



## How do Castor Oil Packs work?

May 9, 2022 | 6 comments

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Est. reading time: 9 minutes.




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As a health care practitioner, you may have prescribed the traditional treatment method of castor oil packs for liver detox, lymphatic drainage or colon cleansing, right?

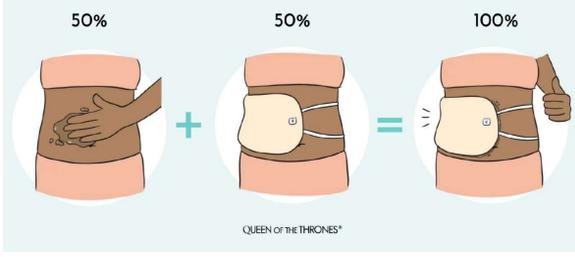
You did this by saturating an old cloth with castor oil and applying that goey mess to various parts of the body because you know of the great health benefits that this treatment method offers. Can you relate?

And, if you're like me, you stopped prescribing the old way of applying castor oil packs because that 12-step method was too messy, too complicated and your patients just didn't comply to it. And I don't blame them, do you?

Or maybe you had your patients do it the "lazy way" by simply just rubbing on the castor oil and then having them wear an old t-shirt. Sound familiar?

But, with the application of *just* the castor oil *without* the castor oil pack, we only get half of the benefits

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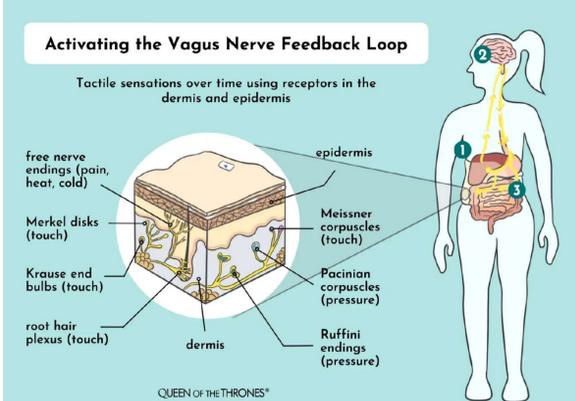


## How do Castor Oil Packs work for lymphatic drainage and cleansing?

Firstly, it's mechanical, with the **compression** of the pack placed over the liver (slightly covering the lower free ribs under your right rib cage), in combination with the movement of your breathing muscles, this serves to act like a pump to your lymphatic system encouraging lymphatic drainage'. Amazing, agreed?

Secondly, it's neurological, when placed on specific dermatomes this activates the somatic visceral reflexes triggering the activity of internal detox and cleansing organs like the liver, kidney, gut, gallbladder' and more.

Thirdly, it's a combination of both mechanical and neurological because the Queen of the Thrones® Castor Oil Pack stimulates the body's skin receptors which stimulate the natural oxytocin' feedback loop activating the vagus nerve, shifting the body into a rest and digest state where liver detox is optimized.



It's this direct effect of the castor oil pack compress that stimulates the parasympathetic nervous system<sup>1,4</sup>. Amazing, right?

Plus, the penetration of the castor oil into the tissues stimulates lymphatic drainage and reduces inflammation via the Peyer's patches<sup>5</sup>.

With no pack, castor oil will not penetrate as deeply and would act much more like a skin emollient, so the full range of benefits of the oil cannot be reaped.

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## Why is it important for castor oil to be in glass?

Lipotoxicity is why it is imperative to use castor oil that has only been contained in a glass bottle rather than in plastic<sup>6-10</sup>.

You see, castor oil is the **master carrier oil**, due to its structure and the molecular weight of ricinoleic acid<sup>11</sup>. And because of this amazing capability of transporting and transferring substances into the body, it is of the utmost importance to only use a high-quality oil that is organic, extra-virgin, cold-pressed, hexane-free and in glass.

And I am sure we are both on the same page when it comes to ensuring our prescriptions and protocols – like the application of Queen of the Thrones® Castor Oil Packs coming from a plastic-free environment – are helpful for our patients and ourselves, and not a harmful endocrine disruptive burden. Would you agree?

## Why you need to replace your Castor Oil Pack?

Pouring a fresh coat of castor oil onto the Queen of the Thrones® Castor Oil Pack with each application is an important part of the protocol, as is replacing your castor oil pack.

Why? Well simply because we are unsure where the castor oil and toxins it collects eliminate through the body, or back into the pack through the skin.

A study compared oral castor oil metabolites and the metabolites produced with the castor oil pack and no castor oil metabolites were produced with the castor oil pack<sup>12</sup>.

This suggests that either the castor oil wasn't absorbed or that the metabolites came out another way, perhaps via the skin into the pack.

So, to prevent possible reabsorption of any toxins that are being pulled out by castor oil, use a fresh coat of oil on every application and replace the pack every 3 months.



Plus, when it comes to fertility, it is especially important to ensure that your liver pack is placed only on the liver, the pelvic pack only on the pelvis over top of the uterus and ovaries, and the thyroid pack only on the thyroid. This is to avoid any possible transfer of toxins from organ to organ. Makes sense, right?

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## Queen of the Thrones® Castor Oil Packs - the game changer

With the application of this new and easy way of an old traditional method, with Queen of the Thrones® Castor Oil Packs in your practice, your patients, in most cases, will come back to you in follow-ups feeling better – because they can easily comply – and can safely be used with any other prescriptions that you recommend.

Plus, with regular practice your patients will train their body to respond better to stress, as well as naturally liver detox, lymphatic drain and colon cleanse with the support from their Queen of the Thrones® Castor Oil Packs.

Then what happens is we begin to start...



You see, this is what makes Queen of the Thrones® Castor Oil Packs so unique and game-changing.

Are you a practitioner, health coach or wellness influencer? 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, you can join now!

CLICK HERE TO JOIN!

Disclaimer

Click here for references

### 6 Comments

**Luise May** on July 17, 2022 at 9:53 pm

I was sent a link to how do castor oil packs work, and I was sent to a video, but there was no text. I am 84 years old and technologically illiterate! I don't do Facebook and can't set up Messenger. Could you please just email me some directions?

**Queen of the Thrones** on July 20, 2022 at 3:34 pm

Hey there! Thank you so much for reaching out! I have an amazing blog for you on how castor oil packs work! <https://queenofthrones.com/castor-oil-packs/>  
We also have some great videos for you (Youtube) Let me know if you have any trouble accessing these!  
<https://www.youtube.com/watch?v=M4jMeV7y-6s>

**carol grace** on September 26, 2022 at 10:07 pm

how can I remove this box from the page since I can't read the information? Help.Thank you.

**Queen of the Thrones** on October 14, 2022 at 2:40 pm

Hey! We would love to help you out with this! If it's the chat box, you should be able to exit! Let me know if this works for you.

**Valerie Lester** on October 28, 2022 at 7:08 am

Very annoying that I can't find a way to save this very important info or send a link to sick family members. Can't find an order or price for pack anywhere.

**Queen of the Thrones** on November 1, 2022 at 11:33 am

We would love to assist you with this, we can send you any link or videos you're looking for via email! Reach out to us at [care@queenofthrones.com](mailto:care@queenofthrones.com)

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