



## Castor Oil - The Oil That Heals

Christa: Hey Gut Thrivers, we have castor oil packs that are part of your preparation week and we want you to do them throughout step one because they are an amazing healing modality. Many of you have tried a lot of other ways to cleanse and your body could not handle it and castor oil is one of the gentlest, safest, most effective ways to cleanse. You do not have to worry about Herxheimer's response, which is where you start getting breakouts and eruptions and you don't feel well [00:00:30] when you're cleansing. This is nurturing and cleansing at the same time. It is a time honored healing tradition that is not only going to help improve your digestive system and your immune system, it is going to help you sleep better.

Christa: That the number three symptom that you guys complain about when you join Gut Thrive is insomnia. So this is really helping your adrenals, your thyroid, your gut, and your immune system for complete and total healing. Do not skip the castor oil packs. They [00:01:00] are going to help all of your organs communicate more effectively and give them a break so you'll have a much easier time when you move into step two in the pathogen patch. Here to talk about castor oil packs is Dr. Marisol Teijeiro. She is a naturopathic doctor who came all the way down from Canada to talk to you about castor oil packs and she is The Queen of the Thrones.

Dr. Marisol: Well, thank you so much for having me Christa and for that [00:01:30] wonderful introduction.

Christa: I'm glad you're here.

Dr. Marisol: Thank you.



- Christa: Tell me, as a naturopathic doctor, you just decided to hone in on castor oil as your one and only, and tell me why you did that.
- Dr. Marisol: Castor oil has such a history. It's been in usage for over 6,000 years. It's an ancient treatment and it was loved as a therapeutic practice by the original medicine people.
- Christa: Yeah, Hippocrates. We talk about them all the time in Gut Thrive.
- Dr. Marisol: That's right. And if it's been working for so long and giving people [00:02:00] so many benefits, well there has to be something to it.
- Christa: Of course.
- Dr. Marisol: Right. And the other amazing aspect that I love about it is this, is that when we are having gut problems, we're taking everything orally. However, our gut is damaged, may not be working well and may not be absorbing the best way possible. So using an outside-in technique can really augment how we're absorbing and how we improve our feeling better faster.
- Christa: And creating that deep foundation for healing.
- Dr. Marisol: That's right.
- Christa: And [00:02:30] this is a practice I hope all of you take far beyond Gut Thrive and you do it several times a year or at least like maybe once a week when you finish Gut Thrive. And what I love about what Marisol has created is, if you've been doing Gut Thrive for a while, you're soaking the castor oil in flannel and it



can get kind of messy. So she has made it so much easier and we're going to do a demo in just a minute. She has made it so much easier because you can tie the castor oil packs to your front and to [00:03:00] your back. That way you're getting your digestion, you're getting your liver and it's really incredible what you've created and you use like a 10th of the castor oil that you would normally use. Right?

Dr. Marisol: Absolutely. Because the issue was there were too many steps, it was hard to do. You had to be lying down.

Christa: Yeah. So messy down.

Dr. Marisol: That's right. But with this, it gives you the freedom, so you can move around. It's also down to three steps. So simply open the package, pour the oil and place it on your body.

Christa: Perfect.

Dr. Marisol: And it helps people to do the castor oil pack because many people were doing the lazy [00:03:30] man's castor oil pack, which is simply just applying castor oil onto the belly and then going to bed. But you lose some of the most important effect, which is the actual hug of the castor oil pack.

Christa: Right. To penetrate. It's really, if you're just doing the lazy man's, it's not going to penetrate and that's what we need it to do.

Dr. Marisol: Exactly. And there's one other very important fact is this, is that there's an old saying that goes, the doctor dresses the wound and nature heals.

Christa: Yes.



- Dr. Marisol: So when we're actually doing a castor oil pack, at that point you're being [00:04:00] your best doctor because you're dressing the wound and then you're calming the nervous system allowing it to heal.
- Christa: Yeah. I always say another way to say that, give the body what it needs, it will heal itself.
- Dr. Marisol: Exactly. And that's one of the ways that it helps you to sleep better. The number three problem for those in the Gut Thrive program.
- Christa: Yeah, it's pretty incredible. So we're going to move into a demo and we're going to show you how cool this product is.
- Dr. Marisol: All right guys. So start with taking your Queen of the Thrones Castor Oil Pack out of the container, then take your bottle of castor [00:04:30] oil in a glass bottle and pour two tablespoons in the middle of the pack and simply hug both sides of the pack like so.
- Christa: Okay. You're really spreading it out and you're keeping it away from the edges so it doesn't get messy, which is the wonderful thing.
- Dr. Marisol: That's right. And every time that you do the castor oil pack, you use less and less oil because the oil will stay there and it'll keep on having a therapeutic effect. So just using less oil and saving money. And you apply it on your liver underneath the right rib cage, this is the most ideal spot to do the castor [00:05:00] oil pack. Then you apply the cosmetic castor oil to your face. So you pour castor oil into your hand. Then you take your fingers, you apply it around your eyes, you take the brush and pour the castor oil onto the brush area for your eyebrows, and then onto the spoolie area for your



eyelashes. And follow it up with placing the eye mask. And then you go to bed.

Christa: Yeah. [00:05:30] That's great.

Dr. Marisol: That's it. Yeah, super simple.

Christa: And then I know that people are thinking, well how do we clean it or how many uses does this ... like when should you clean it?

Dr. Marisol: Yes.

Christa: And then how do you do it?

Dr. Marisol: So truly only clean it once the castor oil goes out into the seams. So I'm usually about 15 to 17 days in a row that I'll do the castor oil pack and then I'll wash it. The easiest way is of course to try to not get the oil into seams. So that's step one, trying to avoid washing it. The other way to wash it is in the dishwasher. So just place it in your dishwasher, [00:06:00] attach the straps onto the rack and let the cycle go. Make sure you're using a natural clean soap.

Christa: And I think you also said you can do a bowl of water with baking soda and that lifts the castor oil as well.

Dr. Marisol: That's right. You can either do that beforehand or if you don't have a dishwasher, that's the option.

Christa: Now, these are in glass bottles, which I love because we know plastic can be pro-estrogenic. And then what were you saying about carrier oils with essential oils and why you chose glass?

Dr. Marisol: Yes. So the castor oil is the very best carrier oil. And again, it's the only oil that goes deep into [00:06:30]



the dermis. And because it does, it brings everything into the body in the circulation lymphatic system. So castor oil is actually the best carrier oil for essential oils if you want to have a therapeutic effect all over your body.

Christa: That's great.

Dr. Marisol: Yeah. And it must always be in glass for that reason too because it is a carrier oil. So if it's bottled in plastic, it'll be absorbing that plastic and then it'll bring that into your body. And for people who've experienced that, maybe the castor oil packs didn't work for them in the past. It's likely because of the quality of the oil. [00:07:00] We really want it to be-

Christa: That's such a great point.

Dr. Marisol: Right? Yeah.

Christa: Yeah. Because they're all in plastic in the grocery store.

Dr. Marisol: Exactly. And if people have that at home, I encourage you to just throw out that bottle and get a castor oil that's high quality in a glass bottle, hexane free, which means it's been processed with no chemicals. It's cold pressed, so there's no heat use that would damage any of the essential oils in the castor oil and it's extra-virgin. So just like we like our olive oil, we want our castor to be that maximum nourishment quality.

Christa: [00:07:30] Okay. It's as easy as that. I mean, these are awesome. They should be a staple in your home. I should say, this is for US and Canada Gut Thrivers only. I'm sorry, but Marisol will let us know when she starts shipping to the rest of the countries that our Gut Thrivers are in. What we didn't talk about was in the demo, you have the eye mask.



- Dr. Marisol: Yes.
- Christa: Okay, so talk about the benefits of using castor oil as a part of an eye mask.
- Dr. Marisol: Absolutely. So we talk about the castor oil pack practices being the original cleanse [00:08:00] because it was used by the original medical people. Now, when you do a castor oil pack and it has all these benefits, you poop better, sleep better, cleanse better, you'll bloat less, digest better, as well as stress less and feel better. But to augment-
- Christa: [crosstalk 00:08:15] better than that, yeah. Okay, we're in.
- Dr. Marisol: Exactly. But to augment all those benefits, we incorporate a castor oil pack for the eyes. So you apply castor oil around the eyes on the eyebrows and eyelashes. And this actually is a beauty benefit of castor oil, helping [00:08:30] to reduce dark circles, it reduces the fine lines around the eye as well as helping with augmentation of growth of eyebrows and eyelashes.
- Christa: It's fantastic.
- Dr. Marisol: Fantastic. But there's another side benefit. Just by simply using an eye mask on your eyes, you actually naturally, and this is scientifically proven, naturally increase the amount of melatonin in your body, which is something that decreases as we age according recent research study that came out in March, 2019 in the International Journal [00:09:00] of Molecular Science. So that decrease in melatonin can actually increase our risk of secondary hormonal cancers.



- Christa: Yes, because it has an inverse relationship with estrogen.
- Dr. Marisol: That's right, yes. So wearing this eye mask will increase the melatonin and that is most importantly a sleep hormone, but also has big impact on the digestive function, regulating things like stomach acid, your sphincter function as well as-
- Christa: Serotonin.
- Dr. Marisol: ... serotonin, motility, et cetera.
- Christa: Yeah, it's wonderful and [00:09:30] especially technology is an epidemic that we're all falling asleep to the computer using our phones and so we want to stop that, but this is a great antidote to get to sleep quicker and stay asleep longer. Okay guys. So there is a link in your handout or you can go to the [wholejourney.com/castoroil](https://wholejourney.com/castoroil) and you can order Queen of the Thrones Castor Oil Packs. And then we want you to write it and let us know how it's going because you're doing double time with castor oil now. All right, we'll see you next time.