

Thyroid

Thyroid Support: Avoid fluoride & chlorine (filter your tap water) as these can upset iodine levels. Heavy metals, particularly mercury from amalgams may affect iodine levels. Avoid MSG and all artificial sweeteners. Avoid toxins, chemicals pesticides, etc. as these can affect thyroid hormones and function.

Check adrenal function. Chronic stress, inflammation & illness can affect function. Consider a liver cleanse. The hormone communication system throughout our body is very complex & can easily be “thrown off” by various chemical influences. This ‘malfunctioning’ in turn can affect numerous systems throughout the body resulting in any number of symptoms &/or weight issues. The spirulina coating on the VitaLea tablet contains essential nutrients to feed and support the thyroid. Each food rich in iodine: kelp, sea vegetables. Exercise, rebounding on a mini-trampoline.

Hyperthyroidism (overactive): Graves’ Disease

Essential	Important	Beneficial
Protein Vita Lea (particularly important) or Vitalizer B-Complex Garlic GLA OmegaGuard Vitamin C Nutriferon	Vita D3 Vivix Vitamin E Carotomax Alfalfa Optiflora Pre/Pro Biotic	EZ-Gest Blood Pressure (if needed)

Hypothyroidism (underactive): Hashimoto’s Disease

Essential	Important	Beneficial
Protein Vita Lea (particularly important) or Vitalizer B-Complex Garlic GLA OmegaGuard Vitamin C Vita D3 Nutriferon	Vitamin E Optiflora Pre/Pro Biotic Lecithin CarotoMax Vivix	Calcium/Magnesium Zinc CorEnergy Performance Hydrate Blood Pressure (if needed) Shaklee 180 Energy Tea

Avoid sugar, simple carbs, processed & refined foods, white flour products.

Source: Why Do I Feel This Way Book

Hashimoto's thyroiditis or chronic lymphocytic thyroiditis is an autoimmune disease in which the thyroid gland is gradually destroyed by a variety of cell and antibody processes. It was the first disease to be recognized as an autoimmune disease. It was first described by the Japanese specialist Dr. Hashimoto Hakaru in Germany in 1912. Hashimoto's thyroiditis very often results in hypothyroidism with bouts of hyperthyroidism. This can complicate early diagnosis as symptoms can go into remission intermittently.

Hashimoto's thyroiditis is often misdiagnosed as depression, PMS, and, less frequently, bipolar disorder or an anxiety disorder.

Physiologically, antibodies against thyroid peroxidases and/or thyroglobulin cause gradual destruction of follicles in the thyroid gland. Accordingly, the disease can be detected clinically by looking for these antibodies in the blood. It is also characterized by invasion of the thyroid tissue by leukocytes, mainly T-Lymphocytes which raises suspicion, usually proven to be true, that food or chemical irritants are triggering an immune sensitivity reaction of some type. It is often associated with development of non-Hodgkin lymphoma.

Products:

- HerbLax
- Liver DTX
- OmegaGuard
- Vita D3
- Vita E Complex
- Vitalizer & Vita Lea
- Vivix

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