



How to Seed Cycle for Hormone Imbalance with Castor Oil Packs.

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Medically reviewed by: Victoria Williams R.H.N.

Est. reading time: 16 minutes.

So, you've heard of the seed cycling protocol as a way to support hormone imbalance, right?

You may have even researched what it's all about, but thought that maybe it wasn't for you, or it seemed too complicated, is this thought?

While an interesting protocol, seed cycling for hormone imbalance requires the patient to ingest seeds like flax, pumpkin, sesame and sunflower on specific weeks of their cycle.

This may seem like a viable, natural option for balancing the body, right?

But, what if women with hormonal imbalances are unable to tolerate eating seeds or oils, leaving them doubled over in pain?

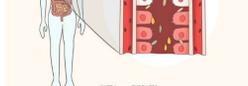


The seed cycling protocol can then become problematic, doing more harm than good.

Are you with me? Thankfully, there's an **even easier way**, are you ready? Keep reading!

[DOWNLOAD YOUR HORMONAL CYCLING EGUIDE HERE!](#)

Could Castor Oil Packs topically be the answer?



Both ingesting oils and consuming excessive amounts of seeds can actually cause gut health issues, as they can irritate the gut lining. No thank you, right?

This is where Castor Oil Packs come in, working from the outside in, the topical alternative to ingesting seeds or tolerating the oral intake of oils.

So many treatments require the oral route. With this comes issues like proper absorption, and irritated gut responses like leaky gut syndrome. Already a common concern for those with Hormonal imbalance.

Because of this, eating the seeds or drinking the oils leads to a lot of time, energy and money being spent for little improvement in return.

What are the benefits of Castor Oil Packs?

A Queen of the Thrones® Castor Oil Pack helps the body better absorb and utilize what it is taking in.

What does that mean exactly? Basically, everything just works better as a result of this practice, likely due to its parasympathetic promoting aspects of the actual compress.¹⁻³ ones that stimulates your natural oxytocin production.

Plus, the feeling of the oil supports natural dopamine production,^{4,5,6} making this tool a wonderful way to support hormonal imbalance as well as a feel-good option.

Plus, the anti-inflammatory action, nitric oxide promoting Castor Oil, supports gut health, biofilm breakdown and microbiome balance,⁷⁻¹¹ making it a true foundational treatment, not only for cleansing and constipation, as commonly used, but in a regular health practice too.

Queen of the Thrones® Castor Oil Packs are known to help you feel better (in most cases).

If our original goal is to make **food our medicine** and encourage a healthy diet, then Queen of the Thrones® Hormone Balance & Detox Kit are an essential part of your wellness toolbox.

In some cases, immediate symptomatic relief¹²⁻¹⁵ of digestive symptoms like constipation, gas and abdominal bloating and sleep problems¹⁶⁻¹⁸ flood the system due to the mechanistic actions of the compress itself.

This, in turn, presents with an overall feeling of wellbeing and "feel good" sensations. Similar to how you feel better when you put a "bandaid" on it.

Making sense so far? Great!

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Castor Oil Packs are NOW easier to comply with

The seed cycling protocol asks a lot from patients. They must know and understand their cycle, making sure they are ingesting the correct seeds on the proper week. It can be a lot of time and effort to coordinate and a more challenging protocol to gain compliance, agreed?

Even though Castor Oil Packs, done the old way were horrible for compliance, Queen of the Thrones® Castor Oil Packs, on the other hand, are an excellent ally to enhance compliance of the once messy, now easy practice, not only in hormonal imbalance but also in immune, gut mucosal, microbiome, and liver metabolism balance.

Not to worry though, this new way to support your hormones and gut health is easy, comfortable and convenient! Allow me to introduce you to...

The 'Single' Seed Cycling Protocol with Castor Oil Packs

Enter the 'seedless' seed cycling protocol, a method developed to balance hormones in an easier, more supportive way. Sounds good, agreed?

This new protocol, used by health care practitioners, helps with supporting the processes of the body that aid in the creation of a successful foundation for hormonal, metabolic and immune regulation in practice.

So, how does it work exactly?

When it comes to using your Queen of the Thrones® Hormone Balance & Detox Kit there are two essential steps to follow:

Step One:

Follicular "Estrogen" Pro-inflammatory Cleansing Phase

Estrogen is your "necessary evil"¹⁹ as both high and low levels of estrogen cause disease. It works in close coordination with inflammation, which is also a necessary evil, helping to break down tissues in the cleaning and rebuilding processes of the body.

Did you know that Inflammation and estrogen are highly connected? And for women, your follicular phase is a state dominated by Estrogen that begins on the first day of your period.

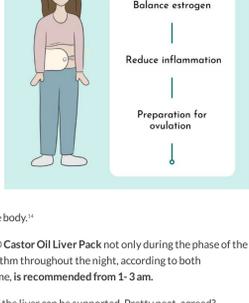
[LEARN ABOUT HORMONAL CYCLING HERE!](#)

Estrogen helps with balancing of your immune system

It's true! In healthy levels, estrogen has protective mechanisms.²⁰ During this time, the purpose of elevated estrogen is to balance inflammation while helping with preparation of the body's "cleaning" phase, before the magical event of ovulation.

Ovulation is where the egg will drop from the ovaries and make its way, ideally fertilized, to the uterine lining, to implant for growth. This is your body's time to let go and let flow.

During this phase, wearing a Queen of the Thrones® Castor Oil Pack for Liver, placed over the liver **every night, for a minimum of one hour** (or overnight for best results), supports the inflammation balancing role of the liver.



After all, the liver is the "major metabolic hub" of the female body.²¹

Supporting this function, with the Queen of the Thrones® Castor Oil Liver Pack not only during the phase of the hormonal menstrual cycle, but also during the circadian rhythm throughout the night, according to both Chronobiological medicine and Traditional Chinese Medicine, is recommended from 1-3 am.

Why? Between those hours, the most highly active phase of the liver can be supported. Pretty neat, agreed?

Remember, the liver is always the first to process things like birth control pills, antibiotics and even hormone replacement therapy (HRT).

Do you know the signs of an overloaded liver? During this key hormonal phase of clearance, these symptoms most often resemble that of leaky gut syndrome.

Loving what you're learning? You won't want to miss out on your FREE eGuide for hormone cycling!

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Castor Oil Packs over the liver also support:

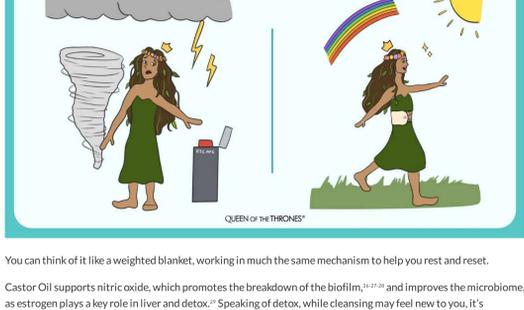
- Support digestion, absorption and elimination²²⁻²⁴
- Reduce inflammation²⁵
- Support the body to shift into the parasympathetic state to encourage deep sleep²⁶⁻²⁸
- Optimize nitric oxide production²⁹⁻³¹
- Break down biofilm³²⁻³⁴
- Balance microbiome³⁵

Additionally, the compress itself, when placed on the skin, naturally supports the balance of the shift from a stressed **high cortisol state that drives higher estrogen**, to the healthier oxytocin state at night during the periods of rest, to help with cleansing and detoxification.

This is via the low threshold afferent C tactile receptors on the skin that feed back to the cranial nerves, specifically the vagus nerve.

This shift into the parasympathetic state is like an escape button to begin the "rest, digest and detox" function.

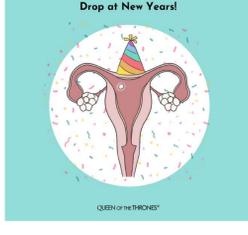
Wear the Castor Oil Pack for Thyroid for 1 hour each day during entire cycle (not to be worn overnight).



You can think of it like a weighted blanket, working in much the same mechanism to help you rest and reset.

Castor Oil supports nitric oxide, which promotes the breakdown of the biofilm,³²⁻³⁴ and improves the microbiome, as estrogen plays a key role in liver and detox.³⁶ Speaking of detox, while cleansing may feel new to you, it's important to remember that...

Cleansing and detoxification is a natural bodily function



Detoxifications and cleansing happens best while we sleep, and while we are in a state of rest – which is the best time to have your patients wear their Castor Oil Packs for Liver.

These are major keys of working with Castor Oil Packs over the liver to set the foundation for hormonal cleansing and hormonal balancing during the follicular phase.

Step Two:

From the time of ovulation, the body now shifts to a higher progesterone state, where the focus moves from the liver to the pelvic region.

This shift often begins with "mittelschmerz", a wonderful German word for the onset of ovulation, or the "dropping" of the egg.

As the egg travels down the fallopian tube, with the great hope of meeting sperm and creating life, progesterone can be easily robbed by the production of our stress hormone, cortisol.

This biochemical pathway is primed as the body intelligence isn't one to want pregnancy under times of stress.

Some of the stressors you may not even be familiar with that affect this key fertility stage are:

- Gut Inflammation
- Poor diet
- Emotional distress
- Excess weight
- Drugs, and so many other factors

When there is a problem with ovulation, and getting pregnant, elevated levels of cortisol (which rob the body of natural progesterone,³⁷ do not allow for the important nourishment of the ovaries.

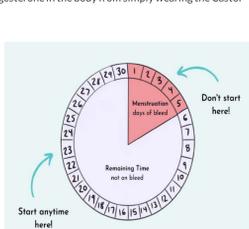
During this phase, have your patient wear their Queen of the Thrones® Castor Oil Pack for Fertility Kit on their pelvic area every night. Here, the purpose of the Castor Oil Pack for Fertility Kit is to support the oxytocin state, causing relaxation which improves the natural levels of progesterone in the body from simply wearing the Castor Oil Pack compress.

Pretty amazing, agreed?

When beginning the "Single" Seed Cycling protocol using Queen of the Thrones® Castor Oil Packs, it is important to note that if your patient has NEVER done Castor Oil Packs before, it's best for them to start either

1. Right after the end of their period with step one over the liver or...
2. At ovulation.

Starting your patients on their bleeding days may potentially lead to them experiencing a quite strong "letting go" sensation.



Either starting AFTER the bleed or at ovulation will prepare them to have a better period.

Once your patient starts menstruating again, it's time to switch back to the liver pack and so begins the simple 2 step protocol all over again.

Your patients will eventually begin to experience their symptoms less frequently over time as their body becomes regulated with their natural hormonal cycle.

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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, contact us at: royalty@queenofthrones.com

To deepen your knowledge, here are a few blogs you'll want to read as well:

1. Why does the moon make my hormones go crazy?
2. Why is compliance so low for the traditional seed cycling protocol?
3. Why beet juice is good for you & your patients' gut health.

[Click here for references](#)

[Disclaimer](#)

2 Comments

TA Hayes on May 15, 2022 at 1:26 pm

[Reply](#)

What about us folks way past menopause???? We're a growing (and if I may say so my self, important) part of the population, you know?

Terry Anya

Queen of the Thrones on May 30, 2022 at 8:23 pm

[Reply](#)

Hey there! Great question! The castor oil pack practice is a great support tool past menopause as well! You can just wear your pack every night OR to further support hormone balance you can cycle with the moon so you would start with the liver pack on the full moon for 2 weeks then the pelvic pack on the new moon for 2 weeks!

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