



Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment.

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

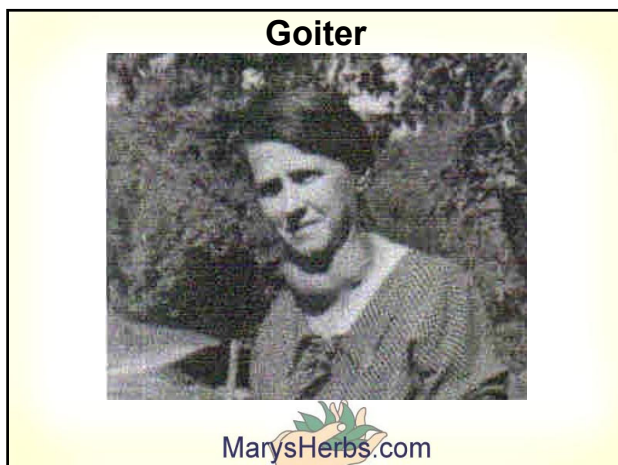
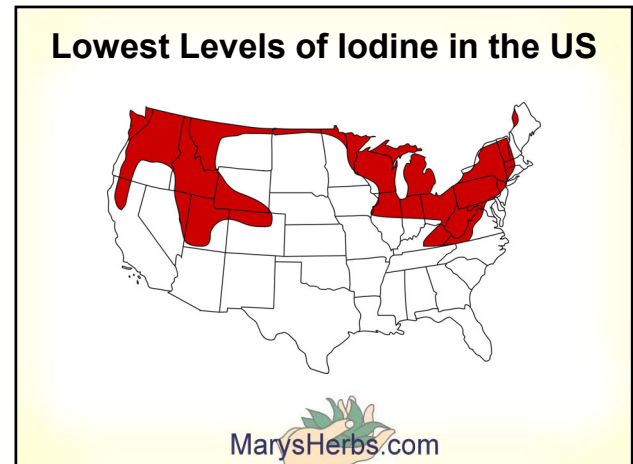
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I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them..

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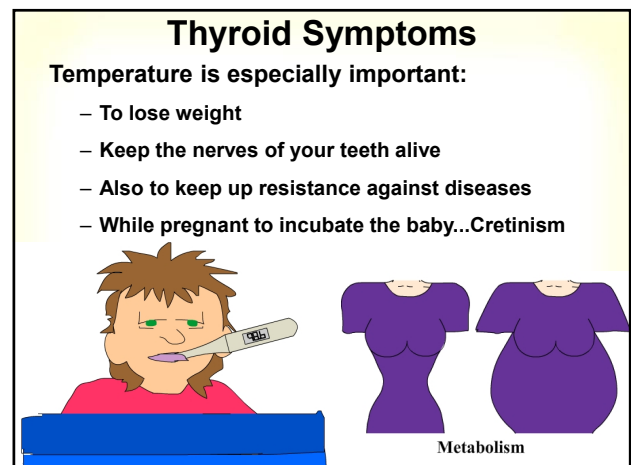
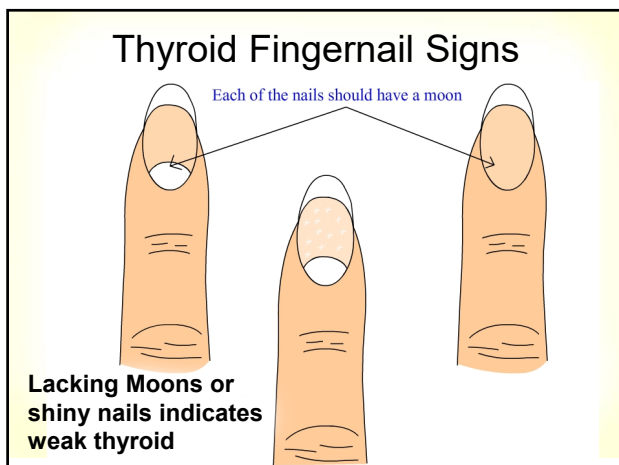
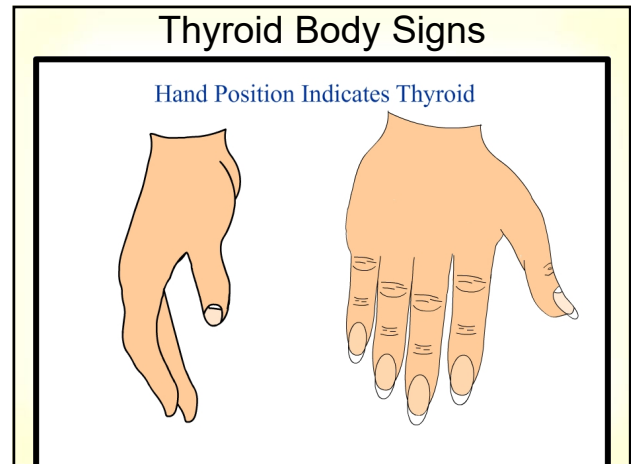
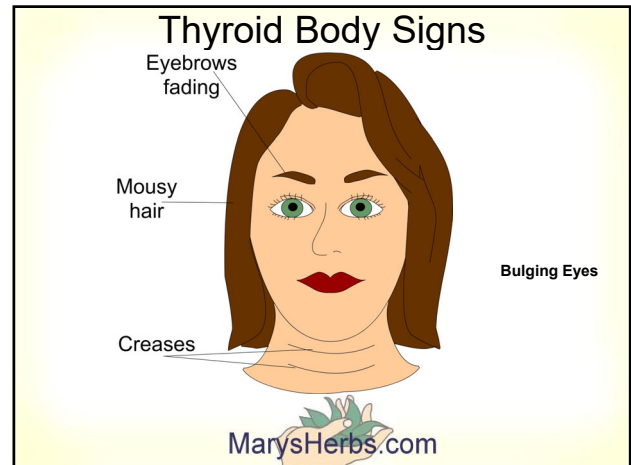
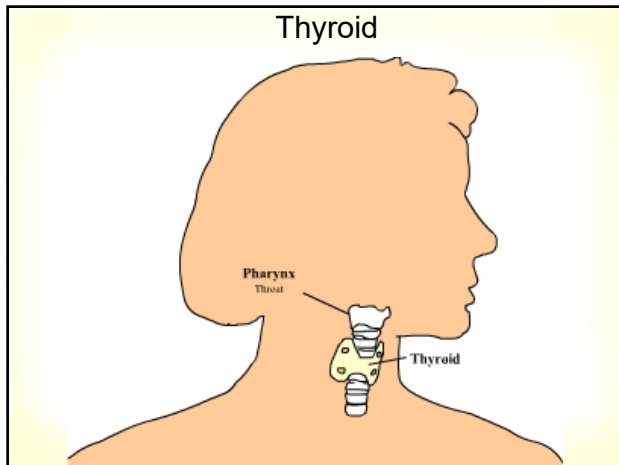
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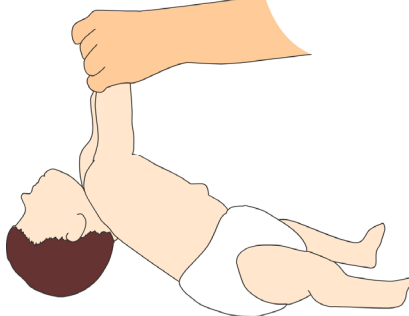
The Thyroid Gland - Hypothyroidism

- Hypothyroidism probably affects hundreds of thousands of people but is often never diagnosed. As a result only 5% of the population has received an accurate diagnosis.
- So if you have low body temperature, headaches, dry eyes/blurred vision, digestive problems, fluid retention, dry skin/hair, weight gain, inability to lose weight, brittle nails, insomnia, hair loss, easy bruising skin, elevated cholesterol, anxiety, food intolerances, excessive sweating, low energy, poor coordination, acne, infertility or low libido, you may be dealing with hypothyroidism.

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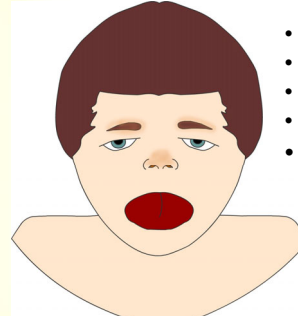
Floppy Baby – Cretinism



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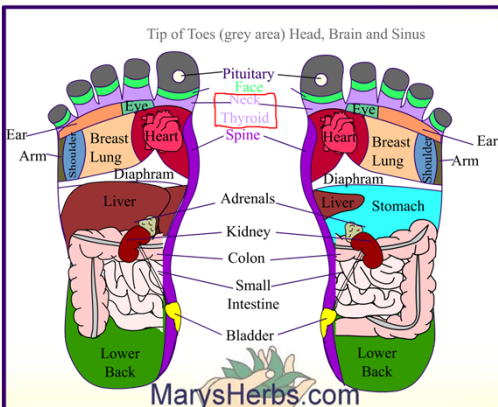
Cretinism

- Low hairline on forehead
- Enlarged tongue
- Dull looking eyes
- Lower IQ
- **Susceptibility to Carotenemia** - Orangish tint around eyebrows and tip of the nose fingers and toes



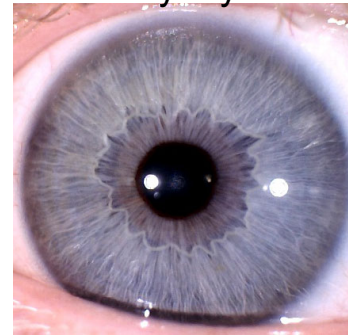
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Thyroid



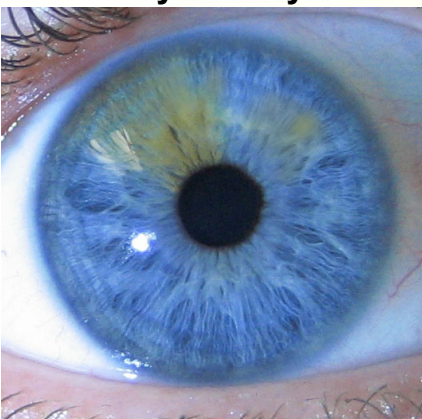
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Healthy Myelin

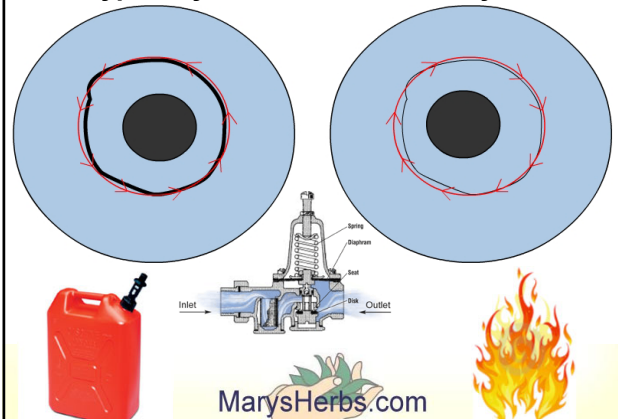


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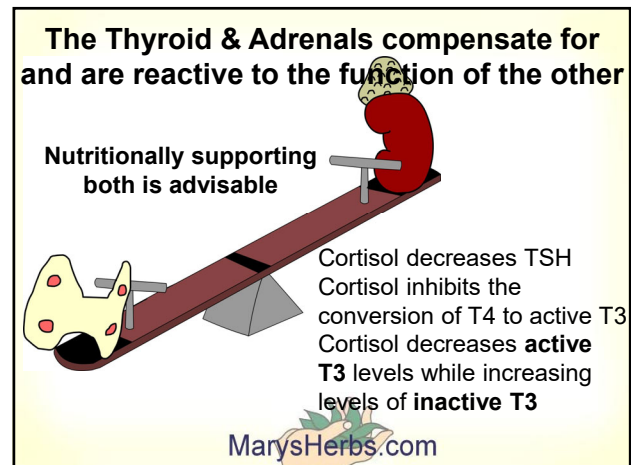
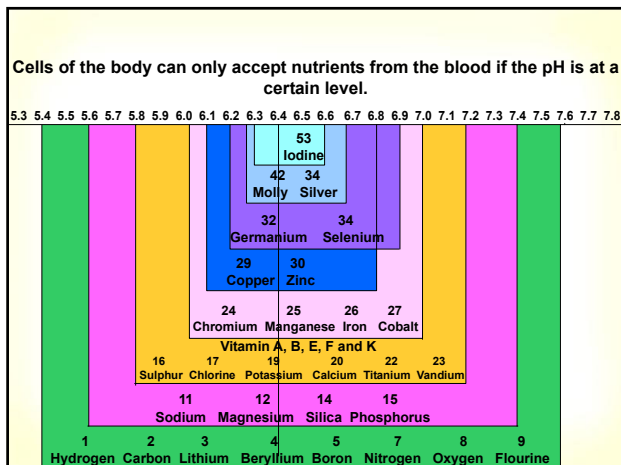
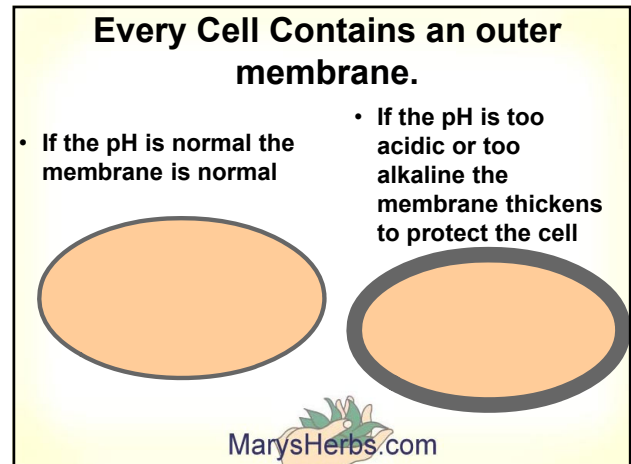
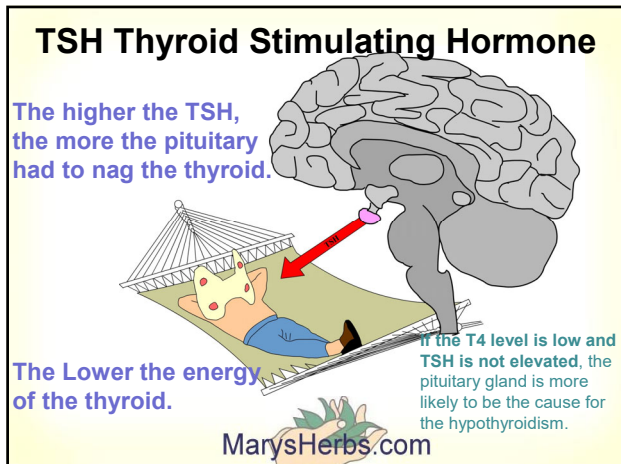
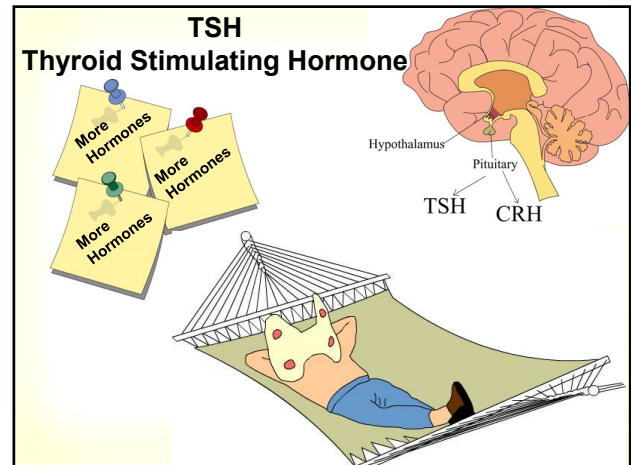
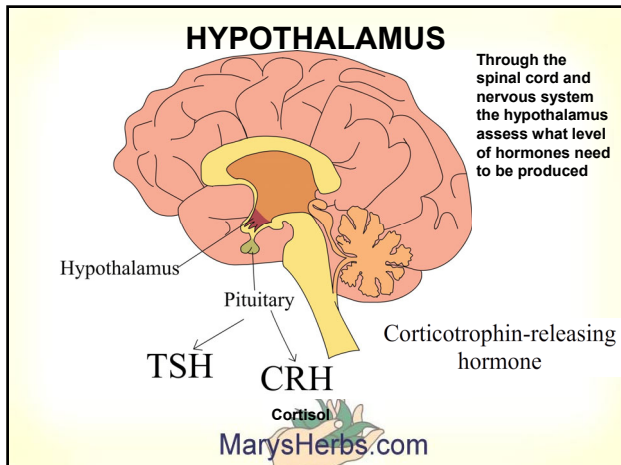
Thin Myelin Thyroid



HyperThyroidism Work With Myelin



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T-1

The T1 is not a hormone but rather a precursor and byproduct of thyroid hormone synthesis. It doesn't attach to the thyroid receptor site. Right now it is believed that T1 is totally inert.

Considered a thyroid hormone but it is actually produced by peripheral deionization (conversion) outside of the thyroid gland.



Did you know?

Polyunsaturated Fats SLOW down thyroid function.

As does Fluoride, Bromine, Mercury and Chlorine is close to the molecular structure of Iodine.

Mercury bind to the thyroid hormone Selenium binds to the mercury



T-4 – thyroxin – Most produced Hormone – called 4 because 4 iodine molecules are attached to the hormone

Converted in the body (by the enzyme 5' (prime) deiodinase -usually in the liver and intestines) into T3 by the removal of one of those iodine molecules so it can enter the cells of the tissue.

Bad gut inhibits the level of deiodinase as well as, a weak liver, inflammation or auto-immune disease, oral contraceptives and elevated cortisol or testosterone

T4 20:T3 1 released into the blood stream.

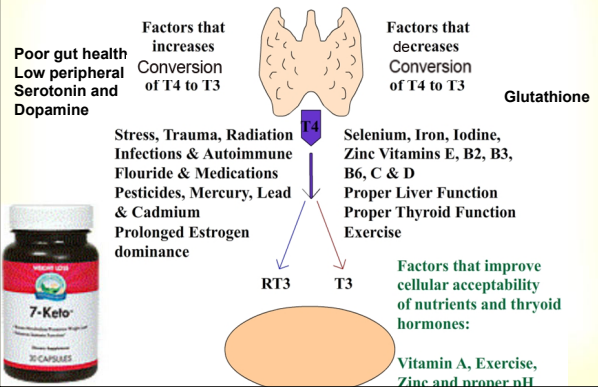
T4 is converted to Active T3 within the Intestine, liver, Kidneys and Lungs

<https://www.youtube.com/watch?v=3xyNPHbY08>



<https://www.youtube.com/watch?v=I2oLsPvQZ6c>

That which effects proper Thyroid Hormone Levels



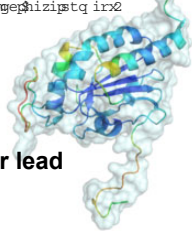
Things Which Inhibits the Production or Function of 5'- Deiodinase Enzyme

Selenium deficiency
Low protein

Blood sugar imbalances
Excess Stress – Cortisol
Poor liver function
Chronic illness

Heavy metals such as Mercury or lead
Toxins

Xlwrir-}q inw\$nk1p\$&|tviwih\$&di\$
tvikrer\$&dw\$&egirce\$&ieperh\$
risre\$&wyiw\$&kykiwark\$&lex\$&e\$&w\$
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Reverse T-3 (inactive)

Triiodothyronine

Body's way of ridding itself of excess T4

If your Reverse T3 is too high work with:

Blood sugar imbalances
Excess Stress – Cortisol or epinephrine
Poor liver function
Excess Estrogen
Chronic illness

Heavy metals such as Mercury or lead
Toxins



Free T-3 (Active)

Attached to 3 iodine molecules and is in the only form that can work on the tissues in the body

Converted in liver and intestine
Healthy Gut Flora is paramount... Fermented foods is the best way to re-infest the intestine with the needed flora.

Liver function - The liver by far is where MOST of the T3 is converted.

Symptoms of low Free T3:

- Poor Concentration
- Depression
- Brain fog
- Focus
- Anxiety

Functional Range

Free T3- 3-4 pg/ml
Total T3140-160

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Major Thyroid Protocol

Fermented Foods



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Nutrients for the Thyroid

- Iodine
- Kelp
- Spirulina
- Dulse
- Irish Moss
- Black Walnut
- Thyroid Activator
- Target TS II
- TS II with hops
- Thyroid Support (thyroid and brain (anterior pituitary and hypothalamus glandular substances))

Thyroid has the highest iodine levels, breast has second highest.



The following is other symptoms of *too little* T3 and T4 in your body (hypothyroidism):

- Trouble sleeping
- Tiredness and fatigue
- Difficulty concentrating
- Dry skin and hair
- Depression
- Sensitivity to cold temperature
- Frequent, heavy periods
- Joint and muscle pain

Listed below are other symptoms of *too much* T3 and T4 in your body (hyperthyroidism):

- Anxiety
- Irritability or moodiness
- Nervousness, hyperactivity
- Sweating or sensitivity to high temperatures
- Hand trembling (shaking)
- Hair loss
- Missed or light menstrual periods

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The Thyroid Gland

- The thyroid's function is to take iodine from foods and convert it into thyroid hormones.
- Since we don't have the iodine in the majority of the foods that we eat, we can be short on this needed mineral.
- Avoid Cruciferous Vegetables

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Cruciferous Vegetables

Arugula	Bok choy	Broccoli
Brussels sprouts	Cabbage	Cauliflower
Chard	Chinese cabbage	Collard greens
Daikon	Kale	Kohlrabi
Mustard greens	Radishes	Rutabagas
Turnips	Watercress	

Cruciferous vegetables contain antioxidants (particularly beta carotene and the compound sulforaphane). They are high in fiber, vitamins and minerals. Cruciferous vegetables also contain indole-3-carbinol (I3C). This element changes the way estrogen is metabolized and may prevent estrogen driven cancers. Cruciferous vegetables also contain a kind of phytochemical known as isothiocyanates, which stimulates our bodies to break down potential carcinogens (cancer causing agents).

BUT:

Raw cruciferous vegetables contain thyroid inhibitors known as goitrogens.

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HSN-W

Contains:

- Horsetail
- Dulce
- Rosemary
- Sage
- This formula has also been shown to shrink goiters and encourage healthy thyroid function.
- Great source of iodine
- Rich source of silicon which helps elastin and collagen in the skin.
- Elastin and collagen are used in building firm hair, strong nails, strong bones and beautiful hair.



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Thyroid Support

- B6
- Zinc
- Copper
- Manganese
- Tyrosine
- Kelp
- Stinging nettle
- Protease blend
- Thyroid glandular
- Anterior pituitary
- Hypothalamus glandulars



- Builds healthy thyroid function
- Helpful in normalizing heart rate
- Encourages enzyme activity
- Normalizes respiratory rate
- Regulates temperature
- Metabolism

L-Tyrosine helps the thyroid produce T3 & T4

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Synthroid () tells the hypothalamus that you have enough T4 so it tells the pituitary gland that you no longer need to produce TSH... However it does nothing but lowers TSH.

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Activate Your Stem Cells

As we age, our stem cells decline in their ability to heal our bodies. Imagine if we could **activate our stem cells and reset them to a younger, healthier state.** This would be healing in a completely **non-invasive, safe and cost-effective way.**

The LifeWave X39™ is clinically proven to provide the body with a level of health and vitality that you have not experienced since you were in your youth. Backed by multiple clinical studies and 20 years of development, the LifeWave X39™ patch has been demonstrated to provide an abundance of health benefits.



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Questions



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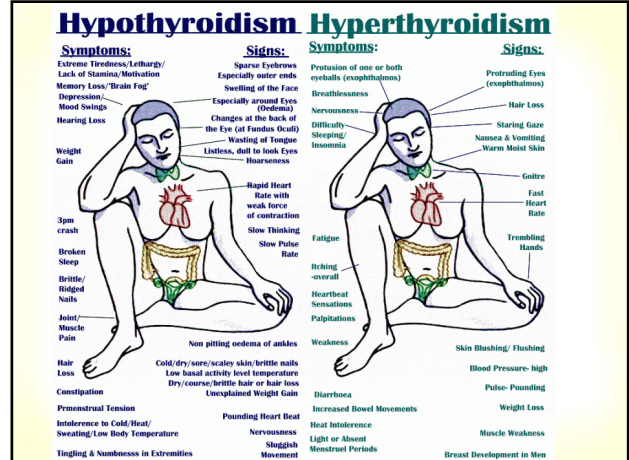
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Complete Thyroid Panel Tests: TSH, T4 total, Free T4, Free T3, Antibody, Reverse T3

T0, T1 and T2 are the hormone precursors and byproducts of the thyroid hormone synthesis. Triiodothyronine (T3) is a thyroid hormone. It plays an important role in the body's control of metabolism (the many processes that control the rate of activity in cells and tissues) T4 is the main form of thyroid hormone circulating in the blood. The deiodinases are selenium-containing enzymes that are used for the synthesis of the active form of thyroid hormone, T3.

Why X39 helps with Thyroid:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6073405/?fbclid=IwAR3jbrfyw4Rw_47Q4CbdleviZLx56LGGfxL_gf65sciy3aPmpayxL8Q
<https://www.sciencedirect.com/science/article/abs/pii/S0946672X16300773>
https://www.healthline.com/nutrition/copper-deficiency-symptoms?fbclid=IwAR0x5uaOnr72_5PSPk7uWFDy8fX3cmvD0xcQFPb8nWbtqU2GAX5c#section6