

Stan Malstrom's Thyroid Formula

A traditional herbal formula for supporting the thyroid gland

Stan Malstrom's Thyroid Formula was created to help with low thyroid function by the herbalist and nutritionist Stan Malstrom. This combination acts as a natural iodine supplement, but also supplies other trace minerals and nutrients which many benefit thyroid health. It helps increase metabolic rate and aids in intestinal detoxification. It also helps to calm the nerves in individuals with thyroid problems associated with nervous stress.

In addition to supporting thyroid health, this formula can also be beneficial for swollen lymph glands, dry coughs, and gastrointestinal inflammation. The following herbs provide these benefits.

Irish Moss

Growing off the coasts of the North Atlantic, France, and Ireland, Irish moss is a seaweed. It contains iodine, a nutrient essential for thyroid function, but it is also a source of other trace minerals. Irish moss is very mucilaginous, which gives it a soothing, tissue-healing quality and gives it the ability to absorb toxins in the digestive tract. These properties make it an excellent remedy for tuberculosis, coughs, bronchitis and intestinal ailments. Irish moss also contains large amounts of sulfur, an element which helps in detoxification and immune function.

Kelp

Kelp is another species of seaweed, which can be found growing on submerged rocks on both coasts of North America and in Europe north of the Mediterranean. Like Irish moss, it contains large amounts of iodine, which helps maintain proper thyroid function and has been used as a remedy for hyperthyroidism and for swelling of the thyroid gland (goiter) related to a lack of iodine.

Kelp provides many nutrients besides iodine. 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.

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

Rich in sodium and potassium which are essential for proper regulation of bodily fluids, parsley also contains an essential oil that stimulates kidney function. This gives the formula a mild diuretic and kidney tonic effect.

Capsicum

Capsicum, also called cayenne, was used by South American Indians as a main dish and flavor enhancer around 5000 BC. Capsicum stimulates metabolism and blood flow, supporting the metabolism-boosting effects of the formula.

Hops

This bitter-tasting herb was employed over the centuries as a sleeping aid, antispasmodic, and sedative. It has also been shown to contain some anti-bacterial properties. Hops is considered by many herbalists to be the safest sedative in the world and is one of the most frequently used natural medicines in cases of hysteria, insomnia, and frayed nerves. Hops was added to this blend by the naturopath Jack Richason, because he felt that many people with hypothyroidism tend to be nervous and stressed. It also calms the nerves, making this potentially useful for some hyperthyroid conditions as well.

Suggested Use

The normal dose is 2-3 capsules three times daily. The formula is primarily for hypothyroid conditions, but if a person with hyperthyroid is also low in iodine it's possible to take this formula in low doses, 1 capsule once or twice daily along with other herbs to calm the thyroid like bugleweed and lemon balm.

Selected References

Strategies for Health by Steven Horne

Nutritional Herbology by Mark Pederson

The Little Herb Encyclopedia by Jack Ritchason

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