

# Christopher's Thyroid Formula

A traditional herbal formula for strengthening the thyroid gland

Every cell in the body depends upon thyroid hormones for the regulation of metabolism and the production of energy. Thyroid hormones are important for fat metabolism. Low thyroid function can result in dry skin, fatigue, weight gain, low blood pressure, feeling cold and/or sluggish, puffiness in the face and around the eyes, hair loss, and edema.

Thyroid hormones require iodine, which is primarily available from foods obtained from the sea, including seaweeds. Christopher's Thyroid Formula is a blend of two seaweeds and four other herbs that support the health of the thyroid gland. It was created by the famous Utah herbalist John Christopher and can be used to help aid the thyroid, increase energy, reduce allergic reactions, strengthen the immune system, improve skin tone, and aid in weight loss.

Here is an overview of the ingredients in this formula.

## Irish Moss

A red algae found in the Atlantic Ocean off the coast of both North America and Europe, Irish moss contains a mucilaginous fiber known as carrageenan. It not only supplies iodine for the production of thyroid hormones, it is also a good source of other minerals, including magnesium, bromine, sulphur, calcium, and iron. It also supplies vitamins A, D, E, and K. Historically, it has been used to treat low thyroid and goiters. It is also helpful for intestinal irritation, gastritis, dry cough, swollen lymph nodes, and varicose veins.

## Kelp

Another seaweed, kelp is also a good source of iodine and many other nutrients. It contains a mucilage called algin, which has an affinity for heavy metals and is used to pull heavy metals out of the body. It is also a source of many other nutrients, including minerals like zinc, copper, chromium, sodium, sulfur, silicon, iron, calcium, potassium, and magnesium, as well as the vitamins A, B1, B2, C, D, E, and K. Kelp is also high in protein.

Studies suggest that the Japanese intake of kelp may be a factor in Japan's lower rates of breast cancer, obesity, heart disease, respiratory disease, arthritis, high blood pressure, and thyroid disease. Kelp can also help improve hair, skin, and nails, as well as promote energy and encourage weight loss.

Kelp is particularly valuable for the thyroid because it contains small amounts of thyroid hormones (T4 and T3) as well as precursors to thyroid hormones (DIT and MIT). It also helps to

detoxify the body of thyroid-disrupting chemicals such as dioxin and polychlorinated biphenyl (PCBs).

## Parsley

Parsley leaves are a naturally rich source of many minerals, vitamins and iron. Parsley is particularly high in potassium, which helps regulate the fluids of the body. It is also a mild diuretic, so it helps to eliminate fluid retention, a problem which can be associated with low thyroid.

## Watercress

Watercress is a rich source of vitamin C and sulphur compounds which aid in liver detoxification. Watercress aids liver function, which is vital for converting the inactive form of the thyroid hormone T4 to the active T3 form. Watercress is also good for the immune system.

## Black Walnut Hulls

The hulls of the black walnut tree are one of the few land plants that contain iodine. They are very helpful for rebuilding intestinal health, including toning up leaky gut. This is important because gut health may be a factor in the autoimmune thyroid condition known as Hashimoto's thyroiditis. This is one of the most common causes of hypothyroidism in modern society.

## Sarsaparilla Root

Native to the southern Pacific coast, sarsaparilla was used by ancient Greeks and Romans as an antidote to poisons. It also benefits the liver, acting as an alterative or blood purifier, and has been used to treat skin conditions. It also has hormonal properties that help to increase metabolic function.

## Suggested Use

Typical dose is two capsules with meals three times daily. Larger doses, up to 3-4 capsules, can be taken three times daily for a stronger effect. Not recommended for hyperthyroid conditions.

## Selected References

*Strategies for Health* by Steven Horne  
*Herbal Tonic Therapies* by Daniel B. Mowrey, Ph.D  
*Nutritional Herbology* by Mark Pederson  
*Herbs to the Rescue* by La Dean Griffin  
*The Healing Herbs* by Michael Castleman

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