

# THYROID

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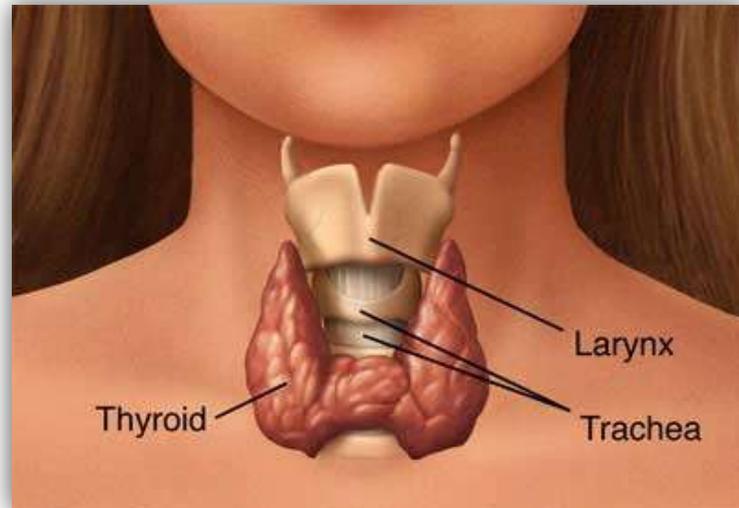


## Definition

The thyroid, through the hormone thyroxine determines growth, controls body temperature, regulates the metabolism or the burning of food in the body and influences, to a great extent, mental and emotional balance.

The thyroid is also of special importance for the proper functioning of the reproductive system. The inter-relationship between reproductive functions and thyroid functions is very complex and not entirely understood, but it is known that various changes, especially in girls and women, are apt to cause changes in thyroid functions.

When the thyroid gland is functioning properly, we are hardly aware of its existence. It stores practically all of the body's supply of iodine, releases thyroxine into the blood stream at intervals and regulates all the bodily functions we have mentioned above.



**A slight enlargement of the thyroid gland is common at puberty, during pregnancy and menopause.**

**Disorders of the thyroid gland are apparently caused by two conditions:**

- (1) **Lack of sufficient iodine** in the diet, so that the thyroid cannot obtain enough to manufacture thyroxine, or
- (2) Some disorder of the body which creates a **demand for more thyroxine than the gland can manufacture.**

*Taken from THE ENCYCLOPEDIA OF COMMON DISEASES by the staff of Prevention Magazine, copyright 1976.*

## Symptoms

### HYPERTHYROIDISM

The type of complaints that characterize Hyperthyroidism - an overactive thyroid gland:



Graves Disease



Goiter

#### COMMON

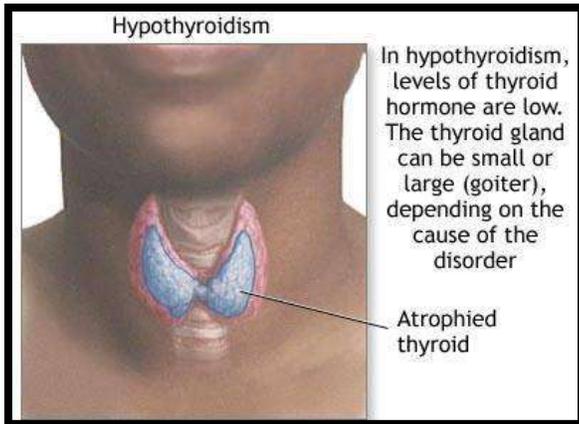
- Palpitations, fast pulse and irregular heartbeat
- Trembling and twitches
- Heat intolerance
- Hot flushes and increased sweating
- Increased appetite (or loss of appetite)
- Weight loss (especially if eating well)
- Diarrhoea
- Anxiety, nervousness and/or panic attacks
- Restlessness
- Irritability
- Thin, moist skin
- Soft, thinning hair
- Shortness of breath
- Muscle weakness
- Insomnia
- Enlarged thyroid gland
- Eye complaints (especially gritty or bulging eyes)
- Fatigue, exhaustion and lack of energy
- Menstrual cycle disturbances (intermittent and light)
- Infertility
- Depression and mood swings

#### LESS COMMON

- Bowel disorders
- Brittle nails
- Chest pain
- Cramps
- Decreased libido
- Easy bruising
- Hair loss
- Headaches and migraines
- Sore throat
- Swelling of legs

Not everyone has all of these symptoms. You may relate to only a few of the above conditions, or to many of them. Everyone is different.

# HYPOTHYROIDISM



Hypothyroidism has been called the "unsuspected illness" and one that is frequently misdiagnosed. The manifestations that characterize Hypothyroidism - an underactive thyroid gland - are the following:

COMMON	LESS COMMON
<ul style="list-style-type: none"> <li>• Weight gain</li> <li>• Chronic constipation</li> <li>• Feeling cold (especially hands and feet) even on warm days</li> <li>• Low basal temperature</li> <li>• Fatigue, exhaustion and low energy (even after 12 hours sleep)</li> <li>• Slow reflexes</li> <li>• Slow, weak pulse</li> <li>• Slowness of thought processes (brain fog)</li> <li>• Indecisiveness</li> <li>• Poor memory and concentration</li> <li>• Sluggishness</li> <li>• Muscle weakness</li> <li>• Pain and stiffness in muscles or joints</li> <li>• Deepening, hoarse voice</li> <li>• Depression, mood swings and severe PMS</li> <li>• Thick, dry, coarse skin</li> <li>• Creviced, cracking skin on heels, elbows and knee caps</li> <li>• Enlarged thyroid gland</li> <li>• Lump in throat (hard to swallow)</li> <li>• High cholesterol</li> <li>• Menstrual cycle irregularities (prolonged and heavy)</li> <li>• Infertility</li> <li>• Numbness and tingling (especially in hands and face)</li> <li>• Fluid retention (swelling of face and feet)</li> <li>• Brittle hair and nails</li> <li>• Hair loss</li> <li>• Shortness of breath on exertion</li> </ul>	<ul style="list-style-type: none"> <li>• Allergies</li> <li>• Back pain</li> <li>• Blood pressure problems</li> <li>• Breast tenderness</li> <li>• Irregular heartbeat</li> <li>• Chest pain</li> <li>• Digestive disturbances</li> <li>• Dizziness</li> <li>• Dry eyes and mouth</li> <li>• Headaches and migraines</li> <li>• Irritability</li> <li>• Pale skin</li> <li>• Palpitations</li> <li>• Reduced libido</li> <li>• Skin rashes</li> <li>• Sore throat</li> <li>• Stiff neck and shoulders</li> <li>• Thinning eye brows</li> <li>• Visual disturbances</li> </ul>

Once again not everyone has identical symptoms. You may relate to some of these conditions, or to many of them. Everyone is different.

## Herbal Aids

First we need to strengthen the deficiency of the gland by using Dr. Christopher's glandular formula as a fomentation around the throat at the thyroid area. This formula is made up of mullein and lobelia in a combination that is beneficial in aiding and strengthening the glands of the body, in this case, the thyroid gland. It would also help to use the gland formula as a hot tea three or more times a day.

## Formula for Malfunctioning Glands (Mullein & Lobelia)

Through the accumulation of toxic waste in the body from improper diet, poor blood stream and sluggish circulation of the blood system the glands become congested and infected, and swell up to cause much pain and misery. There are glands that swell on the neck, breast, groin, under arm pits, etc.

Make a tea of three parts mullein and one part lobelia herb and use as a fomentation over swollen or malfunctioning glands.

Leave on all night (covering fomentation with plastic), six days a week until relief is obtained. Use a fresh fomentation as warm as possible each night.



In addition to the external fomentation, also drink **a cup of this tea two or three times in a day** or take two of the capsules or tablets with a cup of steam-distilled water.

## Super Kelp Combination



This is a thyroid and assisting glandular aid. This herbal group assists in controlling metabolism and gives herbal feeding to the thyroid glands to do their job more efficiently. This is a very fine glandular aid.



## Dr Christopher's Suggestion

Each patient should use from 10 to 15 kelp tablets daily, if there is any indication of a thyroid problem; otherwise, 2 or more will keep the body in good condition as preventative nutrition. This can take the place of salt and **helps build a new thyroid gland**. Kelp powder can be used on salads and in other ways.

**These two aids will assist the thyroid to function properly whether it is underactive or overactive.**

## Applying Salve as an external fomentation



You will need: Piece of Flannel, Salve, and Plastic Wrap



Apply Salve to doubled piece of flannel



Place pack over affected area



Cover Pack with Plastic wrap.



Top with hand towel



Hot Water Bottle

Apply Heat source over towel and leave on for 45 minutes to an hour.



Heating Pad

A Salve is an excellent and easy way to saturate a malfunctioning area with healing herbal supports. Once the pack is applied over the affected area the heat drives the herbs into the surrounding tissue allowing them to do the work of healing more quickly.

## Super-Kelp / Coconut Oil Chunks

Here is a cost saving tip for our members who are using the Super Kelp Blend Capsules. The Super kelp powder can be purchased by the pound and combined with Coconut oil as directed below. This will provide a quick and easy way to get your Kelp and Coconut oil all at the same time.



### Items Needed:

- Mixing Bowl
- 1 pound Super Kelp Powder
- 2 cups Coconut oil (liquid)
- 2 Cookie Sheets Lined with Foil or Plastic Wrap



- Add Super Kelp Powder to mixing Bowl
- Warm Coconut oil until liquid
- Pour Off 2 cups liquid Coconut Oil



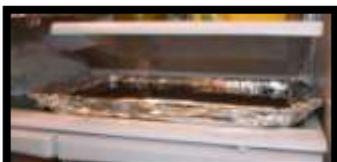
Add 2 Cups Coconut Oil



Wisk until Smooth



Pour Liquid mix into Pans



Place in Fridge for 2 minutes  
*Mixture should be set but not hard.*



Cut each pan into 140 pieces  
14 across 10 down  
Use a paring knife and ruler  
to ensure straight even lines.



Back into the Fridge for  
another 20 minutes

Each Piece will  
equal 5 Capsules

When oil had hardened  
Remove from Fridge  
Break Pieces apart  
Store in plastic bag in Fridge

# THYROID TESTIMONY *by Dana Dietz*

## Childhood thyroid issues

My mother used to joke that when puberty hit it knocked me out. She was right. It seemed I could not get enough sleep. On a typical day I'd drag myself out of bed in the morning. Somehow I'd managed to get through school without falling asleep. Come home sleep on the couch until dinner, take a bath and crawl back to bed where I'd sleep until morning when I'd do it all again. Sometime during the fifth grade my parents took me to a pediatrician and discovered my low functioning thyroid. The doctor prescribed thyroid medication, which she said I'd need for the rest of my life.



Life began to get interesting after I woke up. I faithfully took my little pill every day. I noticed even one day without my medication would bring on a brain fog along with the urge to sleep the day away. After giving birth to my daughter the brain fog was more dangerous. If I missed a dose I noticed I did not have the mental ability to keep up with my active toddler. She could wander away from me and I would not even know she had gone until a crash or some other heart stopping noise made me aware of her whereabouts. It began to bother me that I was only me when I took my pill.

## Discovering the power of Kelp

Kelp came into my life though the suggestion of a trusted friend. She said kelp would safely provide me natural energy. I was very interested. Several years earlier I had experienced the consequences that follow over dosing on caffeine. The energy needed to maintain life as a single parent / full time student was enormous. I would have done anything short of taking illegal drugs for more energy. My friend shared that she had used kelp pills freely for years. This sounded too good to be true, but also too good not to check out. I began taking four or five kelp pills a couple times a day. Right away I noticed I did have more energy. This was great! I also did not experience the crash that usually followed after hopping myself up on caffeine.

After using kelp freely for over a year I experienced heart palpitations one morning after taking my normal thyroid medication. The emergency room doctor checked my blood levels and found my thyroid functioning within the normal range. This was shocking information; I had understood there was no healing my thyroid condition. At twenty five years old I had taken my last thyroid pill.

Kelp has continued to be an important part of my daily food program. After founding HEAL Marketplace I experimented combining the different kelps until I found a combination that suited me well. We call this our "Super Kelp Blend" a mix of: Iris Moss, Pacific Kelp and Purple Dulse. These herbs are excellent food for a malfunctioning thyroid; it does not matter if the thyroid is over producing or under producing. Kelp is God's gift, His master herb for the thyroid gland.

