

QUEEN OF THE THRONES®

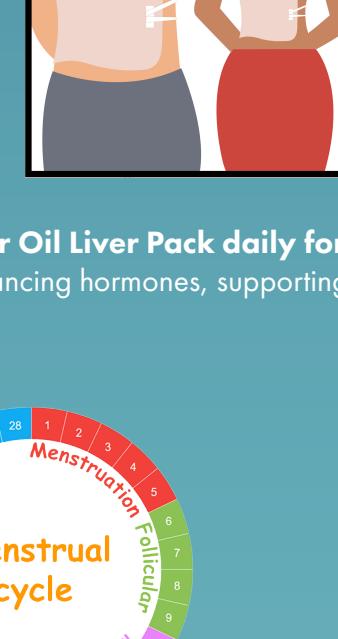
PREGNANCY JOURNEY FROM A-Z WITH CASTOR OIL PACKS



Bringing new life into this world is a beautiful, exciting and sacred process. Your body, mind and spirit go through massive transformation as you make space for a new life to grow inside of you's, and castor oil and castor oil packs are a natural way to support this amazing transition.

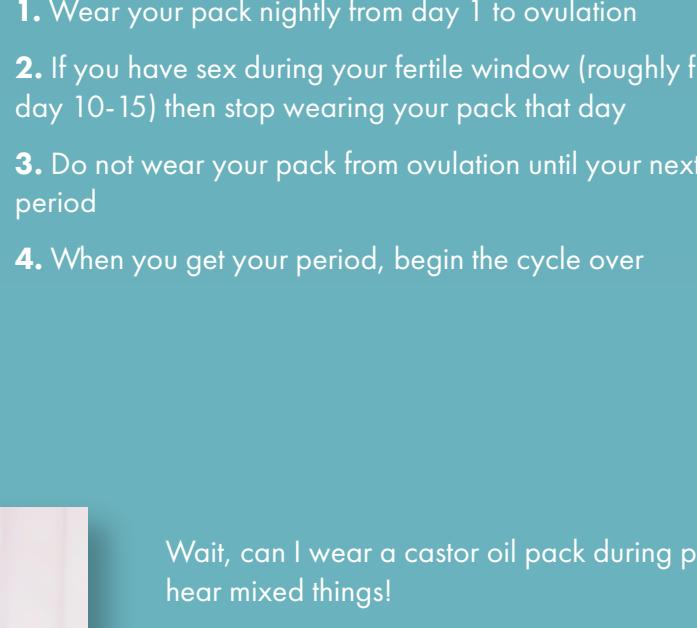
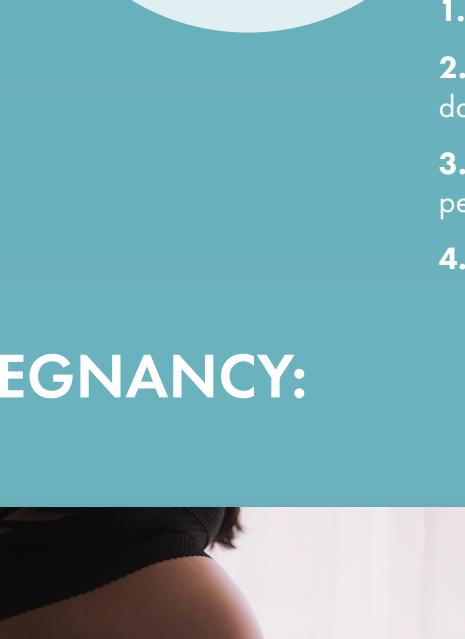
TRYING TO CONCEIVE (TTC):

So you want to have a baby? Fantastic news! Now, not everything always goes as planned but if you can set time for preparing the body for pregnancy this sets the stage for optimal fertility.



PREPARATION:

Ideally **BOTH mother and father will cleanse and wear their Castor Oil Liver Pack daily for 1 year before TTC** to promote fertility by improving tissue environment, balancing hormones, supporting cleansing & bringing circulation to the reproductive organs.



1. Wear your pack nightly from day 1 to ovulation
2. If you have sex during your fertile window (roughly from day 10-15) then stop wearing your pack that day
3. Do not wear your pack from ovulation until your next period
4. When you get your period, begin the cycle over

PREGNANCY:



Wait, can I wear a castor oil pack during pregnancy? I hear mixed things!

When taken orally, castor oil may cause uterine contractions, and it's unknown whether topical use will have the same effect so it is best to **STAY AWAY from using castor oil during pregnancy**.

However, **wearing a brand new pack WITHOUT castor oil** for the calming effect (yes, the pack alone has benefits!), can be very helpful during pregnancy.

Under supervision of a midwife, a castor oil pack at end of term can be helpful to move things along without causing diarrhea. Talk to your midwife about it.

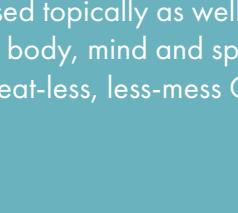
BREASTFEEDING/POSTPARTUM (PP):

Once your bundle of joy arrives, you can start your Castor Oil Liver Pack again to **rebalance hormones, help organs reposition themselves and get your body back in tip top shape!**

Castor oil alone can also be used to reduce **hair loss, joint pain, support sleep, diminish the appearance of stretch marks/scars and soothe chapped nipples** (just make sure to wipe off before breastfeeding!)



A small white circle containing text about using castor oil for mastitis or blocked milk ducts. It includes a small icon of a person with a tail.



1. Steam a large cabbage leaf

2. Massage the breast with castor oil then cover with the cabbage leaf

3. Place your castor oil pack over top to hold it in place for 1 hour

WHAT'S NEXT?

Castor oil is a scientifically supported, clinically practiced, centuries-old health tool that can be used topically as well as with a castor oil pack for supporting the body, mind and spirit transition along the birthing cycle. Get your heat-less, less-mess Castor Oil Liver Pack Kit [here](#).



Disclaimer: Check in with your gut, your higher self & your doctor before starting any new health practice. This is not meant to treat, cure, prevent or diagnose. This is not medical advice. This is for educational purposes only.