

## **THYROID SUPPORT, ADRENAL LIFE FORCE, INSTRUCTIONS**

Men and women, when our hormones aren't balanced, we aren't either. Many problems can be solved just by helping to bring our hormone levels back in balance. Be conscious of how you feel as we increase and decrease solutions that repair and rebalance.

### **START:**

BEFORE addressing exhaustion in the AM and/or PM, hair loss, chronic joint aches and pains, awakening in the middle of the night with your brain thinking away and cannot sleep and/or lack of weight loss despite following Eat Right for your Blood Type diet (Dr. Peter D'Adamo) and exercising healthily at least 3 days a week, read and review the other symptoms of Low Thyroid and Low Adrenal function (see website opening page under Wholistic Dermatology News And Blog section, Critical Info you NEED to know—Hormone abnormality symptoms). <https://www.juliathuntermd.com/critical-information/>

BEFORE addressing what seems to be low thyroid function, it is ESSENTIAL to FIRST for 1 week; restore the Adrenal glands (ESSENTIAL hormone producing glands that sit atop the kidneys) with Adrenal Life Force (ALForce) taking it 7 days a week. Adrenal Life Force is for exhausted adrenal gland function replacement and is STEP 1 before treating the thyroid because low thyroid function is OFTEN SECONDARY to exhausted adrenal gland function.

Start by taking Adrenal Life Force, 1 pill first AM and 1 pill after lunch (BY 3 PM) for 5 days. If you notice nothing or feel a bit better, then increase to 2 pills first AM and 2 pills after lunch for 7 days. If you need more energy, endurance, inner peace, better sleep then increase to the max of 3 pills AM only and none in the afternoon. Give this 1 week and if you remain tired and/or cold, if your sleep is better but remains not as good as desired, if you continue with symptoms of LOW THYROID function on the symptom sheet, if your hair has not begun to noticeably decrease falling (it takes 1 month for hair loss to decrease and 2-3 months for hair to return or improve significantly and the first cause of hair loss is low iron, the second cause is low adrenal function and **the third cause is low thyroid function**) then start treating the thyroid as below.

ADRENAL LIFE FORCE is a product that most people in today's stress filled world should take for life for enhancing quality longevity, better energy, brain and immune power, hormones, overall health and inner peace. Virtually EVERYONE in today's stress and toxin filled world is depleted.

Balancing the adrenal glands normally makes people calmer, able to react more positively to stress, have more inner peace, happier, energetic in a balanced way, and have more endurance for the events of the day and life. Everyone's adrenal glands are known to become depleted with traumas and stresses such as divorce, emotional traumas, and illness.

**START with THYROID SUPPORT 1 pill every other day first AM for 1 week:**

### **IMPORTANT THYROID SUPPORT INSTRUCTIONS:**

**With THYROID SUPPORT—you do NOT want chest tightness, shortness of breath, irritability, speediness or sleep disruption. If you experience this, it generally lasts for 30-45 minutes. If this happens you stop or decrease back by one pill per day.**

**Do NOT take THYROID SUPPORT if you have symptoms of HIGH thyroid function-HYPER thyroid or thyroid cancer.**

If you are most tired in the AM, then add 1 **THYROID SUPPORT** with the ADRENAL LIFE FORCE.

If you are not tired in the AM, rather tired early to mid-afternoon, then add at lunch BY 3 PM-1 **THYROID SUPPORT** instead of in the morning.

If you are and REMAIN after 1 week tired in the AM despite 1 **THYROID SUPPORT** and 3 **ADRENAL LIFE FORCE** in the AM, then add 1 **THYROID SUPPORT** in the PM/ after lunch as long as NO undesired reactions as described above.

If you REMAIN after another week tired in the mid-afternoon, DESPITE in the AM 1 **THYROID SUPPORT** and 3 **ADRENAL LIFE FORCE** AND 1 **THYROID SUPPORT** after lunch, then now add 2 **THYROID SUPPORT** in the morning and continue 1 in the afternoon as long as NO undesired reactions as described above.

The MAXIMUM amount of **THYROID SUPPORT** that you can take is 2 AM and 2 mid-afternoon. You can work up your dose weekly if no undesired reactions as described above.