



Improve Hormonal and Acne Breakouts with Castor Oil Packs.

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How to support hormone and skin health with Castor Oil Packs

Have you been applying pimple creams containing hydroxy acids and/or benzoyl peroxide with no change in those painful and embarrassing pustules?

You see, it can take time to clear up acne, and with the help of Queen of the Thrones® Castor Oil Packs to support your hormone and skin health, we can speed up the process in a healthy way. Sounds wonderful, right?



One thing I noticed when working with my patients and clients who struggle with hormonal acne breakouts, is that when I improve their liver health and get their hormones in balance, their skin starts GLOWING!

Would you love to wake up each morning to wash your face & shower your body only to feel and see smooth, blemish-free skin looking back at you?

Are your hormones imbalanced and in need of liver support?



Let's look at the following symptoms:

- Acne (Inflamed pustules/comedones on face, back, chest, shoulders, buttocks)
- Skin irritation/rashes
- Bloating
- Brain fog
- Constipation
- Feelings of anger (liver is associated with emotions like irritability and anger)
- PMS (tender breasts, cramping, moodiness)
- Waking up between the hours of 1-3am

Is this you? If you experience any of these symptoms it could indicate that your liver needs some love.

In my practice I teach my patients that, when we are not able to remove toxins (due to the need of liver detoxification) from the body optimally we can push them out through the skin, therefore experiencing hormonal acne breakouts.

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Recommendations for Hormonal Acne Breakouts

In my personal experience as a Chiropractic Doctor, if I may share, using the following AMAZING recommendations for acne-prone skin, that both myself AND my patients and clients have implemented have resulted in a profound improvement in our skin health:

Here are my favorite ways how:

1. **Queen of the Thrones® Castor Oil Pack for Liver:** if you do nothing else, Queen of the Thrones® Castor Oil Pack for Liver can be an amazing way to help support liver health. Castor Oil helps to reduce inflammation of hormonal acne breakouts, support gut health and support liver detoxification.
2. **Add in liver supporting foods:** My favorites are cruciferous veggies (broccoli, Cauliflower, arugula, cabbage), green tea, bone broth, dandelion root and leaf, leafy greens, carrots, beets, garlic and pasture-raised eggs.
3. **Supporting detoxification pathways** by making sure you are sweating a few times each week either through: Activity, a hot Epsom bath or sauna, implementing dry brushing, using a rebounder, acupuncture, muscle work/massage and Chiropractic care.
4. **Reduce environmentally toxic exposures:** artificial fragrance, artificial ingredients, plastics/BPA.



Remember that what we see on the outside, is a reminder of what needs to be supported on the inside and hormonal acne breakouts are a reminder of ways we can be loving our insides more.

So, if you love the look and feel of soft, smooth, pain-free, acne-free skin, start with your Queen of the Thrones® Castor Oil Pack for Liver. Begin your journey of smooth blemish-free skin by supporting liver cleansing, hormone balancing, absorbing nourishing food and supplements better, reduction of bloating, and best of all no more hormonal acne breakouts!

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Dr. Halie Schoff Bio

Dr. Halie Schoff is a licensed and practicing Functional Chiropractor, Integrative Health Practitioner and Podcaster.

She is a former collegiate athlete who has a passion for teaching people how to bridge the gap between fitness and holistic health. With a focus on women's hormones and gut health, Dr. Halie has helped hundreds of people all over the world regain their health through lifestyle, optimal diet, movement and functional practices.



Dr. Halie is wonderfully outspoken about informed consent around birth control and aims to help those that she works with understand the root cause of their hormone imbalances.

Her main goal is to help you be the alpha of your health by understanding what being optimally healthy means for YOU.

Social links:

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To learn more about how Castor Oil Packs work and why you need the compress with the oil to truly start waking up like new, [read 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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