Introduction and Dr. Marisolu2019s Story

Hi, it's Dr. Jen. Welcome back to the Heal Your Thyroid and Reversing Hashimoto's summit. So today I have Dr. Marisol here and she is an award winning author and founder of Queen of Thrones, which is a hilarious and fun name of a business.

It's a line of products, including the original heat list. Last mass, a reusable castor oil pack. It supports better sleep, better bowel movements and feeling better hormonally.

I use it, I love it. And then she went on from the director of a brick and mortar detox clinic for over a decade to CEO of the e-commerce goldmine built on traumas in her life and transforming them into gold.

So, Dr. Marisol, welcome. And I would love to have you tell us a little bit more about your journey and how you got to where you're at. Awesome. Well, thanks, Denver South for having me.

You know, serendipitously I ended up here, I don't even know if I pronounce that word properly, but truly, the universe had its plans for me. And when I when in my bio, when they say, you know, like I had a lot of traumas in my, in my childhood and sickness and illness.

In fact, I just lived sick. And it was a godsend because it was what led me towards, you know, wanting to work in natural medicine or in medicine in general.

And then I happened to just have fallen into natural medicine, and then I went back to school to become a naturopathic doctor because I wanted to find a solution for my healing.

And it was in that journey where I invented my first version of the castor oil pack. The easy way to do it, because I'd gotten so sick and so burned out and so depleted, dealing with a conjunction of hormone problems.

PCOS I was dealing with the Hypothyroid, not Hashimoto's, but PCOS, which has not only component to it, I was dealing with IBS mold toxicity, I mean you name it, electromagnetic frequency sensitivity.

Like I was sensitive to everything and I just felt like my life was I was crumbling to pieces, unable to get out of bed and just overall, there I was and I was honestly, I think the worst part was I was sick and tired of being sick and tired, and I was sick and tired doing all the things that I was doing, like supplements and diets and this and that.

And they still weren't working. And for me, what happened when that occurred was that I remembered back to way back when I first started over a decade ago in the natural healing industry like this is when I was starting school, which was a decade ago.

So 20 years ago I remember being told about these things called Castrol Pat's, and at the time I thought they were woo woo. Like I thought it was a big joke.

Like I'm like, wow, okay, this is like putting oil on a cloth. For those that don't know what a castor oil pack is, you basically put oil on top of a piece of cloth.

You put lovely castor oil always in a glass bottle and you put it on an organic cotton class is just this. And ideally, it's as easy as the Queen of Thrones when it's all tied up in nice and attaches to your body.

But at the time there wasn't any tool like this. And I was being told to go buy a cotton cloth, get some oil, put it on, put it on my liver. And I thought it was a bunch of baloney.

Right? It's like I'm like, I'm sorry, but like, what is that going to do for my body? Give me another pill. Because, of course, I thought in terms of pills, a pill for an ill and I'll get better.

But those pills weren't working, whether it was supplements or what have you, they just weren't working. And so then I finally devised my first little contraption when I was out of desperation, put it on my body, and the minute I put it in my body, I realized that I felt better than I ever felt before.

It was like a monumental moment. The sky opened up, angels began to sing. I felt calm, I felt embraced, I felt beautiful. And I felt more most importantly, hope that I could heal because I was really getting scared, not only from the patient perspective, but also the practitioner's perspective.

Because here I was in that private college learning how to fix people and I can't even help myself. Right. But what ended up being the thing for me was that the gastro pox helped me so much was because I was taking all the right things in terms of supplements, but I wasn't absorbing them well, because the biggest realization for me in clinical practice was that everyone's walking in with a leaky gut or a permeable permeable got a gut that isn't absorbing well and they're taking, you know, so many supplements trying to, you know, absorb and they don't absorb any of them.

Despite these supplements being wonderful for them. They're barely absorbing them. So they have to keep on taking higher dosages, keep on adding more supplements, and it becomes this rat race trying to run after the supplements that are going to help you to heal.

And and on top of it, there's more stress added when that makes happens. And so then Castro packs. What I realized was that they calm the nervous system down, they shift the body into the relaxed state.

When you're relaxed, your gut junctions close up so your gut improves its ability to absorb so you can absorb your supplements better. And then on top of that, the relaxation effect moves your body into the relaxed state.

And when you're in the relaxed state, that is where you can heal. So it ended up being just like the missing link or a yes. You know what I like using the words that people use on our website is they constantly call Castro packs game changer.

How Castor Oil Packs Help the Body Heal

And they say that because I mean, we have like hundreds and I don't know about thousands, but hundreds of reviews where people say they poop better, they sleep better and they feel better, and that it's been a game changer in their life.

And then they can notice a difference when they use it and when they don't use it. And that's pretty immediate. So it was really, really cool to experience that personally.

And then of course at the time I get better quicker than expected. My prognosis was that I would get better after nine months. I got better in three. So which is great. So happy.

I went back to school, back to my last year of clinical practice and I'm running in with Castro packs on my mind and wanting to prescribe them to every single person.

And then every single patient was the exact same thing as me. They came back, hadn't done it, thought it was woo woo. And I was like, okay, it's time for me to set things.

So long story short, I went back into clinical practice. I kept on making the packs, but not at a large scale. I ended up dissolving the first company because it became too much an issue with my ex.

And in clinical practice though, I still maintain these Castro packs and I decided to relaunch with the new queen of the Thrones because I just realized that people needed this around the world.

And me just having in my clinical practice, I was limiting the possibilities of healing out there. So I and because of what I was seeing was in my clinical practice, I was in so much Hashimoto's, so much autoimmune condition, so much cancer, so much the worst of the worst that I realized, okay, like there's really something to these packs and for these patients and because they're so chronic, because they're dealing so much, the last thing I want to do with them is give them more supplements or give them an unattainable treatment like go find is go find that go by that and make it more work for them.

So that's what brought me back out to bring in the Castrol pack and not looking back since. And so I'm so thrilled to be able to help people who have Hashimoto's.

And my mother suffered with thyroid. I suffered with thyroid now not autoimmune based, but thyroid nonetheless. But you know, it's debilitating and Hashimoto's just takes it to that next level and to see I've seen my patients go through what Hashimoto's is, both male and female.

My husband is a Hashimoto, a survivor. So I mean it is rampant around the world and it is such a cool topic too to understand that there is lots of possibilities for healing in asteroids.

So thank you for having me. Yes. Yes, of course. And I agree with you. Same thing, Castrol PACs. I'm like, where's the evidence? And then you dig in, there is evidence about it working.

And and then I remember years ago I tried my own at home and it was so messy, like putting the heat and then laying on the couch and my kids would want me to get up and I would get it everywhere.

My husband's like, What are you doing? So now I just wear yours at night and it gets a lot easier, makes it a lot easier. And I think what you said is really true.

You don't want to just keep handing supplements. And yes, if your gut health is not working, you're not absorbing the supplements. And that's hard for people to swallow.

Literally swallow. You know, you may not even be absorbing. Well, and a lot of the times, you know, we obviously with Hashimoto's, they have to work on taking out food that is not working with their gut, fixing that leaky gut, but also liver health is super important.

So let's talk about liver health and how the castor oil pack, what it does for the liver, because that's that's the main original use for the castor oil.

Yeah. Yeah. So we asked her back what is so interesting. It needs to be placed over the dermatol was delivered. The liver is right underneath like pretty much your breast and your lower rib cage area.

Now the castor oil needs to be on the dermatol. So for those of like a chiropractic or osteopathic or medicine background, the dermatol are basically areas on the body that are connecting to the nerves that feed the organ.

The castor oil pack works based on somatic visceral reflexes. So what happens on the skin or the touch of the skin? Bead feeds back into the through the nerves, into the organs, the internal organs.

So and on top of that, there's castor oil. That's an anti-inflammatory. So that helps reducing inflammation, the liver. And then there's the wonderful shift and the activation of the vagus nerve with the castor oil products.

Even though we're talking about stress helping the liver, the reason why is because the liver is the one that has to tolerate and deal with all the stress.

And the liver is in control. It's in the traditional Chinese medicine philosophy. It's the commanding organ. It's the organ that commands and holds on to all the stress.

So the Castro part, the minute that you put it on the body, what it does is, is via the skin and the different nerve

nerve receptors on the skin feeds back into the nervous system and activates the vagal nerve.

When you activate the big on ventral nerve, you're activating the parasympathetic state on activation of the parasympathetic state. Number one, you deep breathe better, your blood circulation becomes stronger, your gap junctions in your gut close up in the parasympathetic state.

On top of it, your phase one, phase two, phase three, liver detoxification all become optimized. So the key with the castor oil park is the actual wearing of the pack, because you need that sensation on the skin.

And the oil helps with not only activating the relax response, but activating the specific organs, reducing inflammation in the organs, optimizing microbiome in the organs, optimizing lymph drainage, circulatory stimulation and observability of nutrients.

So if you think about that, that's an enormous amount of activity done by one little piece of cloth with with some beautiful organic oil. So it and the crew eat even better than that, though, is an affordability of what you get from doing a castor oil pack and all the benefits you receive from it.

So to me, it ended up becoming my number one prescription because whether someone had Hashimoto's or they had PCOS or they were in menopause or dealing with cancer, no matter what, the liver needed to be looked at because the liver was the interface in between the circulation, the drainage, the gut, and then all of our hormone systems and our immune system.

So it's such a pillar of health and that little practice of doing the park at night before going to bed, at least for an hour, or even better, wearing it to sleep.

The liver is most active between the hours of one and 3 a.m.. So then you're working the most the most important organs when it's their most active time.

It's just it's such a fascinating treatment, I find. I'm so excited to speak about it. Yes.

Liver Support, Detox, and Better Bowel Movements

And I totally just when I tell patients to wear it overnight, I forgot about the liver being most active between two and three. I'm like, duh, that that's the other good reason I do have patients start like, do you know how certain patients are just really sensitive to detoxing because they're so toxic?

And usually the one thing they need is liver detoxification. Like the most, you know, they need it the most. But I will have them try it out during the day for an hour and just wear it around.

And then if they do well with that, then I'll have them do overnight because sometimes they could just be so toxic. It's they don't feel good. Yeah, yeah, yeah.

The good thing with Castro practices is before I really, you know, like mandated gastro packs with my patients, especially because we did a lot of cleanses in my clinic, we were predominantly set up for cleansing, so we had hyperbaric chambers and colon hydrotherapy, I. V.

therapy. We really were doing the entire gamut, like blood microscopy, dark fields. And I at one point, like this, I made Castro packs mandated just like physical exams.

Everyone had to get a physical exam. Everyone needed to be doing casserole packs. And the biggest reason was because I noticed clinically that when patients were doing Castro packs before starting a cleanse or during their cleanse, their risk of Turkheimer reaction was greatly reduced.

They weren't happy anymore. So that three day because most people, you know, when they do a cleanse, they start to feel icky, especially the first one.

Again, like you said, like depending on how toxic they are. But what I realized in clinical practice was that it was the fact that they were trying to detox and cleanse while their body was maintaining the sympathetic straight stress state.

So what would happen is they just basically get bottlenecked in trying to move and eliminate out their toxins that they're moving. But if they had the Castro back because the Castro PAC relaxed the system, it would open up the excretion pathways.

And that's why so many of our teachers in complementary medicine would always be like, open up the among I was the word they would use. Do you remember that?

Open up is such a funny word among doors. So among doors are the escape out of the body, pathways of the toxins. So through the skins and through the breath, through the urine, through the the stools.

And so it was it's really cool to see that you can actually shift people their hyper reactive response now that you're still going to have some that are going to react highly responsively because it's just the way that they are with any kind of therapy.

But in general, people will respond even better. So I feel quite safe with giving it to people once, at least for an hour, definitely overnight. And but if they do feel that it's strong for them to definitely back off and then go from there.

But people typically because the the big question we get after like how am I going to respond to a body are going to get detox symptoms. The next biggest question that we get is like, do I really have to wear the pack?

Like is it necessary to wear the biker? Can I just put the oil on? Right. Because people want everyone wants it the easy way. But the pack is necessary because without the pack, all you're doing is just castor oil is an emollient and an anti-inflammatory oil, but it's the pack that calms nervous system down that has all the mechanisms with the nervous system that allows you to heal and prevent sparks, tremors, reactions.

And then you feel you feel good and you and the third question we get most often, how long does it take? I bet you get that one. Two is right like so that and that one people should see some kind of response positive typically on first try or if not within seven days.

And if not, then we've got to troubleshoot and look for things like most typically is just dehydration. That's a problem. And dehydration, because of your dehydrated, you can't blow out the toxins that are being mobilized.

So that falls right in line with people being hyper responsive and reactive to the the Castrol pack. So that's a way to troubleshoot that as well. Yeah, that makes a lot of sense.

And also with patients with thyroid, they tend to thyroid problems like Hashimoto's and hypothyroidism, they do have a lot of problems and constipation and the liver is really going to work with that.

And I joke with my patients, I'm like when I'm diligent with my castor oil pack, I'm very healthy bowel movements. And now that's the thing. Like sometimes I'm not going to lie.

Sometimes I'll slack for like a couple of weeks. I'll be like, So now I just, I usually just put it, I use my red light and I just put the oil on and I have it right all next to my bed.

So I've no excuses now, so do it for you. But yeah, but you should talk a little bit about how having a happy liver can lead to happy bowel movements.

Yeah, yeah. I love that question. Such a good question. It has to do. We spoke about that earlier with regards to the traditional Chinese medicine clock.

And so the idea of sleep is of utmost importance, importance. You know that. I know that we we all know this because we are constantly told by everybody they tell they out there tell us all the time and sleep is so important.

Yet sleep is probably like one of the number one problems people have sleep in going to the bathroom properly and that is mainly because of our, you know, go, go, go 24, seven society that we're living in and constantly in stressed and what goes off and shuts down as your ability to sleep and your ability to poo and eliminate properly.

So the the best time routine is very important when it comes to sleep and ideal times to go to bed are between the hours of nine and 11. Oh, sorry. 11 p.m. 9:11 p.m..

Because the hour of the gallbladder falls between 11 and 1 a.m. and we want to be in bed before the hour of the gallbladder. So somewhere between nine and 11, we want to start getting into bed.

And the big reason is this, is that the cast are opaque. When you put it on the body, you're putting it on the skin and you're putting oil. Oil is on the skin and on the top.

Now, the skin is much like has sensors, just like the mouth does and the tongue does in the stomach does. They sense whether it's a fatty substance or it's a water based substance or whatever?

And when it's a fat based substance, what happens on the skin or in the mouth is that it stimulates a dopamine response in the brain for satisfaction and feeling good, but it also triggers the gallbladder to dump the bile because that is the natural mechanism of eating food. And also when you put oil on your skin, it's just a natural mechanism that happens.

You could see it on electrodes, develop grams that the part of the brain with the dopamine lights up, same as when you put on the pack. It also augments oxytocin, which I forgot to mention too, which is like a feel good love and connection molecule.

So this dumping of the bile is done typically also to help with cleansing and detox and to stimulate the process of bowel movements. The step by step process that happens in a chain reaction.

It's like, first, the gallbladder dumps the bill. You can think about the gallbladder like a trumpet and behind of the liver that is signaling to do the the coming of the royal dump of basically their royal flesh.

So so that's why the pack worn before bed at night is really important because you're trying to get it on before you signal the bile dumps so that your bile dump is a lot healthier and bigger and better than before because bile is actually a bit of an irritant to the intestine.

And that irritation internally starts getting the engine moving. And then once that engine is moving and you're wearing the pack overnight, you maintain your state of relaxed, relaxed ness because of the oxytocin boost, the the shift into the parasympathetic through the ventral vagal nerve.

What ends up occurring is that can that that helps you with elimination. And when you can eliminate better and you don't go you go every day rather than going every third day you're going every third day.

All you're doing is you're simply maintaining the stools in your gut and then your body's rehab, zombie and all that, and your liver has to basically reprocess the exact same junk, who knows how many times.

Why the Liver Matters for Thyroid Health

And that's ineffective, inefficient for our human body systems. What's efficient is to have a big diet bile dump between the hours of 11 and 1 a.m. and have that entire process the irritation of of the bile through the intestine, making the engine go of peristalsis and then emptying out in the morning.

And that's why the most common time to go to the bathroom is literally in the morning when you wake up in the

hour of the large intestine, which is between the hours of five and 7 a.m..

So it's just genius. The body is completely genius. It really is. It's very special. And I think especially in conventional medicine, we were talking about this a little bit before the interview.

Conventional medicine is just way off with this stuff and they think castor oil packs are crazy. But I think giving Miralax every day, especially to kids, is crazy.

So what actually works with the body because yeah. Body wants. Yeah. So let's talk a little bit about the liver and why it's important for thyroid patients.

So when when we look at the liver, not only with the the digestion, is it important in the gallbladder, but also our thyroid hormones because our inactive thyroid T4 is converted to T3, about 70 to 80% in the liver.

So this Castro oil packs also going to help with with our thyroid. You got it. Yeah. So that's another awesome. And thank you for adding that in because really, truly, there are so many things that the Castro folks do.

One of the things that I noticed in clinical practice as a a consistent in every single person's lab testing that had Hashimoto's, whether they also had elevated estrogens in their bodies.

And so the liver not only is converting the T for the T three and working that process to get take you from an inactive state to an active state. But the liver also processes out the extra estrogens in within our body.

And this is key because within if there is a high estrogen state in the body, I estrogen is equivalent to elevated inflammation and this is especially pertinent to those autoimmune Hashimoto's areas because whenever you have an elevated state of inflammation for a very long period of time because you know, inflammation is in body information is actually the tool of our body uses in order to heal.

You know, I had injured my thumb and I was all in pain and inflamed, but it was that inflammation that was calling all of the healing factors to my thumb.

Had I not had inflammation, nothing would have healed. So inflammation and cyclically for women, our estrogen tends to run higher and higher levels during the follicular phase of our period.

So from the time that you bleed all the way up until ovulation and that's normal and that's good, you want that. But the case with Hashimoto's or other autoimmune hormonal conditions like PCOS too is that you start to see that the estrogen is just elevated all the time and when the estrogen is elevated all the time, the thyroid has absolutely no hope to be able to balance itself out because it will go into hibernation.

And no matter what kind of armor, thyroid or what have you, you give it, you were still going to be dealing with the factor that the body is going to maintain the balance and it won't allow that thyroid to get elevated and go into its natural normal zones and decrease those autoimmune markers of Hashimoto's.

It won't allow that if there's high estrogen because there's high estrogen, there's inflammation causing an increase in the Hashimoto markers. So it just becomes this, this, this like vicious cycle of chicken and egg and chicken egg.

And so if you're not cleansing and optimizing the liver's ability to balance itself out to get the levels of estrogen in a normal state in the body, so then that way the thyroid can actually convert well and be well.

Well, you're not going to get anywhere. And that's why you're only taking supplements. You need a more global approach. And that's where Castro box for women with Hashimoto's has become a game changer.

And not only wearing them on the liver but also, you know, localizing therapy with castor oil right on to the thyroid because along with women with one or many who had Hashimoto's, when they would walk in after after doing labs and physical exam on physical exam, majority of them would.

And you probably see this to what we would note nodules on their thyroid like it was just like 98% of like it. I don't have that exact data, but I mean I was like really shocked because it was like almost every single patient I was palpating had thyroid nodules and many who didn't have thyroid.

And that's a sign nodules anywhere in nodules anywhere is a sign of employment, inflammatory processes happening bottom line. So then, you know, there's inflammation happening in thyroid.

So you don't you not only want to treat downstream of the liver like the root cause, but you also want to treat where you're having the issues. And this pack is worn just before bed for an hour.

You don't need to wear it overnight, this one. And it's just nice and simple. And yes, this one like that helps to not only support and reduce how hyper functioning or hyper functioning the thyroid is, but reduce inflammation, optimize the nodules, reducing them, helping to helping to reduce them as well too.

And I love it too, because of the cosmetic uses of preventing aging or slowing down aging on the neck, which is nice because that's what we noticed, that we started to get older is our neck.

Yes, definitely with the neck. So the castor oil is going to calm down. The inflammation in the thyroid and then also topically with the skin help out.

Got it. You got it. You got it. And just there's so many benefits to castor oil, like there's you know, sometimes they didn't forget to say all the benefits.

There's so many and I'm I'm always finding more of them. But like the other aspect of castor oil is nitric oxide boosting, right? Nitric oxide is a natural antioxidant and natural anti-aging agent.

Which, which, which, if you know about the drug Viagra, that's nitric oxide base which is done for erections in men, which is done because it stimulates circulation to the area.

So castor oil stimulates circulation to the area. And you know, women just physiologically and you would know this as an osteopath that hold all of their tension in their neck and their shoulders many times because they're protecting their heart.

They've been stabbed in the back or stabbed in the heart. So women are protecting their heart and physiologically they breathe upper chest breathing. But when you breathe like that constantly, you are also tightening up all of your muscles in your neck and you're preventing proper blood flow.

So wearing a pack in this area also helps with enhancing blood flow to the thyroid, which will bring more nutrients, will help to drain lymphatic. It will cost you a lot of goodness in this area that doesn't get enough blood flow.

Yes, especially the lymphatics. If your muscles are all tight, you're not going to drain properly. And the lymphatics are really important for the thyroid because our thyroid is just so sensitive to environmental toxins.

So we need the lymphatics to be draining properly in that area. So that's that's really exciting that you could do that.

Hormones, Stress, and the Parasympathetic State

So, so where the pack thyroid for an hour and then on the liver for overnight is usually the best that we see for the thyroid patients right now. The only other thing that they could do is, which is a hormonal only base protocol, which I really, really love, which is where, if you recall, I spoke a little earlier about how estrogen is high, there's inflammation and cyclically in the follicular phase, our bodies the way that they're designed, women and then cycle too.

But it's not as apparent as women women we cycle to the moon, you know, we can see with our periods. Sadly, sometimes we choose to take hormones over the counter and affect our hormones in a negative way.

Sometimes some people need it for certain reasons, but in general, those kinds of drugs, you know, they could be a little bit problematic for people. But the natural rhythm of the body is that in the Valley killer phase from Bleed Until Oblation, all of the energetics are within the liver.

And that is your most optimum time for liver detoxification and cleansing from. So the liver pack is ideal then, but then from ovulation it's about day 15 after bleeding ovulation all the way up until the day one of bleeding again in your luteal phase, the egg drops when the egg drops, energy drops in your body.

So inflammation reduces. Hopefully if you're not stuck in a resistance or restricted hormonal balance, when the egg drops, your energetics drop down into your pelvic region.

So a good switch there is to go from the liver pack to but you not over to what's known as the pelvic cock, which is just a lot larger and a longer path so that it fits over the pelvic region and over the hips.

And this is good because this helps with nourishing of the ovaries and the uterus. So helping support a healthy hormonal balance because, you know, the thyroid isn't an island on its own worst system.

So we're working thyroid estrogen like everything together, we're working. So that's one great option that you can use in protocols, which is is very, very similar to seed cycling.

People would do with seeds, but a lot easier and a lot more beneficial because I feel that it works better because you're actually really working with the body's energetic movements like from upper part of the body upper quadrant down to the lower, lower burner of the body is the Chinese say.

I love working with our cycle in a positive way. And I think it's it's so exciting. People see their their cycle is a burden. And I'm like, no, it's such a good sense of your health and what's going on with your health.

And yes, so many thyroid patients, they also have other hormonal problems and the thyroid should just be looked at as a hormone. You know, when we talk hormones, it's thyroid hormone, too, because a lot of people think just hormones mean estrogen and progesterone and they're sent from one specialist to another.

And it's like, no, it's all connected. Even cortisol goes, yeah. So I and I like how you tie in that. This also helps with that parasympathetic check that so I mean because that oh my gosh especially the past two years, everyone is stressed and on edge right?

We all went through this big event together, this pandemic. And I think more than ever right now, everyone is is really just regulated, honestly, from an autonomic nervous system.

100%. The the the biggest thing like with Castrol Cox is that that that oxytocin promotion, right. The love and connection molecule during the pandemic, so many of us, we just got even greater disconnected than we were.

Right. Our lifeline was social media. And most time we couldn't even be on that because what was on social media was either it was just so hard to take.

So it was such a time in our lives where and, you know, more divorces occurred, like people really, really shifted in in ways that were, you know, maybe even a bit probably beneficial in the long run, but really challenging to deal with in the present.

And oxytocin, you know, truly is a molecule of healing because when we have love and when we feel connected, it is so much easier for us to heal under stress.

We can't heal. We're running away from the trauma constantly. We'll never heal of we stay in stress states. This is the reason why I just love going on retreats, you know, because in retreats you really like you.

It is an escape and you escape into a really calm zone and a place where it is calm and peaceful. And you can see

there's healing that can happen. And what the ideal is, is that we can bring that to life in our own homes and in our lives.

And I really feel like Castrol packs are like bringing the retreat home, you know, like you, you, you put it on at night and it's like you were at the store or it's like you just had a really beautiful massage.

You know, the more that we can put our body and shift our body into the relaxed state and get that therapeutic touch, which you can't afford going every day to the massage therapist, you really can like like I can smile.

I'm pretty sure most people get it for that. So but you can it's super affordable to be able to put on a canister open every night and have that same feeling and sensation in your body.

And that alone, the more often you feel that that gets you to healing faster, that speeds up the healing. So Castro packs are like really like bringing a health retreat home, you know?

Yes. And you can't kill your body when you're running from a tiger or a bear. When you're in that sympathetic state, you can't heal. And that's a lot of people it's hard to work on.

That's probably the hardest thing to work on, right, is this, you know, if you have trauma in your past and you're just your body's not doesn't feel safe, it's the hardest thing to work on, but it makes the biggest difference in healing.

So whatever you do to do that, it's important. Even so many people in their relationships, like they they have they think they have loving relationships, but their bodies respond, responding in the stressful way like these talks can help with healing the relationships.

And as a side note, that's one of the things I noticed a lot with my Hashimoto's patients that many were in toxic relationships at the time of their Hashimoto's, especially with flare ups and when they would let go of the relationship so much of their would balance out.

So whether that relationship was in a a toxic marriage or a toxic work environment or a toxic mom in law, whatever the case may be like it was, those aspects all impacted their healing.

And, and all that was, was emotional stress versus a physical stress. So, so important to look at all those things of your life. Yes, it is. And like you said, toxic work environment.

I had to have people switch out their jobs, change their, you know, and they knew it was the right thing. But I think they just needed someone to say it was affecting their health even though they knew it.

They just needed to feel validated. So really, if you're suffering from Hashimoto's, some sort of health, chronic health problem, you need to look at every aspect of your life and also realize it's not your fault.

So and you can, you can heal. So one thing I do want you to talk about was specific to castor oil. Well, really, we shouldn't drink or eat things out of plastic anyway.

But specifically, what should people look for in castor oil? Because it's kind of the Wild West out there. And you have to be careful because just like supplements, if you get them just online from anywhere random, they can actually have heavy metals in them and actually be doing worse.

So you definitely have to be careful when you're looking at the products that you're using on your body, especially your skin, because your skin absorbs so much.

Now, thanks for asking about that, Jenn, because it's so it is I think this is the most important thing when it comes to Castrol packs because not only the oil but actually even the packs itself like the oil, castor oil is the master carrier oil.

Choosing Safe Castor Oil Pack Products

If anyone's into mixing things with carrier oils for essential oil treatments, use castor oil because casseroles the very best oil it has, the oil is the only oil that has the ability to go deep into the dermis where the circulation is and lymphatics.

And that's what can bring the essential oils and permitted throughout the tissue. So but the thing is this is that the oil is such an excellent carrier oil if it's placed in plastic or next to plastic or in plastic, it the oil starts binds the plastic and brings that into the body with it.

And then you're just in the same mass of plastics. Many of them mimic hormones, you know, estrogens or phthalate. There's all these issues with plastics.

Now, it's not only the castor oil. So castor oil, you're always looking for it to be in a glass bottle. You would love for it to be hexane free, which means that it's not processed.

It's only processed by pressure. So only pressed. It's expeller pressed oil hexane free and extra virgin. So just like your olive oil, you want it to be the first pressed because that gives you the most amount of nutrients.

Castro's also nutrient rich, so you would love to have an oil that has the most amount of nutrients and Queen of Thrones oil. I would even go a step further and I personally kind of personally bless and give good tidings to the oil to make sure that everyone has that the the journey of healing that they would love.

Right. Because I know how rough that can be for so many of you out there. The packs are important to understand, too, because the packs are packs on the inside are made from an organic cotton flannel, which is the material that should be done with either organic cotton flannel or an organic wool flannel.

Now we want to be careful because there's so many packs that have now popped out on the market. But the problem is, is so many of them are using either cotton mix with rayon, which is plastic, or they're using organic bamboo rayon, which are organic bamboo sounds that you'll be an amazing material to do.

Castrol practices sounds eco friendly, but eco friendly doesn't necessarily mean health friendly. I want to be super clear. So the bamboo is actually bamboo is so strong in construction that it is legitimately broken down.

The fibers are cellulose, fibers broken down with over 20 caustic chemicals to be made into a fiber that is softer than cotton. And on top of it, they add hormone does regulating phthalates to make it soft.

So it is such a disaster. And then if you buy and then if you blended with rayon fiber, well then the whole thing is just chemicals and plastics. So it is so, so dangerous.

So watch out for products that are made with organic bamboo, products that are made with cotton, things like cotton velour or cotton blends like that, they're all blended with rayon.

You want it organic cotton flannel. That's the most important thing. Ours has plastic on the outside. So the part that's shiny, you don't put the oil on, you put the oil on the organic flannel.

That is what goes against the skin. And then they they need to be replaced like anything. Usually after about two months of treatment. So about 60 treatments in total.

You want to replace one? Yeah, that's really good to know. Especially we're putting, you know, the fabric on our bodies and especially if you're adding an oil to it, you really want to make sure it's clean because it can break things down.

And that's why you're replacing after so long. Yeah. The other thing too is that you see the pack when the pack is put on the body. The environment for absorption of chemicals and toxins is an environment that has salt.

So your skin, natural sweat, will have salt, an environment that has a microbiome. Again, your skin, an environment that has oil and then heat, natural heat.

So it's the perfect environment for absorb ability. And that's why you really have to be careful about the type of material that you're using and about the the type of material that you're using and about the oil that you're using.

Right? Because it's a perfect environment for observability. Toxins. Yeah. Oh, my gosh. It's such important information. And I just love the fact when we have another way to support our body in its healing.

And this is some ancient wisdom to though passed down, this isn't just something that is brand new. This has used for for centuries such such a good way to heal our body.

And another great adjunct and self-care. I think of it as self-care, you know, it's just in my routine. So Dr. Marisol, could you please tell everyone where they could find you?

I love your personal Instagram, too, because you're very vulnerable, like with your healing. And you give us a lot of fun videos. So tell everyone where they could find you, please.

Absolutely. Thanks for that. And I just want to comment on your last little comment because I love earlier on we were talking about how well you love about Castro packs the most is that it's not another supplement you have.

You have to give right. And and what I love the most about it is that it's it's the tool that helps everything that you're doing work better because that was for me.

What was that that that's what was the game changer was that I was doing all the right things because most of you out there listening are doing all the right things.

I'm guaranteeing you that. But there's just little areas that need to be tweaked. Observability is a huge one. Are we absorbing what we're taking? Right.

The stress is major. Those are like the top two that if those aren't working, then you're going to be taking lots of things and they're not working. So I love that we're in line with all that for people to follow me graciously.

I accept that. Thank you so much for for allowing me the honor of sharing my Instagram account is @bewellqueen. So I believe that we're all queens and it's all about us, like owning our throne and taking dominion in our life and in our health care with all that wonderful self-care.

And then, of course, invite her company at Queen of the Thrones. And I'm sure you have links in the show notes that people can go on over to our website also.

Yes, absolutely. Well, thank you so much. It's been so much fun talking to you and you sharing your wisdom and your amazing product. Thank you so much. Jen's awesome.

Have a great one. And best of luck to everyone out there who's dealing with Hashimoto's.