

Low Thyroid (Hypothyroid)

Harmony & 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 body temperature every morning for 3-7 days. If it is consistently below 98°, the thyroid function is low. 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** or **Licorice Root** 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 **Frankincense**, may be helpful (Dilute with carrier oil & apply to neck nightly).

Important: The 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 treat-



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