Healing by Design

Thyroid

10 STEP PROTOCOL TO PARTNERING WITH GOD’S DESIGN

1. **Don't trust blood work or believe the doctors.** What they learn is inaccurate related to thyroid health. Blood work can change quickly from stress, infections, insulin and blood sugar issues, depression and more. You don't need medication, and you can get better rather quickly without it.

2. **Avoid Synthroid, Levothyroxine or other toxic drugs.** They are synthetic and fight your own natural hormones for receptor sites. This weakens your thyroid and body, long-term. As your thyroid gets more sick and weak, so do you, and you become more reliant on synthetic drugs. This isn't health or restoration, this is weakening the body over time.

3. **Avoid chemical toxins.** The thyroid is prone to toxicity, as it is very vascular and negatively charged. It will be damaged by fluoride and chlorine in the water. It is damaged by herbicides, pesticides, perchlorates (rocket fuel) and other contaminants. If you have ever lived by an army base, chemical plant or other toxic environment and you breathed the air or drank the tap water, you are at risk! Radiation and chemotherapy are chemical poisons. Dental X-rays and fluoride treatments damage the thyroid. Avoid the airport radiation scanners.

4. **Poor diet causes thyroid imbalances.** The hormones are like an orchestra. If you eat poorly, it damages your glands and entire body. The biggest issue for the thyroid is unbalanced blood sugars, insulin resistance and at its worst, diabetes. The problem here is excessive sugars, carbohydrates, wheat, gluten, grains, sweeteners, breads, pasta, pizza, crackers, muffins, cakes, brownies, cookies and the like. It is also wise to avoid dairy which is very congesting and hard on the body. SOY, beer and other estrogenic compounds should be avoided. Caffeine from coffee and chocolate are a concern.

5. **Heal your thyroid naturally.** First, basic thyroid support that all thyroids can benefit from. Our favorite two products for this are **Xodine by Cedar Bear and Thyroid Thrive by Ridgecrest.** Take 6 drops daily of the **Xodine**, but work up to 10 drops 3x daily and do this for a month, called iodine loading. 6 drops daily would be your long-term maintenance dose. Iodine protects against radiation, it crucial for the thyroid to make hormones and protects against breast cancer. **Thyroid Thrive by Ridgecrest** is our favorite overall formula to heal the thyroid and help you reduce your need for synthetic drugs.

6. **Consider a "glandular."** This is a better option than Armour or Nature-throid, but similar concept. **Raw Thyroid or Thyroid Support Complete by Natural Sources** are great options. We also use the **Thyrostim by Biotics Research** which is a nice blend of glandular with other thyroid healing nutrients. Our recommendations here are to GO SLOW, start with 1 capsule, give it a few days and slowly increase.
to discover the amount needed. It is easy to overdo this product. This for very wiped out and exhausted thyroids, and ideally only used short-term.

7. **Herbal thyroid support.** Some of the best herbs for the thyroid are all seaweeds (kelp, nori, dulse, bladderwrack), black walnut, maca and ashwagandha. *Cedar Bear* has great tinctures of all these herbs. Good herbal formulas include *Thyroid/Thymus tonic by Dr. Morse* and *Thyro Boost by Cedar Bear*. You can also buy these herbs in bulk powders and add to drinks or smoothies. One or our favorite products is the *Modifilan*. This 40:1 seaweed concentrate is great for the thyroid, providing additional iodine, minerals, assisting weight loss and boosting metabolism.

8. **Reduce Stress.** Constant stress and excessive cortisol will weaken your adrenal glands and throw off your thyroid numbers. To reduce stress spend time in nature, pray more, listen to relaxing music, take *Holy Basil by Cedar Bear, CBD Oil by Elixinol or for a nice blend try Anxiety Free by Ridgecrest.*

9. **Cleanse your liver.** We feel the liver is the root of issue of MANY thyroid issues! Remember that 90% of that T4 produced must be converted to T3 by the liver. If the liver isn’t working well, your thyroid won’t either. Try the *Renew Life 30 day Liver Detox* or the *Spirit of Health 30 Day Liver Cleanse*.

10. **Get grounded.** The Earthing Sheets have been tremendously helpful for many thyroid and adrenal issues. The healing energy of the earth will balance your hormonal system. Try an *Earthing mat or sheet* for yourself. It is also very helpful for both sleep and pain conditions. The *iMRS therapy at Spirit of Health* is a more active form of this healing energy.

11. **Detoxify your thyroid.** Anyone can do this, but especially if you feel you have been exposed to radiation, chemotherapy, pharmaceutical drugs, dental x-rays, fluoride or chlorine in tap water, herbicides, pesticides, etc. is good to detoxify your body. The best ways to cleanse the thyroid from toxins are as follows:

   A) Get into a *Far Infrared Sauna daily* (Sunlighten is best, but there are other good brands)

   B) *Modifilan 40:1 seaweed* extract. This detoxifies your body and provides minerals and iodine.

   C) *GI Broom by Dr Morse* helps move and cleanse the bowels, while providing clay and charcoal which bind, pull and remove toxins from your body.

   D) *Toxin Therapy by Harmonic Innerprizes.* This formula works to detox heavy metals, radiation and other chemicals from the body.

**BONUS: For an OVER-Active thyroid**

A) Never use a glandular product

B) CALM down the thyroid with the following items: *Holy Basil by Cedar Bear. CBD Oil by Elixinol. Lemon Balm by Cedar Bear (#1 herb used in Europe for this issue). Great Adaptor by Jing Herbs. A Grounding Sheet by Earthing is helpful.*

C) Avoid all caffeine 100%