Enhance Sleep, Digestion For An Effective Trauma Healing Journey Transcript

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Introduction to Trauma and Recovery

Welcome to this interview on the Biology of Trauma Summit 3.0, The Trauma Disease Connection. This is going to be a very practical interview for you, so get out your notepads, get ready to take notes because specific, very detailed instructions will be provided.

The tool discussed in this interview is so powerful to shift your system, your nervous system, your body, your operating system into or at least closer to that parasympathetic state.

And let me provide a little teaching and context to help you understand the value of this and why you should even care. The trauma healing journey can be compared to the journey to be an Olympian athlete, as will be referenced throughout this interview and back.

Now, the success of an Olympian athlete to succeed to that level above all other athletes. At that level, their success, their secret is not just in how hard they work.

That is actually not their secret, though that is extremely important. Their secret is their recovery. What is their recovery in between their workouts?

Working out and exercising is a stress on the body, and they need to be able to clear out all that stress, all the toxins that accumulate with stress in order to get to their next workout and be able to perform at their best level so they can keep pushing the limits and stretching themselves and growing.

If the recovery is not ideal, then over time, those toxins and that stress accumulates and their performance starts to decrease and decrease because their body just cannot keep up with all the stress that it continues to hold.

Their recovery is key. It clearing out all that stress, all those toxins that their body is only and all available for their performance. Now, recovery only happens in one state of the nervous system.

This is called parasympathetic state. You may have heard it as social engagement, rest and digest, ventral vagal. These are all referring to the parasympathetic state.

Now there are three states of the nervous system and that is not something that is taught in medical school or in functional medicine yet. So in this conversation, you will hear references being made to trauma and stress that can can be confusing without you knowing that there are three states of the nervous system and that the trauma response is different than the stress or the sympathetic response.

If you are not clear on these, then let me show you a quick graph graphic where we can see the three states of the nervous system.

How Castor Oil Packs Support Parasympathetic State

We can see parasympathetic here, what we're talking about in this interview, to bring our system into this parasympathetic window and then we have a sympathetic state up here, which is the stress and the trauma response is down here.

They are not the same. So any reference to trauma, we're actually talking about this state. This is where the body lives when it is actively in a trauma response, even though it can come up and be in a stress response.

Let me show you one other quick graphic which shows the actual stress and trauma response, and that is this where our system goes from parasympathetic into a stress?

Oh, we get overwhelmed. We go into that trauma response and then, yes, our system can go back and forth between stress and trauma, but those are two different states.

So I want you to be clear on this, and I have a free guide on my website in case that would be helpful. And you can come to my website here at TraumaHealingaccelerated.com.

Here is the home page and I have these resources for you and you would get this essential sequence guide. It will walk you through these three steps or the three stages of the nervous system so that you can be clear on stress and trauma.

And with that, what we want to look at is how can we shift our state into parasympathetic? Because that will be the equivalent to our recovery in between our stress and our ability to clear out toxins, our ability to clear out stress that we can be best prepared and be our best selves for jumping back into our Olympic Games of life that we have every day.

What I want you to get out of this interview is that we are not helpless. We can shift our own system. And here in this interview, you're going to learn one tool that we can bring in to do just that.

And it is done through the help of the vagus nerve and oxytocin to shift our system back into or closer to parasympathetic. Now, the tool that we are talking about today will help you poop better, sleep better and feel better because it will help you shift into that parasympathetic.

Now, my good friend, Dr. Marisol Teijeiro is going to be sharing with us this tool. She is an award winning author and founder of Queen of Thrones. She's a naturopathy physician, and she has been working with castor oil pax since this saved her own health.

She actually went over to Germany and studied this and so now she brings us to the world and not only just the castor oil, but a unique way in which the delivery of it will not increase our toxin load at all.

What we go over in this interview. So now she helps people all over the world stress less, take power over their lives, who better sleep better and feel better.

Now, at the end of this interview, I ask her to give you specific instructions on what to do before you start using the castor oil pack. This will be important to you, so don't miss the end where she will go over an important thing to do before you start using it so that you're not increasing your toxic load as you're trying to use a tool that will decrease your toxic load.

With that, let's jump into this interview and learn how we can poop better, sleep better, and feel better for our trauma. Healing journey. People need tools for stress and trauma, and the castor oil packs have a surprising science behind them.

For how they can actually be tools to help shift that trauma state into one of parasympathetic. So let's start there and just explain what is some of the science, because I think that there is still a lot of ideas around it being woo woo for using castor oil packs.

Yeah, yeah. 100% kind of present. So what's really interesting was never whenever you tell anyone to actually even do castor oil or anything having to do with Castrol, immediately people think, Oh, I'm going to be going to the bathroom and going to poo.

And that's that's the end of it, right. But the reality is, is that I mean, that is not the only thing that castor oil does like. Sure. When you drink it.

And that's the history of it. But the Castrol pack as a modality on its own is super, super interesting because it's it functions differently than anything else, any other tool in natural health industry, because it does so many different things all at once.

And I think that's where the power of the castor oil pack is. And so when we look at the castor oil pack, just to let the viewers understand what it actually is.

And what it does is that it's it's a cotton cloth. It's like an old school compress that you apply castor oil to it. And always you want to make sure that your castor oil is in the glass bottle.

So you apply it to the cotton compress much like this, but a tablespoon to two tablespoons on it. And then you apply it on the area underneath of your on your on and slightly underneath of your ribcage, right by where your liver is on the right side.

Now, what this does is people will often say, I poop better, which is what everyone always thinks about when it comes to castor oil. I sleep better and I feel better, and I think the most important aspects are actually not necessarily the pooping better, but the the sleeping better and the and the feeling better.

Because I think for me, also, having been a trauma survivor and thriver, what I realized was that I never slept and I never felt well, what I was feeling was the race of life.

Oxytocin, Vagus Nerve, and Healing Benefits

Like I was constantly on a nonstop race, a never ending and unable to ever stop like so it was a little ago, and I was never shifting into the relaxed state.

But when you actually do a castor oil pack, what ends up happening is the placing it on the body, on the liver stimulates the nerves, the receptors on the skin, the skin being the largest organ to feed back into the nervous system, down the bigger ventral nerve, stimulating and responding and shifting the body into the relaxed state.

And when we can actually do that on command, which that's part of the Castrol path, because it's very, very similar to a hard right, if you think about it.

What is it? How do what does social connection do? What is what is Templeton Grandin did this way back when with autistic patients and in cows and in farms where she created a hug machine because cows would get stressed out.

And when they had a hug machine that was hugging them, they would no longer be in a sympathetic state. They'd be in the parasympathetic state. Had machines have been used in autistic patients?

Well, pastoral parts are very, very similar. It's like a hug that shifts the body into the relaxed state, stimulates vagal eventual nerve, boosts your oxytocin.

And when you move your oxytocin, well, then you downregulate your cortisol and your stress state. And for so many trauma survivors, this puts them into a place where healing is becomes a possibility rather than someone trying to heal through the stress and in the stressed state, because nothing good come out of the stress state just more stress, which is bottom line, right?

So he can shift the body to the relaxed state. You can then get to a place where healing is now possible. And I love that you bring up oxytocin because that's something that we bring up quite a bit in the biology of trauma and how that oxytocin and cortisol kind of play for who gets control of our brain and we can look at the cortisol when out.

Usually it does usually chronic stress that cortisol is going to win over and it's going to take over and you find your mind racing and you find yourself on the go, go, go.

And so how awesome that we have these tools to be able to bring in that Oxitec boss. And that can just be yeah, a whisper at first, but we can build it and strengthen it to say and now is a time for rest.

Now is a time for safe relaxation. I can relax and be safe, relaxing. I think that's a great point that you bring up

because when I was training in Germany back in 2000, the main focus there was on the pairs promoting the parasympathetic tone.

Because the thing is, is if you're in the sympathetic state and all trauma survivors are like you're you're you're never healing. You're taking things like you may be taking supplements, you may be doing this, you may be doing that.

Your supplements are barely absorbing. Maybe 10% is absorbing. You know, the food you're eating is probably not digesting very well. So you're not really getting the nourishment that you need, the workout you may be doing.

Yes, you're burning off the excess cortisol, but are you really regenerating? Or if you are having the ability of your body to improve its natural balance in tone?

Not really. You're just literally on a merry go round or on the vicious cycle of the trauma response with regards to stress and promotion of the parasympathetic tone is everything in healing, because without being, you don't cleanse, you don't clean, you can't process, you can't move through things without being in a relaxed state.

That's the bottom line. The body actually shuts down most of its cleansing detoxification. So liver, liver detox, colon cleansing and lymphatic drainage functions and even digestion when you're in the stressed state.

So you can't move out of what you're in. And I think if you think about it like that, that's scary because unless we do something to shift it and to consistently practice it, which is the most important thing, because it's like an Olympian athlete, you know, you can do you could take a supplement one time or you can do the exercise one time.

Is it going to do anything? No, nothing. Absolutely nothing. But an Olympian does what they practice in practice. In practice. In practice. Someone with a trauma response is out of practice.

In the relaxed state, of course, trauma. How can you be in practice? So the key and the onus on on on the trauma survivor in order to get better and feel better is to start practicing practices like the Castrol pack.

Then more often put them into the parasympathetic state and with that the ability to flow from sympathetic over into parasympathetic is enhanced. And that's life because you'll never not have sympathetic and you actually want sympathetic stress state because that motivates you, that pushes you forward, that helps life be better.

But if you're constantly stuck in it, then it's damaging to the system. We want back and forth, back and forth like a ping pong table, right? Boom, boom, boom, boom, boom.

And when that when you bring up the Olympians, what reminds me of their success, their secret is not just in the practice. Their secret is in their recovery.

How well can they recover? How fast can they recover that they can get back out and practice again? And it not be accumulating stress because they weren't able to fully recover.

Personal Recovery Story and Daily Use

And that for a body who's been in chronic stress or in the trauma response, that ability to rest and come into parasympathetic is the equivalent of the recovery phase, and that's what we're missing.

And so that's why we get to a point where the body crashes at some point, because all we've had is the work we've just been in, the stress. We haven't been able to get into that parasympathetic to have our recovery phase, to then be able to get back out and do something big and stretch ourselves so that parasympathetic shift is so important.

And I love how you say that we can create that for ourselves, that we can actually be intentional and not just wait for it to happen, but we have these tools that allow us to do that.

Yeah, because like let's be real doctor. I mean, like, it's not going to happen on its own, like, like a lifetime. Like, I

look at myself and I go like when I started delving into the trauma response and casserole packs and oxytocin and what it's doing to the system.

What I realized, like in private school, I just kept on getting sicker and sicker and sicker no matter what health thing I was doing. More supplements, more treatments, more IVs, more cognitive therapy.

I kept on adding more and more, you know, my bills were increasing. Was I feeling better? No, I was feeling worse. And it was simply just that. It was just that my body wasn't receiving anything.

Nothing. Nothing. And and then when I would have a trauma that would occur, because, you know, life has trauma to it. And there are traumas that happen every single moment of the day.

You know, like right now I'm dealing with a water change that's traumatic and keeps on overflowing. And where I'm living, it has a lot of problems with mold.

So this is really traumatic and I'm trying to figure it out, you know, but how do I now, as opposed to before, when I was full on into that trauma response, I just couldn't bounce back.

I'd be like like I couldn't breathe. I was stuck in it. I get anxious. My whole body would congestion tighten up. I wouldn't go to the bathroom. I'd feel, you know, horrible.

Now, though, a traumatic thing will happen and I'll be like, It's okay. It's all good, you know, go do my cholesterol pack that night, reset myself, deal with it when the next the next morning.

So and the cool thing is, you know, like a magnesium supplement, a GABA supplement, a melatonin supplement. As amazing as these all are, Valerian has the floor herbal if you want to herbalism or homeopathic all of these wonderful relaxing formulas are excellent.

But like the amount of dosages and your ability to absorb them when you're in the stressed state, I mean, you're going to have to be taking loads of these supplements in order to actually have the shift into the parasympathetic state, if it'll even do that.

And that's what I love about the Castrol packs and working with the skin because it's, it's the same for the listeners and viewers is that if you go to a massage, how do you feel after that?

You feel relaxed. Well, that's the feeling of a castor oil pack because it is working. The skin and the skin being the largest organ equivalent to the gut really, really helps us to be able to shift into that relaxed state.

And that's what I for me, in my clinical practice, every single patient got the castor oil pack before even starting with me because I knew two things.

They're walking in with stress and they're walking in with toxicity. So I may as well start right away so I can get them some movement forward. Right, because stress and toxicity at the end of the day are the same thing.

They are the same thing. I mean, the stress the stress of the body, no matter if this is emotional stress or toxins, stress stresses stress and that fills up our cup.

So that then one more stress and it becomes the trauma response. Now, as I'm listening to you and I'm thinking about people who are in chronic stress like this, this is not just a short term stress.

This is not just midterm exams. This is ongoing. This is a lifetime of stress. And this is their body feeling the weight, the burden of it all. I'm imagining that it would be best for them to wear the castor oil pack all night long rather than just to put it on for an hour.

Is that what you see? Exactly. I mean, so I give you my example when I when I guess you could say like a volcano

erupted in my life where I was in Naturopathy College.

And it was an accumulation of different things. Epstein-Barr virus, stress from school trauma that I'd never dealt with as a child, all these different things, you know, obviously Naturopathy College is pretty intense.

And then, you know, not living the love life that I actually wanted to live. So really it felt like the volcano exploded and I had no capacity to actually hold anything in my life whatsoever.

So at that beginning phase, I was actually I could also was convalescent like I couldn't get out of bed. That's how stressed I was. I was literally like, this is I just can't do anything.

So I've been there. So let me just jump in and say around here, we call that the trauma response. We don't call that stress anymore. We call exactly. We call that can't get out of bed.

That is the trauma response. If you're still running and going and pushing yourself that stress, honey, that that is trauma. Yeah. Oh, no. My body was feeling it from, like, being in college that was full of mold.

My building had black mold. You know, emotionally, I wasn't 100%. My mother was going through cancer. I had so many things happen to me as a child that were just like, you know, I was carrying so many so much luggage of trauma over time, an abusive relationship where I was beaten, I was raped, I was caged.

You know, I had a lot of stuff that I hadn't resolved at all. Right. And of course, you know, here now I'm in more stress. And it's and I literally get to the point where last year I can't get out of bed, almost afraid that I won't be able to finish school.

But I worked for my whole life. Right? And I was like, this sucks. And what I did was I actually did the pastoral part every hour and then I would pause for an hour and Edward for an hour and I'd pause for the hour because all I was thinking about was that German doctor telling me about improving my parasympathetic tone like an Olympian athlete, that I literally needed to keep on shifting my body into a relaxed state little by little, giving it input, giving it, you know, stimulus.

In Germany, they call it Zeit gamers, which is like where you you know, it's a trigger that creates a response. And that's that's what they wanted me to do.

So I might be gone. So I'm going to try I'm going to every hour take a break for an hour, wear it for an hour, and do that all through the day. So I would do that all through the day and then wear that throughout the night.

And that wasn't is severe trauma response.

Choosing Safe Materials and Proper Maintenance

But within a month and you know, clinically as a natural, Bob, I was diagnosed with Epstein-Barr virus, chronic fatigue. I had mold, I had co-infection, I had all these different things, right?

Just hormonal problems, PCOS, thyroid, you name it, IBS. I had it on my list, but the reality was when you have a diagnosis of Epstein-Barr virus, typically people are never better.

It's never well, since that's like the classical thing that every patient will come in. I had Epstein-Barr. I've never been better since. It is. It's so classic.

But within a month of doing that little protocol, I actually felt better than ever, which I was like, Whoa, this is cool. But then I realized that I'm feeling very good.

Now, let, let me. I probably don't need to do it as often. So then I started doing it just to go to bed at night. And then I continued that for a few months and and my life completely changed.

My supplement regime went down in half. I got rid of most of my supplements I was taking. Didn't need to go to all the different therapists and treatments that I was doing.

I maintained my life counseling and the different things I was working on deeper, deeper root cause problems like the way that I was talking to myself and how I valued myself and how I looked at myself within the world.

And it shifted my life completely. Like, to the point where after three months, you know, it was thought that I would be off for a year. After three months.

I'm back in school and I'm running into my patients and being like, Do the cancer please change your life? Right? Because I now was like, I've been ten years, the national health industry doing everything and trying everything.

And I'd been told from the beginning to do Castro Pox. And I just hesitated because I thought it was so woo woo. I thought it was weird, like wearing, like, oil on flannel and putting on the body.

And so when I ran back, I tried to get everyone to do it, but they had the same problem as I did. They thought it was woo woo and there was no easy way to do it.

And that's where basically my company, Queen of the Throne, started, because I realized if I'm I'm to have my patients who I care about, my people do it even myself, be able to have access to a tool, you know, because if you're going through trauma, there's a lot of stuff you're already dealing with that you don't want to be dealing with your things.

You don't need an extra complication of getting this and getting bad and figuring that out and doing like it's just it's too much. You're in such a brain fog, and I needed something easy for people just to do and pick up and put on their body and do it.

And so I ended up taking up this process that would be like an hour long process down to like 2 minutes flat bone done, put it on your body every night and start feeling the benefits.

And again, as you said, it depends really where you're starting out when you start these Castro packs, if you're in a complete trauma response, immobile, unable to get out of bed, like wear it every hour, take a break for an hour.

But if you're in the recuperation phases, then where it overnight is ideal and ideally every night because we're training our bodies. So you don't train like Olympians, don't train like once a week.

They train regularly. Right. You can do. I mean, nightly is ideal, but most people do it like 5 to 6 nights a week, you know, they kind of 3 to 5 nights a week.

But the more that you do it, the more benefits you get. So that's that's bottom line that's getting right now. Talk to us about the actual material that you use because you are very selective about not only the oil and it need to be in glass bottle, but also the material that you use.

Yes. Yeah. So this material, as you can see. So the very first castor oil company I created was right when I started school and my pack was completely 100% organic cotton.

The problem with that, it was it was messy. So everything would come out through the pack. This pack has an inner layer of organic cotton on the inside.

And I'll get to why that's so important in a moment. And then like an outside shell that basically protects from the oil going through. Now, this is plastic and this is the reason why I don't like we don't recommend people put this because their skin and it isn't their skin because it's it's made with a barrier.

So you got like the two separate barriers. Now, here's a thing we spoke earlier about the stressors the body doesn't recognize whether the stressor is an emotional stressor, a trauma stressor, a chemical stressor, a toxin stressor,

family stressor, whatever, a plastic stressor.

The body doesn't recognize it. It just looks at it all as stressors, because this this this tool shifts your body into the relaxed state. When you move the body into the relaxed state, you're also opening up and activating a big reason why people poop better, sleep better, and feel better as you activate liver detox, colon cleansing and lymphatic drainage.

So those are all the processes that package assemble and take out of the body, the things that we no longer need. And this also includes emotions because emotions do also need to be physically.

Detox is just, you know, chronic constipation in a trauma patient is basically their inability to let go of their story. Right. So we see this clearly.

So when you're doing a Castrol, you're really wanting to have material that isn't going to be adding to the toxic load because any kind of toxic load, whether emotional, physical, chemical, ballet based, plastic based, is going to add to the stress and the trauma response.

And that's exactly what we're trying to avoid. So with the Queen of the Trance Pack, our material is organic cotton. We search for the best to make sure that it is free of chemicals or sprays that are done afterwards.

Is it 100%? Probably not, because nothing in our world is free of everything. Right? So I want to be completely transparent there, but it is definitely the best on the market that I've been able to find.

What we want to be careful about is that there's many, you know, counterfeit and fake type products which are copying what Queen of the Thrones are doing.

And they're using materials that are toxic. They're using organic bamboo because it's eco friendly and softer than cotton. But eco friendly does an equivalent health friendly.

Eco friendly just means that it is grown in bamboo, which rapidly regenerates. But to break down, make bamboo into material, you have to put like caustic chemicals in vats.

And then because it's an eco friendly material, they don't wash it, so they use very little water. So then if you go and do a Castrol pack, which castor oil is a carrier, it's the very best carrier oil.

Resilience, Recovery, and Closing Thoughts

So the reason why you don't want it in plastic and only in glass, because if your castor oil is in plastic, it'll carry the plastic into your body. Well, if your material is organic bamboo or a cotton that is mixed with like a plastic, like rayon or nylon, like there's organic velour or cotton velour.

You'll hear cotton at the other end. But the law is a big one. Cotton wool or those are those are names of materials that are actually mixed with plastic.

And again, you're going to just be absorbing the plastic, absorbing the chemicals that were made in the manufacturing process. So our aim is to be as transparent in the whole process because I mean, I'm using these on myself.

I uses on myself, I use it on my family, I use them on my patients, I've used them on my dolly. You use it on your pets? Yeah. I mean, I lost my beautiful pet, but I did use it on her when I had it, you know?

So I, I use it on people that I care about. And there is no way that I would want to add to any, any toxic load. But as anything, when you buy anything, you do also have to wash it on the right before the first use.

And I think that's like just common standard knowledge. I'm surprised how much is in common standard

knowledge, but all materials would love to be washed before you ever first wear them fabrics for your clothing, your castor oil product.

That's everything. And, and so what I've done is I've just made the the health friendly pack that's easy to do, right? That is going to allow you to do the treatment without adding extra toxins to the soup because you just don't want more stress on your system, can't tolerate what you have already.

So you're going to want them to wash the pack before they use it. Do they wash it after they've started to use it? Do they do they just throw it away and replace it?

What's the maintenance with the with the packs then. So you wash it before you use it, then you start using the pack. Ideally you really work at using very little oil because the old recommendations for Castrol packs with saturate the compress and that truly is no longer needed.

All you really need is about a tablespoon and that's all each time we we recommend to add oil every single time and try to avoid washing it if at all possible.

Just because it gets heavy, it gets messy. You can wash it. You want to. But either way, after a two month period, it's time to get rid of it. Like it's because we we're unsure and we are working on testing is to see whether or not the castor oil or any toxins might be coming through the tissues, through the liver, up into the pack, which is the reason why to add oil every time.

I mean, everything is possible. And this is this is like so much of our medicine isn't very well researched and I'm working now on researching that. So that's also when you support Queen the Thrones, you help at improving natural health and medicine.

We're looking to see what exactly is occurring there because we know the pack works. We know, you know, our biggest testimony is it's a game changer. I sleep better and they always say I sleep better, I poop better, I feel better.

Literally better words and game changer. Those are the four comments that happen pretty much consistently on our website, all the time on Amazon everywhere and Instagram everywhere.

People or people recommending to their friends, Try this. I love it, right? It's changed my life because it's literally moving them into a relaxed state, helping them to do what their body does naturally better, which is cleanse, detox and drain.

And then, you know, if you're in the relaxed state and you have that parasympathetic balance, while your resilience is reignited and resilience and trauma healing is, you know of the thing, it's everything.

Yeah, for sure. An important principle of the biology of trauma is that there is a biology that keeps us stuck in a stress and trauma response to toxins.

And a toxic load will do that. Castor oil, an opening and opening into rest and opening up into parasympathetic and opening of the cleansing and the lymphatic flow.

The liver detox, helping the body have its recovery time is essential. That is our secret. That is our secret to resilience. We live in a stressful world that is not going away.

And so our job where we can come in and help the system is to optimize our recovery, our parasympathetic rest time. Remember, it is not just how hard we work, it is our recovery.

Optimize that recovery. Invest the time into thinking how you can best help your body feel safe to go into a rest and parasympathetic state, even if it is just for a moment at a time, at the beginning, and especially around bedtime.

So that with sleep you are getting that rest and parasympathetic cleanse. Thank you for joining me for this interview on the Biology of Trauma Summit 3.0, where we are exploring the trauma disease connection.

Don't forget, you can resource yourself with these recordings and other tools with the purchase of one of the summit packages that feels right for you. Don't stress.

Do not stress. Don't build up that toxic load of stress about not being able to remember all of this information. Drop into parasympathetic by resourcing yourself to have all of this available to you at any time that you want to come back to it.

I will see you on the next interview.