

Thyroid Calming Herbs Broccoli (raw) Bugleweed Cabbage (raw) Hops Lemon Balm Licorice Root Motherwort Watercress Supplements Adrenal Substance Halimite shell Magnesium Oyster shell Selenium Vitamin B-5 (pantothenic acid) Essential Oils Melissa	Thyroid Building Herbs Ashwaganda Black Walnut Blackberry Celandine Dandelion He Shou Wu Irish Moss Kelp Nettle (Stinging) Supplements Coconut Oil Iodine MSM Salt (unrefined) SAM-e Selenium Thyroid Substance	Pancreatic Calming Herbs Bee Pollen Beet root Blue-Green Algae Chlorella Cavendish Cavaia fruit rind extract Licorice Root Spirulina Supplements Biotin Selenium Chromium Coconut Oil L-Glutamine Pta Protein Whey Protein Xylitol	Pancreatic Building Herbs Fenugreek Bitter Melon Cinnamon Devil's Club Fenugreek Ginseng (American) Goldenseal Gymnema Jambul Nopal Stevia Supplements Alpha-Lipoic Acid Chromium GTF Omega-3 Stevia Vanadium Xylitol Zinc	Adrenal Calming Herbs Ashwaganda Astragalus Blue Vervain Chamomile Carduus Cordyceps Eleuthero Kava Kava Ginseng (American or Korean) Gymnema Holy Basil Kava Kava Magnolia bark Passion Flower Reishi (Ganoderma) Rhodiola Schizandra Supplements Vitamin B-Complex Rose Yang Yang	Adrenal Building Herbs Ashwaganda Astragalus Borage Bixa seed Cordyceps Eleuthero Ginseng (Asian) Gymnema Ho Shou Wu Holy Basil Licorice Reishi (Ganoderma) Schizandra Supplements Adrenal Substance Vitamin B-5 (pantothenic acid) Vitamin B-Complex Zinc
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Overactive Thyroid

- Medical Indications
 - Elevated T3 and/or T4 levels with low TSH
 - Medical diagnosis of Grave's disease or other hyperactive thyroid condition
- Other Indications
 - Fine brittle hair, hair loss
 - Goiter with red skin over thyroid area
 - Hyperactive, nervous, irritable, restless
 - Thin, difficulty gaining weight
 - Bulging eyes
 - Rapid heart rate and/or heart palpitations
 - Tendency to nausea, vomiting, diarrhea
 - Increased appetite, weight loss
 - Intolerance to heat
 - Low cholesterol

Symptoms of HYPERTHYROIDISM

Excessive production of thyroid hormones

Intability
Hyperactivity
High blood sugar
Intolerance to heat
Low serum cholesterol

Thyroid Calming Aids

- Herbs
 - Broccoli (raw)
 - Bugleweed
 - Cabbage (raw)
 - Eleuthero
 - Hops
 - Lemon Balm
 - Licorice Root
 - Motherwort
 - Watercress
- Supplements
 - Adrenal Substance
 - Haliotis shell
 - Magnesium
 - Oyster shell
 - Selenium
 - Vitamin B-5 (pantothenic acid)
- Essential Oils
 - Melissa (Lemon Balm)

Key Thyroid Calming Single Remedies

- Not available from NSP
 - ✓ Bugleweed – attaches to thyroid receptors and blocks them
 - ✓ Lemon Balm and Melissa EO – also blocks thyroid receptors, calms nerves
 - Motherwort – slows heartrate, calms thyroid



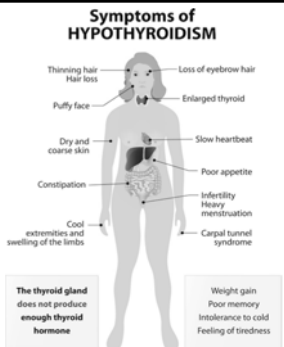
Key Formulas

- Chinese Stress Relief (STR-C) – Fire reducing therapy is used in TCM for hyperthyroid
- Adrenal Support (C) – strengthening the adrenals can help calm hyper immune reactions
- Nervous Fatigue Formula (HS-C) – same as above, plus helps to deal with stress



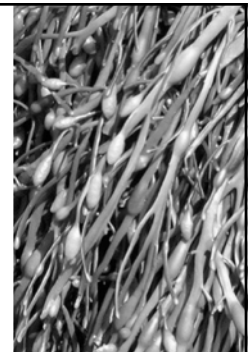
Underactive Thyroid

- Medical Indications
 - Medical diagnosis of hypothyroid or Hashimoto's thyroiditis
 - Low T3 and/or T4 levels with high TSH
- Other Indications
 - Thinning hair, hair loss
 - Puffy face
 - Enlarged thyroid
 - Dry, coarse, dull skin
- Poor appetite and constipation
- Low body temperature, easily chilled
- Weight gain, difficulty losing weight
- Infertility, loss of libido, heavy menstruation
- Slow heartbeat
- High cholesterol
- Depression with fatigue



Thyroid Building Aids

- Herbs
 - ✓ Ashwaganda
 - ✓ Black Walnut
 - Bladderwrack
 - Coleus
 - ✓ Dulce
 - He Shou Wu
 - Irish Moss
 - ✓ Kelp
 - ✓ Nettle (Stinging)
- Supplements
 - Coconut Oil
 - ✓ Iodine
 - MSM
 - Salt (unrefined)
 - SAM-e
 - ✓ Selenium
 - ✓ Thyroid Substance




Key Single Thyroid Building Remedies



- ✓ Black Walnut (C) – helps rebuild the thyroid, aids autoimmune thyroid
- ✓ Kelp (C) – supplies iodine and thyroid hormone precursor
- Liquid Dulce – liquid seaweed supplement to supply iodine
- Ashwaganda (non NSP) – rebuilds thyroid, aids thyroid autoimmune


	Black Walnut	Irish Moss	Kelp	Stinging Nettle	Thyroid Substance	Other
Thyroid Support			X	X	X	Vitamin B-6 (Pyridoxine) [pyridoxal-5-phosphate], Zinc (citrate), Copper (gluconate), Manganese (amino acid chelate), L-Tyrosine, Protease, Pituitary Substance and Hypothalamus Substance
Thyroid Activator (KC-X)	X	X				Parsley leaf and Sarsaparilla root
TS II w/Hops (TS II)		X	X			Parsley leaf, Hops flower and Capsicum (Cayenne) fruit
Target TS II		X	X			Zinc (amino acid chelate), Manganese (amino acid chelate), Hops flower, Parsley leaf, Capsicum (Cayenne) fruit, L-Glutamine, L-Proline and L-Histidine



**Pancreas Overactive
(Hot/Irritation)**


- **Medical Indications**
 - Medical diagnosis of metabolic syndrome or type 2 diabetes
 - Fasting blood glucose > 100
 - A1c > 5.7
 - High insulin levels
- **Other Indications**
 - Iridology: Orange discoloration in iris, marking in pancreatic areas
 - Sugar cravings, high carbohydrate diets
 - Weight gain, especially around waist
 - Waist hip ratio greater than 1:1 in males and 0.8:1 in women
 - Triglycerides over 200, HDL below 35

Pancreatic Calming Aids



- **Herbs**
 - Bee Pollen
 - Beet root
 - Blue-Green Algae
 - Chlorella
 - ✓ Garcinia fruit rind extract
 - ✓ Licorice Root
 - ✓ Spirulina
 - ✓ Stevia
- **Supplements**
 - Berberine
 - ✓ Chromium
 - ✓ Coconut Oil
 - L-Glutamine
 - Pea Protein
 - Whey Protein
 - Xylitol

Key Pancreatic Calming Singles




Berberine (C) – Reduces intestinal flora that makes you crave sugar and aids blood sugar balance

- ✓ **Licorice (C)** – helps stabilize blood sugar levels in hypoglycemia, reduces sugar cravings
- ✓ **Spirulina (C)** – Helps balance blood sugar

Stevia – Non-caloric sweetener, may help balance blood sugar

✓ **Chromium (C)** – Important mineral for balancing blood sugar


	Chromium	Garcinia	Licorice Root	Spirulina	Other
Chromium (C)	X				
Super Algae				X	Blue-Green Algae and Chlorella
Garcinia Combination	X	X		X	Chickweed aerial parts and L-Carnitine
Stixated (C)	X	X			Calcium, isomalto-oligosaccharides, Fructooligosaccharide (FOS), Grape skin extract, Erythritol, Stevia leaf extract
Sweet FX	X				Cinnamon bark extract, L-Arbinose and L-Threonine
Licorice Root (C)			X		
HY-A			X		Safflower flower, Dandelion root and Horseradish root



**Pancreas Underactive
(Cold/Depression)**


- **Medical Indications**
 - Medical diagnosis of type 1 diabetes
 - Low insulin levels
- **Other Indications**
 - Iridology: Orange discoloration in iris, marking in pancreatic areas
 - Constant thirst with frequent urination
 - Dizziness or light-headedness after eating carbohydrates
 - Symptoms develop after vaccination or exposure to toxins

Building Pancreatic Aids



- **Herbs**
 - Banaba
 - ✓ Bitter Melon
 - ✓ Cinnamon
 - Devil's Club
 - Fenugreek
 - Ginseng (American)
 - Goldenseal
 - ✓ Gymnema
 - Jambul
 - ✓ Nopal
 - Stevia
- **Supplements**
 - ✓ Alpha Lipoic Acid
 - ✓ Chromium GTF
 - Omega-3
 - Stevia
 - Vanadium
 - Xylitol
 - Zinc

Key Pancreatic Building Singles




- ✓ **Nopal** – low glycemic food that helps maintain balanced blood sugar
- Goldenseal** – traditional remedy for blood sugar, not extremely effective, berberine is better
- ✓ **Alpha Lipoic Acid** – can be very helpful for balancing blood sugar

	Banaba Leaf	Bitter Melon	Cinnamon	Fenugreek	Goldenseal	Gymnema	Nopal	Chromium	Other
SugarReg (GlucoReg)	X	X	X	X		X	X	X	Vanadium (amino acid chelate)
Cinnamon Balance			X	X			X		Astragalus root, Burdock root and Dandelion root & leaf
Pro Pancreas					X				Juniper berry, Slippery Elm bark, Licorice root, Rose hips, Garlic bulb, Yarrow aerial parts, Capsicum (Cayenne) fruit, Uva Ursi leaf extract, Dandelion root, Marshmallow root, Mullein leaf extract, Nettle leaf and White Oak bark
Blood Sugar Formula, Ayurvedic		X		X		X			Indian Kino Tree gum, Bael Tree leaf, Enicostema herb, Andrographis herb, Jambolan seed, Turmeric rhizome, Jambul (Jambolan) seed, Neem leaf, Picrorhiza root and Cyperus tuber
Target P-14					X			X	Zinc (amino acid chelate), L-Leucine, L-Lysine, L-Glutamine and the same herbs as ProPancreas
PBS					X		X		Burdock root, Eleuthero root, Horseradish root

Overactive Adrenal

- **Indications**
 - Iridology: Dilated pupils
 - Pulse: Rapid, tense
 - Aftermath of traumatic or stressful situations
 - Excessive consumption of caffeine and sugar
 - Rapid heart rate, increased blood pressure
 - Muscle tension
 - Poor digestion
 - Constipation
 - Metal obsession, situational anxiety



Adrenal Calming Aids

- **Herbs**
 - ✓ Ashwaganda
 - Astragalus
 - ✓ Blue Vervain or Vervain
 - Chamomile
 - Cordyceps
 - ✓ Eleuthero
 - ✓ Kava Kava
 - Ginseng, American or Korean
 - Gymnostemma
 - Holy Basil
 - Magnolia bark
- **Supplements**
 - Vitamin B-Complex
- **Essential Oils**
 - ✓ Chamomile
 - ✓ Lavender
 - Rose
 - Ylang Ylang
- **Passion Flower**
- **Reishi (Ganoderma)**
- **Rhodiola**
- **Schizandra**




Key Singles

- ✓ **Blue Vervain or Vervain** – Very helpful for calming down people who drive themselves too hard
- Chamomile** – helpful for being peevisish and stressed, especially for children
- ✓ **Eleuthero** – adaptagen, improves ability to handle stress




	Ashwaganda	Eleuthero	Gymnostemma	Holy Basil	Magnolia Bark	Rhodiola	Schizandra	B-Complex	Other
Mineral Chi Tonic (C)		X	X				X		Potassium (chloride), Tripe Mitrashi, Lycium (Wolfberry/Gogi) fruit, Ginger rhizome, Licorice root extract, Reishi (Ganoderma) mushroom, Astragalus root extract, Ginkgo leaf and Folic Acid
Nutri Calm (Stress Formula)							X	X	Vitamin C (ascorbic acid), Choline Bitartrate, Inositol, Para-Aminobenzoic Acid (PABA), Bioflavonoids (lemon), Hops Flower extract, Passionflower flower extract and Valerian root extract
Adaptamax	X	X	X			X	X		Chromium (amino acid chelate), Suma bark, Alfalfa aerial parts, Astragalus root, Reip leaf & stem, Reishi mycelium, Rosemary leaf extract, Ginkgo leaf extract, Broccoli flower, Carrot root, Beet root, Rosemary leaf, Tomato fruit, Turmeric root, Cabbage leaf and Bioflavonoids
Nature's Cortisol Formula				X	X				Vitamin C (calcium ascorbate), Chromium (Nicotinate), Amur Cork Tree (Phellodendron) bark extract, Green Tea leaf extract, Banaba leaf extract, L-Threonine, DHEA and Vanadium (amino acid chelate)

Adrenal Underactive (Cold/Depression)

- **Indications**
 - Iridology: Pulsing pupils
 - Tongue: Quivering
 - Pulse: Rapid, but feeble
 - Feeling overwhelmed and exhausted
 - Feeling unable to cope with life
 - Fatigue and lack of stamina with insomnia
 - Dark circles under eyes
- Tendency to low blood pressure or sudden drop in blood pressure when moving from sitting to standing position
- Tachycardia and heart palpitations
- Sensation of pressure in chest (angina)
- Cravings for sweets
- Emotionally sensitive, easily moved to anger or tears



Adrenal Building Aids

- **Herbs**
 - ✓ Ashwaganda
 - ✓ Astragalus
 - ✓ Borage
 - ✓ Biota seed
 - ✓ Cordyceps
 - ✓ Eleuthero
 - ✓ Ginseng, Asian
 - ✓ Gymnostemma
 - Ho Shou Wu
 - Holy Basil
 - Licorice
 - Reishi (Ganoderma)
 - ✓ Schizandra
- **Supplements**
 - ✓ Adrenal Substance
 - ✓ Vitamin B-5 (Pantothenic Acid)
 - ✓ Vitamin B-Complex
 - ✓ Vitamin C
 - Zinc

Key Adrenal Building Singles



✓ Cordyceps – Adaptagen and general tonic for balancing the system, improving stamina and general health
 Korean ginseng – Superior tonic for replenishing weakened energy and vitality

	Ashwaganda	Asian Ginseng	Borage	Eleuthero	Gymnostemma	Licorice	Schizandra	Adrenal Substance	B-Complex	Panethenic Acid	Vitamin C	Other
Adrenal Support (C)			X			X	X	X	X	X	X	Magnesium (citrate), Zinc (citrate), Potassium (citrate)
Nervous Fatigue Formula (HS-C)		X					X					Oriental Arborvitae seed, Broomrape stem, Dodder seed, Lycium fruit, Ophiopogon, Amber (succinum), Dong Quai root, Grass Leaf Sweetflag rhizome, Astragalus root, Chinese Yam rhizome, Hoelen sclerotium, Sacred Lotus seed, Polygala root, Polygonatum seed and Rehmannia root
Mineral Chi Tonic (C)				X	X	X	X					Potassium (chloride), Trace Minerals, Lycium fruit, Ginger rhizome, Reishi (Ganoderma) mushroom, Astragalus root extract, Ginkgo leaf and Fulvic Acid
Adaptamax	X	X		X	X		X					Chromium (amino acid chelate), Rhodiola root extract, Suma bark, Alfalfa aerial parts, Astragalus root, Kelp leaf & stem, Reishi mycelium, Rosemary leaf extract, Ginkgo leaf extract, Broccoli flower, Carrot root, Beet root, Rosemary leaf, Tomato fruit, Turmeric root, cabbage leaf and Bioflavonoids
Suma Combination				X								Echinacea aerial parts, Suma bark, Astragalus root, Ginkgo leaf and Gotu kola root & rhizome

Additional Remedies

- Pituitary
 - Alfalfa (C)
 - Spirulina (C)
 - Super Algae
 - Master Gland
- Pineal
 - Melatonin Extra (C)
 - HSN-W (C)



Key Glandular Aids to Learn

- **Key Single Herbs**
 - Black Walnut
 - Kelp
 - Licorice
 - Spirulina
 - Eleuthero
 - Cordyceps
- **Key Nutrients**
 - Alpha Lipoic Acid
 - Chromium
- **Primary Formulas**
 - Thyroid Support
 - Thyroid Activator (KC-X)
 - Sugar Reg (GlucOReg)
 - Cinnamon Balance
 - Super Algae
 - Adrenal Support
 - Nervous Fatigue Formula
- **Secondary**
 - Mineral Chi Tonic
 - Ayurvedic Blood Sugar Formula

Upcoming Education

- **Upcoming Member Webinars**
 - Sunshine Sharing Hour (Tue, June 25) – Probiotics
 - Sunshine Product Training (Tues, July 16) – Structural System
- **Other Classes and Events**
 - Preconvention Class: The Energetics of Herbs and Essential Oils, \$150, \$135 for members
 - 2019 Healthy Perspective Webinar Series
 - <https://events.genndi.com/channel/healthyperspective>
 - 2019 Seeking Light and Truth
 - Webinar series: <https://events.genndi.com/channel/seekinglight>

Comments, Questions and Answers

- Type your questions about tonight's topic into the chat box
- Also give me your comments and feedback

