



Here's why you should detox using Castor Oil Packs.

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 Est. reading time: 9 minutes.

First thing's first, let's answer one question...

Are die-off symptoms during a cleanse or detox normal?

It's possible, but doesn't have to be normal. Are you wondering what I mean by that? Well, if you have ever felt worse during a cleanse or detox, with symptoms like:

- More than your normal constipation
- Feeling even more exhausted with little to no energy to do the simplest things...

These are only two of the many common examples of die-off symptoms that can be experienced during a cleanse and detox.

And they aren't exactly NORMAL. You see, you don't need to experience die-off symptoms during a cleanse and detox to be successful, like some practitioners say.

I know, sometimes these symptoms make you doubt the effectiveness of a cleanse and detox that you may have started, agreed? I know it did for me.

And that's why I'm here with you now so we can discuss die-off symptoms of cleanses and detoxes so you can avoid experiencing them.

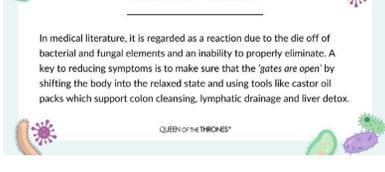
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Why does this matter? Well, you don't want to feel so bad that you wished you never started a cleanse or a detox, am I right?

Even though you've been told it's normal to feel worse before you feel better, it doesn't have to be that way.

If this is or isn't your first time hearing about die-off symptoms, either way, there's hope.

And this is why you want to keep reading this blog BEFORE you start your next cleanse or detox.



You see, knowledge is power when it comes to die-off symptoms of a cleanse and detox. Because, you don't want them to prevent you from doing the best foundational health-promoting practice.

All you need is a ready-to-wear, easy, ancient health practice to support your cleanse and detox.

Did you know Castor Oil Packs can help alleviate your die-off symptoms and actually help enhance your detox? Would you love to know how?

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Castor Oil Packs can support you during a candida cleanse.

May I share my story with you about how I found relief from my terrible die-off symptoms by trying out a Queen of the Thrones® Castor Oil Liver Pack for Liver

My name is Brianna Salerno, I'm a Holistic Health Coach and owner of Blessed Holistic Life who encourages regular parasite and candida cleanses for clients with gut inflammation to improve their gut health.

Personally, I have done multiple cleanses and detoxes just like you, and have often struggled through the die-off phase.

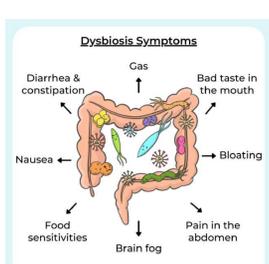
Unfortunately, sometimes detoxing may result in some pretty uncomfortably painful die-off symptoms. Have you been there before?

So, I understand your pain, my friend, because this was me too but thankfully, I finally found the relief I was needing when I had tried out the Queen of the Thrones® Castor Oil Pack, which helped me relieve my terrible die-off symptoms.

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But, you might be wondering...

What are Die-off Symptoms of Parasite and Candida Cleanses?



The symptoms you may experience as I did before I found the Queen of the Thrones® Castor Oil Pack for Liver were:

- Headaches
- Bloating
- Nausea
- Constipation
- Diarrhea
- Fatigue
- Gas
- Sinus Problems
- Skin rashes
- Insomnia
- Aches and Pain

Honestly, on my last parasite and candida cleanse I started to get desperate as I was gaining weight and was bloated 24/7. Something had to give. Luckily I was scrolling on Instagram when I saw a Queen of the Thrones® Castor Oil Pack for Liver with a caption saying "how to help bloat."

So, I immediately ordered and prayed for relief.

It only took one night with my new Castor Oil Pack practice to see results and I was hooked! Amazing, agreed?

Improve sleep, bloat & constipation with Castor Oil Packs!

I bought the organic ready-to-wear, less-mess Queen of Thrones® Cleanse-While-You-Sleep Castor Oil Pack Bundle that comes with the Queen of Thrones® Castor Oil Pack.

The pack felt so soft against my skin because it's made of organic flannel. The best part? It's so easy to use - just two easy steps.

Step 1: I poured the oil on the cloth and then came step 2, which meant wrapping it around my stomach and went to sleep.

Not only did I sleep AMAZING, I woke up with no bloat and immediately went to the bathroom! I couldn't believe it! I tried again and the same thing happened! I was HOOKED.

I felt lighter and had way more energy too! It felt like all the toxins I was releasing were finally leaving my body and helping my gut inflammation. Sounds simply wonderful, agreed?

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How does a Castor Oil Pack for Liver work?

The body naturally cleanses and detoxes when in a relaxed state. Wearing a Castor Oil Pack topically over the liver or pelvic regions shifts the body into the relaxed parasympathetic state¹⁻³ because we're often living in a stressed state.

So, that's why it's hard for our bodies to detoxify.

Die-off symptoms are simply our body's attempt during a detox of what needs to come out, but because of overwhelmed systems, it can't do its job. Makes sense, right?

So, supporting healthy functions of cleansing and detoxification by shifting the body into a relaxed state supports the moving of the bowels⁴ and enhances liver detox and reduces gut inflammation.⁵

This helps our body to help get rid of the toxins released during a detox or cleanse. Promoting good energy, and relieving constipation⁴ and bloating.

Castor Oil Packs: The benefits beyond cleansing & detox

Queen of the Thrones® Castor Oil Packs helps:

- Increase lymphatic circulation⁷
- Reduce core inflammation⁸
- Stress LESS and sleep better⁹⁻¹⁴
- Relieve constipation & enhance digestion⁴
- Balance your microbiome^{8,9,11}

So, if you would love to experience an easy detoxing cleanse without dreaded die-off symptoms, simply adopt a cleanse and detox practice by wearing a Queen of the Thrones® Castor Oil Pack for Liver nightly and let your body easily reset itself. Yes, it really is that easy!

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Brianna Salerno is a holistic lifestyle coach and clean beauty blogger. She has a holistic lifestyle blog where she shares the best clean non-toxic brands. She is passionate about helping others and is a huge advocate for detoxing.



To learn more about cleansing and detoxification, this is for you.

Are you a practitioner, health coach or wellness influencer? If you're interested in...

- Recommending our easy-to-use tools to the people you serve.
- Practically applying them in your health and wellness professional practice in clinic or online.
- Or becoming a Wholesale Partner

Contact us at: royalty@queenofthrones.com

Click here for references

6 Comments

Benedetta Baird on May 25, 2022 at 6:48 pm [Reply](#)

I love this so much! Has such valuable information! Thank you Brianna for your sharing and dedication to health and wellness 🙌

Ashlyn Tiara on May 25, 2022 at 9:53 pm [Reply](#)

Wow! Absolutely love regular parasite cleanses AND castor oil packs but never knew about using it specifically for die-off symptoms! Thank you so much Brianna and Queen of Thrones for this amazing blog. Can't wait to try this the next time I do my next parasite cleanse!

Queen of the Thrones on May 30, 2022 at 8:24 pm [Reply](#)

Thank you so much for these kind words!

Ann Tharp on May 26, 2022 at 7:39 am [Reply](#)

I recently chatted with Bianna about my stomach issues I was having, she suggested the castor oil bundle for me. I received it & have worn it every night since I got it in the mail. Absolutely, she was so informative & helpful for me! I'll be chatted with her again soon as I want the best benefits for my body. She's the sweetest too

Patricia on September 3, 2022 at 10:45 am [Reply](#)

I used the pack 4 times (over a week's time) with a heating pad on the liver area for 20 minutes an hour before sleep during a detox period I did for 2 weeks. Then one night at 1:00 a.m. I had cramping and a serious explosion of diarrhea that was like a slushy black cherry smoothie that was very scary. I thought the color might be because of all the beets I ate in salad the previous 2 days. I stopped using the pack because I thought that made too great of a detox for me. For several days I have had foggy brain, weakness, stomach gurgling and am not back to normal. What could I do that would help and not harm?

Queen of the Thrones on September 3, 2022 at 12:14 pm [Reply](#)

Hey there, Although we cannot comment on your case specifically, The castor oil pack practice is a very gentle detoxification support. Some of our well-dom have reported experiencing mild symptoms such as fatigue or loose stools in the first couple of days of using the pack, but as they continue the practice and the body begins to balance out, these disappear. There is no need to take a break from the packs since they are a gentle, regulatory support for the body, and help to ease it into a relaxed state.

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