



## How to Cleanse & Detox with Castor Oil Packs for Balanced Testosterone

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### Why Men Need to Cleanse and Detox While They Sleep

It's that time of year again, my friend. When we start our search for a quick and easy cleanse and detox practice so we can look good now and feel better after a long winter of lack, right?

[CLICK HERE TO GET YOUR DAY & NIGHT DETOX KIT!](#)

Lack of sun, lack of energy & balance, lack of exercise, lack of a healthy diet...the list goes on, agreed?

One thing we certainly aren't lacking is a **build-up of stress and toxins** (also known as 'garbage'), and the discomforts of possible leaky gut symptoms we experience because of them, wouldn't you agree?

Then what happens? Well, you start to feel like your body is backed up with all that 'garbage'. Kind of like a house that never gets visited by the weekly garbage truck. Can you see it?



### Your easy way to cleanse & detox to boost energy levels

And, for most people, the idea of cleansing and detoxing is crunching on carrot sticks, while almost drowning yourself in 8 cups of water all day and then joining a hot yoga class twice a week after work. And this alone is a deterrent to the thought of even attempting a cleanse, especially for men. Would you agree?

Because, let's face it, after working in a mentally and physically demanding environment all day, the last thing he wants to do is anything at the end of it.

Even though he would LOVE to feel good with an energy boost from a balanced production of hormones such as testosterone, to start his car rebuild in the garage or finish drywalling the basement, or even for a romantic night out on the town with his partner, he just can't find the energy.

With the months of fighting with heartburn that feels like fire is going to barrel up your throat like a rocket launcher, to the weeks of constipation that feels like a football is lodged in your large intestine, on top of having to be mentally and physically present every day, how can the idea of anything else be of interest anyway?

Not to mention hobbies and date nights become just another task that is put off over and over again

[CLEANSE WITH THE DAY & NIGHT DETOX KIT!](#)

### Cleanse and Detox While You Sleep



So, how can we as health care practitioners help with improving energy, balance hormones, regulate gut inflammation and address those uncomfortable, energy-draining symptoms from the overburden of toxin accumulation from those long winter months?

With the Queen of the Thrones® Day & Night Detox Kit!

A simple and easy-to-use toolkit to improve hormonal balance and optimize overall health and well-being.

And to restore balance in his day-night cycle by regulating the inflammation in the gut while you or your partner sleeps...it just doesn't get any easier!

This is a super important step in a detox process, especially for men, to ensure optimal production of his testosterone levels while he sleeps, which will have him waking with that burst of energy he needs to seize the day!

You know the feeling, right? Instead of waking in a sluggish, foggy state, you wake up before your alarm and jump out of bed ready to knock off the list of "to-do's" that you have been wanting to get done for so long with gusto!

The reality is that without optimal functioning of our clogged-up cleansing and detoxing organs, we tend to wake feeling tired and sluggish more often than not. Would you agree?

[REGULATE TESTOSTERONE WITH THE DAY & NIGHT DETOX KIT!](#)

### Liver detox with lifestyle changes & Castor Oil (Not Castrol 'Motor' Oil!)

So, here is when we begin the practice of cleansing and detoxing. In the morning, on waking, with the dry brushing tool.

Priming our engine with dry brushing in the morning stimulates circulation and influences that healthy flow, rhythm and harmony that our body is so much in need of.

Without this priming, we tend to experience some lag when we hit the gas in the morning, instead of that thrust of pick up and go!

Next, we want to hit the kitchen, where the beet juice is, to begin the day with gut-healing nourishment.

Because nitric acid, the powerful component in beet juice, acts as a healing performance accelerator in the regulation of inflammation in the gut by increasing circulation', which leads to reducing & removing those fiery symptoms of leaky gut.

- Betaine** - B vitamin needed for healthy stomach acid
- Glycine** - great for your brain, liver cleansing & gut health
- Probiotics** - healthy microbiome balance
- Capsaicin** - anti-inflammatory & supports circulation
- Nitric oxide** - enhances cleansing, circulation & oxygen in the body
- Quercetin** - great for stomach acid, digestion & absorption
- Omega 3 & 6** - anti-inflammatory & heart health
- Vitamin E** - antioxidant great for detox

[FIND BALANCE WITH THE DAY & NIGHT DETOX KIT!](#)

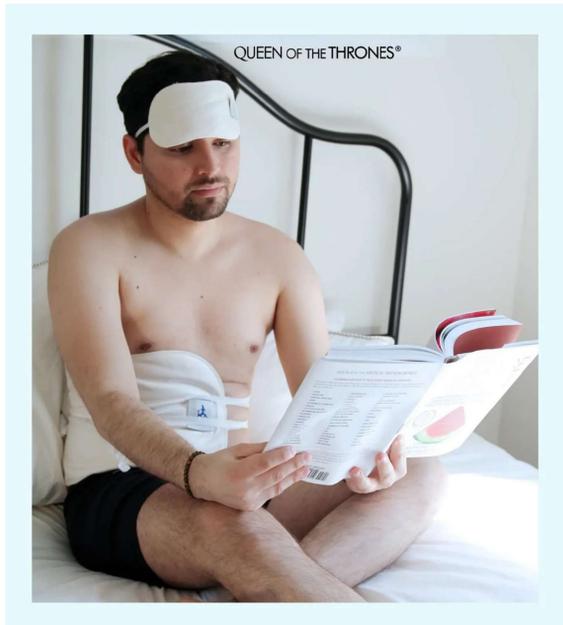
Then, in the evening, apply the Queen of the Thrones® Castor Oil Pack to your liver region where the Castor Oil can begin the process of regulating inflammation', while the pack brings a wonderful and calming effect on your nervous system by promoting the "feel good" hormones\*:

- Dopamine - our motivator
- Oxytocin - our love and happiness booster

The release of these feel-good hormones will then promote the release of all of the mental, emotional and physical stress from the day, and prepare you for a proper night's sleep.

Plus, during your slumber, testosterone production begins to increase from the stimulation of circulation with every hour and, on waking, you'll have more energy than you did the day before because the balance in your day-night cycle your body has so desperately been craving.

The best part? Your Day and Night Detox Kit also comes with a Castor Oil Eye Compress (a sleep eye mask) so you can naturally increase melatonin\*, your sleep hormone and gently reset your sleep-wake cycle! Amazing, right?



The other best part? You can block out light at night and because it's light in color, your Eye Compress lets light in naturally so you can wake up with the sun. Sounds nice, agreed?

### King of Energy and Hormone Balance



Because a daily ritual of using your Queen of the Thrones® Day & Night Detox Kit, combined with a healthy diet and lifestyle changes, will help create a healthy gut environment rewarding you with the relief of those disruptive, painful and uncomfortable symptoms.

You'll sleep like a king and wake to take on your day with the energy of a champion.

And when your body is no longer going 100 miles an hour while stuck in first gear, your energy will increase at a smooth pace - just like the gradual shifting of gears through butter.

So, take the tarp off that old beast in the garage, because you will soon be tinkering with your favorite hobbies from your newfound increase in energy and luster.

Let's celebrate with a pint to kick off your new Queen of the Thrones® Cleanse and Detox practice.

[A pint of nourishing beet juice, of course!](#)

[GET YOUR DAY & NIGHT DETOX KIT HERE!](#)

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!

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