

Energy

Fatigue

• Thyroid

Dr. Sharla B. Robertson, D.C.,
C.C.W.P.

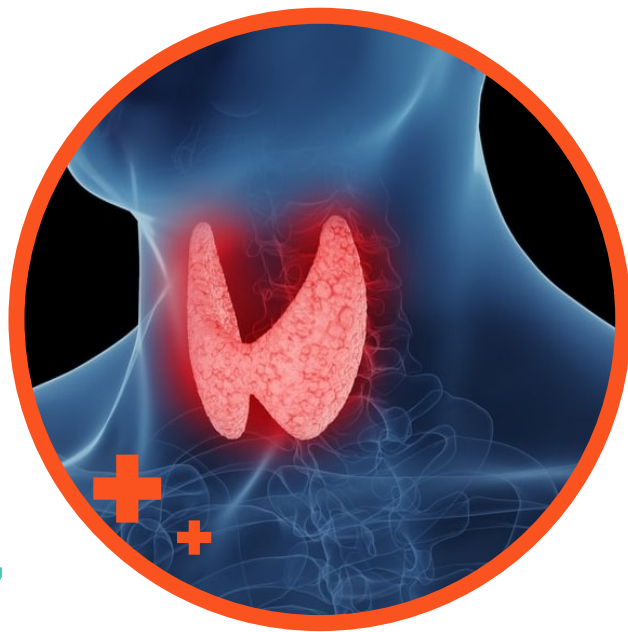




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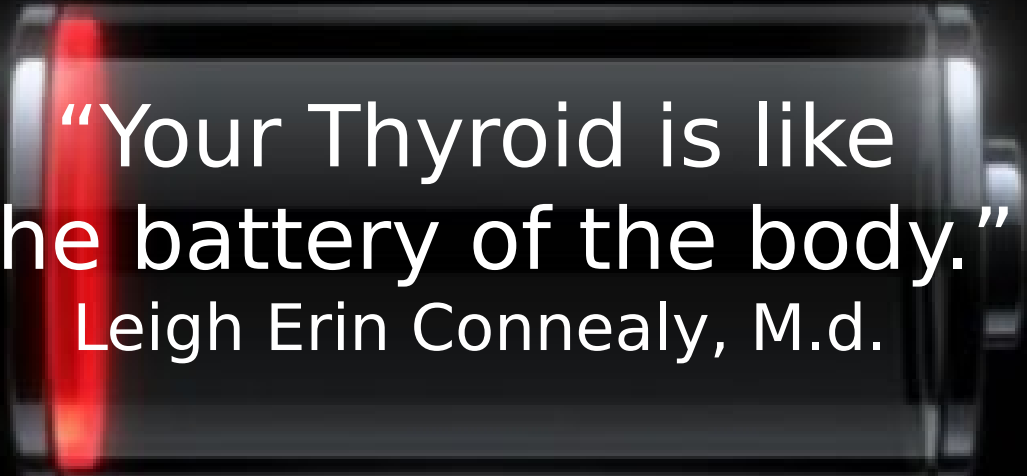
04

The Lifestyle a
Healthy Thyroid
Requires



A low battery icon consisting of a dark grey rectangular battery with a red bar on the left side, indicating low charge. Below the battery is a white lightning bolt symbol. The entire icon is centered on a black background.

Ever feel like this?



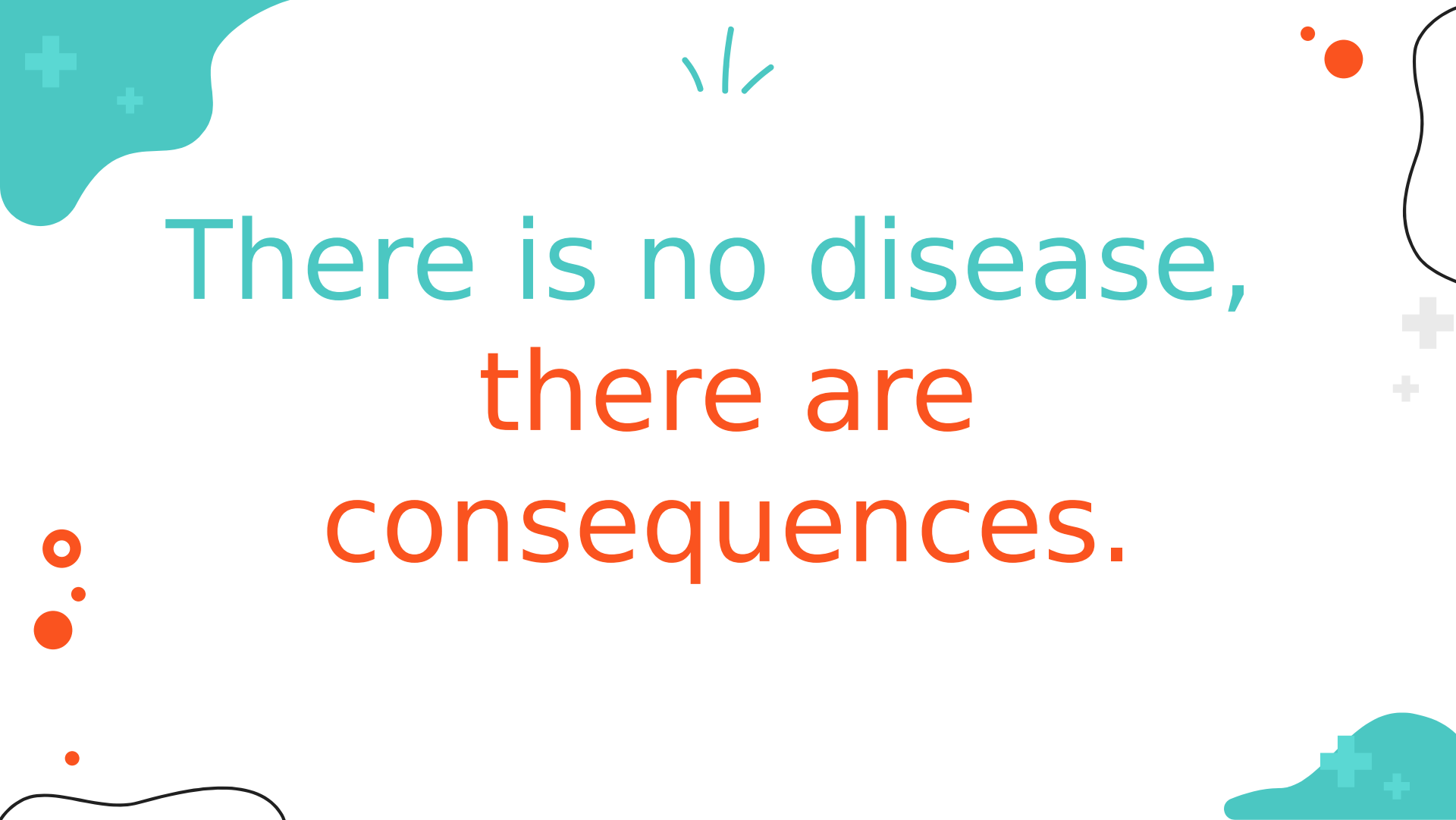
“Your Thyroid is like
the battery of the body.”

Leigh Erin Connealy, M.d.





Your **LOW Energy**
& Your **Thyroid Dysfunction** are
NOT a lack of RedBull™
NOT a deficiency of Synthroid™



There is no disease,
there are
consequences.

The background is a solid teal color. It is decorated with several white and orange elements. In the top-left corner, there are three orange circles of different sizes, some with white outlines. Scattered across the teal area are several small, light blue plus signs. On the right side, there is a thin, wavy orange line. In the bottom-left corner, there is a thin, wavy orange line and a few more orange circles. The text "What is the Thyroid?" is centered in a large, white, sans-serif font.

What is the Thyroid?

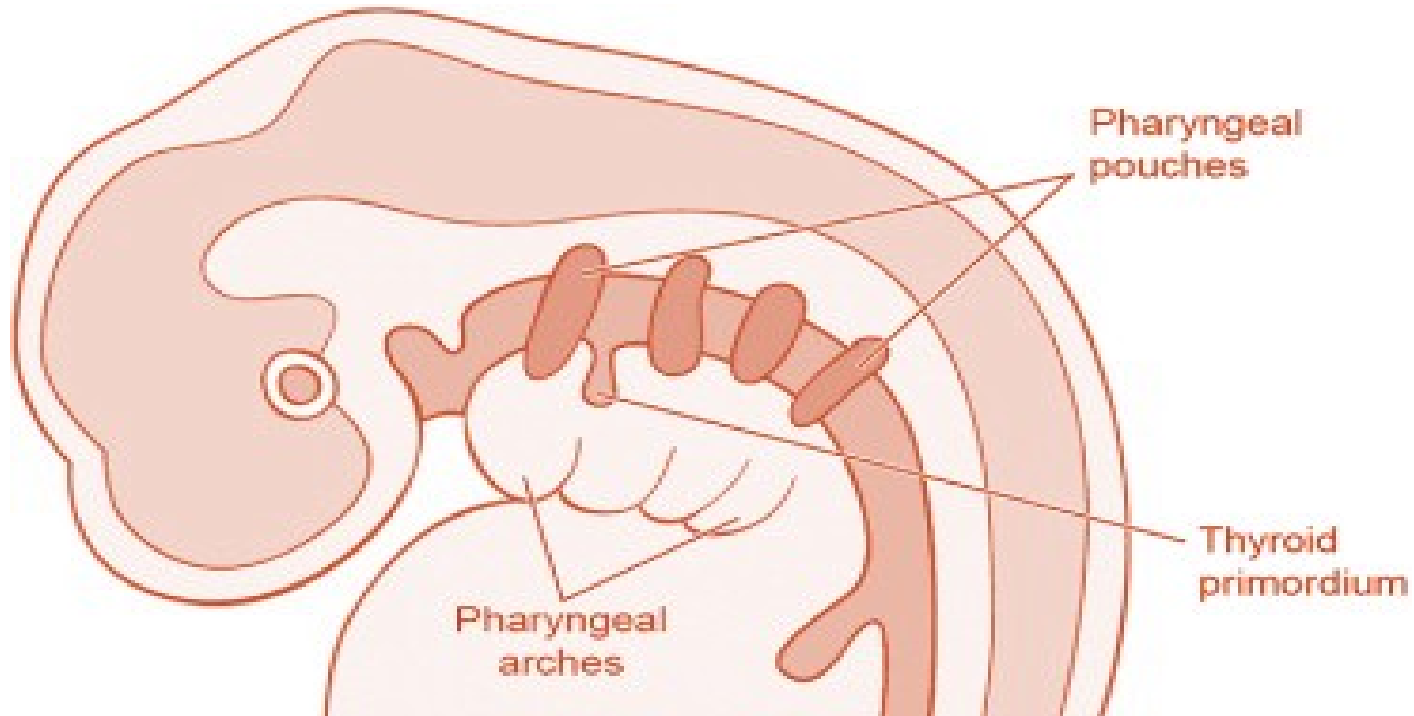
Your Amazing Thyroid

Endocrine Gland which secretes specific hormones (T4, T3, RT3 & Calcitonin)

● Effects: ●

● Metabolism ● Heart Rate ● Breathing
● Digestion ● Body Temp ● Brain
● Development

The Thyroid begins development 20 days in utero & begins secreting Thyroid Hormones by week 15 of gestation.



Thyroid Hormones

TSH

Thyroid
Stimulating
Hormone

T4

Thyroxine

T3

Tri-iodo-
thyronine

Reverse
T3

Reverse
Tri-iodo-
thyronine

Calcitoni
n

Thyroid Hormones

TSH

Chemical Messenger from the brain; stimulates Thyroid to make T4

T4

"Thyroxine"
90% of what the Thyroid makes is "inactive thyroid hormone" aka T4; MUST be broken down in the liver & gut to T3 to be 'active'

T3

Active form of Thyroid hormone, **must get INTO the cell** to be fully active, almost every cell has a receptor for it

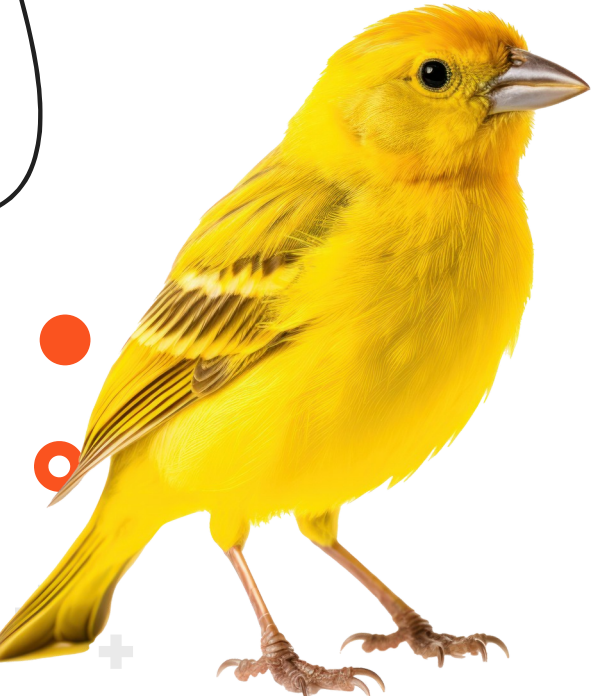
Reverse T3

Reverses Effect of T3 in the body

Calcitonin

Regulates the amt of Ca⁺ in your blood

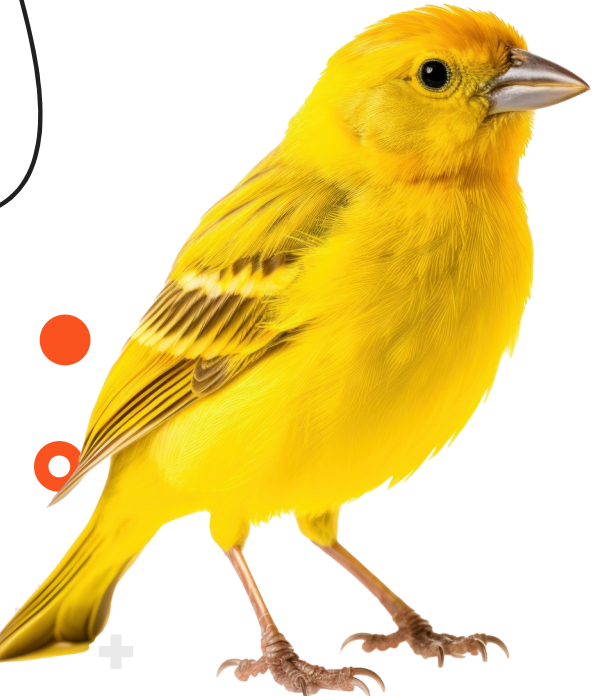
The Canary in the Coal Mine



The Thyroid is the first organ to cry for HELP when things are imbalanced or malfunctioning in the body.

There is NEVER just 1 single cause for Thyroid Dysfunction

The Canary in the Coal Mine



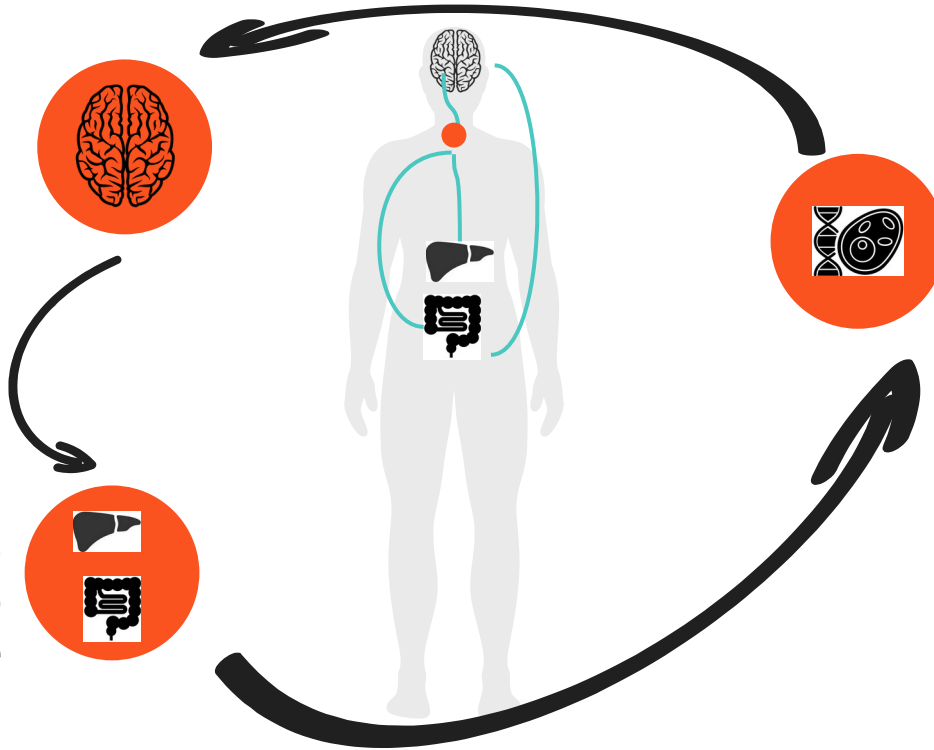
“The Thyroid is most often
the victim, not the root
cause.”

-Dr. Josh Axe

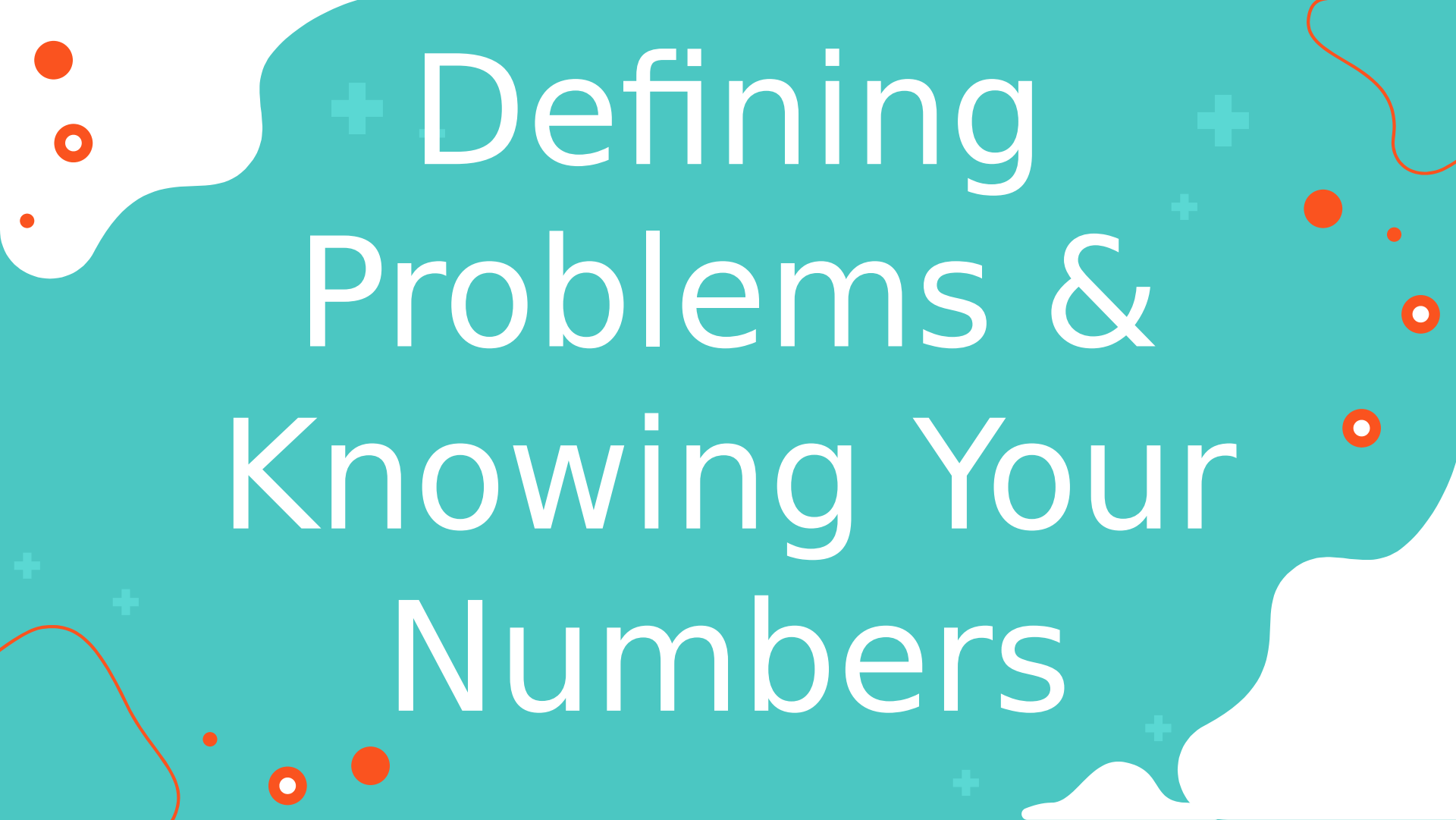
The Entire SYSTEM of the Thyroid

Hypothalamus & Pituitary
Master Coordinators of all Hormones;
TSH goes from the Brain to the Thyroid
TSH tell THYROID TO MAKE T4

The Gut & Liver
T4 must go to the Liver & the Gut to be converted to T3



Every Cell of your Body
T3 is the active version of Thyroid Hormone that every cell in your body has a receptor for; Once T3 goes into the cell, it Signals BRAIN to regulate the entire system



Defining Problems & Knowing Your Numbers



Potential Thyroid Dysfunction Symptoms:



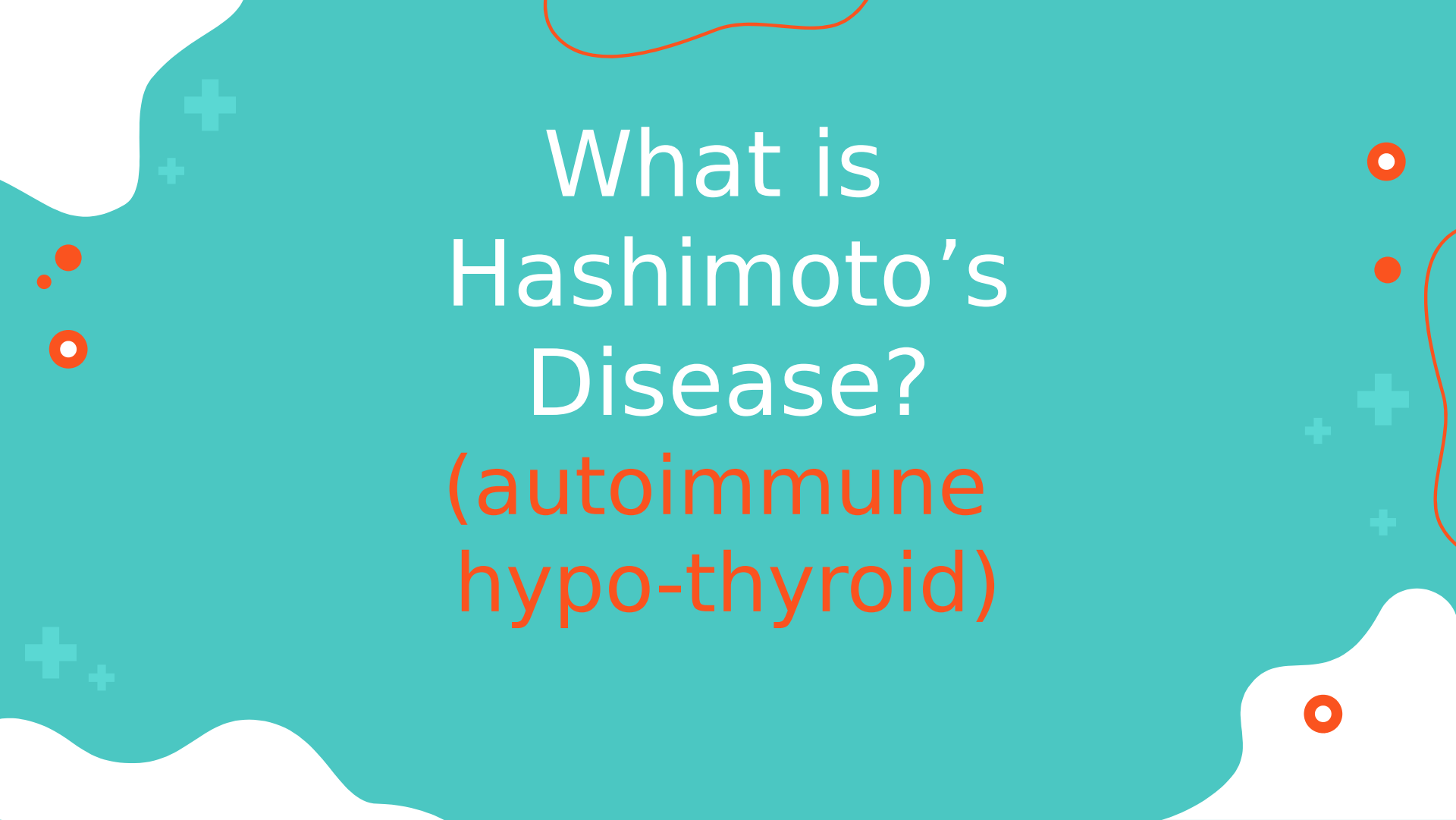
1. Hair loss
 2. Anxiety
 3. Heart palpitations
 4. Menstrual cycles off
 5. Mental clarity issues
 6. Cold hands/feet
 7. Low energy/Fatigue
 8. Dry skin/Chapped lips
 9. Weight Gain
- 
- 
- 
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What is Graves' Disease? (autoimmune hyper- thyroid)

Graves' Disease

Graves' disease is an autoimmune disease in which your immune system attacks healthy tissue in your thyroid gland for unknown reasons. It's the most common cause of hyperthyroidism, a condition in which your thyroid gland makes too much thyroid

The background is a solid teal color. It features several decorative elements: white wavy borders at the top-left and bottom-right corners; orange wavy borders at the top-center and right-center; small orange circles with white centers scattered on the left and right sides; and small teal plus signs scattered throughout the background.

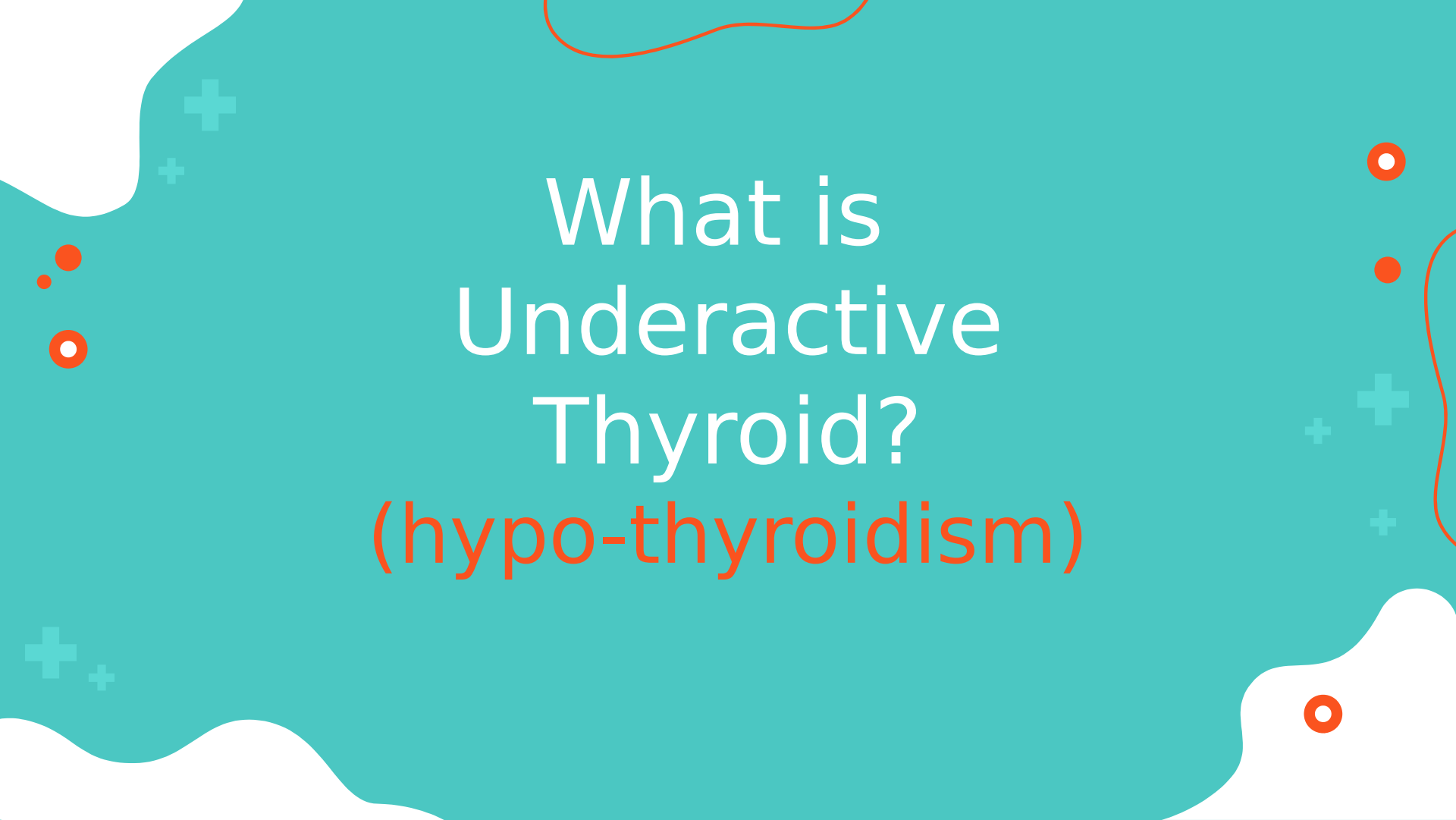
What is Hashimoto's Disease? (autoimmune hypo-thyroid)



Hashimoto's Thyroiditis

Hashimoto's disease is a chronic autoimmune disease that affects your thyroid gland. It can cause lower-than-normal levels of thyroid hormone in your body. This affects several areas of your body and causes symptoms like fatigue, weight gain and constipation.



The background is a solid teal color. It features several decorative elements: white wavy shapes at the top-left and bottom-right corners; small orange circles and larger orange circles with white centers scattered around; and small teal plus signs scattered throughout. A thin orange line is also visible at the top center.

What is Underactive Thyroid? (hypo-thyroidism)



Underactive Thyroid or Hypo-Thyroidism



Hypothyroidism is diagnosed when the thyroid gland doesn't make enough thyroid hormone. This condition also is called “underactive thyroid.” Hypothyroidism may not cause noticeable symptoms in its early stages.

Are there any Spiritual or Emotional connections with Thyroid dysfunction?

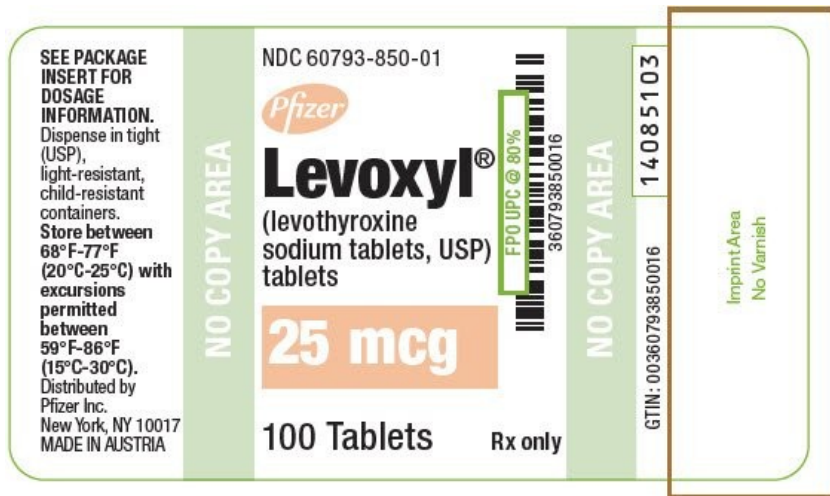
- Fear
- Anxiety

We all have bouts with these human emotions, but is there a stronghold?

Was there an emotional wound in your life that gave an open door to chronic disease?

Only you can answer this, but I'd certainly recommend praying about this and asking God to reveal anything that needs to be healed Spiritually & Emotionally regarding your Thyroid.

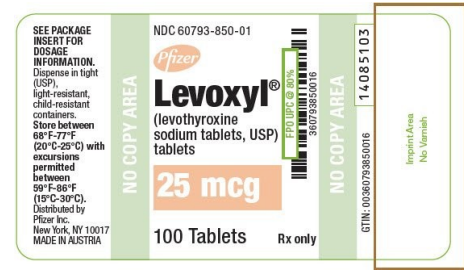
Most Common HypoThyroid Rx's are T4-only medications



Most Common HypoThyroid R_x's are T4-only medications



- If you're taking a T4-only medication, you're taking the “inactive” one that still must be converted to T3 by your Liver & your Gut
- Your bloodwork numbers will look better, but the question I'm asking is: Are Your Functioning Better?



Common HypoThyroid R_x's

⚡ Drug Name

levothyroxine systemic (Pro)

Brand names: Levoxyl, Synthroid, Levo-T, Euthyrox, Unithroid, Tirosint, Tirosint-Sol, Thyquidity, Ermeza

thyroid desiccated systemic (Pro)

Brand names: Armour Thyroid, Westhroid, Nature-Throid, NP Thyroid, WP Thyroid, Niva Thyroid, APur Thyroid

liothyronine systemic (Pro)

Brand names: Triostat, Cytomel

thyrotropin alpha systemic (Pro)

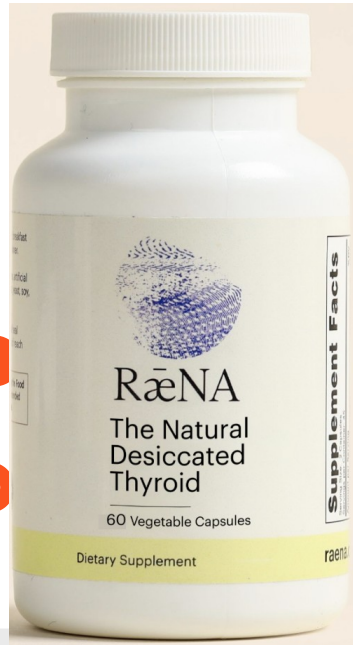
Brand name: Thyrogen

WARNING

**100% of the drugs listed on the prev.
slide under “desiccated thyroid”
are touted as the “more natural” versions
of
treating “Underactive Thyroid”**

- ALL use desiccated thyroid glands from pigs
- I cannot & will not support the use of pork products pertaining to the human body. These animals are designated by God as “unclean” and even that we

WARNING



You CAN still find Grassfed Beef Desiccated Thyroid as a supplement. **These contain BOTH T3 and T4.** HOWEVER The FDA is currently threatening to make it illegal to buy it.

DO NOT abruptly switch from **<https://raena.com>** Synthroid

Thyroid Supplementation

“A lot of people today are wary of thyroid supplementation, but it may actually be more ancestrally aligned than we realize. For much of human history, eating the whole animal, including thyroid glandular tissue was common, providing a natural source of hormones. However, in 1988 the USDA implemented regulations prohibiting the use of livestock thyroid glands in food.

The removal means that modern diets no longer provide the same hormonal and metabolic support our ancestors may have benefited from.”

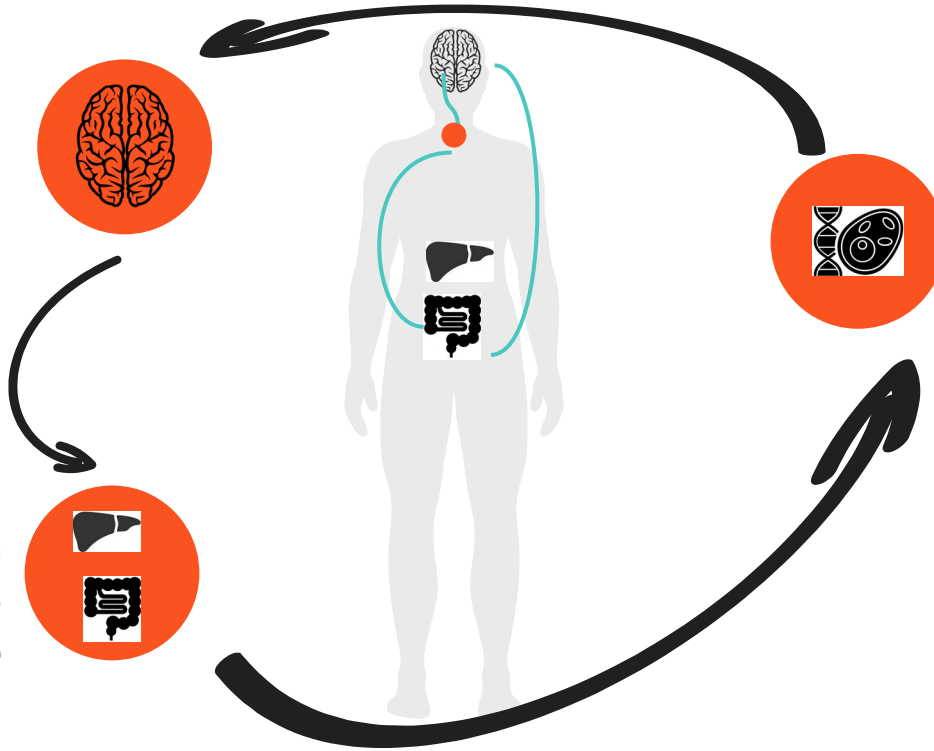
Dr. Leigh Erin

The Feedback Loop of Thyroid

Hypothalamus & Pituitary
Master Coordinators of all Hormones;
TSH goes from the Brain to the Thyroid
TSH tell THYROID TO MAKE T4

The Gut & Liver
T4 must Live & the Gut to be converted to T3

Every Cell of your Body
T3 is the active version of Thyroid Hormone that every cell in your body has a receptor for; Once T3 goes into the cell, it Signals BRAIN to regulate the entire system





15 Signs of Underactive Thyroid



1. Persistent fatigue even after a full night's sleep
 2. Low body temperature and intolerance to cold or heat fluctuations
 3. Blood sugar issues
 4. Constipation
 5. Puffy face or water retention, especially in the morning
 6. Slow reflexes or feeling physically sluggish
 7. Dry, cracked skin
 8. Dry, thinning hair
 9. Loss of the outer third of the eyebrows
 10. Hoarseness or a deeper voice than usual
 11. Difficulty swallowing or a sensation of tightness in the throat
 12. Slow wound healing or easy bruising
 13. Joint stiffness and muscle cramps unrelated to exercise
 14. Feeling detached or emotionally flat despite normal circumstances
 15. Light sensitivity or trouble with eyes adjusting to bright
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T4

Inactive Thyroid

~~Hormone~~

If T4 is LOW:

Chances are the communication
between the THYROID GLAND and the
BRAIN
Are OFF

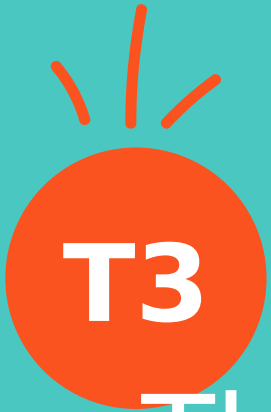
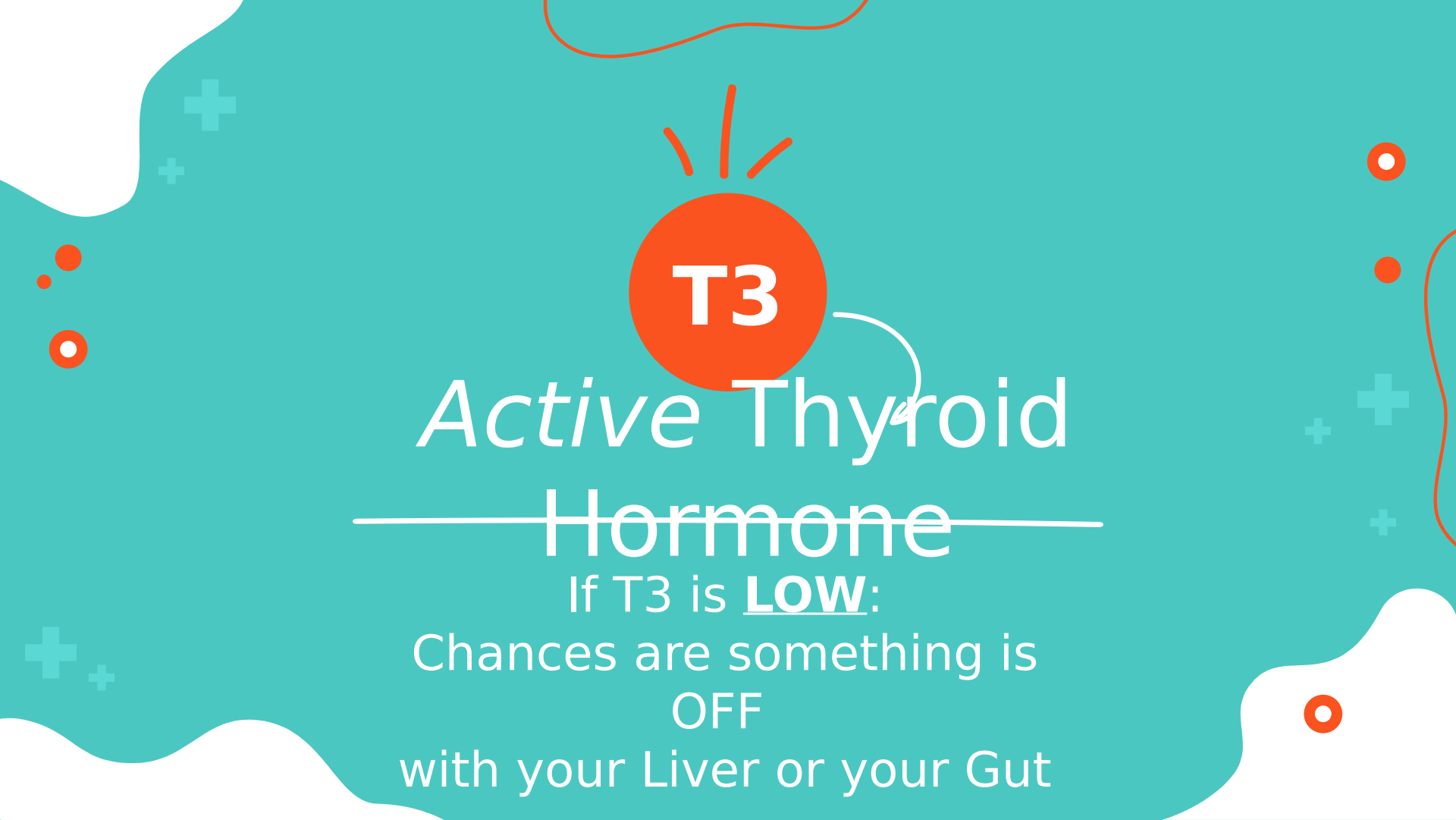


T4

If you're on a T4-Only Thyroid Rx and STILL HAVING SYMPTOMS

You may be struggling to convert T4 to T3

- Ferritin level is CRITICAL because T4 to T3 depends upon Iron stores
We'll talk more about T4 to T3 problems on Slide 48 & 68

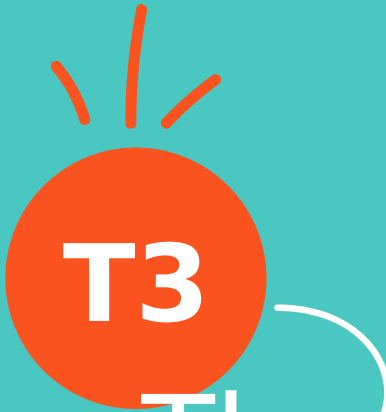


T3

Active Thyroid ~~Hormone~~

If T3 is LOW:

Chances are something is
OFF
with your Liver or your Gut



T3

Active Thyroid ~~Hormone~~

If all NUMBERS are within Normal & you
still have symptoms...

T3 is likely NOT being able to Get INTO
the CELL (slide 66, blood sugar)

THE ESSENTIAL LABS TO TRACK:

TSH is the most commonly tested, the others are not, so ask for them!

TSH

FT4

FT3

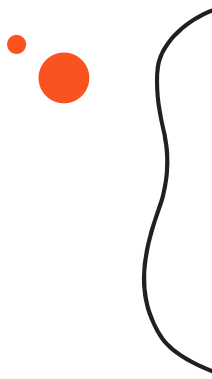
Reverse T3

TPO Antibodies

Thyroglobulin Antibodies

The core thyroid labs; the minimum to check the health of your thyroid.

SOURCE: <https://www.drswarren.com>



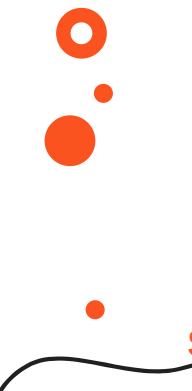
Other Labs specific to THYROID

T3 Uptake (THBR)

Free Thyroxine Index (FTI)

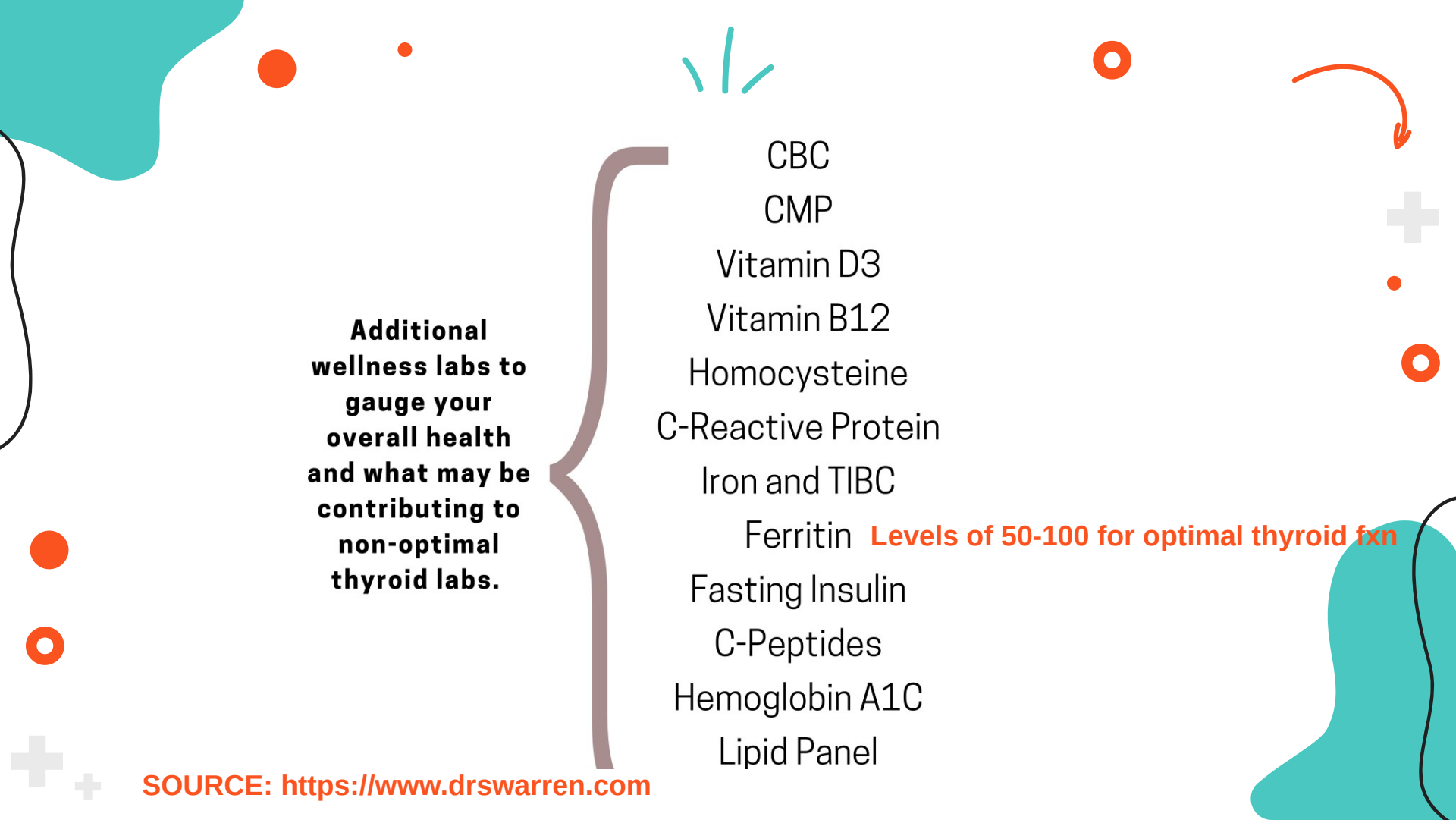
Selenium

(ALL in addition to previous slide)



SOURCE: <https://www.drmindypelz.com>





**Additional
wellness labs to
gauge your
overall health
and what may be
contributing to
non-optimal
thyroid labs.**

CBC
CMP
Vitamin D3
Vitamin B12
Homocysteine
C-Reactive Protein
Iron and TIBC
Ferritin
Fasting Insulin
C-Peptides
Hemoglobin A1C
Lipid Panel

Levels of 50-100 for optimal thyroid fxn

SOURCE: <https://www.drswarren.com>



TSH

A hormone released by the pituitary gland. TSH works on a negative feedback, when T4 drops, TSH rises, and vice versa. The feedback ensures that the pituitary communicates appropriately with the thyroid to respond to what the body needs.

Some medical ranges have normal levels between 0.5-5.0 mU/L new research is suggesting that a tighter range between 1-2.5 mU/L is more optimal. This is the most common lab tested, however, many thyroid patients still report feeling hypo symptoms even with TSH looks "normal" does not mean that a thyroid issues doesn't exist.

FREE T4

Also called Thyroxine, Free T4 is considered the storage thyroid hormone and is inactive until converted to its active form, Free T3. Most thyroid patients are prescribed T4 only medications.

FREE T3

Also called Triiodothyroxine, Free T3 is the active thyroid hormone that binds to receptors in your cell. When this is optimal you are feeling well, clear mind, good memory, lose weight, and able to function well.

REVERSE T3

rT3 is made from the conversion of Free T4 in times of stress on the body. Reverse T3 can compete with Free T3 for hormone receptors in the cell. A higher RevT3 naturally occurs in times of trauma and stress. However, it is a problem with chronic stress as well as conversion issues (gut, liver, mineral deficiencies for example).

CBC & CMP

The Complete Blood Count checks the cells that circulate in the blood and the Complete Metabolic Profile looks at glucose levels, electrolyte and fluid balance, kidney function, and liver function.

VITAMIN D3

This hormone is necessary for so many important functions within the immune system, and especially for thyroid hormones within the cell. Vitamin D needs to be present at sufficient levels in the cell in order for the thyroid hormone to actually affect that cell.

VITAMIN B12

Deficiency in Vitamin B12 affects not only thyroid function, but also brain function and the whole nervous system. Note also that if the labs show Vitamin B12 above range, this indicates possible deficiency, because the B12 is in your blood and not getting utilized within your cells.

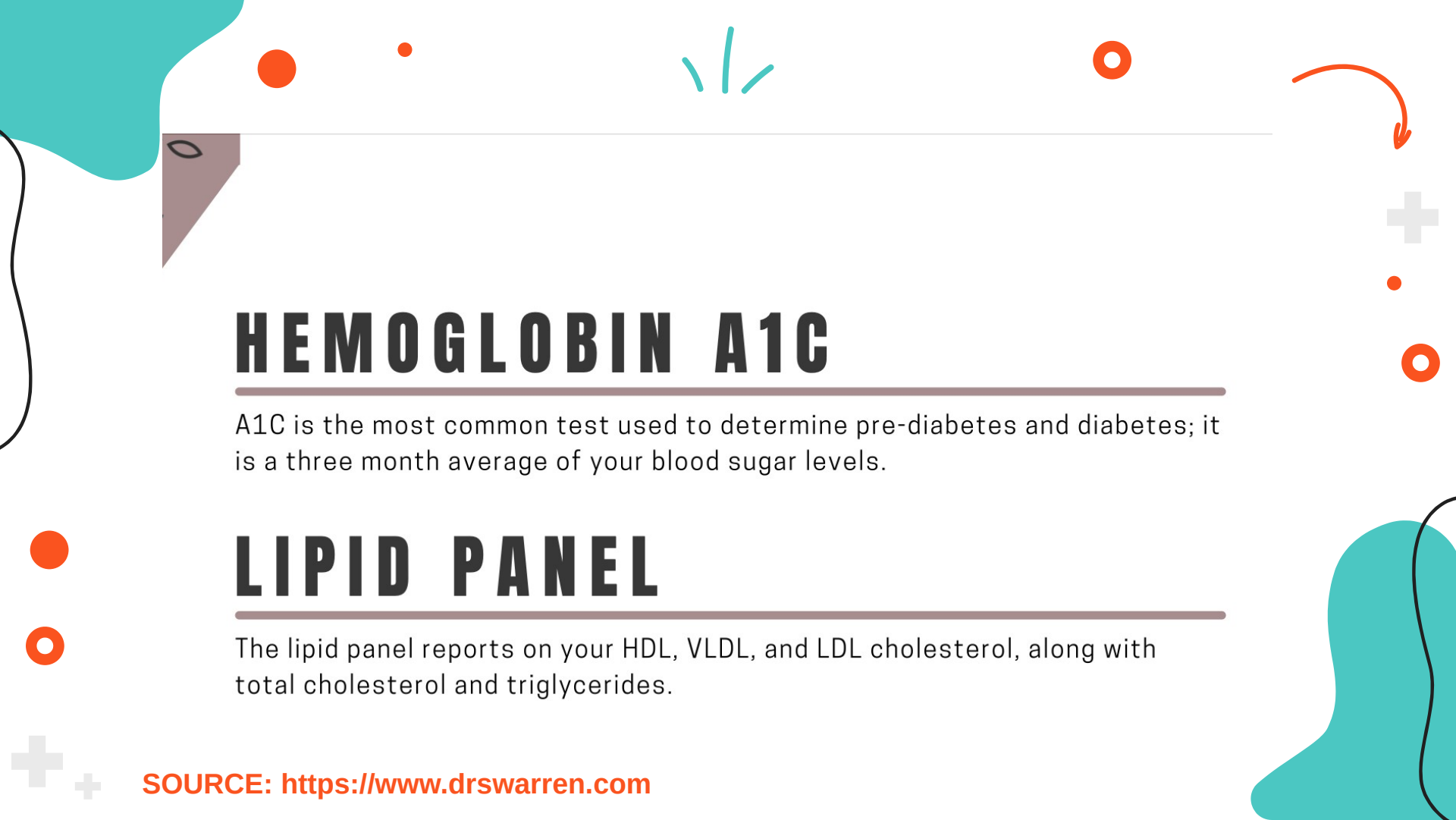
TPO ANTIBODIES

These antibodies will attack an enzyme that is needed to synthesize thyroid hormones. They can be found in both Hashimotos and Graves Disease.

TGB ANTIBODIES

Thyroglobulin antibodies attack thyroglobulin, which is needed to make thyroid hormones. They are usually found with Hashimotos.

A note about antibody tests:
if these numbers are high, it indicates that the immune system is actively attacking your thyroid.



HEMOGLOBIN A1C

A1C is the most common test used to determine pre-diabetes and diabetes; it is a three month average of your blood sugar levels.

LIPID PANEL

The lipid panel reports on your HDL, VLDL, and LDL cholesterol, along with total cholesterol and triglycerides.

SOURCE: <https://www.drswarren.com>

Homocysteine Levels

- Should be UNDER 7umol/L
- If over..
 - Potentially your Thyroid hormone T3 can't get into your cells to activate your metabolism
- INDICATED METHYLATION ISSUES IN YOUR BODY:
 - Could be MTHFR or COMT genetic mutations, which are a simple cheek-swab test to find out for sure
 - Otherwise: ONLY ALWAYS TAKE METHYLATED B-VITAMINS

***EVEN **B12 SHOTS** SHOULD BE METHYLATED OR IT COULD BE ABSOLUTE HARMING YOUR BODY

Body Temp vs. Bloodwork to Track Thyroid

https://articles.mercola.com/sites/articles/archive/2024/11/24/regenerative-agriculture-metabolic-wellness.aspx?cid_medium=etaf&cid_source=etaf&cid=share

Unlike conventional blood tests, which provide only a snapshot and are influenced by various external factors, body temperature measurements offer a continuous, real-time indicator of metabolic rate.

"If your body temperature is rising, that's a clear sign your cellular utilization of T3 is happening." – Ashley Armstrong
(interviewed by Dr. Mercola)

- Take body temperature 3 times a day —
 - Upon waking (98* signifies a healthy metabolism)
 - 30 to 45 minutes after breakfast
 - Midday

This approach is effective because **T3 levels** are

Dr. Mercola interviews Ashley Armstrong: Regenerative Farming and Metabolic Health

[https://articles.mercola.com/sites/articles/archive/2024/11/24/regenerative-agriculture-metabolic-wellness.aspx?](https://articles.mercola.com/sites/articles/archive/2024/11/24/regenerative-agriculture-metabolic-wellness.aspx?cid_medium=etaf&cid_source=etaf&cid=share)

Ashley highlighted, "This is an easy tool ... because blood work still doesn't tell you whether your mitochondria are actually using that thyroid hormone T3."⁵

Ideally, use a basal body temperature thermometer to measure your temperature, as they measure to 100th of a degree.

A consistently low body temperature indicates a sluggish metabolism.

A morning body temperature of approximately 98 degrees signifies healthy thyroid function

By midday, a temperature around 98.6 degrees typically indicates a normal metabolic response.

Ashley also highlighted the limitations of conventional thyroid panels, which often focus solely on thyroid-stimulating hormone (TSH) levels. She stressed the



Energy Supply/ Toxins/ Deficiencies

9 Most Common “Blockers” of T4 Converting to T3

- 1. PUFAs** (polyunsaturated fatty acids, like those in seed oils). Suppress thyroid function, damage receptors, and interfere with proper hormone signaling.
- 2. Poor liver function.** The liver is responsible for up to 80% of T4-to-T3 conversion. Toxin overload, low glucose, and poor diet impair this process.
- 3. Blood sugar issues.** If glucose is too low, the liver cannot perform the conversion process. T3 getting into the cells is impaired with Insulin Resistance (glucose too high).

9 Most Common “Blockers” of T4 Converting to T3

- 4. **Chronic Stress & high cortisol.** Stress diverts T4 into reverse T3 (rT3), which blocks T3 from working.
- 5. **Excess estrogen.** Estrogen dominance increases thyroid-binding proteins, reducing free T3 available to cells.
- 6. **Nutrient deficiencies.** Low glucose, selenium, iodine, zinc, magnesium, and vitamin A impair enzyme function needed for conversion.

9 Most Common “Blockers” of T4 Converting to T3

7. High iron / inflammation. Excess stored iron can cause oxidative stress, which damages thyroid receptors.

8. Toxins and heavy metals. Mercury, fluoride, and other environmental toxins interfere with deiodinase enzymes, blocking the body's ability to convert T4 into active T3.

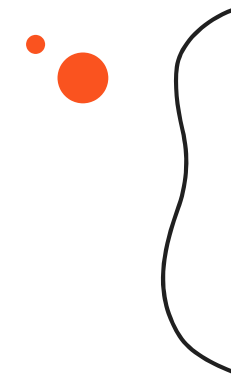
9. Electromagnetic fields (EMFs). Studies suggest EMFs can raise reactive oxygen species (ROS) levels, alter calcium signaling, and affect cellular stress pathways. Because thyroid hormone conversion is an energy-intensive process requiring healthy enzymes (like deiodinases), oxidative stress can impair those enzymes and reduce efficient conversion.

BALANCE IS KEY

You CANNOT "**Stress**" your body
toward health

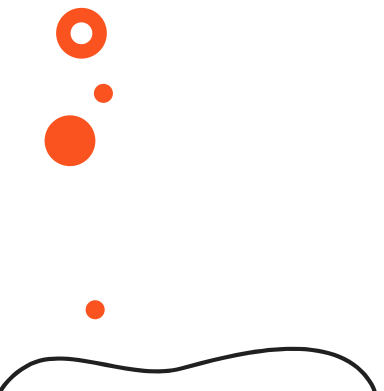
Too much Exercise or Too Sedentary
Too much Fasting or Overeating
Too much Mental/Emotional Stress;
Too little cognitive stimulation

Stress increases



STRESS

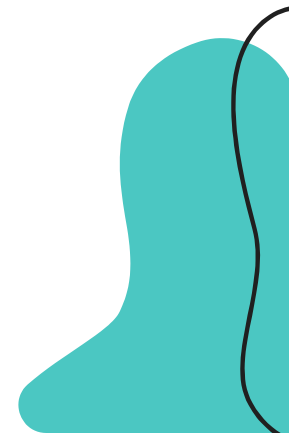
Our lives are FULL of
Chemical
Mental/Emotional
& Physical
STRESSORS





HEALTH

How well do we:

1. Limit stress
 2. Adapt to stress
- ...not the
complete absence
- 
- 



YOU CAN FIGHT..
ME UM FLIGHT!..



- The **Tiger** is **any stressor** you have:
(**Chemical**, **Mental/Emotional**, or Physical)
- Your body is designed by God to either **stay & fight** or **flee stress**
- Every process in your fight/flight system (Sympathetic Nervous System) is designed to help you accomplish either of these activities. Because your body is Wonderfully Made



BUT...Does
your **Tiger** ever leave?



What are bodies are NOT designed
to do is live in this modern
man-made society where **STRESS**
never leaves.



A cartoon illustration of a man and a woman relaxing on a beach. The man is lying on a lounge chair, wearing sunglasses and green shorts. The woman is sitting on the same chair, wearing a pink bikini and red sunglasses, holding a drink. They are under a large green palm tree with a blue umbrella. The background shows a blue sky with birds and a blue ocean.

REST DIGEST

We should flow back & forth through short stents of STRESS, and then go right back into “Rest & Digest”

i.e. short times of SYMPATHETIC NERVOUS SYSTEM DOMINANCE to survived
Then...

Extended times of PARASYMPATHETIC NERVOUS SYSTEM DOMINANCE to thrive/heal/repair

Chronic Stress's Effect on Your Systems

#1 Goal in Fight/Flight =
Survival

NOT Necessary in Survival Mode:

- Digestion
- Immune response
- Reproduction
- Thyroid hormone production and distribution

Hypothalamus & Pituitary

Master Coordinators of
all Hormones;
TSH goes from the
Brain to the Thyroid
TSH tell THYROID TO
MAKE T4



Chronic Stress's Effect on Your Thyroid

A famous fight/flight neurotransmitter is
CORTISOL

Cortisol functions in a negative feedback loop
with the hypothalamus and pituitary gland &
causes them to SLOW production of hormones.

What do we know about these 2 parts of the
brain?

Chronic Stress's Effect on Your Adrenals which effects your Thyroid



This state of chronic stress puts your adrenals on overdrive for extended periods of time, continuously flooding your body with cortisol until your adrenals can no longer keep up with the constant demand for more and more stress hormones, leaving you in a state of **adrenal fatigue**. This flooding and eventual plummeting of stress hormones have many negative impacts on the



What does it mean to
be
Insulin “Sensitive”
vs. Insulin
“Resistant”?



UNDERSTANDING INSULIN



“Insulin Sensitivity” refers to how responsive your cells are to insulin, a small amount of insulin (from your pancreas) is needed to cause glucose to be deposited into your cells so that it can be USED by the body to burn for energy.



Blood sugar then drops back to a normal range. If the glucose is burned – GREAT! If not, the excess is stored as fat.



In insulin resistance, it requires SO MUCH MORE



How do you get Insulin Sensitive again?

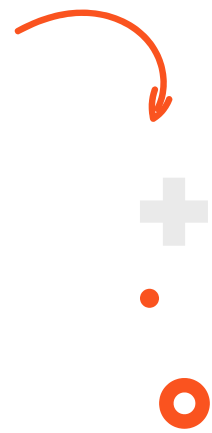
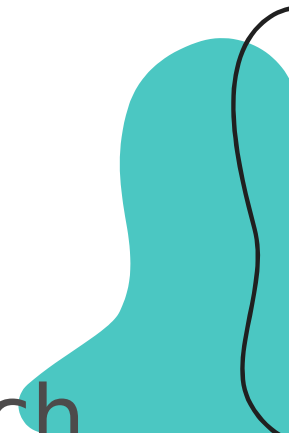
1. Fasting
2. Cut out Processed sugars and Processed Carbs of all kinds
3. Eat as much meat, eggs, and good fat as you want
4. The ability to get into Ketosis (burning fat) is where you've overcome insulin sensitive or "fat



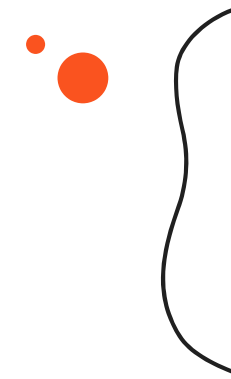
How to help your body deal with sugar...



Combine any sugar
with either protein
or protein & fat together
to diminish the effect on blood
sugar.



It will still raise it just not as much



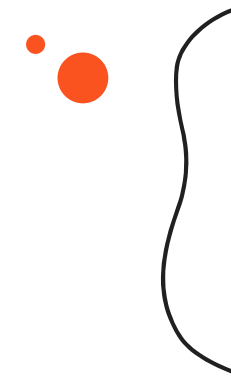
High/Unused
Glucose

=



prevents T3
from getting into your
cells



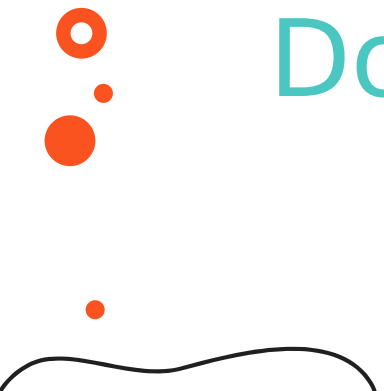


Unused Glucose

is a huge problem

=

Weight Gain



Do you utilize the glucose
you feed yourself?

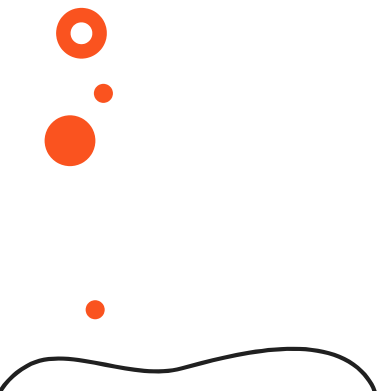




Low Glucose

=

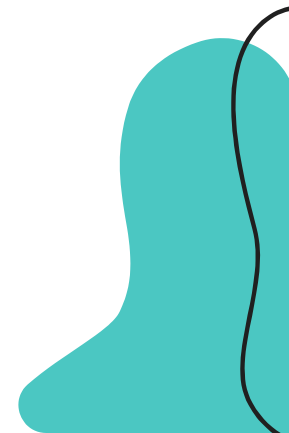
The liver cannot
convert T4 to T3
efficiently





Healing the Thyroid...

Supporting the LIVER

- 
- 
- 
- 
- 
- 
1. Add Bitters (dandelion, turmeric, cumin, dill, radicchio)
 2. No alcohol
 3. Dandelion root tea
 4. Add fresh lemon to water first thing in the morning



Healing the Thyroid, supporting the GUT



- 1. Bone broth
 - 2. Fermented foods like clean sauerkraut (NO additives, just cabbage & salt) or kefir
 - 3. Proper probiotic supplements if needed
 - 4. 24 hour fasting helps rebuild gut bacteria
 - 5. ION Gut Support (humic acid: balanced minerals from the earth)
- 
- 
- 
- 
- 



Healing the Thyroid, Supporting the BRAIN

Good Fats & plenty of them

- Real Butter
- High Phenolic Olive Oil
- Avocado Oil
- **Omega 3 Fish Oil**



Healing the Thyroid with Morning Sunlight

- Circadian Rhythm is set within the first 30 min of waking
- Stimulates retinal ganglion cells that communicate directly with the SCN (“suprachiasmatic nucleus” in the hypothalamus)
- Signals the pineal gland to suppress melatonin and initiate cortisol production
- This rise in cortisol is necessary for proper T4 to T3 conversion (Thyroid hormones), thyroid receptor sensitivity, and glucose metabolism



Healing the Thyroid, Supporting the ADRENALS

Ashwaganda

- BIG supporter of Thyroid
- Helps the body balance stress
- Helps body balance blood sugar
- Immunity
- Reproductive Health
- Sleep



Healing the Thyroid with RED LIGHT

More & more evidence is showing that Red Light therapy is an effective tool in helping heal the thyroid & scores of other issues, too!

[J Pers Med](#). 2023 Aug; 13(8): 1274.

Published online 2023 Aug 19. doi: [10.3390/jpm13081274](https://doi.org/10.3390/jpm13081274)

PMCID: PMC10455109

PMID: [37623524](https://pubmed.ncbi.nlm.nih.gov/37623524/)

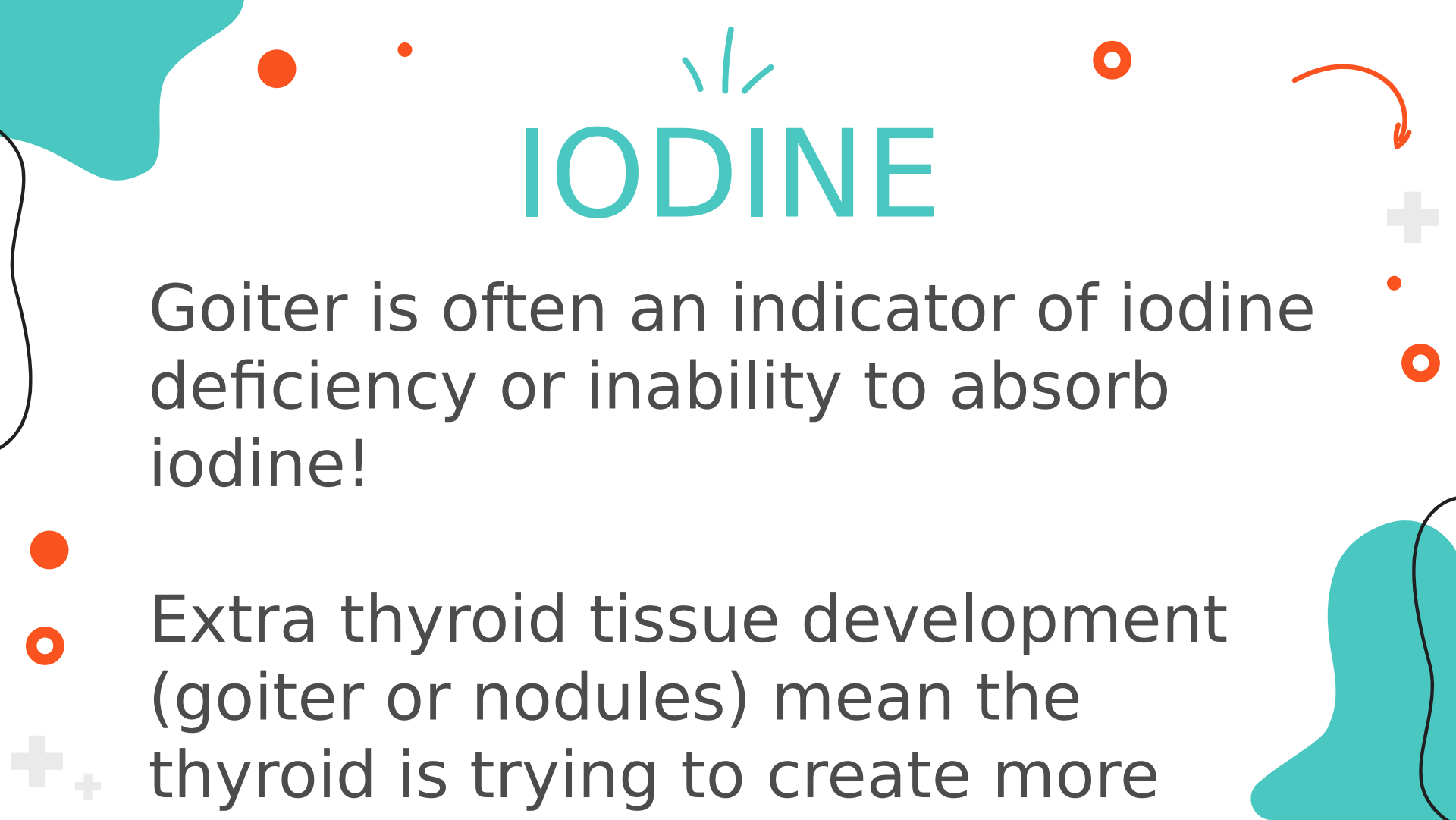
Efficacy of Combined Photobiomodulation Therapy with Supplements versus Supplements alone in Restoring Thyroid Gland Homeostasis in Hashimoto Thyroiditis: A Clinical Feasibility Parallel Trial with 6-Months Follow-Up

[Venera Berisha-Muharremi](#), Conceptualization, Methodology, Validation, Investigation, Resources, Data curation, Writing – original draft, Writing – review & editing, Visualization, Supervision, Project administration,^{1,2}
[Bernard Tahirbegolli](#), Formal analysis, Writing – original draft,^{3,4} [Ruth Phypers](#), Methodology,⁵ and [Reem Hanna](#), Validation, Data curation, Writing – original draft, Writing – review & editing, Visualization, Supervision, Project administration^{6,7,8,*}

Dilia Giuagiolli. Academic Editor



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10455109/>



IODINE

Goiter is often an indicator of iodine deficiency or inability to absorb iodine!

Extra thyroid tissue development (goiter or nodules) mean the thyroid is trying to create more

IODINE

- Get your levels tested 1st
- Cut the Toxins that block iodine absorption (we'll discuss these momentarily)
- Clean source of Seaweed has iodine
- Lugol's Iodine Supplement
 - 3-4 drops/day on average is needed



Minerals

- Selenium – Brazil nuts; never mega-dose this
- Magnesium – Mg+ Breakthrough
- Full-Spectrum Humic/Fulvic Acid
- **Beam Minerals** are my favorite



Vitamins A D & K and your Thyroid Function

The Fat-Soluble vitamins are
CRITICAL for your thyroid to
function correctly.

All 3 must be balanced with one
another, so if you're deficient in 1 -

Vitamins A D & K and your Thyroid Function

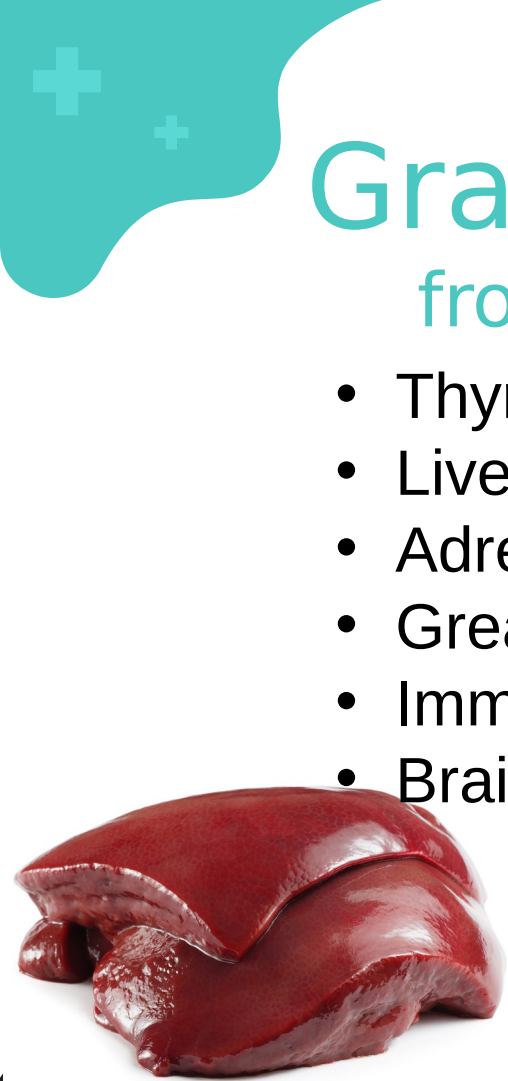
Hypothyroidism is linked to a deficiency/imbalance in Vitamins A D & K

- Sunshine (D)
- Grassfed Beef or Game Meat (K)

Grassfed Organ Meats

from Biblically Clean Animals

- Thyroid Support
- Liver Support
- Adrenal Support
- Great for Anemia
- Immune System
- Brain Health



Methylated B Vitamins

- Rich in Vitamin B, supporting multiple levels of health
- Assists cellular, cardiovascular, and neurological health
- Supports healthy cognitive function as well as memory, mood, energy metabolism, and emotional well-being
- Helps maintain muscle tone in G.I. tract
- Supports nervous system function
- Maintains integrity of skin &



The background is a solid teal color. It is decorated with several white and orange elements: small plus signs, circles of varying sizes, and wavy lines. The text is centered and reads:

Your Thyroid
CANNOT
handle toxins

Halides KILL Your Thyroid

1. Bromide

- White Flours, Enriched Flours

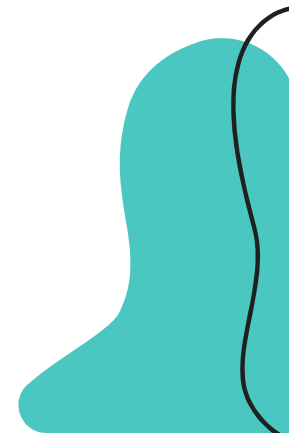
2. Flouride

- Tap Water (drinking)

3. Chlorine



Examples of Toxic Chemicals that hurt Thyroid Function

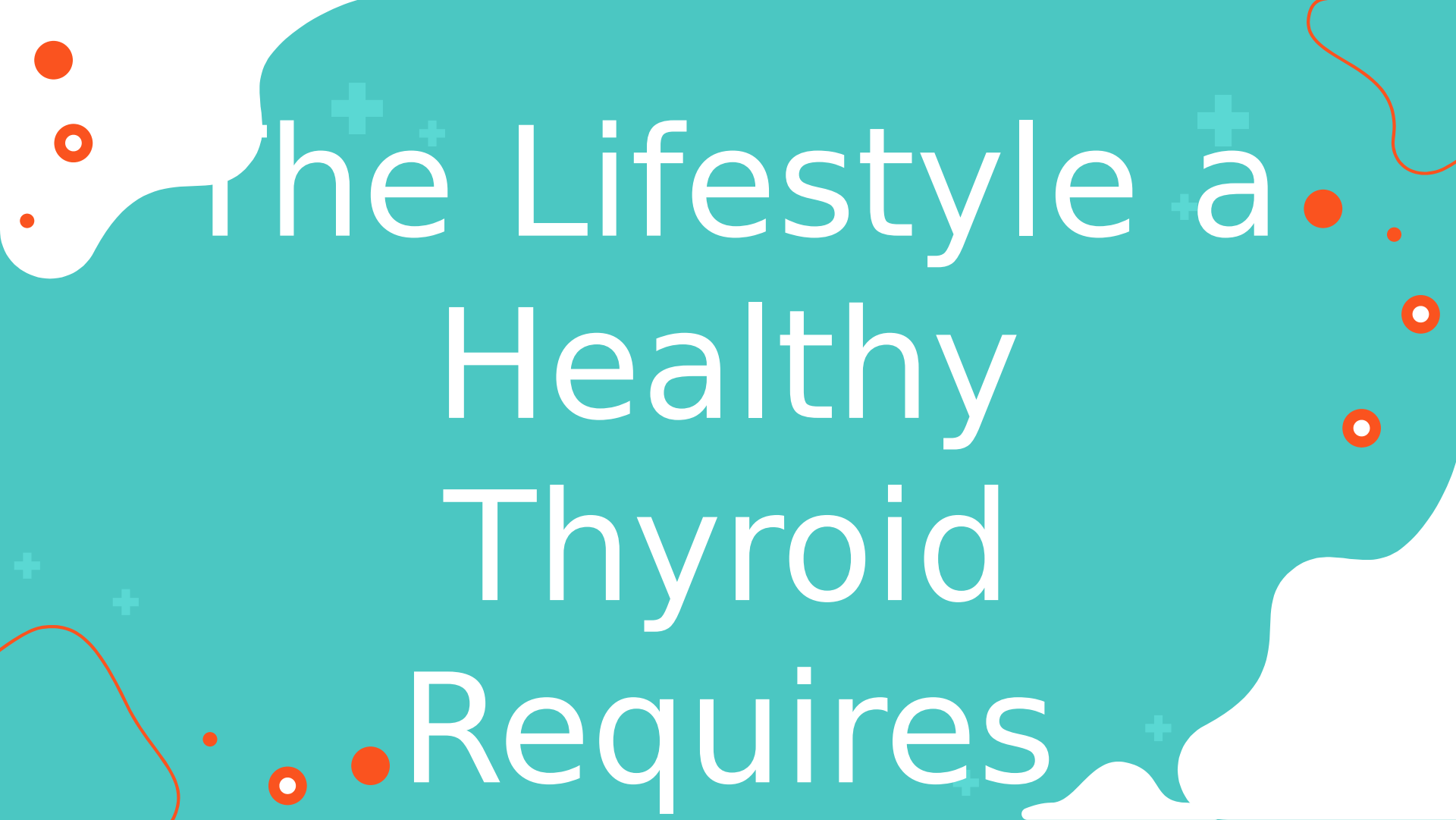
- 
- 
- 
1. Glyphosate
 2. Heavy Metals
 3. Molds (mycotoxins)
 4. Plastics (Endocrine Disruptors)
 5. Colognes/Fragrances (Endocrine Disruptors)
- 

WHY do these chemicals hurt Thyroid Function?

These chemicals sit in the receptor sites for:

1. Hormones
2. Omega fatty acids
3. Amino Acids
4. Vitamins & Minerals
5. IODINE!!!

Which means these vital things cannot get into your cells or “absorb” in the body



The Lifestyle a

Healthy

Thyroid

Requires

Sunlight

Proper Vitamin D levels

Sleep cycles are CRITICAL for
Thyroid Function

Get Morning Sunlight in your
eyes

Get Evening Sunlight in your
eyes

Remove ALL **Blue Light** at
sundown



Grounding



Bare Feet on the ground

- Reduces inflammation
- Improves sleep
- Helps wound healing
- Reduces pain
- Reduces stress
- Improves mood

Movement

Move your body
daily!

- Walk
- Stretch
- Lift Weights/Push/Pull
- Build MUSCLE!!



Nutrients

Plenty of Fat

Plenty of Protein

Non-toxic Carbs only

- **AVOID** Processed foods altogether
- **Organic, fresh-milled flour only**
- **AVOID** all enriched and white flours



Giving Thanks, Being at Peace



There is a very tangible, physical effect that giving thanks will do for our bodies. God tells us to give thanks in all things that THIS is the will of God for us in Christ Jesus our Lord. I believe this is true. Proverbs 3 tells us that not leaning on our own understanding, fearing Yehovah and turning away from evil will give healing to our flesh and refreshment to our bones.

The question is

NOT: What

medication does

my Thyroid

need?

• The question is:
• What is my Thyroid
Dysfunction telling
me I need to get rid
of **or** give to my
cells?

Resources



DRS. WARREN
Functional Wellness

Dr. Misty Senz
(drmistysenz.com)



ABUNDANT LIFE
WELLNESS • CENTER

Ft. Worth



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