## CASTOR OIL: ENDOMETRIOSIS AND HORMONES

BY: DR. LJ JOHNSON



#### **UNLOCK THE POWER OF CASTOR OIL PACK:**

## A JOURNEY TO HOLISTIC WELLNESS

Welcome to a journey of well-being and vitality, where ancient wisdom meets modern solutions. At the heart of this exploration is the Castor Oil Pack – a simple yet powerful approach to holistic health.

Are you ready to unlock the doors to optimal health? Let's embark on this journey together, embracing the simplicity and effectiveness of the Castor Oil Pack.

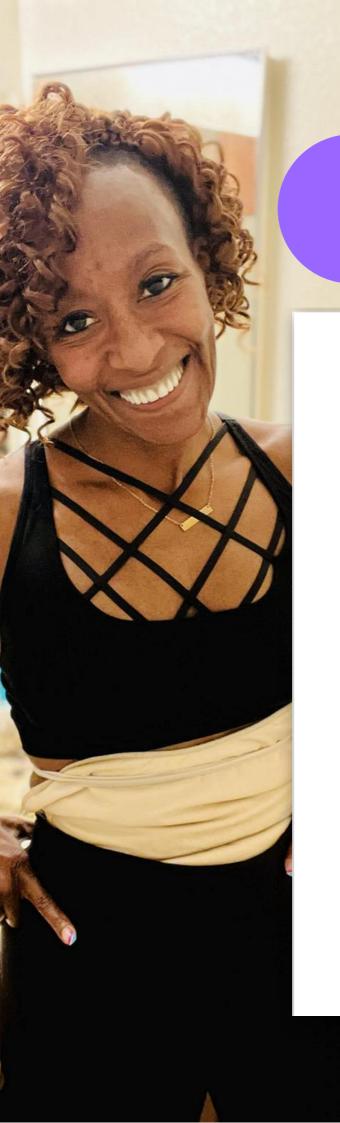


# BENEFITS OF CASTOR OIL PACK

FOR CENTURIES, CASTOR OIL PACKS HAVE BEEN USED FOR:

- Body, mind, and soul wellness and health optimization
- Hormonal imbalances (PCOS, menopause, estrogen dominance, etc.)
- Constipation, diarrhea, bloating, indigestion, IBS, colitis, Crohn's disease
- Insomnia and other sleep problems
- Stress reduction, anxiety, depression, ADHD
- Period regulation, endometriosis, TTC, ovarian cysts, uterine fibroids, fibrocystic breasts
- Cancer, tumors
- Thyroid issues (hypothyroid, Hashimoto's thyroiditis, nodules, etc.)
- Liver cleansing and detox, fatty liver
- Inflammation, arthritis, joint pain
- They improve our glutathione levels, a powerful antioxidant that gets rid of excess estrogens, toxins, and byproducts of plastics (like BPA)





# BENEFITS OF CASTOR OIL LIVER PACK KIT

FOR CENTURIES, CASTOR OIL PACKS HAVE BEEN USED FOR

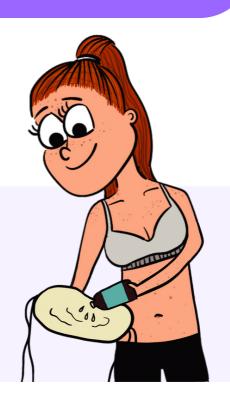
- They regulate bowel movements and provide relief from constipation so excess hormones can leave the body
- They reduce inflammation
- They help to break down biofilm, in turn promoting balance of the estrobiome
- They reduce cortisol by switching our body into the rest and digest state
- Bowel movements regulation
- Inflammation reduction
- Liver cleansing and antioxidant status
- Microbiome balance
- Less stress and anxiety by moving the body into a relaxed state

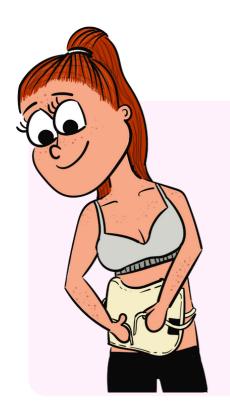
AND MORE!

## HOW TO USE IT

#### **STEP 1**

Place castor oil on the soft cotton side of your Queen of the Thrones® pack





STEP 2

Place your pack on your liver (or any other area) and tie it in place Then wear your pack for 1 hour or overnight. That's all. This super easy 2 step system takes less than a minute to prep!

# GREQUENTLY ASKED UESTIONS



## Q: CAN I JUST DRINK THE OIL OR TAKE A CASTOR OIL PILL?

If you take castor oil orally, it's a stimulant laxative. This is often done for relieving constipation, however, a study done in an old age home compared castor oil packs to conventional laxatives and found they were just as effective, but without the harsh urgency to run to the bathroom! I'll take that over running to the bathroom any day, would you?

## Q: IT'S NOT ANOTHER SUPPLEMENT,

You want to find the magic pill that will fix everything and make you feel better, but think of the real estate alone - a tiny little supplement isn't going to fix everything, especially if your gut can't absorb it! The Original Organic Castor Oil Liver Pack is a system that foundationally balances digestion, absorption, and elimination so that all the healthy food you eat and the supplements you take work BETTER and FASTER.





#### **Q:** IS IT MESSY?

By nature, castor oil is a beautifully messy oil that can stain fabrics. Your new way to approach it is to work with the Original Organic Castor Oil Liver Pack that is ready to wear, heatless, and **LESS-Mess** – NO, it is not messless, but it's **less messy than a DIY pack**... Sound good? Always wear an old T-shirt over top, just in case.

## Q: I'VE HEARD I HAVE TO ADD HEAT TO IT?

The Original Castor Oil Liver Pack is engineered to naturally hold in your own body heat. You got it, we just need to save it! Who wants the hassle of another thing to remember? Not me, am I right?





### **WHY IS THIS PACK SO MUCH**BETTER AND EASIER FOR ME?

It's made with the healthiest materials possible and ready for you to wear! Simply place oil on your pack and tie it on. That's it, that's all.

#### **Q: WILL IT FIT ME?**

The Castor Oil Liver Pack is made to fit over the size of the human liver. No matter your body type, livers are generally the same size. The Queen of the Thrones® Castor Oil Liver Pack has long, comfortable straps that can be tied to fit and adjust to most body sizes.

## Q: COULD IT CAUSE ME ANY PROBLEMS?

Castor oil packs should **NOT be used during pregnancy.** They are not contraindicated with any medications, and can be safely used with all other conditions. In rare cases, a hypersensitivity reaction to castor oil may occur.





## Q: CAN I JUST RUB CASTOR OIL ON MY SKIN?

Simply rubbing castor oil on your belly and throwing an old t-shirt on overtop (also known as the "Lazy Man's Castor Oil Pack") only gives you about 50% of the benefits. The castor oil pack is an equally important part of the process because the soft compression of the pack on the skin is what promotes the release of feel-good hormones like oxytocin and dopamine, and helps move your body into a relaxed parasympathetic state.

## **WHEN WILL I SEE**THE BENEFITS?

Many experience benefits immediately, such as amazingly deep, restful sleep, regular poops, better digestion, less bloating, less heartburn, and more feelings of relaxation. However, everyone is unique and some may take weeks or even months to notice the benefits. Often when the body is imbalanced it's taken a long time to get this way, so it can sometimes take awhile for the foundation to re-balance.



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**BUY NOW!** 

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