
Adrenal, Thyroid, Gut And Castor Oil

Christa: You're watching Food As Medicine TV where we help you heal from the root cause. Today we are talking about the ancient oil that helps you heal all aspects of your health in only two minutes a day. This has been tried and tested for 6,000 years. We're going to talk about how to use [00:00:30] castor oil to help with the adrenals, to help you live in your parasympathetic nervous system, rest, digest and heal where all the healing in the human body happens, improve your thyroid function, your gut, and your digestive system. But don't take my word for it because we have an amazing doctor here. Dr. Marisol Teijeiro is a naturopathic doctor. She's here all the way from Canada to talk to you about the magic of castor oil [00:01:00] and she's created a whole company around it called Queen Of The Thrones.

Dr. Marisol: That's right. Thank you so much.

Christa: Welcome.

Dr. Marisol: Great to be here.

Christa: Tell me how you decided to commit your career to castor oil and the specific benefits of how it trains the body to live in what we call parasympathetic dominance.

Dr. Marisol: Amazing. So, number one, I experienced the benefit first hand. It helped me through a phase in my life when I was so stressed actually going through naturopathic college where I needed healing. It was the one thing that [00:01:30] changed things because I was taking the right supplements, I was eating the right food, I was doing the right exercises, but I needed something to put it together and I needed something to help reduce my stress. That was impacting my-

Christa: Get the foundation. Yes.

Dr. Marisol: That's right. That's right. So, what I love about castor oil packs, number one is that it is one of the original medicines loved by the original medicine men and people like Hippocrates, the father of medicine. And castor oil does one very important thing (the packs): it helps to

regulate [00:02:00] our nervous system and shift us into a relaxed state.

Christa: Yes, we've been talking about this a lot guys for the last couple of years at the whole journey with the Adrenal ReCode. I believe the foundation of your health is in your nervous system.

Dr. Marisol: Agreed.

Christa: Not your gut. We love Hippocrates who said that. However, the gut's the second thing to go once the nervous system's on the fritz and this can keep it intact.

Dr. Marisol: That's right. And what I've noticed is that people forget about the nervous system and we are living in a world where we're in a stressed state constantly. [00:02:30] So, what we need to do is very similar to what an Olympian athlete does. The Olympian athlete trains to be excellent at their sport of choice. We need to retrain our body regularly to be in the relaxed state.

Dr. Marisol: It's called parasympathetic tone and improving it. It's an immediate response because castor oil packs, you actually do need to use a castor oil package we'll show shortly. They actually stimulate the receptors on the skin, which is the window into the nervous system. These [00:03:00] receptors stimulate the parasympathetic response, but also a very important hormone known as oxytocin.

Christa: We need it.

Dr. Marisol: That's right.

Christa: We need oxytocin.

Dr. Marisol: We need it. It's a love and connection hormone that actually compensates and down-regulates cortisol, the stress hormone. It is naturally produced when we get a hug, when we're in love, when we birth our baby, it's actually the time we have the most amount of oxytocin as well too. So, we need more of this hormone in our lives.

Christa: Well, life is just more enjoyable [00:03:30] and graceful and you can handle the responsibilities much better if you're constantly producing oxytocin.

- Dr. Marisol: Absolutely. And what's really interesting is that recent research demonstrates that having elevated levels of oxytocin actually helps reduce our appetite and people lose weight with elevated levels of oxytocin.
- Christa: That makes perfect sense. Think about a time when you fell in love. You lose weight without even trying. So, if we could create a little bit of that. And it also raises serotonin.
- Dr. Marisol: That's [00:04:00] right. And dopamine.
- Christa: We need dopamine to feel focused and satisfied and serotonin, which is going to help us feel content. I know so many of you have trouble sleeping and so using castor oil pack what do you say? It helps you sleep better, poop better-
- Dr. Marisol: Cleanse better, digest better, and then also stress less so we can all feel better and then from that we can look better. So, that's the key ultimately.
- Christa: Yeah. So, this is the outside in and the inside out because you're using ... [00:04:30] we're going to demo castor packs to-
- Dr. Marisol: On the eye.
- Christa: For beauty, which we're talking about and help grow your eyelashes and your eyebrows and reduce fine lines and wrinkles, but also produce more melatonin.
- Christa: Melatonin and estrogen have an inverse relationship, so we don't want the bad high estrogen. So, using this can help really heal your entire endocrine system and create that foundation for the gut and the immune system, helping your organs communicate more effectively. We're living in a society, [00:05:00] and I know you started your career in candida and I did as well, where everyone's struggling with some manner of pathogen, parasite, digestive problems, but it's no more this isolated thing. We have to address the digestive system, the adrenals, and the thyroid as one holistic thing and then everything improves.
- Dr. Marisol: That's right. And there's a beautiful saying that goes like this. The doctor dresses the wound and nature heals it. Yes. In effect, that's what

castor oil packs are doing [00:05:30] and they're empowering people to dress their wounds, whatever it may be. Emotional, digestive, immune, what have you, calm the nervous system down, and allow nature to do its job.

Christa: I love that you said that because a lot of wounds we're finding out through our Adrenal ReCode program are these mental-emotional stressors or they could be issues from childhood, limiting beliefs, all of these things, but you can't address those things in sympathetic dominance. You can't be stressed and have all these health issues. So, if you can calm, quiet the body, [00:06:00] create a feeling of safety, it will be so much easier to move through the mental, emotional stressors. So, this is something that is easy. It's inexpensive, it's safe, and you can prep it in two minutes a day. I think we should talk about ... I'm going to show you how easy it is.

Dr. Marisol: Exactly. One way people can quickly remember what it does for them is just think of the acronym FAITH. Because when I started doing castor oil packs, what I found is that they made me regain my [00:06:30] faith in my ability to heal because up until then I was doing so much, I didn't think I could heal.

Dr. Marisol: Think of it like this. FAITH. F. Function of the digestion, absorption, and elimination. So important to the health of our hormones, everything. Antioxidant status for A. So, improving our antioxidants. Inflammation, balance, and regulation. And then tension and stress reduction. And finally, host-microbiome balance. So, that's FAITH.

Christa: FAITH. I love it. It covers basically all aspects of health.

Dr. Marisol: [00:07:00] Exactly.

Christa: So, let's go and do a demo and show you guys how to use these.

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 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 a wonderful thing.

- Dr. Marisol: And every time that you do the castor oil pack, you use less and less oil because the oil will stay there [00:07:30] and it will 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 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 [00:08:00] area for your eyelashes, and follow it up with placing the eye mask, and then you go to bed.
- Christa: Yeah.
- Dr. Marisol: That's it.
- Christa: That's great.
- Dr. Marisol: 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? And then how do you do it?
- Dr. Marisol: So, truly you 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.
- Dr. Marisol: [00:08:30] The easiest way is, of course, to try to not get the oil into the 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, 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 [00:09:00] be pro estrogenic. And then what were you saying about carrier oils with essential oils and why you chose glass?
- Dr. Marisol: Yes. So, castor oil is the very best carrier oil. And again, it's the only oil that goes deep into the dermis. And because it does, it brings everything into the body 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. 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, [00:09:30] 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. We really want it to be-
- Christa: That's such a great point because they're all in plastic in the grocery store.
- Dr. Marisol: Exactly. And if you will 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.
- Dr. Marisol: It's cold-pressed, so there's no heat use that [00:10:00] 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 oil to be that maximum nourishment quality.
- Christa: Awesome. There you have it guys. Castor oil, the oil that heals. I always say give the body what it needs, it will heal itself.
- Dr. Marisol: That's right.
- Christa: We have just different terminology really for the same thing.
- Dr. Marisol: Exactly.
- Christa: So, you can find out where to get these Queen Of The Thrones packages, thewholejourney.com/castoroil. [00:10:30] Dr. Marisol, you're awesome. Thanks for being here and doing what you do.
- Dr. Marisol: Thank you so much, Christa. Likewise.



Christa:

Thank you so much for watching. We'll catch you next time on Food As Medicine TV.