

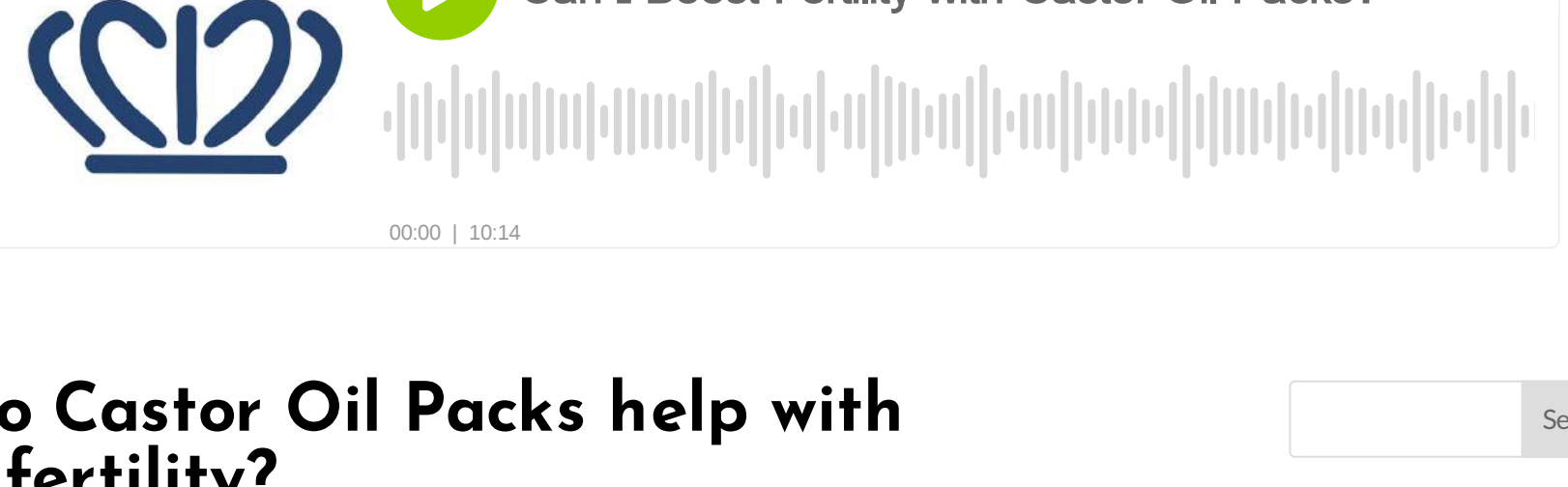


Can I Boost Fertility with Castor Oil Packs?

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Medically reviewed by: Melanie Swackhammer, B.A.

Est. reading time: 12 minutes.



Do Castor Oil Packs help with infertility?

 Search

Whether you're in your 30's, 40's or even younger Castor Oil Packs can help fertility when trying to conceive.

As a matter of fact, according to the CDC, the proportion of first births to women aged 30-34 increased by 28% from the year 2000-2014.

And first births for women aged 35 and over have increased by 23%!

So with this increase in women trying to conceive over the age of 30 paired with fertility problems, we have an even greater need for Castor Oil Pack protocols.

Would you agree?

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Castor Oil Packs improve fertility & chances of getting pregnant

As women age, fertility naturally declines and statistics show that one in five women are unable to get pregnant after one year of trying.^{1,2}

However, you can increase your chances of getting pregnant and boost your fertility naturally!

How?

Well, with the right food, lifestyle choices and the practice of Queen of the Thrones® Castor Oil Packs.



How can I balance my hormones using Castor Oil Packs?

As a Preconception Health Coach and Holistic Nutritionist, I help women and couples prepare for pregnancy.

More so, my specialty is in preparing for a healthy baby after the age of 30.

I've helped countless women and couples struggling with trying to conceive get pregnant naturally.

In this article, I'll share how Castor Oil Packs can help with infertility and hormone balance.

Plus, I'll share why I recommend removing my top 4 hormone imbalancing food choices from your diet to help when you're trying to conceive naturally.

I'm really excited about this topic because when it's implemented properly, it can be a game-changer for your health and fertility.

Consequently, I've seen this firsthand with clients in my practice, and you can too.

How to change my diet to balance hormones & boost fertility

1. Remove inflammatory-inducing industrial seed oils.

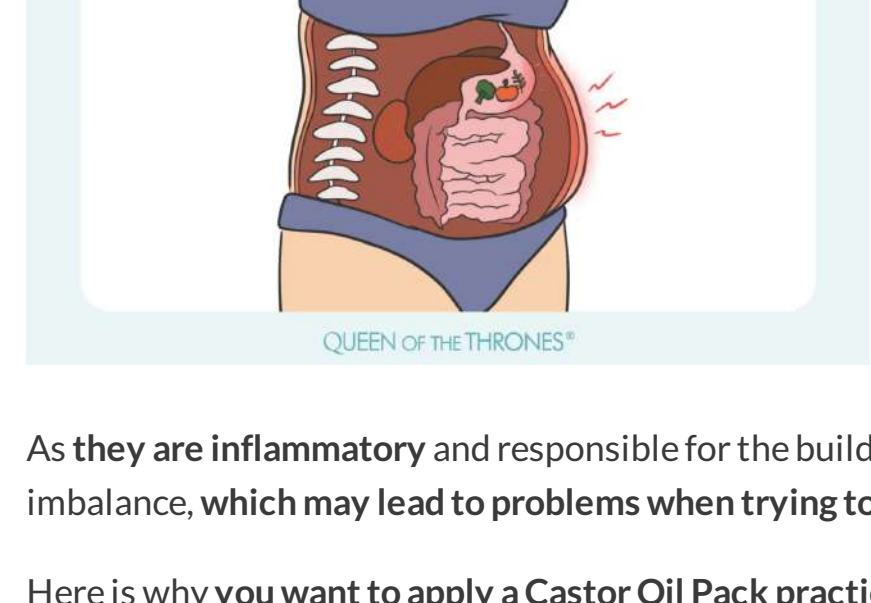
These oils were discovered in the early 1900s and have run rampant in the western food industry in the last 100 years with the advent of industrialization.

They are mainly used in all shelf-stable products as replacements for healthy fats in low-fat products.

These oils are anything but healthy or natural and wreak havoc on fertility health.

Additionally, they are processed at extremely high temperatures causing oxidation and are also mixed with solvents and chemicals to improve their smell and color for resale.

Hence, all the more reason to remove these oils from your diet to improve fertility.



Can you relate?

The industrial seed oils I recommend staying away from include:

- Canola
- Corn
- Cottonseed
- Soy, Sunflower
- Safflower
- Rapeseed oil

As they are inflammatory and responsible for the buildup of toxins in the body causing a hormonal imbalance, which may lead to problems when trying to conceive.

Here is why you want to apply a Castor Oil Pack practice because the high quality of the Castor Oil that enters your body is key for improving fertility and optimal nourishment. Amazing, agreed?

2. Say goodbye to gluten

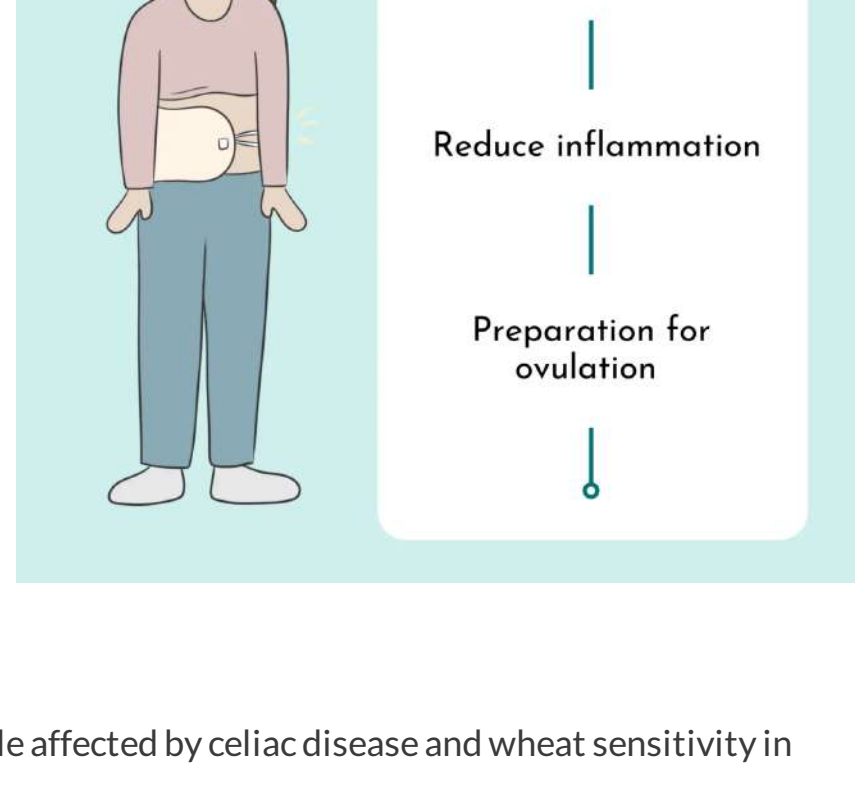
You see, industrialization has resulted in a quick rise of new genetically modified grains.

So because of this, most glutenous grains in North America, such as:

- Wheat
- Barley
- Rye
- Oats

Are all now genetically modified and wreaking havoc on fertility.

With that said, our digestive tracts and immune systems don't recognize these new grain species and thus become damaged trying to digest them. Makes sense, agreed?



This is why we have seen a sharp rise in the number of people affected by celiac disease and wheat sensitivity in recent years.

By the way, I've had clients completely remove gluten from their diet while applying the Castor Oil Pack Practice having had great success in helping their infertility.

Castor Oil Packs help with fertility because it regulates inflammation in the gut and therefore improves hormone balance.

3. "Sayonara" Soy!

Soy is very controversial in the nutrition field.

Likely due to the fact that for years soy has been perceived as a health-food and an ideal source of protein that:

- Lowers cholesterol
- Protects against cancer
- Reduces menopausal symptoms

But, this couldn't be further from the truth!

Soy products are hormone disruptors and can alter the menstrual cycle – not good for fertility.

Because they have an estrogenic effect on the body.

This means they produce excess estrogen, throwing off the delicate balance of hormones in your cycle leading to infertility problems.

But, did you know...Castor Oil Packs support the healthy cleansing of excess estrogen?

So, if you do include soy products in your diet, be consistent in your Castor Oil Pack practices.?

Because consistency is key when it comes to optimal health and improved fertility.

Though we do want to avoid excess estrogen exposure as much as possible to keep problems with conception away. So, my recommendation is to say "sayonara" soy!

Soy products include:

- Tofu
- Soy milk
- Edamame
- Tempeh

4. No more processed sugar!

Processed sugar is void of all nutrients and fiber, making it an infertility-inducing 'anti-nutrient.'

Because in order for your body to process this sugar, it must use your body's stored nutrients.

So basically, sugar is stealing essential vitamins from your body just to process and digest it, which can then lead to fertility problems.

Did you know that processed sugar is not only found in candies and sweets like sour patch kids and cookies?

It's also hidden in "healthy" foods like:

- Yogurt
- Bread
- Chicken
- Bacon
- Pasta sauce
- Salad dressing and much more.

Surprising, right?

So if you need something sweet, and want to improve fertility, stick to things like fruit (not dried), raw honey and organic maple syrup with natural sugars.

Are Castor Oil Packs helpful in boosting fertility when TTC?

To get pregnant, fertility and hormones need to be balanced.

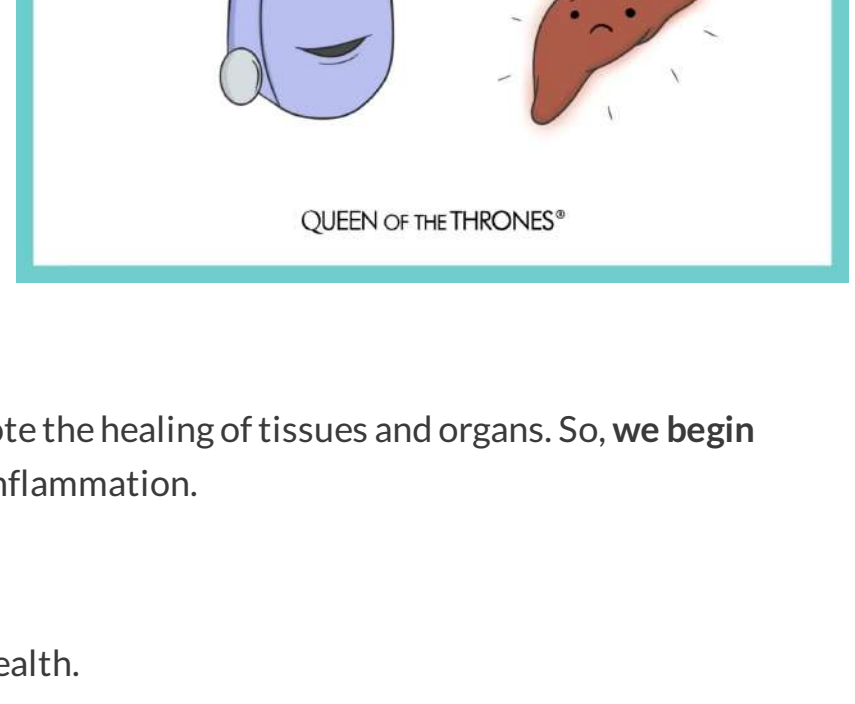
In order for hormones to be balanced, the liver needs to work optimally. Why?

Well, the liver is the body's main detoxifying organ, performing over 500 functions known to date and works around the clock to keep you healthy.

Think of the liver as a vacuum cleaner.

When the vacuum cleaner gets clogged, it can't clean effectively which prevents toxins from leaving the body efficiently – leading to infertility.

This can negatively impact fertility health by creating an excess amount of inflammation in the body.



But when Castor Oil Packs are placed on the skin to promote the healing of tissues and organs. So, we begin training the body to promote detoxification and regulate inflammation.

Just like an Olympic athlete!

And this leads to hormone balance and improved fertility health.

This is due to the main component in Castor Oil, ricinoleic acid, which increases circulation, reduces inflammation and stimulates lymphatic flow.^{4,5}

Then, in turn, increases the production of lymphocytes in the liver.

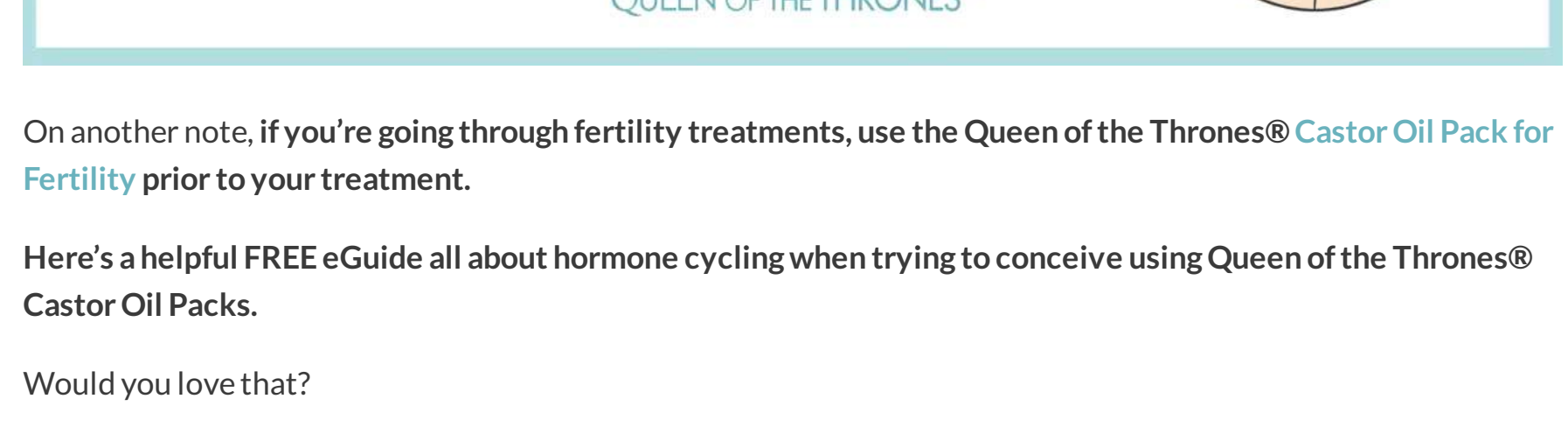
Lymphocytes are white blood cells, the body's natural disease fighters that help clear the area of toxins.

And it's that clearing of toxins that leads to the boost in fertility we are so desperately seeking when trying to conceive. Am I right?

So, if you're actively trying to conceive:

During the follicular phase (the first half of your cycle):

1. On day 1 apply a Castor Oil Pack for the Liver
2. On day 2 apply a Castor Oil Pack for Fertility
3. Repeat until ovulation – then stop during the luteal phase (the second stage of your cycle) to allow for that ever-so-wonderful nesting stage in hopes of conception.



On another note, if you're going through fertility treatments, use the Queen of the Thrones® Castor Oil Pack for Fertility prior to your treatment.

Here's a helpful FREE eGuide all about hormone cycling when trying to conceive using Queen of the Thrones® Castor Oil Packs.

Would you love that?

[GET YOUR FREE E-GUIDE NOW!](#)

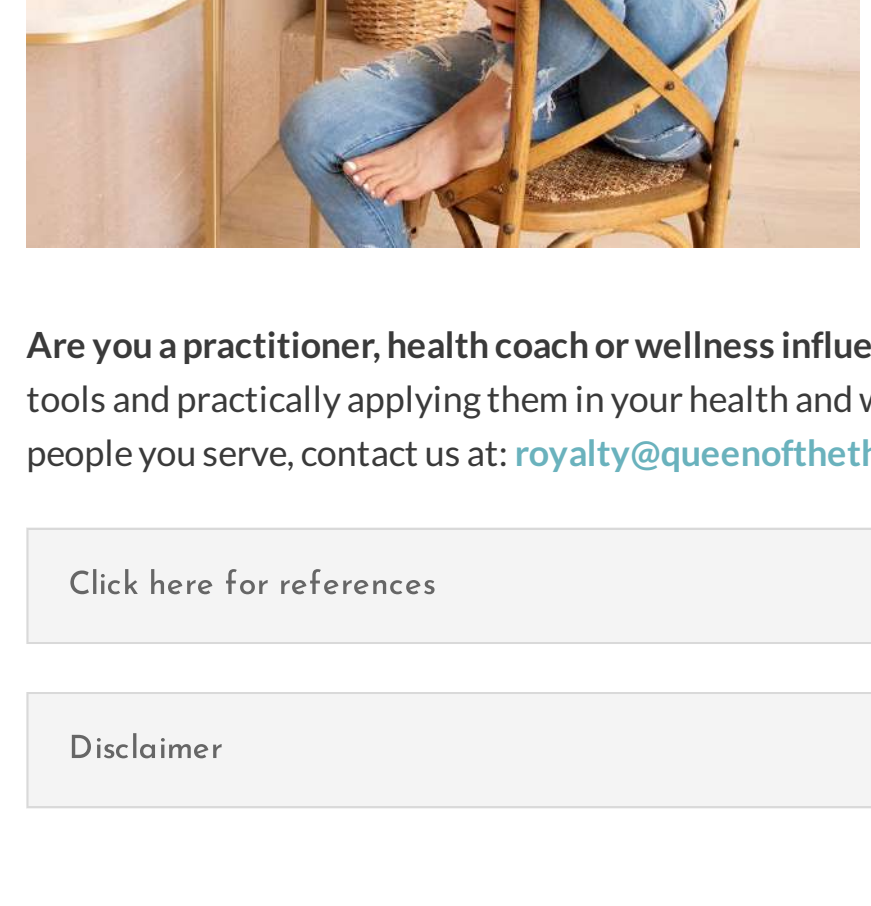
Note: You can also use Queen of the Thrones® Castor Oil Packs after unsuccessful fertility treatment as this treatment will help detox your liver from those excess hormones.

Fertility and pregnancy using Castor Oil Packs. Is there hope?

If your goal is to get pregnant, I assure you that your body will be in a much better state of fertility for that to happen once you follow these natural health practices.

Using Queen of the Thrones® Castor Oil Packs to support the body in balancing hormones and boosting fertility helps make a difference in overall health.

And that is hope, agreed?



Nora's Bio

Through her signature program, Master Your Cycle To Get Pregnant, Nora DeBora teaches women how to optimize their hormones and fertility by harnessing the power of their menstrual cycle with nutrition, cycle charting and self-care practices.

When she's not coaching, you can find her indulging in gourmet burgers, coaching in a yoga class, or on long hikes with her husky.

Are you a practitioner, health coach or wellness influence? If you're interested in recommending our easy-to-use tools and practically applying them in your health and wellness professional practice in clinic or online with the people you serve, contact us at: royalty@queenofthethrones.com

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