



How to cleanse while you sleep with Castor Oil Packs

Jun 2, 2022 | 0 comments

Written by: Victoria Williams R.H.N.
Medically reviewed by: Melanie Swackhammer, BA

Est. reading time: 10 minutes.



Everybody wants to cleanse when it's spring, would you agree?

While **cleansing is a natural body function**, did you know it doesn't happen just once a year? In fact, it's a daily occurrence – correction, it's a nightly occurrence.

Here you will learn how to cleanse while you sleep with Queen of the Thrones® Castor Oil Packs and the Eye Compress no matter the time of year.

[GET YOUR DETOX KIT HERE](#)

So when your patients, and you, are looking for support in removing the discomforts of **leaky gut** and hormone imbalance symptoms from the stress they've been dealing with, to feel their best in their bodies with the energy of an Olympic athlete... wanting it all now, and by now they mean yesterday...

You'll be ready to share an easy, doable, Queen of the Thrones® Day & Night Detox Kit.

The above scenario sounds all too familiar? Correct?

This is a perfect example of what you find yourself or your patient saying...

 Search

Recent Posts

7 Top Best Uses for Castor Oil

Sleep troubles: Why It Happens And What You Can Do

5 Benefits of Castor Oil for your Hair

Wellness buyer beware: Counterfeit Castor Oil Packs are on the rise!

How to know if you're sensitive to gluten or dairy?

Most Common Patient Complaints

- Low energy
- Stressed
- Brain fog
- Constipated
- Exhaustion
- Insomnia

QUEEN OF THE THRONES®

"I'm so desperately wanting to clean up my life, and not just emptying my closets and decluttering my house... It's me! I don't have the energy to do everything I want to do. I'm **constipated**, always exhausted, can't sleep and I'm so stressed, and I feel like my brain is all fogged up."

And then the question comes...

Can I cleanse & detox with a supplement?



Ah yes, the one and done supplemental band-aid prescription. Everybody wants it. Even you and you know better. But that's ok, because it's human nature, especially living in today's day and age.

We want it now, and by now I mean yesterday. Can you relate?

But you look back on your life, and what have the quick fixes done for you? Nothing, because nobody benefits from it in the long run. It may feel good for a period of time but leaves you in the same place you started in. A rut. Agreed?

The key to cleansing and detoxing isn't seasonal, it's nightly

What Works? It's not something you just do in the spring, although it's a great time to start. What really shifts overtime and improves your leaky gut and hormone imbalance, is the regular practice of supporting what your body does best.

Sleeping, resting, healing and cleaning!

Yes, that's right, easy practices that you repeat nightly that become as easy and mindless as brushing your teeth because you know you need to brush off the biofilm for good dental health to prevent cavities, agreed?

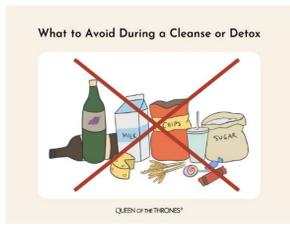
Well, your body is no different. There is a way to support your regular, nightly and daytime cleansing.

What about dairy?

You know as much as you, or your patients would love to do a "trendy" cleanse or detox that, for most of us, is just too hard. Too many bells and whistles to commit to, right?

Because a cleanse or detox, well that my friend, involves giving up the things you and they love, like red wine, gluten and dairy, and maybe other foods that they find on their food sensitivity testing.

Plus, they've either experienced before or heard about the dreadful and very possible aggravating symptoms.



And how are you going to get them, or yourself to do a complicated cleanse or detox if they don't have the energy to do it?! mean this is why they are sitting in front of you, with ZERO energy, correct?

So, to even initiate a single task or avoid yourself or your patients experiencing another uncomfortable symptom, you are going to have to get creative. Sound too good to be true?

[CLEANSE WHILE YOU SLEEP KIT](#)

It's not, read on...

Because you can cleanse and detox while you sleep,

Here's how...

What's in a name? Well, everything.

You know your patients are exhausted, you know the first step to healing is like when you are building a house from scratch.

You clean (cleanse or detox) up the land (your body) before building a house so you have a strong sturdy foundation. Makes sense, agreed?

But if there isn't any energy, how can this happen?

Easily, with the Queen of the Thrones® Day & Night Detox Kit, complete with your Castor Oil Liver Pack, Eye Compress and Dry Brush.

Once you have your pack on, you then dab a couple drops of castor oil around the fine lines and wrinkles on your face, so you can reduce signs of aging, enhance circulation and lymphatic drainage. What's next?

You then slip on your Eye Compress and get comfy in your bed. When your head hits the pillow you're relaxed as your eye compress gently blocks out distracting lights and makes you feel sleepy because it supports melatonin production.

Plus, your Castor Oil Liver Pack feels like a hug that naturally stimulates the production of your feel-good hormones, oxytocin^{10,11} and dopamine^{12,13}, so you're ready to drift off into a relaxing deep slumber. Wonderful, agreed?

Morning comes and you start your shower, setting aside your Dry Brush & Castor Oil for when you step out. Starting from your ankles, working your way to your heart, you gently brush small circular motions.

The best part? It's truly relaxing but what it's doing is delivering anti-inflammatory¹⁴ nutrients like vitamin E, polyphenols and omegas^{15,16} and stimulating lymphatic flow. Why does this matter in the morning? Read on!

Now, you might be wondering because your patients might ask you...

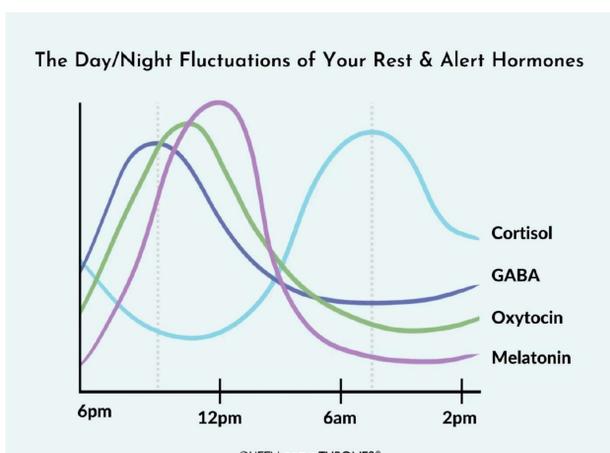
Why and how does cleansing, detox and drainage happen while I'm sleeping?

Working with the body and the natural laws, we are already privy, according to traditional Chinese Medicine Doctors, that the hour of the liver is between 1-3 am, where the majority of liver detox occurs, at 3-5am the lungs supports lymphatic drainage, and at 5-7am is when colon cleansing occurs.

So, detox, drainage and cleansing overnight in the liver, lymphatics and colon can happen overnight when you're sleeping.

This is connected to chronobiology research, the best time to do things for your body supports what the ancient Chinese doctors already knew.

What supports cleansing overnight, wearing a sleep aid compress to naturally promote melatonin. When you wake up in the morning, naturally pump cortisol with a dry brush.



Both the liver and microbiome are most active during sleep, and there is a lot of cleaning going on, so why not:

- Promote healthy sleep
- Support the gut and microbiome
- Reduce inflammation in the liver

All this to simply support and help the body naturally to do what it is supposed to do, stay clean!

[GET YOUR DETOX SUPPORT KIT HERE](#)

To learn more about how to support the rhythm of your day and night detox cycle [Click 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!

[CLICK HERE TO JOIN!](#)

[Click here for references](#)

[Disclaimer](#)

0 Comments

Submit a Comment

Your email address will not be published. Required fields are marked *

Comment *

Name *

Email *

Website

Submit Comment

Menu

[FAQ](#)

[Disclaimer and Online Privacy Policy](#)

[Disclaimer & Terms of Use](#)

CONTACT US

Email: care@queenofthrones.com

Phone: 1833-887-2627