# Explore The Detox Wonders Of Castor Oil When Fasting Transcript

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## Introduction to Castor Oil Packs

All right, everybody, welcome. We're joined today by Dr. Marisol Teijeiro. Welcome. Hi, everybody. Hey. So we've been talking about a lot of problems.

You know, we've been talking about perimenopause, the fibromyalgia, the migraines, the you name it. We haven't talked about a lot of solutions and we're never really clever.

A conversation today around a unique solution that a lot of people have perhaps considered that solves a lot of the problems we've been talking about.

You know, that's ultimately why we're here in this journey together. It's like, let's resolve at the root cause what's actually going on in my body. Let's learn about my body systems and what's wiring and misfiring, and then what can I actually do about it if ultimately we don't know what to do?

What did we get out of all this? Right. So so thank you again for joining us because you do have some incredible solutions we're going to share and you're hiding it behind you in that apron.

Yeah. Is the apron. The magic? That's the magic. Yeah. Will pack. Yeah. Yeah. So it's really cool because you've learned a lot. And I think this comes from your own personal journey.

Yes. Yeah. Let's start there and tell us what you went through and then we'll dove into how this works. Sounds great. Well, I was the typical kid that was the little canary in the coal mine.

Anyone who's dealing with any health problems or hormonal problems is usually the one who, like, seems to get the sickness first. And that was me, as I was always as a child.

I was sick and having problems and taking antibiotics and doing all the types of things. And then I started my early career in natural health and at the time I was dealing with IBS.

PCOS as just a culmination of a lot of different hormonal and digestive problems. And I remember being pretty desperate. I was walking into a health food store, I was actually just working my job and I spoke to the lady at the counter and I asked her like, What's this?

What's this over here? And it was a bottle of castor oil. And it just caught my attention. And she started to talk to me about Castor oil packs and Castor oil packs.

You know, you put oil on a piece of organic cotton flannel and you put it on your liver. You wear it for one hour or overnight. And it helps with going to the bathroom better, sleeping better, feeling better, your hormones balance out and immune system and digestion and microbiome balances too.

And so for me, getting all of those and well, hearing all that amazingness of these Castor oil packs, you I kind of thought it was like snake oil. I was like, number one, that leg is promising way too many things.

How can any one thing do so many things? And then number two, I thought, it's so woo woo.

## Marisol's Health Struggles and Discovery

I mean, who puts oil on a cotton on their liver and wears that to bed? I'm like, No thanks. Like not doing that. So ten years later, within these ten years I'm top talked about people talk to me about Castor oil packs all the time and every time I think the same thing.

Where are these guys thinking this is so woo woo. It does so many things. There's no way that any one thing can do that. So I was just completely resistant to it.

So, but and still dealing with my health problem. So I finally decided to go back to school to become a natural Catholic doctor, because I figured, you know, if the doctors aren't able to help me, I'm going to go help myself.

Resilient and very resourceful. I am so I went back to school. Sure enough, school is more stressful of a life than anything going a private college. And I get sicker and sicker and sicker.

And in my fourth year I was in bed, unable to get out of bed, and in my clinical residency year about to finish and here I am taking all the right supplements.

I read every health book, I'm doing all the right diets, all the right exercises, and I'm convalescing in my bed. I can't even get out of my bed. I can't even regulate my bowels.

I'm basically either diarrhea, like constantly or constipated for nine, ten days. It was just I was in harmonious within my body and suffering. And worse, I think, was that I was becoming a practitioner and I was really like doubting my medicine.

I was really, really scared and feeling like this is not going to work. This these natural solutions just aren't going to happen. And maybe I will have to go to something strong medical drug wise, you know, and they probably won't do that much either.

So I was really feeling hopeless. And then I don't know what reminded me, but something reminded me and it popped into my head, right? That magical moment.

And it's like Castor oil packs, right? Castor oil packs. And I'm like, these are myself. I'm like, oh, my gosh. Like, that's the one thing I haven't done.

I've done everything else under the sun, coal and hydro and everything. But that Castor oil pack was the one thing I hadn't done. And I'm like, at that point, I was like, I got nothing to lose.

I may as well try it. So one of the things that was bugging me also about the Castor oil pack was it just seemed so hard to do and messy and like, where am I going to find the plan or where am I going to find this?

So I said to myself, I go, if I'm going to do this, I'm going to make myself a little park. So that would be easy to do and I can at least commit to it and do it well.

So I made out of an old trade show bag, a bag I put a to organic tea towel, an organic trade show bag, and I sold it up. I put the Castor oil pack on and then I put it on my body.

And what happened next just changed the course of my life completely, not only from a health perspective, but from a vocation and a mission perspective.

Because in that moment was the very first moment that I felt well in my lifetime, or from at least from what I could remember, it felt like the like the sky opened up and angels began to sing like like everything's suddenly felt well.

I was embraced by the divine. I was good. Everything was going to be fine. Hopeful. I was amazed, actually, by this little piece of cloth with oil on it and the power that it had.

And so I, with that moment I proceeded because I was really severe in that, in that time. And my prognosis was that I would maybe get better in nine months.

And that was very scary. But what ended up happening was the first month I did castor oil basically for every hour I would wear it and then I would take an hour off, wear it for an hour, take it off.

And then I would do that for a whole month. And I started within the first week, my bowels started regulating, my sleep started getting better, but I didn't want to give up doing it so frequently because I was scared that I would fall back behind. Right.

Because I really like if I can explain to you how bad I was. I was bad, bad, bad, bad. And I was really scared that I would either die or just live a life like that.

And I didn't want to do that. And then after a month, I switched to just doing the Castor oil pack nightly. And sure enough, you know, I was able to reduce the amount of supplements I was taking.

I think that they were absorbing better. I know that they were absorbing better because they weren't coming out of me. Sometimes I just have some things coming out of me and that wasn't happening anymore.

I was my food. I wouldn't feel bloated after eating it. All these things were so great. My period regulated within a month, something that I'd been trying to achieve for like 13 years.

Like since I had a menses and I was just, whoa, like, and I was feeling good. I was starting to exercise again. I was. I was like, wow. And then within three months, I was back at school happy, feeling better than I had ever in my lifetime.

Still taking my supplements, still doing my other prescriptions that my practitioners had recommended for me. But the one thing that I really changed was this castor oil pack.

So you can imagine how I ran back to my patients, running back to them and praying that they too would do castor oil pack I was like, You guys got to be castor oil packs.

They're going to change things from the get go and everything that you're doing. Because what I realized was that everything that I was doing was necessary, but everything I was doing needed to work better within my body.

And the missing link within my body was I could not manage my stress for the life of me. I had the ability, no resilience, no tools, whether it was because of my past history of trauma as a child, as an early teenager, whether it was, you know, just that my body was resisting.

And that's very possible because I was so resisting the castor oil parts. I didn't know. But the moment I did the Castor oil packs, everything started to work better in my life, including all my supplements I was spending thousands of dollars on.

## How Castor Oil Packs Work

So I realized the validity of these packs because they were an affordable way for me to help everything that I'm buying and spending good quality money on those beautiful supplements, those, you know, those hormonal supplements working better.

But wouldn't you know it it was full circle. My patients all responded the exact same way as I did. That's so woo woo. I couldn't find the material. How am I going to do it?

So then I realized that I had to bring it to them. And that's where my journey with bringing people Castor oil pack started and I was blessed to work over a decade in clinical practice experimenting with the Castor oil packs.

My focus was predominantly on cleansing and detox, and so I see a lot of hormonal patients and women within the ages of 35 to 55. And basically they would be dealing with problems such as menopause and Hashimoto's thyroiditis, hypothyroid and many cancer patients as well too, and other conditions like Crohn's and colitis.

And I would be able to successfully treat them in rapid time because I am, I believe it is because of the castor oil that's just helping everything that they're doing work better.

So what a what a wild story. First of all, you know, and you see this so much when it comes to the great, let's say, functional medicine stories, people that are true healers.

It starts by healing themselves, you know, and it's very like gone through every every stone was unturned. Every. So, yeah, they find that thing that if someone were to look at you today, it's hard to believe that you were ever unhealthy.

Oh, you look like you're vibrant. You know, that's a picture of health right now. Right. And so you've got yourself to this place. And like you said, it's not just about what am I taking?

Can my body even take a break? Is the terrain ready? And so you found this thing. You're now screaming for the rooftops like everybody you need it to, right?

Yeah. So what's the actual mechanism? Let's break down the woo woo woo woo woo. Yeah. So, hello, how is it? Woo woo! What's going on? I put this pack on me.

What happened next? So the most amazing thing ever. You see what I realized at the end of the day is that sickness and disease and I focus a lot about this in my clinical practice is based on our ability to cleanse or detox.

So it really, at the end of the day, doesn't matter whether you have hormone problems or cancer or Crohn's or colitis or menopause or period issues or PCOS or IBS.

What matters is the and you said it the terrain is your body's ability to keep the system clean. Cleanliness is next to godliness, right? So can the body take in whatever it's going to take in because there's there's so many things we just can't control.

There's emotional toxins, viral toxins. There's hormonal toxins, dilates, mature in our mature in many materials, like with Castor oil packs, we have to be careful about using only organic cotton because you don't want to use organic bamboo or rayon or plastics because those bring in plastics and phthalates that are hormone disruptors.

So we really at many times can't get away with the cancer proxy, can using the Queen of Thrones. But in other terms, we can't get away from all the toxins that are coming in.

Our our body and our body's ability to be healthy is based on total load. So power people to eliminate outlook comes in and keep within and utilize except receive the nutrients and vitamins and supplements and the great stuff that we're doing for our bodies.

So this is what I focused on in specific in practice and at first I got that the castor oil pox work because the castor oil is such an amazing oil on it's in its own right.

It's the only oil. It's the magical carrier oil. So the only oil that can go deep into the dermis. So in the dermis it passes the epidermis and in the dermis lies the blood vessels.

And thus the lymphatic lymphatic vessels. And that is how the oil can get to different places of the body. It helps to stimulate the smooth muscle on the lymphatic vessels and also the circulatory system vessels so it helps your blood to pump better.

Castor oil also supports nitric oxide production, which is a natural anti anti-aging antioxidant that improves blood flow rate. The more blood flow you have two areas, the better health you're in, right?

Because without blood flow, you don't get nutrients without blood flow and lymphatic drainage, you don't get to take out the garbage that's coming out of the cell.

So that was that was the big mean. Well that was what I thought why Castor oil pack worked plus plus the oil is anti-inflammatory natural anti-inflammatory as good as you know the end result of taking fish oils and we all know how

great fish oils were castor was also rich in antioxidants.

So it's high, highly rich in vitamin E, it helps to recycle glue to thiamin. It's got polyphenols like Quercetin that are excellent to help with healing of the gut.

On top of that, Castor oil helps with the microbiome balance, you see. So there's so many ways that it works and then it's well known to move to muscle as I spoke about the blood vessels in the lymphatics, but also that helps move the peristalsis in the digestive tract.

So getting you to poo better and the reason why midwives and doulas use it for a pregnancy induction is because it helps with smooth muscle in the uterus to let it go and release baby when it's time.

So I really thought that, you know, it was all about the castor oil and that the Castor oil packs was just for show, you know, just like because the oil was so messy, because when you play with the oil, you're going to see it is dang messy.

It's dang messy. It's like all over the place and it gets it gets all over the place. But what I ended up realizing is this is the physiology of our body's ability to cleanse and detox.

If anyone out there has ever done a cleanse or a detox, they'll, you know, most people are like, oh, you know, always the first three days are pretty bad or don't feel well, right?

Like that's common knowledge or I had a Horkheimer reaction time. My reaction is when you basically do a cleanse or detox and you have die off of bacteria or yeasts, and that makes you feel even worse than you did before.

And that's that can be very common. In my clinic, we were able to reduce her excitement, reactions and actually do cleanses without having any side effects because of castor oil packs.

And I wondered, how is this working? And then I realized it did in its to reasons of disease, toxins, stress and inflammation. The castor oil is working on the inflammation aspect, but the castor oil pack is reducing the stress via compression of the skin, which is stimulating in specific areas, which stimulates, first of all, when you put the compress on your body.

That's why when I put the compress on for the first time, I felt well, I felt like the sky opened up and the angels began to sing because the compress on my body stimulated all the receptors on my skin, which fed back to my central nervous system and to my vagal ventral nerve, moving me from the stressed state into the parasympathetic state.

That was one mechanism of action. The other mechanism of action was through the somatic visceral reflexes which the skin areas are. Wherever you touch, it feeds back into the body, into certain organs.

This is common knowledge, this ancient knowledge from traditional Chinese medicine practitioners who would used to use the meridians or still use the meridians, diabetic practitioners who had the energetic centers of the bodies and the pathways of the body as well too.

So the park was not only stimulating and activating my vagal nerve in my relaxed state, but it was also activating somatic visceral reflexes. So activating my organs of rest and digest the liver, the gallbladder, the stomach, the pancreas, the intestine.

So all of these organs were starting to move and work better so blood sugar would regulate the liver would regulate better, work better, be able to tolerate more toxins and eliminate the intestine, would eliminate better to lose all these things that were working.

Then I realized I go, it is not only just the oil, it's the oil mixed with the castor oil that makes the magic and that's why it really isn't woo woo.

Because if you go back ancient times and even in modern medicine, we use compression all the time for pain in injury or in arthritis because it improves the the state of the joint and calms a down so that it can heal.

So whether you are dealing with menopause or hypothyroid, Hashimoto's or PCOS or fibromyalgia, castor oil PACs can support you because it's going to help put change the environment and the terrain, as you had said, and move the body into the relaxed state so it can heal.

And then all those added bonuses of castor oil like anti-inflammatory in microbiome balancing abs, mover of smooth muscle, all those are extra bonuses, high in nutrients.

That's all bonus, right. But you do need the pack. And the pack. We can see like on your your beautiful model behind you where it rests on the midsection.

So it does it it in order for all of the beautiful benefits you talked about, it has to go there or so you know, some people are putting it up on their thyroid, some people are putting it on a great body.

I love that. Thank you. So the liver castor oil pack is the most commonplace. And if someone's just starting with castor oil pack, it's always really good to start with the liver because the liver just begins everything and kind of gets your body body going.

If someone is fasting as an example, then we'll get into the other side of the pack. The liver pack is definitely one of the best things, especially for morning fasts.

## Hormone, Thyroid, and Breast Applications

The reason being is that when you fast fasting is a break for the body, fasting, the body and ability to take to clean up right is the same reason why you don't eat a cookie at the same time as you vacuum because you'd be making a mess.

So when you're when you're fasting, your body's detoxing and cleansing. So what better tool to use but the castor oil liver pack to help enhance that activity already so you can naturally enhance fasting by putting the castor oil pack over the liver.

Now, if there are more deeper ingrained hormone problems that we're looking at working on, then we want to start to hormone cycle with castor oil packs and we can do that by when the woman is in the follicular phase.

So we're going to get into the hormone cycle here. So follicular phase is the first part of the hormone cycle. It's from when women begin to bleed all the way until ovulation around date, 15 women during that time during the follicular phase women, that's the best time for the body to detox because there's a state which is high in estrogen and when you're high in estrogen, you're high in inflammation.

And inflammation is a tool that the body uses in order to correct the tissues and break down the tissues and the toxins that are stored within and eliminate them out of the body.

So the best time to do fasting and to cleanse is during the follicular phase for a woman. That's if she's menstruating. If a woman is not menstruating and she she's in menopause or perimenopause and it's all over the place, women go by the full moon.

So when there's a full moon, the full moon to the new moon is the best time to do liver detox and fasting for a woman. Then you switch it over to a pelvic pad and a pelvic pack is a little bit larger than the liver pack and goes on the pelvic region.

And you don't where the liver pack from ovulation or for the women who aren't menstruating, that would be the new moon from ovulation until they bleed again.

They would wear pelvic pack instead of a liver pack. And the reason is because after ovulation the egg drops and when the egg drops, there's an energetic drop from here to here.

Hormones change. Luteal phase starts when the luteal pace starts. You're supposed to be higher in progesterone in a relaxing in a relaxing state and you move the pelvic pack over here to nurse the ovaries to be a source of natural hormones for the woman as well as the uterus.

And then she's either trying to get pregnant or regulate her hormone cycle or has endometriosis or any of those possible conditions. This hormonal cycling protocol is works exceptionally well to balance periods, reduce hormonal pains and pain, especially pains for like ovarian cysts, ovarian fibroids, endometriosis, anything like that.

This protocol works really, really well. So these are the two most classically used parts, especially for women's health, and especially when it comes to fasting.

Now, most women, if they have a high estrogen, most women have thyroid problems. Let's be real honest, and I'm sure you see it as much as I saw it in clinical practice, it was like something like 97%.

Even if they weren't tests, even if their lab values weren't real, they probably had autoimmune markers for Hashimoto's. It was always our case. It was like I was I was testing and there came to a point my practice about five years in where I just tested everybody because I'm like everyone with thyroid because more than likely it's going to come up and I don't want to miss it if it's an underlying problem that's going to be there.

So the thyroid is so important because it is our master metabolism, but it's the master of it's a coordinator what's going on in our body. So it's, it's such an important organ to be working well and for it not to be inflamed.

And so you can apply castor oil to the thyroid as well, too. And that you can do nightly for just an hour. And these are lovely little castor oil products that go over over the thyroid.

And what it does, you know, when we have hormonal problems, oftentimes women start to package things and cysts. They'll get cysts on their thyroid, cysts on their breasts, it's on their ovaries.

Maybe they'll get uterine fibroids. Women just do that. That's kind of what happens within the woman's body. Thyroid nodules are super common as well, too, so you can easily do a thyroid talk over the thyroid, which is going to help with reducing inflammation, support the nodules and just create a better environment in the state for your thyroid.

And women just love the thyroid part one more extension of that is the other part that women can use is breast packs. I don't I'm not going to model them here, but they're simple to use and I can explain them here.

There just are packs that you place within your bra and you buy castor oil and you can do that as well too, either cyclically when you have breast pain, like towards the later part of your on your menstrual cycle or just in general just help with fibro cystic breasts and to improve them.

So castor oil, too, in my opinion, to wrap this all nice into a beautiful little package, are such an essential key component to women's health and setting the terrain and the body's ability to cleanse and optimizing our organs that are so gentle and sensitive, like the thyroid and the breasts and the ovaries and the uterus to environmental toxicity, which and emotional toxicities that most the time we simply just can't run away from them.

That's really cool because what you're doing is it's not only the solution, but it's the terrain solution. At the same time, if I take the breast pack, for example, and if someone's research on, you know, the density and the fibrosis of being an elevated precursor to breast cancer, for example.

Right. You're again, the terrain is it's set up for breast cancer. So the traditional knee, the trigger. But, you know, if you were to work on density, which nobody talks about.

Yeah, right. Simple thing. Get the density down and get your terrain better. And here's a tool and that's the problem because there is no tool, nobody talks about it.

So really cool stuff. And so I would ask a selfish question, yeah, I'm not planning to go through menopause any time soon or cycle it. What do you recommend?

It's the same thing because men now if you have a partner, men will go. Men go by the monthly cycles, although they don't feel it, they don't have an overt period, but it's the same thing.

And men don't go through menopause, but they go through and or so they do age and then they lose their virality and their vitality. So it's exact same thing for men because the energetics of men are up here at the beat from the full moon to the new moon.

More if they have a partner that's menstruating. You want to you want to cycle to your partner. Okay, so that's a big difference. And now men don't have ovaries or uterus, but men can either use the pelvic pack because that can help with the prostate, excuse me.

Or they can use the backpack as well too. So either or it depends. If they have back pain, they may as well just use the backpack. Backpack and just use that as an all in one so men can do it the exact same way.

Because, you know, I can tell you my husband has Hashimoto's and is well managed and well treated because we do castor oil packs, he wears a thyroid pack, he does the liver pack, he switches that over to the big pack, but he does the same thing.

And he was having like not only nodules in his diary, but he had nodules in his liver. And that's what men will often do with them, with Hashimoto's, so that castor oil pack tools and in a been a really, really nice way for everything that he's doing to work better because again it's it's this is terrain medicine and when you work the terrain and support your body, everything that you're doing because you still do need to take the supplements.

Our food is void of many nutrients. Even if you have a perfect diet, you know what is perfect because nothing is perfect these days. So we still need those supplements.

## Men, Kids, and Quality Considerations

We still need the care of our practitioners and we still need the testing to monitor and all that. I'm still I'm still a huge advocate of that. But this just this the castor oil pack basically wraps it all up into a really neat package and allows patients to and people to be able to like go off the 40 plus supplements they may be taking and just take more and most important ones for them.

Right. And for men, it's an awesome solution. What I always find and this you're going to love is I find it's either wives or partners are the ones who introduced men to the castor oil packs.

And then they're doing it as a couple and as a side note, this is great for the women. And the men in the room is that Castro packs. One of the things I didn't mention is that not only when you put the pack on, does it stimulate vagal ventral nerve and of course, also those somatic visceral reflexes, but also the oil stimulates dopamine in the brain and the compression stimulates oxytocin.

And that Tilson is a love and connection molecule. And so where it as partners, it's great for foreplay. And castor oil on its own is an excellent oil as a lubricant for both women, whether in menopause and men.

It's excellent. It can enhance sexual experience. Wow. So that's a side benefit of this. The feeling is giving you oxytocin, which is the basis for everything.

Like you need that foundational hormone and we don't get enough where we. Don't. Still it's like every able to separate online you know it's so we need more ways to bring oxytocin to life and here you go.

Here's a way. So so now when somebody is doing this, I'm just thinking like what I'm listening to. And I didn't know how deep of a rabbit hole we were going to go into in terms of all of you can resolve.

And it sounds like to me this so the central like let's start a delivery, let's clean things up, let's detox you right. It's so much more of a need now, today because the world is so much more toxic.

Right. Which is why we hear stories like yours and these, like, what's wrong with me? I can't figure this out. Nothing works because you're reacting to something that's way overloaded to begin with.

You got to reduce the load first before you can react. So I think about our children and how they're growing up in this toxic environment that we didn't have to.

Is this safe for young people? Also love that. I love that. So everyone can use castor oil packs no matter what medication that you're on. So it's good for everyone, even children, if you're treating for cancer.

I would speak to your qualified practitioner because they'll they'll cycle it and time it with regards to your chemotherapeutic agents because that's important to to, you know, if you're doing chemotherapy or any of the drugs, you want to make sure that they work really well.

So you wouldn't want to do castor oil pack like the days you're doing chemo, you would do them another way and skilled professionals will know how to do that.

But kids can safely use them. And if kids can start early on with this, it would be fantastic because you'd be setting up their microbiome and they're digested and also most importantly, their stress response.

Because the thing is, is we're stuck in a sympathetic stress state the majority of time and we don't have good parasympathetic tone. And the goal is for us to really, truly develop that parasympathetic tone.

Because, you know, here's the thing. Back in the early 1900s, our biggest source of toxin was mold, right? People would be living in old farmhouses. They'd be mold would be the biggest thing.

But it was really only like one problem. Now it's mold, emotional toxins, environmental toxins, plastics, lad like you. Just like shit, like. No kidding.

Everyone's coming to us with symptoms of, like, more. Plus, there's M. S.. I mean, it's just everything. So the earlier we can start these casserole packs, the better that it is for people.

And you know what I love the most is, is what people say about it is our testimonials online. And I'm always just so impressed and amazed is that, you know, people go, I poop better, I sleep better and I feel better.

Those are the three deliverables. And they always call the castor oil pack a game changer. Changer. And those are powerful words. And they say this about our pack, not other packs.

And there's a big reason why they don't say that about other products. And would you like me to share? Yeah. So one of the things the castor oil packs is about quality.

And for me, I honor this medicine. This medicine is my life's work. And I'm always looking for the best practices and how to make it better and better and better for people, including making it more affordable.

All these things, because to me, I feel the place of Castor oil, castor oil products, castor oil, I think should just be in everyone's pharmacy and beauty cabinet at home because there's so many ways that you can use it.

Joint pain, inflammation of the skin. You can make a mosquito bite. There's just so many ways. Cosmetics, I mean, if anyone wants to find out the ways to do that, they can follow me and be well, queen or Queen of Thrones.

And you can see so many different recipes that we have, like for cosmetics and all those usages and the castor oil products as well too. But the big thing with is the quality, right?

And so this is a mainstay in your pharmacy and beauty cabinet at home. You want excellent quality and castor oil, remember, is the master carrier oil.

And because of that, it'll carry anything into your body. So if you're using essential oils, it's an amazing tool to get those essential oils deep into your tissues and for them to have the best effect.

But you don't want castor oil packaged in plastic at all along the manufacturing process or the supply chain, because plastic will absorb into the castor oil pack.

And then your therapy won't work very well. You'll actually just be adding to the level of toxicity. So with castor oil, what you're looking for is you're looking for always expeller pressed.

So that uses very low heat. You're looking for hexane free. So no chemical has been used to extract out the oil and you're looking for it to be 100% pure and extra virgin just like your olive oil.

Because the extra virgin is where you'll have the highest nutrients in terms of quercetin. Those are expensive supplements, quercetin and things that supplement vitamin E like, and you can get all that within castor oil.

So you want to get the extra virgin grades. So that's why, you know, our castor oil will be it'll be a higher cost than a higher price in others. But it's worth it because of the quality. Right.

You get what you do, get what you pay for, especially when it comes to castor oil. Now, when it comes to the castor oil crack, the quality is essential because you you want to be doing it with only organic cotton flannel or organic cotton or organic wool.

Only two materials that are to be used with the castor oil pack out there in the market, you can see many that are made with cheap materials like bamboo.

Although bamboo might seem to be an amazing eco friendly option. What what is eco friendly doesn't necessarily mean that it's going to be health friendly.

And it's very important because what happens here with this is that bamboo is typically bamboo rayon. So it's bamboo. Bamboo as a material is strong in its natural state, as strong as steel in construction.

Imagine. Okay, steel. And then to break it down. And they claim bamboo is softer than cotton. They use over 20 caustic chemicals to break down bamboo into a soft material.

And then they blended with rayon fibers, which are plastic. And then to make it softer, they put phthalates in the mix, which are hormone disruptor. So we absolutely have to be extremely careful about what material we're using.

And up to now, being in the business has been the only one who makes it out of organic cotton flannel. And there may be maybe wool that you can get, but most other of them are either organic cotton, blended like a cotton.

I believe there's a cotton velour. Cotton velour is blended plastic. So you want to stay away from that bamboo are the majority of the all the other ones and for the reasons I spoke about.

You want to stay away from that as well, too, because you don't want to add to the mix. You really want high quality treatment. This this is what makes it Queen of the Thrones is what makes it affordable and high quality.

And that's that's the key with castor oil packs. And you get the beautiful name Queen of the Thrones. I mean it's incredible. And you get and you get the blessing from me because people don't know this, but I silently bless every every bag I do.

Amazing. Yeah. I believe in good energy. Energy. And I believe, you know, that this medicine this is this is a plant medicine of such healing abilities and such power that I just want to give it as much goodness for those out there who get get are able to do the packs and can do them for themselves.

And I just I would love for people to heal. That's my goal. I would. Really amazing. Yeah. Really amazing. Yeah. You know, and so you have this thing that all of a sudden, you know, this is a big challenge for everybody, which is how do I make it easy, right?

Because when you're and I just see it as something that you've done because okay, terrain, how do I there's so much I need to do to work on this, right?

There's supplements, there's detox, there's liver cleanses, you know, then there's abstaining from food and like, how am I going to do all that stuff?

And the best way to reach an outcome is if you can find an easy way to do it. We're lazy. Let's admit it. Yeah, we're all so busy. Yeah, right. And there's also when you're doing multiple seven or eight different things that seven or eight different people told you, there may be conflict between them.

One may void the other out and who knows what's going to happen. But what I really, really love about all of what you're talking about and it's so easy and the outcome is you got a central hub that spider webs out into all these outcomes, you know, and it's it's so now how do you actually apply?

Are you literally pouring it onto that fabric or that's. All that you're doing? So there's there's a variety ways that people can do it. I think you've got to get the pack and then experiment for yourself what works for you.

But it's under 2 minutes to do a castor oil pack now. It's so, so fast. I typically take my pack and I'll pour 1 to 2 teaspoons on it and then I'll, I'll blot it and then I'll place it on my liver, like saturate.

## How to Use Packs and Where to Find Them

So obviously. Roughly I the pack. Directly on my skin, not like that and I just tie it up quickly. So it's super, super simple in that way and very, very fast.

But some people choose to put the castor oil in their hands and then rub it on their liver and then put the pack on. So it's it just how you want to do it with the thyroid.

I definitely recommend with the thyroid to apply the oil and do a massage because, you know, it's such an opportunity to pump your lymph nodes here, here and here and just get good, good flow going for women, because this is one of the areas where we age the fastest.

And when we do the castor oil for the thyroid, it also helps with reducing the aging of the neck or the appearance of aging of the neck. So that's a really good way to use it as well too.

So that that I love doing the hand massage and then applying the pack for an hour. Yeah, I mean, it's endless with castor oil. One of the things I didn't even mention was a hair kit too, because women with hormonal problems and as we age and men too with our hair right we start to lose our hair and castor oil you can we have a great little castor oil hair care kit too that you can literally do a little. Of.

That and you let you apply the castor oil on the roots and at the edges. And it helps with healthy, bright, vibrant hair for all hair types. So it's really there's so many possibilities with castor oil.

And I honestly tell you, I feel like I'm still just I'm every I've worked with interact with castor oil for over 20 years now. And every day I am finding out new things about it.

And I'm just so amazed how one thing can do so much. And even though I didn't believe it at first and I know for the

viewers, my name or and listeners, you might not believe this, but, you know, the proof is in the pudding.

When you try castor oil packs and you look at the testimonials and you just see, number one, how many practitioners recommend castor oil packs? It's across the board chiropractors, naturopathic doctors, osteopath.

They are all recommending them in many different ways. Pediatricians with their kids like it's really, really great. And then and then the the consumer, the person who's been sick, you know, them feeling that benefit.

And like when they say on these testimonials, like, I can totally notice when I don't do the pack, it makes such a difference in my life and like that just warms my heart.

And I hope that for everybody that they can help find a tool like this that, you know, for me, it changed my life in such a drastic and not drastic in such a wonderful way.

It gave me a new life and new possibilities. And that's what I wish for everyone in their healing process and journey. No, thank you for that. It's like your journey.

The pain you went through was to bring you to this place where now you're helping thousands of people, you know? And it wouldn't have happened if you didn't go through that journey.

Right. And this is where you ended up, which is an amazing place to be. Location, let's say. Then you're serving people, getting people healthy. It's incredible to me, you know?

And so I didn't think that when we said, let's talk about castor oil, that we could keep talking for this long and I still want to know more. You know. It's fascinating, truly.

And I wanted to thank you because this is an awesome conversation. It's eye opening. And like I said in the very beginning, we keep talking about the problems and we don't often hear amazing solutions like that.

So it was really cool to get this right for everybody. And it's so easy. It's like so so people go to Is it Queen of Thrones? Where do people find it?

queenofthethrones.com and they can find all of our wonderful products there. Follow me personally at be well queen on Instagram. And then of course we have Instagram at Queen of the Thrones, Tiktok, all those different places. YouTube were there.

People can find us there as well too. So yeah, please come join us in our community where we talk all things castor oil, cosmetic beauty, pharmacy, everything is just one thing.

Yeah. Thank you. Oh, thank you so much. This is amazing conversation.