

Just to name a few!

Castor oil is one of the ONLY natural substances with the ability to break down biofilm (the gross, slimy protective layer bad bacteria can produce) and castor oil packs also stimulate nitric oxide production! What's that you may be asking? Nitric oxide is a natural anti-aging molecule that inhibits yeast overgrowth. Plus it improves circulation, too!



CONSTIPATION & CASTOR OIL PACKS

Is there anything worse than being BACKED UP?! When you can't go, you're willing to try almost anything to get your bowels moving. Eating all the awesome fiber and drinking lots of water but things still won't budge?

If you have ever tried laxatives you know the results can be quite... Explosive. But have you ever tried a castor oil pack? They have been studied in comparison to laxatives, and found to be just as effective, but WITHOUT the harsh urgency to go to the bathroom. Risk-free!

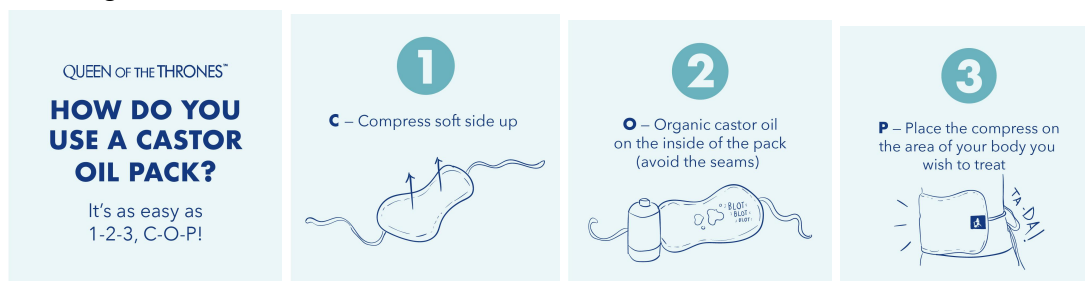
It's as easy as 1,2,3 or C-O-P!

C = Cotton compress soft side up

O = Organic oil in the centre of the pack (1-2 tbsp)

P = Place under right rib cage, over the liver and tie onto body

Simply throw your pack on overnight and chances are you'll have a smooth move in the morning.



Uncomfortable... sluggish... toxic... ugh! If you've ever been constipated you know how awful it feels. Being able to eliminate waste from our bodies is crucial to feeling good and healthy. We have to be able to get rid of the junk we don't need or else it gets reabsorbed and recirculated through our systems!

Constipation is a problem as old as humanity, and there is an ancient, centuries-old, all-natural health tool known as the Castor Oil Liver Pack re-gaining popularity that can help relieve it.

A study at an old-age home showed that castor oil packs helped relieve constipation just as well as conventional laxatives, but without the harsh urgency to run to the toilet! This is because the active component of castor oil (known as ricinoleic acid) is anti-inflammatory, and it stimulates our prostaglandin receptors that help to move the smooth muscle of the uterus and intestines.

Possibly the most important benefit of wearing a castor oil liver pack is that as soon as you place it onto your body, it moves you into the parasympathetic 'rest and digest' state. In today's world, we are constantly stuck in the sympathetic "fight or flight" state (the state of stress), that just compounds and adds to problems going to the bathroom.

The soft compression of a pack on your skin stimulates the release of feel-good hormones like dopamine and oxytocin (A.K.A. the love molecule) which promotes deeper sleep, relaxation and feelings of satisfaction. Plus, oxytocin naturally decreases our stress hormone (cortisol), and when cortisol is low, our levels of progesterone are naturally higher (progesterone is needed for healthy bowel movements and good hormonal balance!)

They'll have you pooping like a champ in no time!

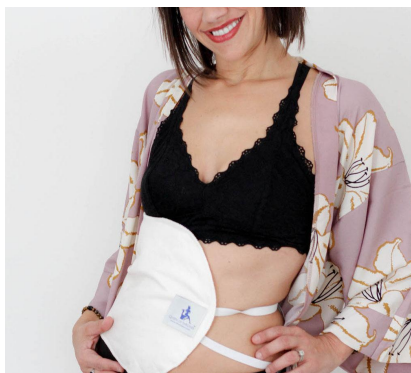
CLEANSING/DETOX | CASTOR OIL PACKS SUPPORT GLUTATHIONE

Looking to enhance your cleanse/detox?! Why not start by supporting your master detoxification agent, glutathione.

We are constantly exposed to thousands of toxins – in the food we eat, the air we breathe, the products we put onto our bodies. We can run but we can't hide, these toxins are bound to enter our system and glutathione helps to move most (if not all) of these harmful substances OUT.

It can become depleted very easily in the body, and unfortunately there aren't many food sources or ways to get more of it. Castor oil has been shown in studies to effectively preserve glutathione levels, improving the elimination of toxic substances.

Castor oil packs worn over the liver help promote healthy levels of glutathione to keep your detox mechanisms running smoothly.



YOU ARE WHAT YOU
DIGEST
ABSORB
ELIMINATE

www.drmarisol.com Dr. Marisol Teijeiro
QUEEN OF THE THRONES Naturopathic Doctor



CLEANSING/DETOX | HANGOVER HELPER

What's your drink of choice? I love red wine, because hey, at least it's packed with antioxidants!

There's no debate that overindulgence of any type of alcohol has negative consequences for your body, so make sure to support it as best as you can through its recovery! Of course making sure to drink lots of water is key, but another secret weapon of mine is to wear my castor oil pack after a night of drinking.

You see, castor oil packs help the liver detox and cleanse! They also help to activate our 'rest and digest' state, so that we can easily drift off into a deep, restful and recharging sleep! *Bye-bye hangover!*

CLEANSING/DETOX | INDULGENCE HELPER

Ever feel like you are ready to EXPLODE or wither away after a night of splurging with friends... But hey, indulgence is the spice of life! As long as we make sure to balance and support our bodies through it. But how do we bounce back?

I use a castor oil liver pack. It supports natural cleansing and detox, relaxes the body, improves digestion and reduces gas and bloating! All of these benefits are scientifically supported and clinically practiced. And it's as easy as 1,2,3 - C.O.P!

C = Cotton compress soft side up

O = Organic oil in the centre of the pack

P = Place under right rib cage, over the liver and tie onto body

Simply throw your pack on overnight and you'll feel renewed in the morning.

CLEANSING | Avoid Dreaded Cleansing Symptoms

Has the fear of experiencing cleansing symptoms like insufferable fatigue, headaches, acne, muscle aches, pains, and overall feeling unwell, stopped you from doing a cleanse or detox?

If they have, there is a way to prevent them! First and foremost, these symptoms are signs that your body has a lot of toxins and stuff that needs to find its way out.

More importantly, it's a sign that your body is STRESSED! When we're stressed, we cannot cleanse.

Castor oil packs are a MUST (and my go-to!) during any cleanse to help with preventing these dreaded symptoms. Not only does the castor oil pack help you cleanse, but it also

calms your nervous system down, and switches it into the relaxed state so that you can heal. Castor oil packs also help your body move what needs to come out! You will poop better, sleep better, cleanse better, bloat less, and stress less...

So that you can FEEL BETTER!



CLEANSING | Sleep Better to Cleanse Better!

Do you dread doing a cleanse because you know you will suffer during it? FEEL BETTER during your cleanse this year!

If cleansing itself is the body's most natural function, then why is it that cleanses make us suffer with fatigue, headaches, acne, muscle aches, and overall feelings of being unwell?

It's because we cleanse best in the relaxed state! The best time for the body to cleanse is during a great sleep! If you aren't sleeping well, then your body isn't likely moving toxins out.

My favorite ancient health practice tool is the legendary castor oil pack. It can help people sleep better, poop better, cleanse better, bloat less, and stress less! It's a 5-for-1!



CLEANSING | An Ancient Secret so you can Cleanse Symptom-Free!

Cleansing is as old as time itself. The Romans and the Greeks all practiced cleansing techniques. So why is it that they did not record experiencing the same dreadful symptoms we do when we cleanse (like acne, fatigue, headaches, muscle aches, and overall feelings of being unwell)?

Well, they had a secret health tool... Known as the castor oil pack!

This easy-to-do, self-care practice was a favorite of Hippocrates (the father of medicine), traditional Chinese medicine practitioners, and so many more illustrious healers.

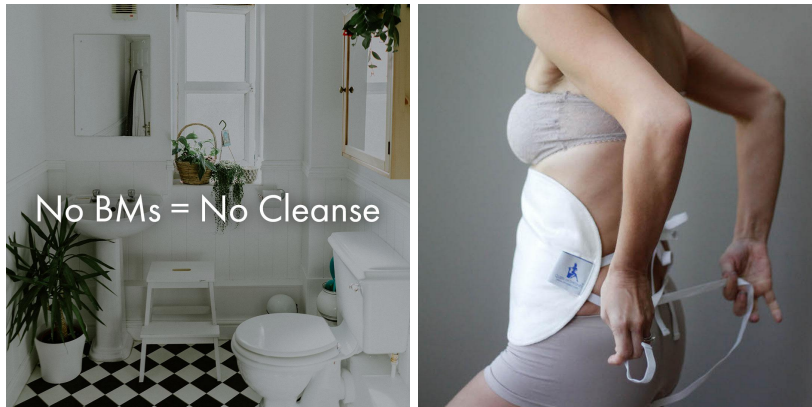
The secret that they all knew is that the body naturally cleanses itself when it is relaxed. The castor oil pack is like an 'escape button', taking you from frazzled to calm. It not only helps you cleanse better, but it also prevents you from feeling those dreaded cleansing symptoms so you can FEEL BETTER while getting the most out of your cleanse!

CLEANSING | No Bowel Movements = No Cleanse

Pooping well (that means daily!) during a cleanse is essential... And ideally, this isn't done through the aid of a laxative. So what if you're cleansing, taking all the right stuff, eating the right foods, doing the right exercises... But you still aren't getting the results you want (a.k.a. no poops)?

Well my friends, meet my trusted cleansing tool, my castor oil pack! Not only does it help you poop and cleanse better, but it also helps you sleep better, bloat less, and stress less! So you can get the most out of your cleanse.

Doing enemas as well? Great! Castor oil packs make those work even better! You can use the castor oil pack on its own or along with other cleanse and detox methods!



CLEANSING | FATIGUE

Don't let the thought of being even more tired than you already are stop you from starting a cleanse! And don't give up if you're in the middle of a cleanse and you're experiencing this symptom! I have an easy and natural solution so you can cleanse and FEEL BETTER.

Meet the castor oil pack! A traditional, ancient, and legendary health and cleansing tool.

The ancient Romans and Greeks had it right! They practiced cleansing regularly, and one of the tools they used was the castor oil pack. It not only helps you kick the fatigue symptom, but it can help you feel overall better due to its aid in the vital processes required while cleansing. It can help you:

- Poop Better
- Sleep Better
- Cleanse better
- Bloat less
- Stress less

All these mean that your energy is reserved and you can get the most out of your cleanse. So instead of ignoring this nasty symptom, use my all-time favorite castor oil pack from Queen of the Thrones® - A simple, 2-step, reusable innovation to this ancient tool!



FASTING & CASTOR OIL PACKS

Do you practice intermittent fasting? When worn for 1 hour per day (or ideally overnight), castor oil liver packs are an amazing tool to enhance fasting. The active component in castor oil known as ricinoleic acid has been shown to reduce inflammation, which helps our bodies clear out toxins that are released with the breakdown of fats in ketosis.

The castor oil liver pack also helps improve circulation and lymphatic flow in the body and to the liver (our powerhouse cleansing organ!). Get the most out of your fast with the modernized heat-less, less-mess castor oil liver pack kit by Queen of the Thrones®!

FERTILITY

When you're trying to conceive, it's best to wear your castor oil pack every night from day 1 of your menstrual cycle up to ovulation (usually on day 14 if you're on a 28 day cycle - this is known as the follicular phase... or if you have had sex close to the day 12-15 mark, stop right after that!) then stop wearing it for the luteal phase.

As soon as you bleed again you can start back up with doing your castor oil liver pack every night.

Have you heard of midwives giving women castor oil to drink in late stage pregnancy to induce labour? This is because castor oil is a stimulant laxative when taken orally and it's thought to stimulate uterine contractions. For this reason, castor oil packs should NOT be used during pregnancy, just to be safe!

GENERAL | CASTOR OIL PACK SUPPORTS FAITH IN OUR BODY

When we don't feel good, we can sometimes lose FAITH in our bodies' ability to heal. Castor oil packs are one of the only lifestyle practices that support the 5 foundational functions of health and healing.

The acronym FAITH tells us what castor oil packs help improve:

F - Function of Digestion, Absorption and Elimination

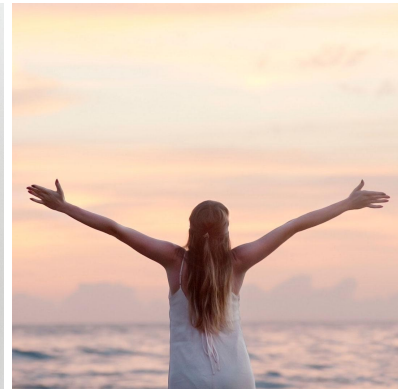
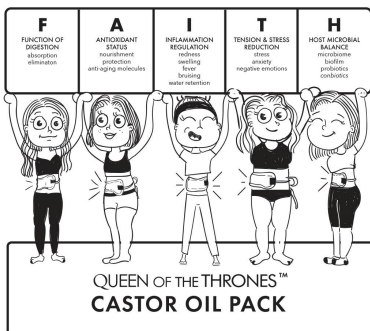
A - Antioxidant Status

I - Inflammation Regulation

T - Tension And Stress Reduction

H - Host Microbial Balance

Castor oil packs are an easy, at-home health ritual, done in 2 simple steps, that creates massive improvement in your health to help you regain FAITH in your body.



GENERAL | CASTOR OIL PACK SECRET WEAPON

How can I show up for others in my life, if I don't feel great myself? I've learned that to take care of my loved ones, I need to make time for myself. It's easy with my castor oil pack!

The benefits of castor oil packs are huge, including:

1. Relaxation & deep sleep
2. Better bowel movements, digestion and absorption
3. Detoxification support
4. Reducing bloating & inflammation

5. Less gas and a healthier microbiome

When I'm doing my pack I know that it helps all of my other health practices work better. I discovered a heat-less, less-mess pack that takes less than 2 minutes to prepare, and I wear it through the night so that it works its magic while I sleep.



HORMONES | FEEL-GOOD HORMONES

When our hormones are out of whack, our entire system can go haywire. Our moods are all over the place and we feel down in the dumps more often than not. We know that exercise is a huge promoter of feel-good hormones, and it's absolutely key in helping to get balanced. But I discovered another health practice that takes less than 2 minutes to prepare at night, and helps to boost our feel-good hormones, too!

Curious?? This practice is castor oil packs. The soft compression of the pack on our skin stimulates our love and connection hormone, oxytocin (the same hormone released after sex and giving birth!). The emotional area of our brain (A.K.A. the limbic system) lights up and dopamine is released, which leaves you feeling good and satisfied.

All of this from a simple castor oil pack ritual, and this isn't even half of it! Castor oil packs also reduce inflammation, improve the microbiome and regulate bowel movements. To get your Queen of the Thrones® castor oil pack today!

HORMONES | ESTROGEN DOMINANCE

Estrogen dominance is a multifaceted issue that requires a comprehensive approach to healing. One of my favourite tools to help balance estrogen dominance are castor oil packs, because they work on so many different areas of the body!! Here's how:

1. They improve our glutathione levels, a powerful antioxidant that gets rid of excess estrogens, toxins, and byproducts of plastics (like BPA)
2. They regulate bowel movements and provide relief from constipation so excess hormones can leave the body
3. They reduce inflammation
4. They help to break down biofilm, in turn promoting balance of the estrobioome
5. They reduce cortisol by switching our body into the rest and digest state

With all of these amazing benefits, castor oil packs are one of the first things that anyone with a hormone imbalance should try. You only need to wear for 1 hour a day (or overnight)

HORMONES | OVARIAN CYSTS/FIBROIDS

Ovarian cysts and fibroids are so common these days that most women think they're normal, but they're not!! Typically these growths are a symptom of hormonal imbalance and a sign from your body that you need to make a change.

The daily practice of castor oil packs helps to balance hormones. The pack can be worn over the liver as this is the hub of all of our body's regulatory systems (nervous, immune, digestive and hormonal) where it best influences a hormone balancing effect. It can also be alternated one night over the liver and one night over the uterine area to help with any discomfort from cysts or fibroids.

INFLAMMATION

Inflammation, also known as the silent killer, is hard to hide from. Core inflammation is quite often the cause of bloating (the kind where you look like you're 6 months pregnant), and may be attributed to:

- Stress
- Eating a poor diet
- Consuming foods that you're sensitive to (without even knowing it!)
- Alcohol and drugs
- Chemical exposure

And more!

Castor oil packs have been shown to effectively reduce inflammation, making them an excellent tool for getting a flat tummy! For this reason, they're also great for sore joints, bumps, bruises, aches and pains! Have you ever made a DIY castor oil pack before? I found one that is pre-made with love by Queen of the Thrones®, that makes the practice super easy and way less messy!

MICROBIOME

Have you ever heard of biofilm? It's this sticky, slimy substance that bad bacteria can produce to protect themselves from being killed off.

Think of the gross stuff that clogs the drain of your sink, the plaque that forms on your teeth or the slimy coating you find on stones in ponds. Now imagine this inside your gut - yikes!

There aren't many natural substances that have the ability to break down this gunk, but luckily castor oil is scientifically proven to be one of them! Research done in periodontal medicine showed that castor oil was just as effective as conventional denture cleaners at breaking down biofilm in the mouth.

Castor oil packs may also improve the microbiome of the gut by breaking down biofilms produced by bad 'gut bugs'.

PERIODS

So it's your 'time of the month', your 'shark week'... You know, when Aunt Flo comes to visit. And you know full well that she's coming a week beforehand because of your sudden mood swings, irritability, bloating, sore breasts, & being oh so tired, am I right?

Then your bleeding begins, and so does the...

- Cramping
- Loose stools
- Headaches
- Pimples
- Back aches

Sound familiar?

The castor oil liver pack is an ancient health tool that helps transform a time we dread and deny into a ritual of relaxing reflection & releasing that which no longer serves us.

But wait - is it okay to do castor oil packs during my period? There's a myth floating around that using castor oil packs on your period could make you bleed more -- this is NOT TRUE! Castor oil packs may simply cause the uterine lining to shed more quickly, making your period shorter.

However, if it's your very first time doing a castor oil pack, don't do it during your period because castor oil packs move things and it could possibly increase cramping. Start at least 1 week before you bleed, or better yet, start at the end of your period and continue for the entire month. After your first time you can wear it throughout your whole cycle! Understanding your body and listening to how it responds is key because you are unique.

PERIODS

You may have heard that you shouldn't practice castor oil packs while on your period - but this is nothing more than an old wives' tale. In fact, castor oil packs support smooth muscle function of the uterus, which can provide relief from menstrual cramps.

They may actually help to speed up the elimination of the uterine lining, leading to a shorter duration of bleeding, and who wouldn't love that?! I found the Queen of the Thrones® organic cotton castor oil pack that makes the practice super easy, and excellent to wear throughout your entire cycle to help with balancing hormones!



SELF CARE

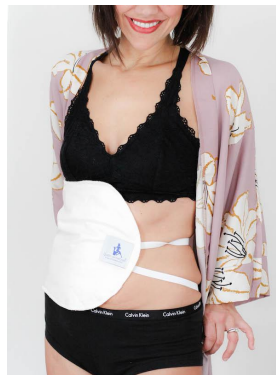
There's no doubt in my mind that self care is critical to health and happiness. When I set aside time for myself, I can show up for the people I love in my life as the best version of myself. One self-care practice that I have absolutely been loving lately is the legendary castor oil pack. They benefit physical health by:

1. Helping you get a deep sleep
2. Improving digestion, absorption, & elimination
3. Enhancing antioxidant levels and elimination of toxins
4. Reducing inflammation & alkalinization
5. Balancing your microbiome & breaking down biofilm

BUT, they also help your mental health by:

1. Activating your parasympathetic nervous system & putting your body into a relaxed state
2. Giving you space to wind down & spend time with your body
3. Helping you sleep better & recharge for what tomorrow brings
4. Allowing you to do 1 simple & positive thing for your health every dang night
5. And SO much more...

Are you interested in more of the positive effects that castor oil packs can have on your mental health?

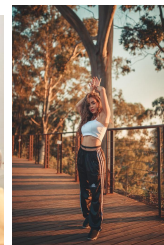
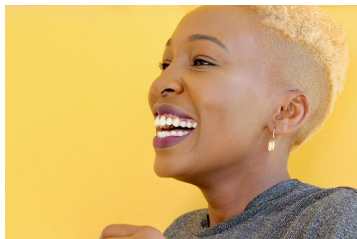


SELF CARE

Sometimes our imagination is greatest when we are being critical of ourselves... One thing I've learned is that everything we absorb day-to-day (what we watch online, who we follow on social media, our jobs, stress, our diets) affects our self-image.

One thing we need to get straight is that we are ALL BEAUTIFUL. We are alive and breathing, say thank you to your body for keeping you thriving, and able to experience all the things in life. We are way too critical, yet we all do this from time to time. I just want to say that for me, when I take charge of my self care - drink lots of fluids, nourish my body with what it deserves, do my castor oil pack, get up on my feet... I feel beautiful on the INSIDE & the OUTSIDE.

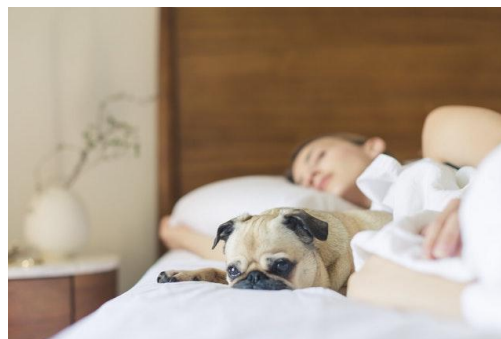
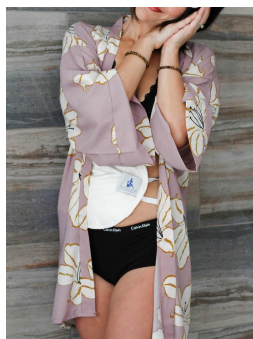
What do you do to get yourself out of this mindset!? Tell your body you love it today, you are a QUEEN (or King!) & you deserve nothing but love!



SLEEP

If you have trouble falling asleep, you've gotta give castor oil packs a try! This sacred health practice helps the body switch from a stressed-out state to the parasympathetic 'rest and digest' state in a matter of minutes.

It's one of my favourite tools for reducing stress and improving sleep, because it's so easy! With my organic Queen of the Thrones pack I simply apply castor oil, tie the pack onto my body, then crawl into bed and drift off into Dreamland. In addition to helping me sleep better, it also reduces inflammation, helps balance my microbiome, improves detoxification and regulates bowel movements - all while I dream blissfully.



STRESS | WHAT IS A CASTOR OIL PACK

Stressed, bloated, gassy, constipated... Do any of these sound like you? Sometimes the root of the issue is that we're not managing our stress. But seriously, who's got the time?

An easy and quick natural solution I have found for these annoying problems is the castor oil pack. It's a legendary health practice renowned from Ancient Egyptian Medicine to Indian Ayurveda to Traditional Chinese Medicine. The practice involves

placing a piece of castor oil soaked cotton onto the body to promote wellness and healing.

Here are the benefits you'll experience:

- Better sleep and less stress
- A flatter tummy and reduced inflammation
- Less gas, bloating and a healthy microbiome
- Pooping better and more regular
- Anti-aging antioxidants like glutathione, vitamin E and nitric oxide

All of these benefits are scientifically supported, time honored and clinically practiced! I found an organic, reusable castor oil pack that is so easy, it only takes 2 minutes to prepare before bed.



STRESS | HOW CASTOR OIL PACKS BALANCE STRESS

Who isn't stressed these days? We all know how chronically high levels of cortisol negatively affect our health, right? It's so important to make time for practices and techniques that reduce the stress in our lives. One of my favourite tools to balance stress in my life is the castor oil pack.

I love it because it's so simple - it only takes 2 minutes to prepare in the evening and it does the work while I sleep! The soft compression of the organic cotton pack is like a big hug for my body, helping it switch into the parasympathetic 'rest and digest' state. My friend and colleague Dr. Marisol ND has created a heat-less, less-mess 3 step castor oil pack that makes this sacred practice easier than ever!

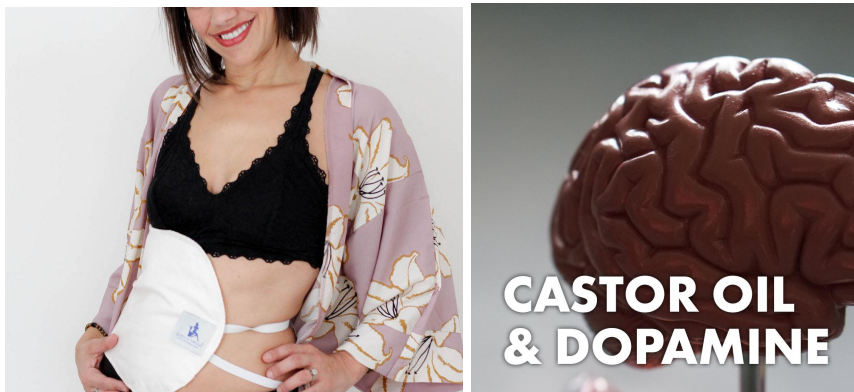


STRESS | CASTOR OIL PACKS SUPPORT DOPAMINE

A little known fact about castor oil packs is that they help stimulate our body's feel-good neurotransmitter, dopamine.

When you place the pack on your body, the soft compression on the skin stimulates the limbic area of the brain (A.K.A. the area responsible for emotion) and it becomes flooded with dopamine, which makes you feel good and helps to improve concentration and motivation.

Who doesn't want that feel-good feelin'?!



WEIGHT LOSS | CASTOR OIL PACKS PROMOTE OXYTOCIN

Oxytocin is known as our love and connection hormone. It is typically found in the body in high amounts after sex - but highest after giving birth. It's a total natural high that makes you feel all warm and fuzzy inside.

Amazingly, research shows that castor oil packs can promote the release of this hormone in the body by the soft compression of the organic cotton pack on the skin.

Oxytocin can help with weight loss by reducing appetite. It may also improve sleep and can help in a number of conditions including anxiety, depression and intestinal problems.

