



## Why apply Castor Oil Packs instead of Seed Cycling?

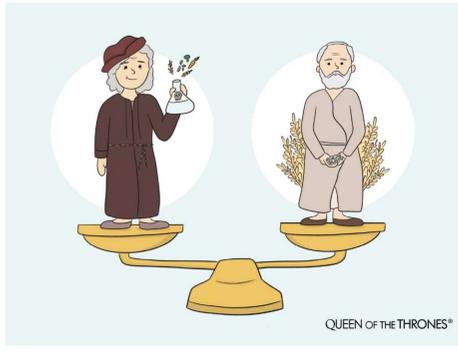
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Est. reading time: 9 minutes.

So, you love the thought of prescribing the Seed Cycling Protocol for hormone imbalance because you and I believe that it's best to "Let thy food be thy medicine and thy medicine be thy food." The famous quote of our father of medicine, Hippocrates. Have you heard this before?

But then, you and I, we also live by the words of Paracelsus, "The dose makes things poison." Agreed?



So, here's our conundrum when prescribing the seed cycling protocol. Are you ready?

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From your clinical and coaching experience, you know 2 very important facts...

### Food can take a long time to act as medicine

Your patients, and you, we all want a quick "feel good now" solution even though we are in the know that hormonal healing takes time, especially with food.

### Frequent exposure to the same foods could create poison.

Too much of a good thing can become problematic, especially when it comes to the gut, right? You see, eating the same foods over and over again can be harmful by creating inflammation and leaky gut.

Eating flax and pumpkin seeds for two weeks straight and then for the same period of time eating sesame and sunflower seeds can either lead or aggravate an immune reactivity to a food, magnification of other coexisting leaky gut, hormonal, metabolic syndrome and lead to autoimmunity.<sup>1</sup>.

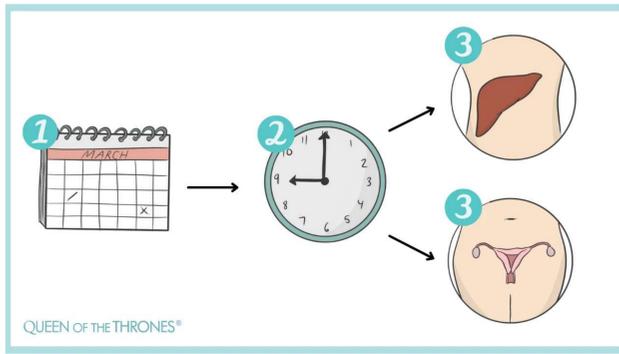
So, it begs the question...

### Is seed cycling as great as it's claimed to be?

Or is there another way that you can help hormonally unbalanced women set themselves on the right path naturally?

Cycling with a **Castor Oil Pack for Liver, Fertility & Thyroid** is a way you will learn how to support your hormonal body clock naturally, to seed cycle without eating seeds.

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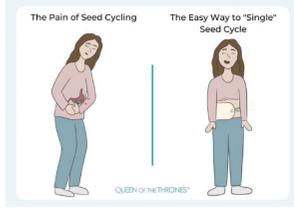


The result?

1. Hormone balance support without triggering or aggravating leaky gut syndrome or other gut health problems and autoimmunity.
2. The support of gut healing from both the OUTSIDE IN using a Castor Oil Packs for Liver, Fertility & Thyroid and from the INSIDE OUT with food and supplements. Amazing agreed?

This is huge because it widens your ability to prescribe more superfoods like seeds and other foods they miss but can't eat due to food sensitivities because therapeutically they had to restrict.

The best part? You'll be helping your people "feel better" symptomatically, and socially instead of isolating them with avoidance, and restrictions because of a leaky gut, gut health conditions and their hormone imbalance.



This is your chance to expand your thoughts on this popular trending protocol: "Single" Seed Cycling. You'll have an understanding how food can be medicine, but also poison, and the impact of helping to heal the gut from the outside in with **Castor Oil Packs**, while healing from the inside out with foods and supplements. Are you ready?

Now, are you wondering...

### How can I improve compliance with Castor Oil Packs?

Let's begin by acknowledging that it's never just one prescription that's working to regulate your patients' hormonal clocks.

You see, it's always a combination of food, supplements and health practices like the **Queen of the Thrones® Castor Oil Packs for Liver, Fertility & Thyroid**.

These all synergistically work together. Healing from the inside out and outside in. Makes sense, agreed?

But why?

The seed cycling protocol is a time investment and most of your people (and you) are unable to invest the time to grind, soak, store, carry around with them, or even remember to follow the daily multi-step protocol. Can you relate?

It's difficult to reinforce a health habit that is excessively repetitive, cumbersome and boring to the taste buds. I mean, how many seed bars can you eat?

In effect, too much of eating the same thing reduces your biological want to eat seeds<sup>2</sup> and with delayed benefit and the potential to create or enhance already inflammation prone modern day guts, aggravating food sensitivities and leaky gut syndrome<sup>3</sup>, this protocol was in need of reinventing.

So, because our modern day lives are busy, and with the nature of integrative and functional medical practice, sometimes taking old practices and principles and integrating them into modern day life isn't always easy to apply in the here and the now. Would you agree?

Plus, habit substitutions in order to get compliance must be simple, unlike the old way of doing Castor Oil Packs, that was all too cumbersome and no one does it! And it only looks bad on the practitioner who prescribed it.

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QUEEN OF THE THRONES®

### How to "Single" Seed Cycle without eating seeds.

The inventor of the "Single" Seed Cycling protocol is a North American Naturopathic Doctor. She had been recommended both the **Castor Oil Pack** becoming a practitioner and had never done it because it was too cumbersome.

She couldn't eat the seeds because it aggravated her gut problems. Does this sound like you?

Finally, she tried both. She started with **Castor Oil Packs** and then after some gut healing (including many other supportive treatments), she was able to try the seed cycling protocol and found benefit.

However, when she began recommending it to patients, they just didn't comply. Most didn't even try it! Her patients felt bad, and she felt worse. Have you been here before?

So, she created the easy way with **Queen of the Thrones® Castor Oil Packs**, which improved patient compliance and results.

If you've prescribed the seed cycling protocol and/or **Castor Oil Packs** for foundational care, you know compliance isn't great. For certain people, they are aggravated with the seed cycling, and therefore your follow up results aren't great either.



QUEEN OF THE THRONES®

Using **Castor Oil Packs for Liver & Thyroid** at the right time of day can enhance your body clock's ability to do its job best. Amazing, agreed?

Kind of like how it's better to go to sleep at night when the moon is out. You know this because your patients who have circadian rhythm dysfunction are the ones who struggle the most in their health because their body clock is off, right?

You see, "Single" Seed Cycling is a tool that can be used in all three hormonally-unbalanced stages of life, no matter the cycle dysfunction or how off the body clock is.

[GET YOUR FREE EGUIDE HERE!](#)

If you're interested in practically applying this in your health and wellness professional clinical practice with the tools, contact us at: [royalty@queenofthrones.com](mailto:royalty@queenofthrones.com)

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