



## **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. Everyone is different and you alone know how you feel. At times you may need to increase or decrease the number of pills you take based on how you feel and our instructions. Be conscious of how you feel.

### **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 (book by 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).

BEFORE addressing what seems to be low thyroid function, it is ESSENTIAL to FIRST for 2-3 weeks; restore the Adrenal glands (ESSENTIAL hormone producing glands that sit atop the kidneys) with Adrenal Life Force taking it 6 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 ALWAYS WITH FOOD, 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 5 days. If you need more energy, endurance, inner peace, better sleep then increase to the max of 3 pills AM and after lunch. Give this 2 weeks and if you remain tired and/or cold, if your sleep is better but remains not good, 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 adrenals, the second cause is low thyroid and the third cause is low estrogen-usually menopausal women-then the other causes are toxins and pharmaceuticals)—THEN add THYROID SUPPORT as instructed below.

IF your energy and symptoms of low adrenal function decrease or disappear after 2 months on 3 pills of ADRENAL LIFE FORCE twice a day then try decreasing to take 2 pills twice a day of ADRENAL LIFE FORCE. At this point I would also add ADRENOCODE which is a MOST excellent homeopathic which makes YOUR adrenal gland work more optimally and healthfully. You take ADRENOCODE 7 days a week, 2 dropperful under your tongue, swish around in your mouth for 1 minute then swallow, AM and afternoon before 3 PM for 2 bottles then stop. I recommend using 2 bottles of this product once a year just to re-set and re-invigorate and re-balance your adrenal glands. 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 and overall health. Virtually EVERYONE is today's stress and toxin filled world is depleted.

IF you become speedy with ADRENAL LIFE FORCE then first decrease 1 pill at the time when you experienced this speediness. SOME people have to take the afternoon dose by 2 PM and these are usually the same people who can drink NO caffeine in the afternoon. 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.

FIRST to help YOUR thyroid gland perform more optimally, and also makes your brain work better and helps lower your total cholesterol, LDL and triglycerides, add OMEGA GOLD (omega 3 fish oil with the correct chemical form, quality and therapeutic amount to work) 2 pills AM and after lunch with the ADRENAL LIFE FORCE DAILY 6 days a week and SELENIUM 200 micrograms (1 pill) Monday through Friday. Exercise also makes your thyroid gland work much more youthfully and healthily.

**START with THYROID SUPPORT taking it 6 days per week:**

**IMPORTANT NOTE:**

**With THYROID SUPPORT—you do NOT want chest tightness, shortness of breath, irritability, speediness or sleep disruption as this means too much Thyroid Support. If you experience this it generally lasts for 30-45 minutes. If this happens then the next time you take Thyroid Support, at the time these undesired symptoms occurred previously then decrease by 1 pill.**

**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 in the AM with the ADRENAL LIFE FORCE, 1 THYROID SUPPORT.

If you are most tired mid-afternoon, then add BY 3PM-1 THYROID SUPPORT

If you REMAIN tired in the AM despite 1 THYROID SUPPORT and 3 ADRENAL LIFE FORCE, add 2 THYROID SUPPORT in the AM as long as NO undesired reactions as described above.

If you REMAIN tired in the mid-afternoon, DESPITE 1 THYROID SUPPORT and 3 ADRENAL LIFE FORCE, add 2 THYROID SUPPORT BY 3 PM 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-afternoons.

There is a homeopathic, THYROCODE, which helps your thyroid gland function more youthfully and optimally which I recommend taking once your thyroid symptoms are much improved and may allow you to decrease the amount of THYROID SUPPORT which you take. SO BE AWARE of the symptoms of too much THYROID SUPPORT so you decrease the dose if you experience any of those symptoms described above when taking THYROCODE. THYROCODE-you take 7 days a week, 2 dropperful under your tongue AM and early afternoon-by 3 PM—swish around in your mouth for 1 minute then swallow for 2 bottles. I recommend taking 2 bottles of this product once a year to help keep thyroid gland function more youthful and healthy.

If you are tired in the AM then take 1-2 Adrenal Repair – WITH FOOD ONLY – and take 1 Thyroid Support.

If you are tired mid-afternoon take 1-2 Adrenal Repair – WITH FOOD ONLY – and 1 Thyroid Support.

If you remain too tired in the AM after 2 weeks, take 2 Adrenal Repair – WITH FOOD ONLY – and try 2 Thyroid Support as well if no undesired reactions as described above.

If you remain too tired in the mid-afternoon after 2 weeks, take 2 Adrenal Repair – WITH FOOD ONLY – and try 2 Thyroid Support as well if no undesired reactions as described above.