



Do the moon cycles mess with your body and your sleep? Well Tuesday, November 8th, there will be a full moon so take note of your...

- **Intense mood swings** that turn on and off like a flickering light switch.
- **Tossing and turning all night**, getting tangled in your sheets like a spider web.
- **Anxiety** that makes your heart race all day and yes, all night.

You've tried everything to help you calm down and sleep but you're STILL stressed and always tired, right?

When you don't sleep well, you feel bad.

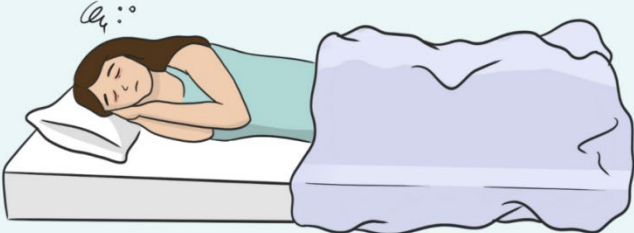
Higher risk of metabolic syndrome (obesity, diabetes, high blood pressure, fatty liver, etc.)⁷

Cognitive problems like memory⁶

Hormone imbalance (menopause symptoms, infertility, PCOS & more)⁵

Stress, anxiety & depression²

Constipation, IBS, digestive problems¹



Increase in headaches⁴

Eat more food, weight gain³

1. PMID: 33444383 5. PMID: 33808424
2. PMID: 32382403 6. PMID: 31072562
3. PMID: 32947981 7. PMID: 28929340
4. PMID: 30906963

QUEEN OF THE THRONES®

You're not alone. We're all impacted by the moon's powerful energy. So, is there a way for you to balance your stress & your sleep wake cycle amidst the moon's cycles?

Well, it's as easy as having the tools you need so you can...

1. Promote your feel-good hormones (oxytocin & dopamine) with your [Castor Oil Liver Pack](#) so you can naturally de-stress & relax so you can sleep.

2. Enhance melatonin production with your [Castor Oil Eye Compress](#) so you can fall asleep naturally.

3. Naturally shift your body into a relaxed state with soft compresses that feel like a full-body weighted blanket. Sounds cozy, agreed?

And remember.....you can combine your ESSENTIAL OILS to your castor oil packs to enhance the benefits. Click [here](#) and search by remedy for "sleep" to see what's available.

In health and happiness.....

Cathy