

## What Is A Castor Oil Pack & Why Do It?

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Est. reading time: 7 minutes.

### Your Complete Guide On How To Do A Castor Oil Pack

 Search

Are you wondering what to expect after using the Castor Oil Pack for Liver

Or, are you curious to know more about the Queen of the Thrones® Castor Oil Pack before you add it to your daily self-care routine?

Is this you? This blog discusses everything you need to know about Castor Oil and Castor Oil Packs and how the two work together to support both your liver and overall health

Castor Oil Packs are an ancient self-care practice and foundation of naturopathic and functional medicine popularized in the early 1900s by Edgar Cayce.

This traditional natural wellness practice involves applying Castor Oil to a cotton compress and wearing it on the body (typically over the liver) to support liver detox, deeper sleep, less stress, better bowel movements, and more.

The Castor Oil Pack lost its appeal because of its messy and time-consuming nature

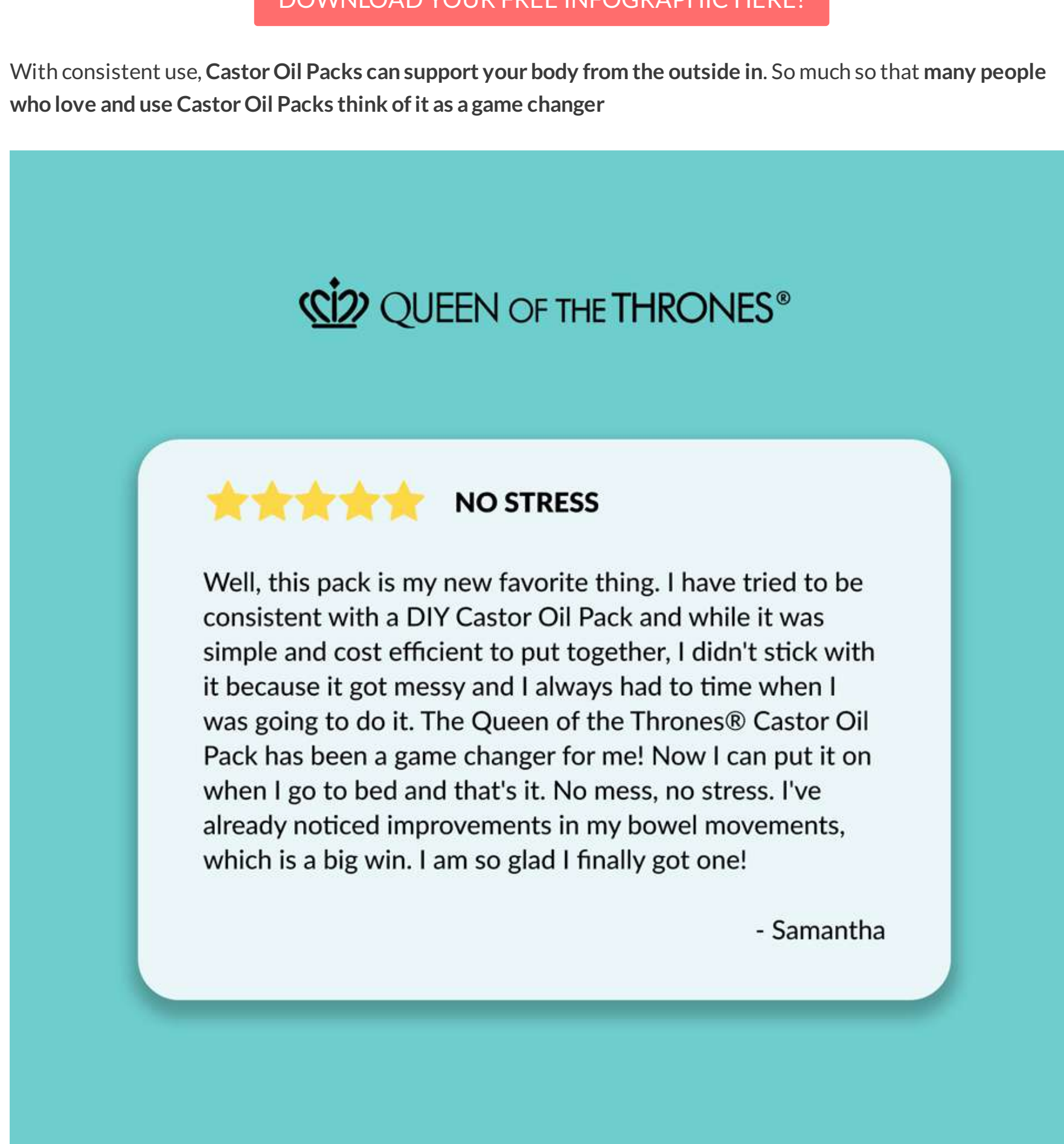
So, we made this practice easy for the 21st century with the Queen of the Thrones® Castor Oil Pack for Liver, a tried and true modernized Castor Oil Pack that's heatless, less-mess, and easy to use

Would you love to know 3 vital body functions you can support with Queen of the Thrones® Castor Oil Packs?

Well, we have an infographic for you that explains the three tried and true benefits of Castor Oil Packs, recommended by physicians

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With consistent use, Castor Oil Packs can support your body from the outside in. So much so that many people who love and use Castor Oil Packs think of it as a game changer

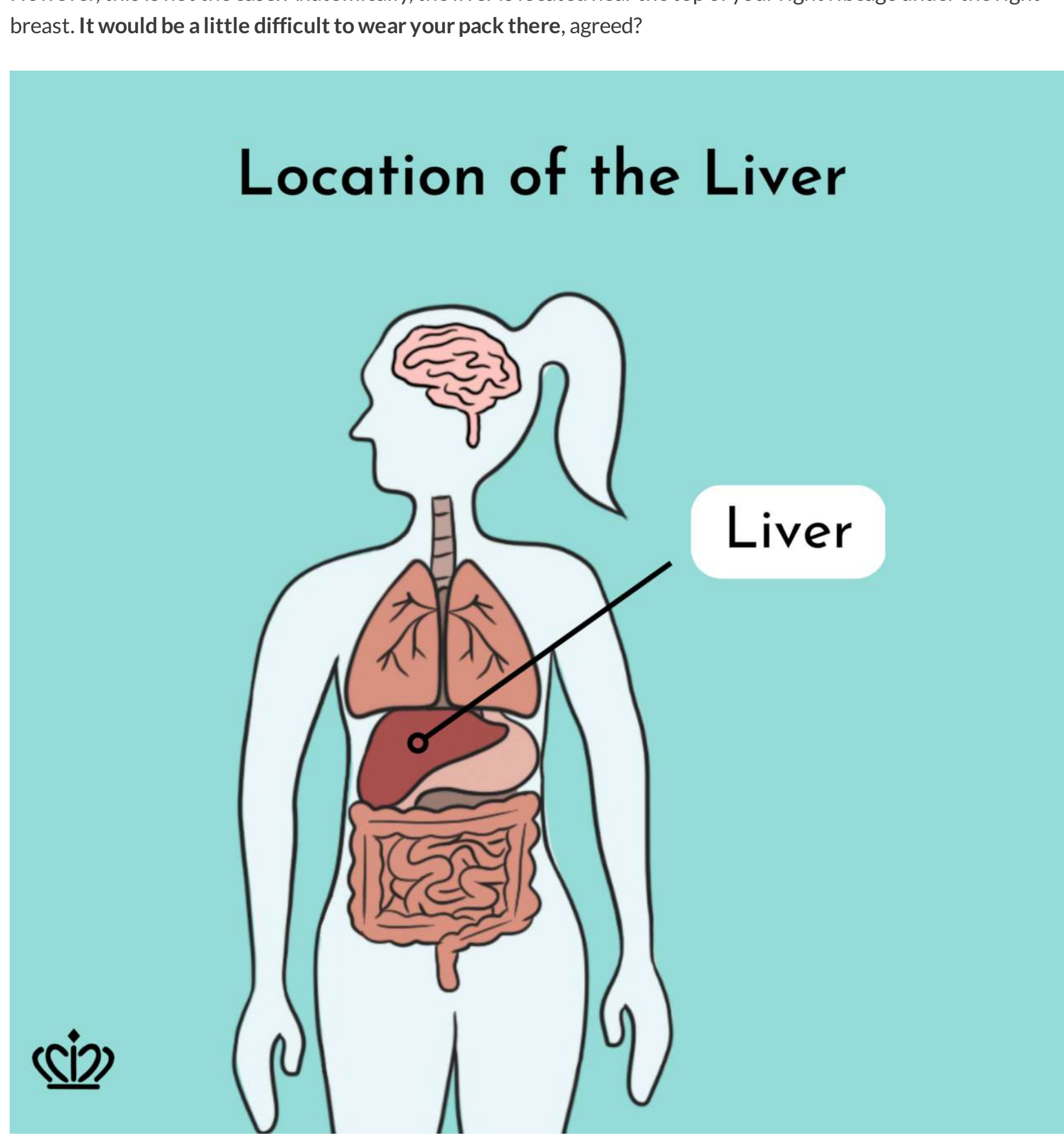


### Where to wear your Castor Oil Pack?

Castor Oil Packs can be worn all over the body from your thyroid, your tummy, your pelvic area, your joints, and even your eyes – but they are thought to have the most systemic benefit when worn over the liver area. This is because the liver area is where the regulatory systems of your body all intersect and interconnect (your hormonal, immune, nervous and digestive systems).

Many people assume that you need to wear your Liver Pack right on your liver to get the benefits. Is this you too?

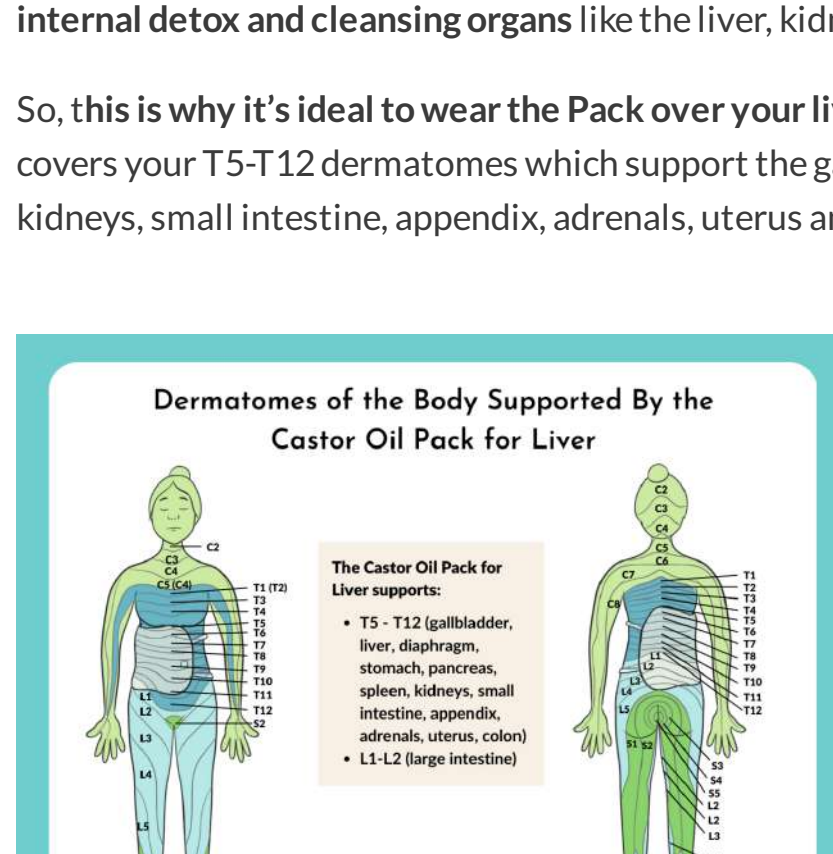
However, this is not the case. Anatomically, the liver is located near the top of your right ribcage under the right breast. It would be a little difficult to wear your pack there, agreed?



The ideal placement for your Castor Oil Pack is your liver area, over top of the dermatomes connected to your liver.

You see, the anti-inflammatory component of Castor Oil called ricinoleic acid permeates the epidermis because of its molecular weight, this is where your circulatory and lymphatic vessels lie. And when placed over your liver area, these Packs activate the somatic and visceral reflexes (response to a stimulus) supporting the activity of internal detox and cleansing organs like the liver, kidney, gut, gallbladder, and more.<sup>1</sup>

So, this is why it's ideal to wear the Pack over your liver area, below your ribs on the right side of your body. This covers your T5-T12 dermatomes which support the gallbladder, liver, diaphragm, stomach, pancreas, spleen, kidneys, small intestine, appendix, adrenals, uterus and colon.



### How to use your Castor Oil Liver Pack?

It's as easy as following the two-step process so you can support your body from the outside in.

**Step One:** Apply 1 tbsp of Organic Castor Oil to the soft organic cotton flannel side of your Pack.

*\*Always add your Organic Castor Oil to the middle of the pack to help keep the oil from the seams, as the Pack is not 100% impermeable.*

**Step Two:** Place the soft cotton flannel side of your Castor Oil Pack over your liver area (under your right rib cage) and tie it in place with the soft, stretchy, adjustable straps.

*\*Remember: Castor Oil WILL STAIN clothing & bed sheets so take extra care when preparing your Pack. Of course, you can always wear an old t-shirt over your Pack just in case.*

With regular practice, you will train your body to respond better to stress. Amazing, agreed?

And the best part...

You can wear your Pack for one hour before bed, and even better, wear your Pack overnight to help you cleanse while you sleep.

You see, your body naturally cleanses when you're sleeping. So, by wearing your Castor Oil Liver Pack overnight you're supporting natural liver detoxification, lymphatic drainage<sup>2</sup>, and colon cleansing<sup>3</sup>!

### How do Castor Oil Packs support your liver?

Castor Oil is a unique vegetable oil derived from the castor bean. It contains 90% ricinoleic acid, a fatty acid structure strikingly similar to that of prostaglandin E1. In simple terms, it is a strong anti-inflammatory<sup>4</sup> agent in our body.

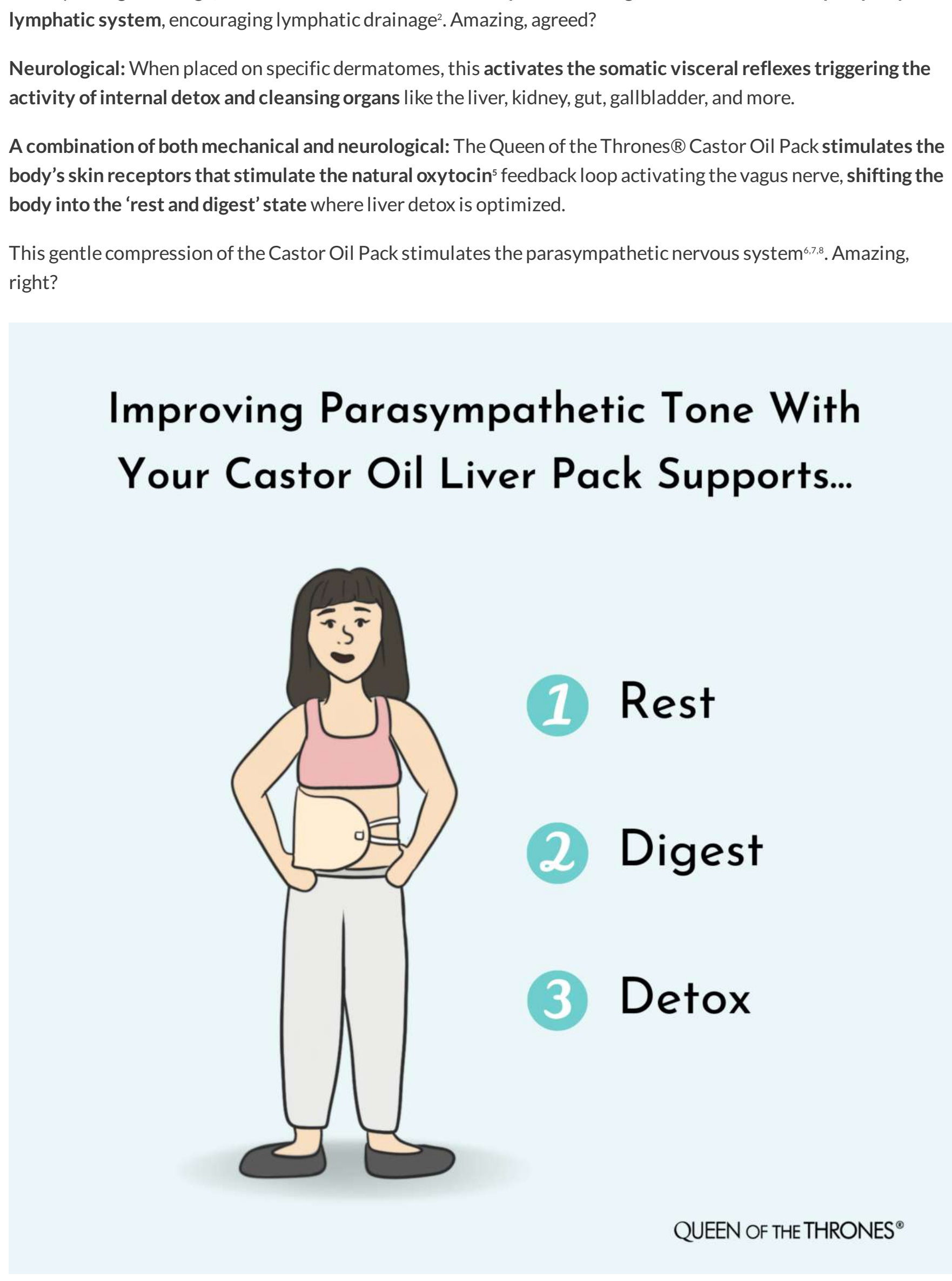
Here's how it works...

**Mechanical:** The compression of your Castor Oil Pack placed over the liver (slightly covering the lower free ribs under your right rib cage), combined with the movement of your breathing muscles, serves like a pump to your lymphatic system, encouraging lymphatic drainage. Amazing, agreed?

**Neurological:** When placed on specific dermatomes, this activates the somatic visceral reflexes triggering the activity of internal detox and cleansing organs like the liver, kidney, gut, gallbladder, and more.

A combination of both mechanical and neurological: The Queen of the Thrones® Castor Oil Pack stimulates the body's skin receptors that stimulate the natural oxytocin feedback loop activating the vagus nerve, shifting the body into the 'rest and digest' state where liver detox is optimized.

This gentle compression of the Castor Oil Pack stimulates the parasympathetic nervous system<sup>5,6</sup>. Amazing, right?



Plus, the penetration of the Castor Oil into the tissues stimulates lymphatic drainage and reduces inflammation via the Peyer's patches<sup>7</sup>.

You can learn more about the 3 vital body functions you can support with Castor Oil Packs in your FREE infographic.

[DOWNLOAD YOUR FREE INFOGRAPHIC HERE!](#)

### What are the key benefits of Castor Oil Liver Packs?

First, let's look at the most important function of your Castor Oil Pack, which is to help...

#### Reduce inflammation.

Did you know that inflammation is part of your body's process of fighting against things that harm it (like infections) in an attempt to heal and protect itself?

So, when something damages your cells, your body releases chemicals that trigger an inflammatory response from your immune system<sup>10</sup>. It's a natural process, but inflammation is often out of control in today's modern world.

When you are inflamed, your body is acidic. However, the enzymes do to put out a fire? They put water on it. Central abdominal bloating and weight gain are often caused because our body sends a wave of inflammation to 'put out the fire'. Makes sense, agreed?

So, since Castor Oil contains ricinoleic acid, a natural anti-inflammatory<sup>4</sup>, it can support the natural reduction of water retention and swelling.

Castor Oil also supports detox by helping to...

#### Improve your glutathione status.

Glu...tat...what?

Well, glutathione is the master detoxification agent of the body<sup>11</sup>. But, unfortunately, it can quickly be depleted mainly because of chronic diseases, including autoimmune conditions like Hashimoto's thyroiditis.

Studies on rats have shown that Castor Oil is effective at preserving glutathione levels<sup>11</sup>. You see, glutathione is an antioxidant that pulls toxins out of your body, and that's why we get depleted so quickly.

Castor Oil also supports the elimination of waste from that's why by...

#### Helping to move your bowels.

One of the major processes of your body is your bowel movements. If you can't eliminate (a.k.a go to the bathroom), you self-intoxicating.

Remember those anti-inflammatory prostaglandins that Castor Oil mimics? Well, these are the same ones that attach to the receptors of smooth muscle<sup>12</sup> in the body, namely your gut and uterus.

So, this physical smooth muscle function moves things out of the body, and your Castor Oil Liver Pack helps stimulate it<sup>13</sup> so you can go to the bathroom naturally and rid yourself of feeling backed up. Sounds wonderful, agreed?

Lastly, Castor Oil aids in maintaining your general health by helping your body...

#### Balance your microbiome

The microbiome and bacteria in your gut are a mix of good and bad bugs. The balance of the two influences your well-being. So, when the balance is off, you feel unwell. Makes sense, right?

Biofilm is a big bad barrier that bad bacteria can produce in the microbiome. It keeps the bad bugs in and the good bugs out. Unfortunately, this causes severe stress on the body, inhibiting cleansing and detoxification.

Castor Oil is one of the only natural substances that can breakdown biofilm<sup>14,15</sup>, allowing your body to maintain a balanced ecology (environment).

In combination with a good diet, adequate fluid intake (water/tea), flow (urine, poop) mindset, and exercise, Castor Oil Packs are one of the cornerstones to supporting your bowels.

All in all, starting with your tried and true Queen of the Thrones® Castor Oil Pack for Liver, you will be able to support...

- Gentle liver detox
- Colon cleansing<sup>16</sup>
- Lymphatic drainage<sup>2</sup>

However, not all Castor Oil Packs are made equal.

Your checklist for good quality Castor Oil (like Queen of the Thrones®):

- 100% pure
- Organic
- Cold-pressed & extra virgin
- Hexane-free
- Bottled in amber glass

Your checklist for a good quality Castor Oil Pack (like Queen of the Thrones®):

- Organic cotton, wool or linen touching the skin
- No synthetic blends or treated materials touching the skin (i.e., velour, bamboo)
- No uncomfortable belts, buttons, or velcro

Try it for yourself to see!

You can also learn more about the best practices for your Castor Oil Pack with your FREE infographic. Would you love that?

[YES! TAKE ME TO THE INFOGRAPHIC!](#)

### Common questions

#### 1. Why do I have to replace it after two months of regular use?

It's unknown if toxins are absorbed into the Castor Oil Pack, which could potentially recirculate into the body. This is why it's important to always use fresh oil with each use and replace your pack regularly.

#### 2. Why can't I just drink Castor Oil or rub it on my skin?

Castor Oil orally is a stimulant laxative that causes cramping and makes you poop. Simply rubbing it on your skin and wearing a T-shirt overtop only gives you about 50% of the benefits. You need the pack to help move your body into a relaxed state via gentle compression to support liver detox, lymphatic drainage, and colon cleansing.

#### 3. Why can't I use organic bamboo or any old cloth?

ONLY use organic cotton, wool or linen! Other materials like 'organic' bamboo are highly processed with chemicals. Old clothing may be made with harmful dyes, bleach, and flame retardants that you don't want to absorb into your body.

#### 4. What if I'm on medications, hormone replacement therapy, birth control pills, IUDs, or supplements?

Castor Oil Packs are safely combined with any medication and supplement and may even help them work better. There are no known contraindications or interactions with medication, and they are safe to use with hormone replacements, TTC medicines, birth control pills, and IUDs.

#### 5. Isn't it messy?

That's why we created this LESS-mess pack. It's not entirely messless, but LESS messy than a DIY pack. Castor Oil does stain, so always wear an old T-shirt.

#### 6. Don't I have to add heat?

Extra heat isn't necessary because it's engineered to hold in your body heat naturally.

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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