

# Healthy Thyroid

## Harmony & Health

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Quality Products for Health

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### Important Deciding Factors:

The thyroid helps regulate metabolism and burn fats. With a low thyroid, a person feels cold and tired, gains weight easily, and has muscle pain (which may be fibromyalgia), dry skin & thinning hair. An easy way to check for thyroid problems is to take your body temperature (see directions below). A healthy diet is very important, such as greens and good fats like coconut oil. Simple carbs, like white flour and sugar, are hard on the thyroid. Proteins are very beneficial to the thyroid. Also, controlling stress is helpful to the thyroid.

### Some Products to consider:

- **Kelp** or **Liquid Dulse** are plant sources of iodine.
- **TS-II** and **Target TS II** are herbal combinations with amino acids & minerals for the thyroid.
- **Thyroid Support** is a glandular product for rebuilding the thyroid gland and pituitary.
- **Adrenal Support** support the adrenals. Weak adrenals can contribute to a thyroid problem.
- **Thyroid Activator** is a herbal blend focusing on feeding the thyroid and improving its action. -
- **Vitamin D3** is necessary for the thyroid. Low Vitamin D contributes to thyroid problems.
- **SAM-e** aids the liver which helps the thyroid as T4 to T3 hormone conversion takes place in the liver.
- **7-Keto** helps stimulate the thyroid and increases production of T3 thyroid hormone.
- Essential oils, especially **Core Blend**, may be helpful (Dilute with carrier oil & apply to neck nightly).

### Barnes Basil Temperature Test for Thyroid Function

\*\* Before moving around or getting out of bed in the morning, take your temperature under your armpit for ten minutes. Do this for 5 mornings. A temperature reading of 98.6F or lower may indicate an under-active thyroid. (Note: For women on their cycle, wait to take your temperature until your cycle is finished. So to start on day 1 is the first day of flow.)

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

*Help Your Body Stay Healthy with Natural Remedies.*

