



# How to Balance Hormones with Castor Oil Packs & Seed Cycling

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Written by: [Melanie Swackhammer B.A.](#)  
 Medically reviewed by: [Marisol Teijeiro ND \(inactive\)](#) & [Victoria Williams, R.H.N.](#)  
 Est. reading time: 8 minutes.

Do you ever feel like your hormones are constantly wreaking havoc on your body? Kind of like a bull in a china shop, breaking everything in sight, right? You're not alone in feeling this way, so let's talk about how you can use at-home self-care tools like your [Castor Oil Pelvic Pack](#) and seed cycling to naturally balance your hormones. Are you ready?

First thing's first: Do you feel like your hormones are completely out of whack because...

1. You have irregular periods
2. You have PCOS, endometriosis, or maybe it's uterine fibroids.
3. You have no idea when your estrogen spikes and drops.
4. You feel disconnected from your body because your monthly cycle is all over the place. Do any of these sound like you?

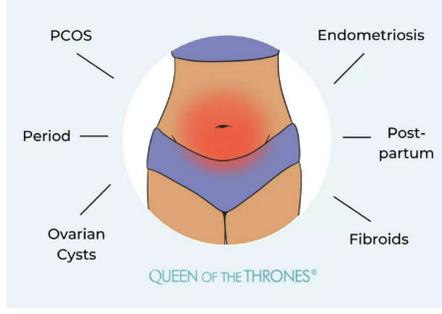
Well, if you relate to one or all of the above, you're in the right place because I'm here to tell you the top 3 reasons why [Castor Oil Packs for Fertility](#) and seed cycling can support irregular periods and hormone imbalance.

## 1. How can Castor Oil Packs calm period pain and inflammation?

Do you find yourself dreading your period because you know that your inevitable cramps that have you doubled over in pain are on their way, right?

Worse than that, you can feel your uterus filling up with inflammation. Kind of like a forest fire that starts out as just a spark but grows into a raging fire that needs gallons and gallons of water to stop it.

Well, would you love to know how [Castor Oil Pelvic Pack](#) can be your fire hose so you can reduce inflammation and pain before, during and after your period? Do you feel like this is too good to be true? It's ok, stay with me here.\*



You see, because [Castor Oil](#) is a natural anti-inflammatory<sup>1</sup>, when you pair that with your cozy pelvic pack compress, it's kind of like a weighted blanket for all of your reproductive organs so you can naturally relax and reduce inflammation. Sounds amazing, right?.

But maybe you feel like inflammation is a normal part of your day to day because you have endometriosis, PCOS, or uterine fibroids, can you relate?

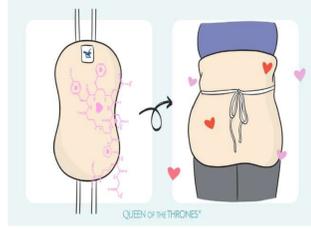
Well, kind of like how an ice pack reduces swelling and inflammation when you have an injury, your [Castor Oil Pelvic Pack](#) is your new way to reduce the pain you get from inflammation, but without the cold!

The best part? It's like a gentle massage for your abdomen and pelvis so your body can naturally relax when your hormones are causing a raging storm inside your body. Oh, you can also wrap it around your lower back if you have hip and back pain. Or wear it over your breasts to support lymphatic flow. Amazing, agreed?!

[GET YOUR CASTOR OIL PELVIC PACK KIT HERE!](#)

So, now that you know how you can naturally reduce inflammation with your [Castor Oil Pack](#), you might also be wondering...

## 2. How Castor Oil Packs balance your hormones and support your irregular period.



Do you feel disconnected from your body because you have no idea what's going on with your hormones? Your period is early one month and two weeks late the next, right? Plus, the more unpredictable it is, the more stressed you are and that makes it come even later – does this sound like you?

Would you love to know how your [Organic Castor Oil Pelvic Pack](#) can help you stress less so you can support your irregular period? You're still in the right place!

You see, the soft compression of your [Organic Castor Oil Pelvic Pack](#) on your skin calms your entire system and stimulates the release of feel-good "love and connection" hormones so you can naturally promote the production of our feel-good neurotransmitter dopamine<sup>2</sup>, as well as our love and connection hormone, oxytocin<sup>3</sup>.

Plus, oxytocin also lowers cortisol (your stress hormone) and balances blood pressure<sup>4</sup>, leading to healthy levels of progesterone. Why does this matter? Well, studies show that there is a connection between higher levels of anxiety when progesterone levels are higher<sup>5</sup>.

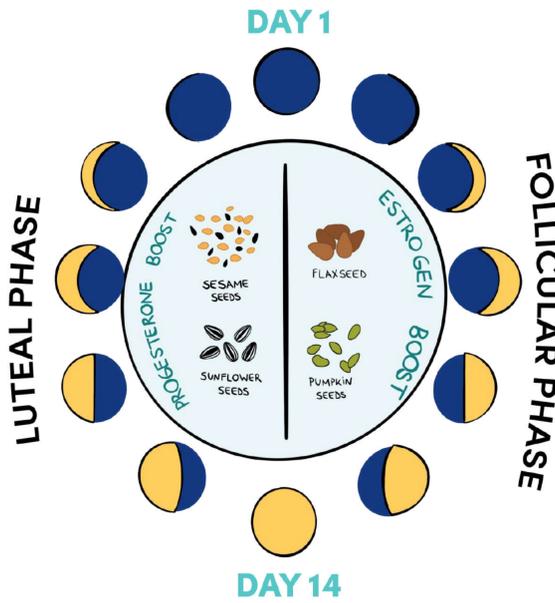
But remember, rest and relaxation takes practice. The best part? Your [Organic Castor Oil Pelvic Pack](#) gives your body the chance to practice over and over again, so be gentle with yourself.

Now that you know about your new self-care tool, would you love to know how you can use snack food to support your monthly cycle?

## 3. Can you regulate and balance your hormones through eating seeds?

Maybe you already have your go-to drinks for when you have your period- your raspberry leaf tea, and of course, your peppermint tea to help your dreaded nausea, right?

Well, would you love to have snacks on hand so you can naturally support your cycle before and after your period? It's as simple as eating specific types of seeds during specific days of your cycle, also known as seed cycling. Wait, what?! It's true! At particular times of the month, you can better regulate your hormones by eating various seeds and oils. Amazing, agreed?!



Psst, seeds like flax and pumpkin seeds are estrogenic in nature and help in the follicular period, or bleeding to ovulation. Would you love to try seed cycling for yourself but you're not sure where to begin?

Well, you're in the right place because I've created a [FREE eGuide](#) so you can start seed cycling. Oh, you'll also get an inside look at your new [Queen of the Thrones® Organic Castor Oil Pelvic Pack](#). So exciting, agreed?!

[CLICK HERE TO GET YOUR FREE SEED CYCLING EGUIDE!](#)

[Click here for references](#)

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### 4 Comments

**Darlene** on December 2, 2022 at 10:40 pm

I have a question on a recent liver Castro oil pack! Can you wash the cotton pack? If so, how after just 5 days to 7 days of using it? Would it be ok to hand wash in a gentle soap or something else? Thank you!

[Reply](#)

**Queen of the Thrones** on December 7, 2022 at 1:03 pm

Hey there! Such a great question, yes you can wash your pack! I personally wash mine every 15-30 uses before replacing all together after 2-3 months of use. I find hand washing the best! Here is a great video for you showing you how to wash your pack. <https://youtu.be/fb1JEBpbVbg>

[Reply](#)

**Vicki** on March 11, 2023 at 5:40 pm

How often do you use this castor oil pack? And do you need one for your hormones and one for your liver? And the face massager what does it do?

[Reply](#)

**Queen of the Thrones** on March 23, 2023 at 9:31 am

Great questions!! We want to add this into our daily routine, it's always best to start with our liver as this is the HUB of healing of our bodies!  
 The fascia massage roller is a great support tool to get your muscles flowing! It can also be used as a massager on sore muscles, cellulite and stretch marks!

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**CONTACT US**

Email: [care@queenofthethrones.com](mailto:care@queenofthethrones.com)

Phone: 1833-887-2627

