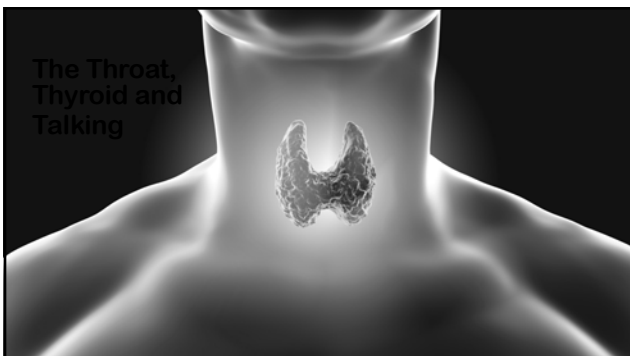
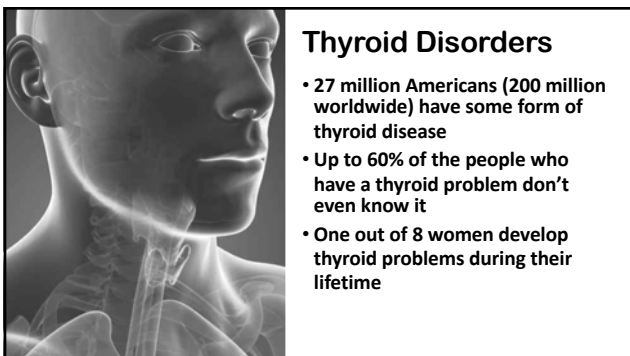




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3

Thyroid Functions

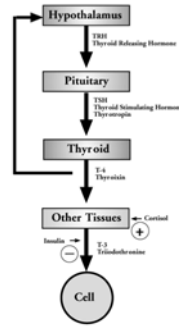
- Regulates metabolism and body weight
- Helps energy levels and sleep cycles
- Plays roles in fertility and menstruation
- Aids memory and concentration
- Helps regulate cholesterol
- Aids health of skin and hair
- Helps strengthen the bones
- Every cell has receptors for thyroid hormones, so the thyroid influences the health of all organs and tissues



4

Thyroid Hormones

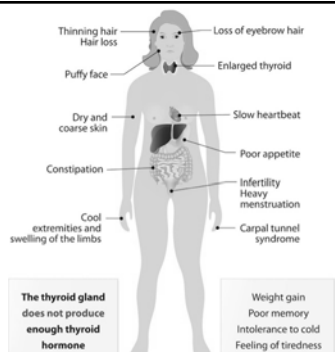
- Hypothalamus:
 - Thyrotrophin-Releasing Hormone (TRH)
- Pituitary:
 - Thyroid-stimulating hormone (TSH or thyrotropin)
- Thyroid:
 - T4 (Thyroxin)
 - T3 (Triiodothronine)
 - Calcitonin



5

Hypothyroid

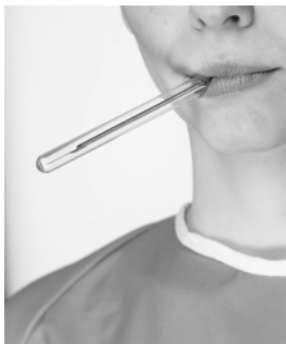
- Intolerance to cold
- Weight gain
- Physical fatigue
- Mental sluggishness
- Poor muscle tone
- Low body temperature
- Rough, dry skin
- Puffiness of the face
- Depression



6

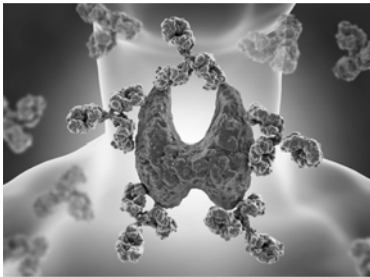
Testing Basal Temperature

- Use an ordinary thermometer for measuring body temperature
- Place it on your nightstand before retiring
- First thing in the morning BEFORE you get out of bed, take your temperature
- Do this for five days in a row
- If the average temperature for the five days is lower than 97.8, then a thyroid condition is probable



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Hashimoto's Thyroiditis

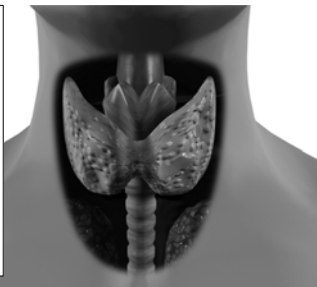


- Most common cause of hypothyroid (about 90% of cases in US and Canada)
- An inflammatory disease of the thyroid where the immune system is creating antibodies that attach to the enzyme thyroid peroxidase
- Thyroid peroxidase liberates iodine to be attached to tyrosine to produce thyroid hormones

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Thomas Easley's Hashimoto's Protocol

1. Eliminate Gluten
2. Heal the Gut
3. Supplements
 - Selenium
 - Iodine
 - Vitamin D3
4. Immune Balancing Herbs
 - Astragalus, ashwaganda
 - Also consider: ho shou wu, black walnut, coleus, nettle leaf, saw palmetto
5. Use Natural Thyroid medication (if needed)



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Possible Mistaken Identity

- The molecular structure of gliadin (part of gluten) closely resembles that of the thyroid gland.
- When gliadin passes the protective barrier of the gut, and enters the bloodstream, the immune system tags it for destruction.
- These antibodies to gliadin (and possibly the other 100 protein structures in wheat) also cause the body to attack thyroid tissue by molecular mimicry.
- The immune response to gluten can last for up to 6 months



10

Hyperthyroidism

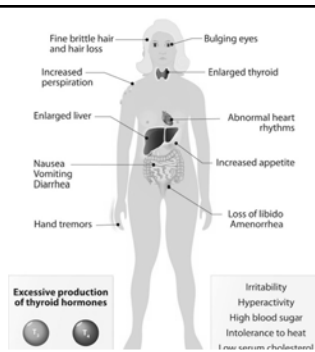
- Affects about 20 million people worldwide, mostly women
- The most common form is also an autoimmune disease called Grave's disease
- Grave's disease is named for Robert Graves the Irish doctor who discovered the condition
- Conventional medical treatment is to destroy the thyroid gland with radiation, then put someone on thyroid medication for the rest of their life



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Hyperthyroid

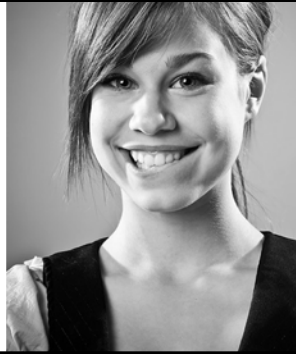
- Intolerance of heat
- Weight loss
- Nervousness, irritability, agitation
- Rapid or irregular heartbeat
- Fatigue, muscle weakness
- Difficulty sleeping
- Bulging eyes



12

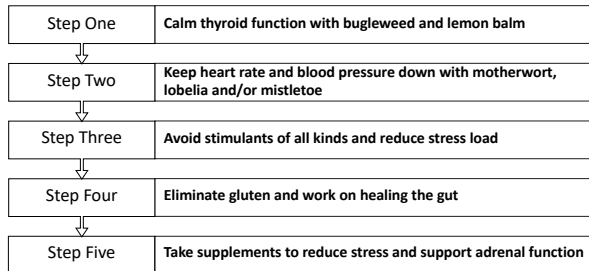
Chinese Causes of Hyperthyroid

- Disturbance of qi by sorrow and anger
- Excess heart fire leading to heart yin deficiency (Fright, mania, panic, insomnia, excessive talking, and heart palpitations are associated with this)
- Extreme anger producing liver fire



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Basic Hyperthyroid Strategy



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Hyperthyroid Formulas

- Thyroid Calming Formula
 - 1-part Bugleweed
 - 1-part Lemon Balm
 - ½ part Motherwort (for rapid heartbeat)
- Also consider:
 - Chinese Fire Reducing Formula
 - Chinese Fire Increasing Formula
 - Adaptagens like Schizandra berry and Eleuthero root
 - Possibly an Adrenal Glandular



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Other Hyperthyroid Therapies




- Elevated cortisol can cause resistance to all of the body's hormones, which can cause an elevation of thyroid hormones, by overstimulating the thyroid.
- Eliminate allergy-causing foods (gluten, corn, soy, peanuts and eggs are most common)
- Reduce insulin resistance
- Avoid sugar, caffeine, chocolate and other stimulants
- Find ways to reduce stress
- Iodine supplementation may be necessary

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The Throat Energy

- Neck links head (thoughts) and heart (emotions)
- Source of the voice, the ability to communicate thoughts and feelings
- Helps us communicate (commune) with others
- The voice is a source of creative power
 - "Be careful of the words you use, because the words you use, use you."



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Rayid Iridology Connections

Organ Area	Positive Expression	Negative Expression
Mouth, Tonsils, Larynx	Communication, counsel	Cunning, Shrewd
Thyroid	Sincerity, clarity	Blocked communication
Vocal chords, Esophagus	Voice, persuasion, singing, speaking, influential, healing or comforting voice	Vocal manipulation, guile

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Other Issues

- Laryngitis
- Sore throats
- Tonsillitis
- Stiff neck
- Difficulty swallowing



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The Power of the Tongue

Proverbs 18:21

Death and life are in the power of the tongue, And those who love it will eat its fruit.

Proverbs 13:3

The one who guards his mouth preserves his life; The one who opens wide his

James 3:2

For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body.

James 1:26

If anyone thinks himself to be religious, and yet does not bridle his tongue but deceives his own heart, this man's religion is worthless.

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Issues Affecting the Thyroid, Throat and Voice

- Feeling unable to express oneself, believing that one is not being given a "voice" by others
- Difficulty connecting thoughts and emotions, unable to express one's feelings or mentally understand one's feelings
- Being "split" as a person, causing one to live in one's head and avoid connecting with the body, disembodied
- Deceit, lying to oneself and others



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Flower Essences for Throat Energy

- **Calendula** – Helps soften one’s speech, helpful for those who use sharp or cutting words and are argumentative
- **Heather** – For people who are overly talkative in self-concerned manner
- **Larch** – For self-censorship, unwilling to speak up, lack of communication
- **Mullein** – Helps a person be honest with themselves and others
- **Snapdragon** – For tension in the jaw, people who are verbally abusive and hostile
- **Trumpet Vine** – Lack of vitality or force in self-expression, soft spoken

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Aromatherapy for Throat Energy

- **German Chamomile** imparts calm strength and allows us to speak our truth without anger
- **Roman Chamomile** encourages the expression of spiritual truths
- **Lemon Balm** calms a hyperactive thyroid, lifts depression and eases anxiety
- **Myrrh** helps someone who keeps quiet through fear or lack of confidence

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Seaweeds



- Bladderwrack — Contains iodine and Dilodothyronine (DT), a precursor to T4
- Dulse — Supplied iodine and trace minerals
- Irish Moss — Supplies iodine
- Kelp — Supplies iodine, helps detox heavy metals and PCBs that interfere with thyroid function; may contain physiologically significant amounts of T4 and T3 as well as DIT and MIT

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Other Herbal Remedies

- Ashwagandha — Supports the thyroid gland, helps with sleep and stress
- Black Walnut — Aids the thyroid in Hashimoto's thyroiditis, helps heal leaky gut
- Bugleweed — Helpful for hyperthyroid
- Collinsonia — For loss of voice, hoarseness
- Lemon Balm — Helpful for hyperthyroid
- Motherwort — Calms heartrate and nerves in hyperthyroid
- Nettles — May help rebuild the thyroid gland when damaged
- Red Root — Helpful for tonsillitis when combined with echinacea
- Sage — Helpful for laryngitis and sore throats

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Supplements

- Iodine — Essential nutrient for production of thyroid hormones
- Tyrosine — Amino acid building block of thyroid hormones
- Selenium — Most important nutrient for the thyroid besides iodine, helps convert T4 to T3, may help prevent and reverse autoimmune thyroid disease
- Zinc — Helps convert T4 to T3, helps people with low T3, also helps hypothalamus gauge the levels of thyroid hormone, aids immune responses in autoimmune conditions
- Copper — Helps hypothalamus regulate thyroid hormone levels
- Vitamin E — May reduce oxidative stress on the thyroid
- Vitamin B12 — Appears to be critical to thyroid function
- Vitamin D3 — May help with the autoimmune factors in thyroid problems
- Vitamin A — Very important in regulating thyroid function

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Iodine Sources

Source	Amount
Liquid Dulse	1 tsp = 1 mcg (1/2-2 teaspoons)
Seaweeds (kelp, Irish Moss, etc.)	3-5 grams or 3,000 to 5,000 milligrams daily (6-12 capsules)
Iodoral	12.5 mg (1/4-1/2 tablet)
Lugol's Solution	2% = 0.84 mg per drop (1-3 drops)



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Ashwagandha

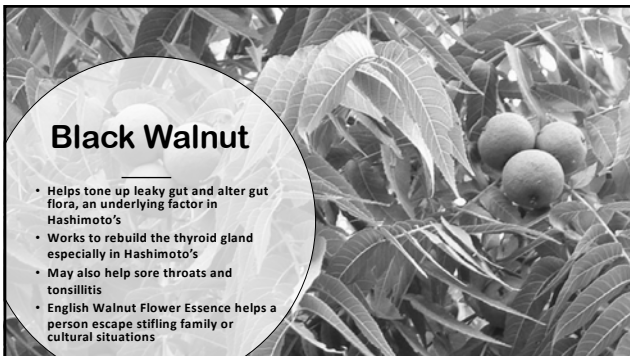
- Ashwagandha helps prevent the conversion of T4 to Reverse T3, an inactive form of thyroid hormone caused by excessive stress
- May be helpful in all disorders where stress is a factor
- It combines well with thyroid tonics like nettles and black walnut for treating Hashimoto's thyroiditis, the most common cause of hypothyroidism in America



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Black Walnut

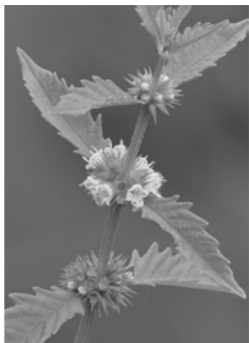
- Helps tone up leaky gut and alter gut flora, an underlying factor in Hashimoto's
- Works to rebuild the thyroid gland especially in Hashimoto's
- May also help sore throats and tonsillitis
- English Walnut Flower Essence helps a person escape stifling family or cultural situations



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Bugleweed

- Used to regulate a hyperactive thyroid
- Blocks conversion of thyroxin (T4) to T3 in liver
- Interferes with iodine metabolism in the thyroid by TSH
- May help prevent antibodies from attaching to the thyroid, which is helpful in Grave's Disease.
- Helps stabilize rapid pulse and irregular palpitations, especially when water is being retained
- Has sedative properties to calm the sympathetic nervous system, helps anxiety and insomnia
- Traditionally used for coughs



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Collinsonia

- Useful for sore throats and laryngitis
- A specific remedy for speakers and singers who develop throat irritation
- Also acts as an astringent for anal fistulae and hemorrhoids



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Larch

- Flower essence opens the throat energy
- Helps people who censor their own voice, who are afraid to speak up for fear of being criticized or being wrong
- Self doubt and poor self esteem
- Helps with confidence and self expression
- Aids spontaneity and creative expression



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Lemon Balm



- Helps reduce the production and activity of thyroid hormones, helpful in cases of hyperthyroidism.
- Eases restlessness, weight loss and tremors in hyperthyroid conditions
- Helps balance the nervous system to ease both anxiety and depression as well as insomnia
- Essential oil can be massaged topically over the thyroid

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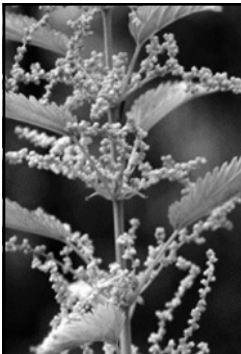
Mullein

- Helps a person stand upright and be true to themselves
- Helps them hear the voice of their own conscience
- Helps them speak with honesty and integrity
- Combined with lobelia, it can reduce swollen lymph nodes in the throat



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Nettles



- According to Matthew Wood, nettles have a regulatory effect on the thyroid gland and can also be used to rebuild the thyroid when it has been damaged
- "Robin Rose Bennet had a famous case history where nettles restored the thyroid in a woman who had the gland surgically removed (by radioactive iodine) for hyperthyroidism but regretted the surgery. This case history is well attested."
- From *The Earthwise Herbal: A Complete Guide to Old World Medicinal Plants* by Matthew Wood
- Nettles help nurturing people defend themselves against people who would take advantage of their good nature

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Sage (Garden)



- USE tea for sore or horse throat and laryngitis
- Use as a mouthwash or gargle for irritation of the throat or mouth
- Flower essence helps a person draw perspective and wisdom from life's experiences
- Helps a person see their life from a higher perspective

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Trumpet Vine

- Lack of vitality and passion in one's voice, mechanical dull speech
- Helps with speech impediments like stuttering
- Helps a person speak clearly and with passion and vitality



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Upcoming Webinars



- **The Holistic Approach**
 - Tues, August 11, 6:00 PM MT – Cancer
 - Tues, Sept 8, 6:00 PM MT – Liver and Colon Detoxification
- **The Sunshine Sharing Hour**
 - Tues, July 28, 6:00 PM MT – PTSD
 - Tues, Aug 25, 6:00 PM MT – Men's Health

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