

## A Holistic Approach to Thyroid Health

More than half of all Americans with a thyroid disorder are never diagnosed. Thyroid disorders now affect more than 20 million Americans, and up to 60% of these individuals are unaware of their condition! Unfortunately, many people never receive the treatment that they need to be fully healthy.

If you've been diagnosed with hypothyroidism, your doctor probably prescribed Synthroid or generic levothyroxine. This synthetic hormone helps to replace the thyroxine (or T4) that your body is no longer able to produce. Because so many Americans suffer from this condition, Synthroid is now the number one prescription drug in the U.S!

Though millions of Americans take Synthroid to control their thyroid condition, many people find that the medication doesn't resolve all of their symptoms. Many people continue to experience fatigue (and other symptoms) long after their bloodwork has begun to register as "normal." This is because Synthroid (synthetic T4) can't actually be used by the body until it's converted into a different hormone (T3)! If your body isn't healthy, it may be because this conversion isn't happening like it should.

In our clinic, that's why we offer treatments and supplements that provide your thyroid with everything it needs to function optimally. Our focus on holistic, full-body health helps to ensure that we treat the entirety of your condition, rather than just one piece of the puzzle!



If you're interested in purchasing the Solutions4 supplements listed in this brochure, you're in luck!

We're offering a special discount on these products when they're purchased together:

- Thyroid/Adrenal Support
- Vitamin B-12
- DHEA
- Wild Yam Cream
- Craving and Impulse Control
- Adrenal Calming
- Sleep
- Serotonin Support

Ask a staff member for more information about this special offer!

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Enhance  
Your Program  
for Thyroid  
Health

# Nutrition for Thyroid Health



## Foods to Avoid with a Thyroid Disorder

If you're suffering from a thyroid disorder, there are a handful of foods that can actually make your condition worse. Though junk foods and processed foods obviously make the list, there are three foods that you probably wouldn't guess: soy, dairy, and conventionally-raised red meat. These foods contain phytoestrogens that are chemically similar to estrogen and can cause hormonal imbalances that impair thyroid function.

## Important Nutrients for Thyroid Function: Iodine and Selenium

In our clinic, we believe that natural, whole food sources of iodine can be beneficial for thyroid health. Some of the best sources of iodine are sea vegetables like kelp and kombu. You can also get iodine from eggs and many types of seafood (scallops, cod, shrimp, sardines, etc.)

For optimal thyroid function, adequate dietary selenium is also a must. Selenium helps to protect your thyroid when you're under stress, keeping your thyroid levels in a normal range. This can make a huge difference in your overall feeling of well-being! You can find plenty of selenium in foods like brazil nuts and seafood (tuna, salmon, shrimp, etc.).

# Lifestyle Strategies for Thyroid Health

## Sleep Your Way to Better Health

Though getting enough sleep is important for everyone, it's especially important for those with thyroid disorders. Your body's production of thyroid hormones is intertwined with the production of hormones that regulate your sleep cycles – cortisol and melatonin. If you're getting too little sleep, your body will overproduce cortisol at the expense of melatonin. Too much cortisol inhibits your body's production of thyroid-stimulating hormone (TSH), thus impairing your thyroid's function.

## Teach Your Body to Relax

When you're stressed, your body produces cortisol as a part of your body's natural "fight-or-flight" response. Unfortunately, too much cortisol can impair your thyroid's function (as discussed above). That's why it's important to relax! Try visiting our clinic for regular Self-Mastery Technology (SMT) sessions if you struggle to manage stress on your own.

## Exercise for Best Results

If you suffer from a thyroid disorder, you probably know what it's like to suffer from low energy and fatigue. These symptoms can make it especially difficult to find the motivation to exercise! However, if you can work up the energy to start a workout routine, you'll find that your energy levels improve dramatically. Just remember to listen to your body and avoid pushing yourself too hard or for too long. Overtraining can be just as bad as failing to exercise at all.



# Basic Supplements to Improve Thyroid Function

Though you'll need several supplements to maximize your nutritional intake and reverse the course of your disease, there are a few that are worth discussing in detail:



**Thyroid/Adrenal Support** contains a blend of 10 synergistic herbs that work together to support your body's natural production of thyroid hormones.



**Vitamin B-12** helps to regulate the metabolism of your entire body, provides you with energy, and even increases mental alertness! Many people with thyroid disorders are deficient in this important vitamin.



**DHEA** is an important hormone precursor that your body needs to maintain a healthy metabolism. Low DHEA levels are common for those with thyroid conditions.



**Wild Yam Cream** provides your body with the hormone precursors it needs to correct hormonal imbalances and restore your body to a state of optimal health.

**In addition to these thyroid-boosting supplements, you may also benefit from the following:**



**Craving and Impulse Control** makes it easier for you to manage your cravings, improves your energy levels, and helps you transition into a healthier diet. This can be enormously helpful, especially when you're first making positive changes!



**Adrenal Calming** is designed to relieve stress, increase mental clarity, and promote a state of restful ease. By reducing stress on your adrenal glands, this supplement can facilitate healthy hormonal balance.



**Sleep** is designed to promote healthy sleep, which can be difficult for many people with thyroid disorders. If you struggle to get the quality sleep your body needs, this supplement can make all the difference!



**Serotonin Support** helps to improve your mood and reduce irritability. This can make it much easier to transition into a healthier lifestyle and maintain an optimistic outlook on life!