

# Iodine & The Thyroid Connection

## Overview

Nascent Iodine is produced using an advanced patented process wherein the iodine is pre-converted to the form necessary to promote proper thyroid function and hormone balance. This form of iodine is “BIO IDENTICAL” to what the thyroid has to convert all other forms of iodine to before it can be used. Because Nascent Iodine does not require conversion by the thyroid, it is a gentle yet powerful supplement. You can expect great life changing results whether you are experiencing compromised thyroid function, or your thyroid is functioning optimally.

Nascent Iodine is produced with non-ocean source iodine, and instead is extracted from iodine mines in the mid-eastern United States.

\* Keep out of direct sunlight and away from any devices containing magnets for optimum product longevity.

## Benefits

Nascent Iodine blocks certain environmental toxins from the body and effectively removes “Halogens”, which include Fluoride, Chlorine and Bromine. These are just a few of the many advantages of using Nascent Iodine Advanced. (See Science section)

The benefits of Nascent Iodine are vast and apply to nearly every man, woman and child in Canada today. Over 90% of the North American population is iodine deficient, which may be a major contributor to health problems nationwide.

As a leading expert on iodine, Dr. Mark Sircus speaks to the utmost importance of iodine. He calls it the universal medicine. Historically, iodine was used as a natural antiseptic and was seen carried in a vial around the neck. This enabled quick access in the event of injury, as iodine cleansed wounds and prevented infection. Mosquito bites were anointed with iodine to protect against disease. Iodine was a convenient and effective germicide.

## Effectiveness

Iodine is an essential element for healthy thyroid hormone production and is a primary contributor to efficient metabolism. Optimal levels of iodine increase cell absorption of nutrients, which includes vitamins, minerals and amino acids.

Nascent Iodine is kinder to the stomach than other forms of iodine, such as Lugol's. If you are sensitive, you can apply Nascent Iodine to the crease of your elbow, as transdermal application is effective. Iodine helps block goitrogenic foods from binding to thyroid receptor sites, as these foods may potentially limit iodine absorption.

**TOPICAL APPLICATION:** *If applying nascent or any iodine topically, do so for only a few days at any given time.* Topical application quickly enters the blood stream and bypasses the liver and stomach. Use for short periods and complement topical use with selenium, as high doses of iodine may deplete selenium.

**ORAL APPLICATION:** If taking iodine orally, it is processed through the digestion therefore less able to result in overdose. This option is the safest way to use iodine.

## The Thyroid Liver Connection

**Thyroid issues are liver issues.** Stagnation, congestion, dampness and heat can affect this organ and influence the behavior of the thyroid. Contributors to the development of this pattern are high fats, chemicals, intoxicants and denatured food. According to Anthony William in *Thyroid Healing*, the ‘thyroid virus’ is the same one that produces mononucleosis – Epstein-Barr virus or EBV. Dr. Rau’s book *Biological Medicine* also identifies the liver energy weakness as coming from the ‘liver virus’ called EBV, which can inform the thyroid.

A healthy liver supports an effortless and harmonious energy flow throughout the entire body. Traditional Chinese Medicine calls this Harmonious Qi. Liver responsibilities tip the scale at 500 or more functions, including bile production, which carries away water and breaks down fats. It is a clearance center where the blood is purified, and harmful substances and their associated by-products are excreted via the bile or blood. The bile by-products leave through the intestine via the feces and blood by-products are filtered through the kidneys and leave as urine.

When the liver is imbalanced, the primary symptoms you may experience are elevated body heat, agitation or anger, sluggishness and tension.

To have been diagnosed with hypothyroid, hyperthyroid, Hashimoto disease or thyroiditis is confirmation that this delicate gland needs support. Medical treatment consists of pharmaceutical intervention that results in you feeling better over time. Consider that the underlying reasons why your thyroid is behaving as such in the first place may not be addressed by the medication alone. The good news is that food, herbal, homeopathic therapies and emotional reconciliation are most beneficial for restoring the function of the thyroid. Nascent Iodine tops the list as strong therapy for thyroid dysfunction.

Paul Pitchford, in *Healing with Whole Foods*, goes into great detail as he explains the symptoms that have the potential to arise when the thyroid and liver are out of balance. You may identify with many of these, as listed below.

### Biological Indicators

The liver informs the eyes and tendons. Because of the liver’s relationship with the thyroid, eye problems are a common thyroid symptom. Swelling from sluggish functioning may occur in these areas.

The thyroid governs how fast we metabolize and burn fats. Do your digestive issues originate in the thyroid or the gut? It is also helpful to note that the pituitary gland assists the thyroid with metabolism of fats. There may be a feeling of a lump in the throat even though there is no goiter or presence of nodes. These are strong indications of congestion in the liver. When we support and elevate the function and quality of the thyroid, we inadvertently support the liver and vice versa.

Other indicators are:

- Chest or abdomen distention
- Enlarged breasts
- Swellings or lumps in neck, groin or sides of body and lateral portion of thighs. Any tumors or cancerous growths result from dampness that often accompanies liver stagnation and spleen-pancreas imbalance
- Tendency to be sensitive to others, delicate feelings, sceptical
- Hair: sparse, falling out, pale and lusterless, premature greying, alopecia

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- Eyes:
  - Inflammation
  - Tears or no tears
  - Cataracts, glaucoma
  - Redness, night blindness
  - Any visual infractions, even near or far-sightedness
  
- Long-standing over indulgence in high fat foods creates heat in the body that can result in:
  - High blood pressure
  - Dizziness
  - Moving pain
  - Tremors
  - Cramps
  - Seizures
  - Spasms
  - Itching
  - And in extreme cases: numbness and other cardiovascular conditions

Thyroid conditions may be accompanied by:

- Liver/gall bladder stones
- Constipation
- Indigestion, flatulence
- Pain under the front right rib (gall bladder area)
- Tension in back of shoulders near neck
- Bitter taste in mouth

## The Whatever Disease

It's actually not your thyroid's fault. When frustrated by how it's going or looking for someone or something to blame, there is comfort in knowing that it's the 'thyroid's fault'. "If that little butterfly gland would just do its job...". The buildup to thyroid dysfunction culminates over time and in addition to foods and environmental stressors, our thoughts and words create vibrations and patterns that manifest and influence our bodies. They, also, are energy. How has your inner dialogue been going?

The thyroid gland is located at the throat area or 5<sup>th</sup> chakra and is the master metabolizer. Imbalance in function may be experienced as a lump in your throat, a sore throat, a 'frog' in your throat or even as a goiter or tangle nodes. It is here where your energy is stuck. It's the "whatever" that stifles or suppresses us from saying what we really want to. This energy congestion suggests that what we have to offer to the conversation just isn't that important – *WE* are just not that important. "Who am I to think that what I have to say has value?" It is the 'would-have-could-have-should-have' internal chatter that stops us.

Other experiences may include:

- Feeling insecure, never fitting in
- That you are disappointment to a spouse or parent
- That you have too many responsibilities - overwhelm
- Humiliation, deep shame
- Everyone comes before you do
- Feeling left out or abandoned, unfulfilled
- Difficulty communicating or not communicating at all – shut down
- Afraid to express your truth

## Emotional Indicators

- |                         |                 |
|-------------------------|-----------------|
| ▪ Frustration           | ▪ Arrogance     |
| ▪ Impatience            | ▪ Stubbornness  |
| ▪ Resentment            | ▪ Aggression    |
| ▪ Rudeness              | ▪ Impulsiveness |
| ▪ Edginess, mood swings | ▪ Depression    |

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## It Runs in the Family

Dr. Bruce Lipton's book, *The Biology of Belief*, presents scientific research that states that we are less than 2% of our DNA. This is good news! His work considers that most of our behavioral patterns and their expression are a result of our experiences and environment rather than our DNA. When it comes to our genetic imprints, it is quite liberating to think that we can reprogram ourselves.

By applying specific food therapy, emotional work along with herbal and homeopathic remedies, it is possible that the health of your thyroid will improve. Yes, more good news. ([See food recommendations](#))

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## Heavy Metals or Chemical Toxicity (Hm/C)

The presence of chemicals and heavy metals frequently underscore the behavior of the thyroid. These are known as endocrine disruptors and must be given due consideration, as your investigation proceeds. One of the common questions is 'where did they come from?' Heavy metals can accumulate over time and may be residual even from childhood. Dr. Dietrich Klinghardt says that residues from Valium can be found in the body even 32 years afterwards. Where you have lived since childhood to the present day, exposures at your place of employment, recreational activities and water and food sources contribute to your HM/C profile. Your inner nutritional balance determines the 'sticking' potential of chemicals. For example, selenium is good for the thyroid health but when mercury levels are high, selenium is pushed out. It's a battle for positioning.

Professor Rost, in Dr. Rau's book on *Biological Medicine*, states that thyroid disorders are an expression of mercury intoxication. Lisa Rapaport, in Reuters Health, found that workers exposed to chemicals on the job were more likely to develop thyroid cancer. Exposure to biocides includes chemicals found in sanitizers, disinfectants, sterilizers, and deodorizers. The use of such biocides is extensive in hospitals, cafeterias/restaurants and in the cleaning industry. Without iodine the thyroid is vulnerable to chemical toxicity.

Any circulating heavy metals inhibit the functioning of the thyroid and contribute to inflammation and dysregulation of the production of thyroid hormones. The present of endocrine disruptors have devastating effects on the reproductive system. Iodine is stored in the thyroid, breasts and ovaries.

Xenoestrogens are endocrine disruptors that mimic our natural estrogen. These are found in fabric softeners, nail polish, solvents, Styrofoam, plastics, cleaners, glue, paint, pesticides/herbicides and exhaust from vehicles.

Low iodine levels are connected to the development of breast, prostate, ovarian and uterine cancer. This deficiency contributes also to fibrocystic diseases of the breast and uterine fibroids. We are exposed to Halides, such as Fluoride, Bromide and Chlorine, including their derivatives, on a daily basis. Perchlorate is a chloride component found in jet fuel, rocket propellants, munitions, fireworks, airbags, matches and flares. Perchlorate is found in all our water systems, foods and mothers' breast milk. Dr. B. West writes that "it is now proven that iodine...detoxifies the body of halide compounds, such as bromine and fluoride, and the heavy meals mercury, cadmium and lead."

Symptoms that suggest the presence of HM/C are:

- Hoarseness, chronic cough
- Irregular pulse
- Perspiration
- Shaking, tremors

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- Insomnia, fatigue, faintness, weariness
- Vertigo, headaches, migraines
- Muscular weakness
- Alopecia
- Eczema (especially on hands and feet), psoriasis, neurodermatitis
- Infertility/sterility

### Fluoride

Fluoridation blocks the thyroid receptor sites, impedes function and inhibits the ability of iodine to concentrate and build. Fluoride is found in toothpaste and in the drinking water in some cities. When fluoride is not in the tap water, physicians and public health suggest that you administer drops to your children. Fluoride is used as a standard treatment in dental offices.

Fluoride, mercury and bromide compete for entry at the thyroid receptor sites. Deficiency in iodine is observed in cities where there is elevated air pollution and hence, thyroid imbalance is rampant. In Europe, fluoride is used to moderate hyperthyroidism. The increased planetary pollution has greatly affected the human population.

### Mercury

Mercury is another thyroid receptor site blocker. It is found in dental amalgams, vaccinations, silver mining, incinerators, crematoriums, industry, fireworks, fungicides and pesticides, laboratory slide preparations and reagents, some drugs, thermometers, fluorescent lighting, and batteries. Iodine is a natural mercury chelator when taken in the right amounts. Mercury, fluoride, bromide and other halogens are not friends of thyroid.

### Bromide/Bromine

Bromine is a known carcinogen and is outlawed in numbers of countries, although is still in use in the USA in baked products and is found also in over the counter medications and personal care products. Bromine and Bromide block iodine and are still found in bread at a level 10 times higher than before.

Nascent Iodine in your daily regime provides protection from these toxins taking up residency in your system. If chemicals and/or heavy metals may be a factor in your thyroid imbalance, discuss a plan for detoxification with your health care professional.

## Testing for Subclinical Thyroid Function

*\*Please note that it is in no way intended to replace or dispute your medical testing, but rather, to work in cooperation. Nascent Iodine is safe to use alongside your medication.*

The following simple at home test is an easy way to monitor your thyroid function. What is handy about this basal body temperature charting is that you can actually evidence the increase in your body temperature once you begin using Nascent Iodine. Body temperature is indicative of thyroid function, according to Dr. Barnes.

It is recommended that you record your temperature first thing in the morning before your feet hit the floor. Be as still as you can. After using the Nascent Iodine for 4-6 weeks, check in with your temperature again (5-10 days) to note any changes. Work with your health care practitioner to discern whether you need to increase your dosing level in order to create the improvement you are looking for. Edgar Cayce referred to diseases of the thyroid as “glandular incoordination”, which is a reference to the subclinical thyroid indicators or symptoms that present prior to any diagnosis.

## Dr. Barnes Basal Temperature Test for Thyroid

1. First thing in the morning **before getting out of bed** place the thermometer in your left armpit against the skin until the reading is complete. Normal underarm temperature is between 36.5-36.8 degrees.
2. Record your temperature on the chart below for **10 days**. Retest after 30 days to evidence change.
3. Indicate the first and last day of menstrual period with an "X" on the chart.
4. Overactive: 1-2 degrees **ABOVE** normal zone and Underactive: 1-2 degrees **BELOW** normal zone.

If your temperature is consistently out of the normal range, blood tests for evaluating thyroid function are indicated. However, these tests are often normal even if the thyroid gland is malfunctioning. Lab tests show only how much thyroid hormone is circulating in the blood and tell nothing of how well the hormones are functioning on a cellular level.

Additionally, *the loss of up to 70% of thyroid function may occur before blood tests become abnormal.*

This test acts as a **SUBCLINICAL INDICATOR** of thyroid glandular incoordination and evidences your improvement over time.

*Please note that this test is a guideline that in no way replaces medical testing or treatment by your doctor.*

Temp C.	1	2	3	4	5	6	7	8	9	10	Temp F.
37.1											98.8
37.0											98.6
36.9											98.4
36.8								L			98.2
36.7							A				98.0
36.6						M					97.8
36.5					R						97.6
36.4				O							97.4
36.3			N								97.6
36.2											97.4
36.1											97.3
36.0											97.2
35.9											97.0
35.8											96.8
35.7											98.7
35.6											96.6
35.5											96.5
35.4											95.7
35.3											95.5
35.2											95.3
35.1											95.1
35.0											95.0
34.9											94.8
34.8											94.6
35.7											94.4
34.6											94.2
34.5											94.1

This test was developed by Broda Otto Barnes, MD, PhD. Barnes states that this test is superior to standard blood studies for evaluation of thyroid function. **Blood tests measure pituitary (TSH) and T3 hormone blood levels, while temperature readings measure how much energy is actually being generated in cells.** Recently, more testing is available medically and the value of the Barnes Thyroid Temperature test remains.

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## Science

Nascent Iodine is produced using a patented electromagnetic process which allows the iodine to remain in its atomic/bio-identical form for up to two years when stored properly.

Nascent Iodine is in its atomic form, which is the same form the thyroid makes from iodine that has been consumed. This form is bio-identical to what the thyroid uses.

As early as the mid 1800's, 'goiter belts' were identified. These were regions where diminished concentrations of iodide in the soil, water and food supply, manifested as goiters in the population. Iodized table salt was successfully introduced as the solution to this particular thyroid issues. This deficiency was common the Great Lakes, Appalachians, NW USA, and in areas throughout Canada.

Just as the liver is affected by iodine deficiency, so are the kidneys. This relationship is such that Chronic Kidney Disease (CKD) is congruent with low T3 production, as evidenced in a 2012 published study. In addition, our lymphatic system leans heavily on adequate iodine levels to mobilize stagnation, congestion and toxins.

## Radiation

As all things in nature strive for balance, the displacement theory is always at work. Competitive inhibition is a term used to describe the assertive characteristics of minerals and chemicals where one will force the other out.

Radioactive substances mimic their nonradioactive counterparts. An example of this is that strontium, found in fireworks and flares, mimics calcium. Radioactive strontium is particularly harmful. The presence of radiation and radioactive substances challenge our iodine levels.

But is all radiation bad? The radiation from the sun has many health benefits, including increasing out Vitamin D levels.

Radiation exposure comes from technology and industry, such a computers, x-rays, medical imaging, and from environmental disasters such as Chernobyl and Fukushima. The effects of radiation can be witnessed in factories and offices where people experience long periods of exposure to radiation from equipment. Women who work in these environments experience higher levels of infertility and spontaneous abortion.

## The World of Wireless

Technology and the wireless industry exponentially increase our exposure to radiation, which affects the thyroid function. **Joel Moskowitz**, director of the Center for Family and Community Health at Berkeley's School of Public Health, is an activist when it comes to the potential health risks of our increasing exposure to wireless radiation from cell phones, tablets, and numerous other cordless devices. He is a crusader for our right to have access to the facts about the dangers of radiation exposure.

<https://www.youtube.com/watch?v=pr9Z0WeGtDk>

Moskowitz's research finds that the new improved 5G wireless configurations improve our ability to send and receive communications. Unfortunately, this advancement in technology increases our exposure to radiation exponentially and is already a huge contributor to electro-smog. This is at a great cost to our health in general and more specifically to our thyroid.

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## Medical Imaging

Medical imaging is a tremendous asset to the medical community and has enhanced the ability for diagnoses. Low dose exposure to radiation in medical treatment is used to stimulate the immune response although this treatment option remains controversial. To better understand the concerns of medical imaging, a single CT scan of the chest is equal to about 350 standard chest X-rays, so two scans are twice that amount or as high as 884 X-rays.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2996147/>

## Breast Cancer

Estrogen sensitive cancer cells are less prone to grow when iodine is present. Including iodine in the treatment protocol of women suffering with fibrocystic breast disease significantly reduces or eliminates breast sensitivity and tenderness. Dr. David Brownstein MD found that 20 minutes after swabbing the vaginal walls with iodine there was no pain or discomfort. 72% of women receiving such treatment experienced improved breast tissue health. In Dr. Brownstein's book, *Iodine: Why You Need It*, he shares his experience about a woman with such painful breasts that she couldn't tolerate palpation during a medical examination. He swabbed her vaginal walls with iodine and 20 minutes later, the reduction in pain and discomfort was such that the examination was able to proceed. Brownstein states that 72% of women experienced improved health of breast tissue with the introduction of iodine.

## Thyroid Supportive Food Therapy

Food therapy regenerates and restores your thyroid and liver. The list below outlines the best foods to get the job done and with kind attention, you should be feeling a difference over a 90-day period. Eat smaller meals, with the largest meal being midday. Ingest mostly vegetarian/vegan food, including a plethora of raw and steamed vegetable choices. Avoid any and all eating in the evening.

### ARTICHOKE LEAVES

Contain alkaloid compounds that work cooperatively with the immune system to protect the thyroid. Fresh is best but if you only have access to the canned/jarred variety, soak them overnight to get rid of citric acid used as a preservative (a corn-derived irritant).

### ALOE VERA

Flushes toxins from the blood and has a purgative effect on the liver, especially where preservatives may be a factor. It enhances the adrenal glands and pulls radiation from the thyroid.

### APPLES

The pectin from apples is the property that binds to chemicals, viruses, and bacteria.

### ARUGULA

Is known to rejuvenate the tissue and improve the scarring from radiation, chemicals, viruses, and bacteria. It shows benefits with thyroid cysts and tumors.

### ASPARAGUS

Contains a pain-relieving alkaloid and can be enjoyed steamed or raw. Its properties strengthen and cleanse the pancreas, spleen and liver.

### AVOCADOS

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Offer protection for the lining of the digestive tract. Because of the copper content, T3 and T4 are better balanced.

#### **BASIL**

Antiviral and reduces cysts, nodules and tumors. Also, contains anticancer properties.

#### **BERRIES**

High in antioxidants. Blackberries strengthen thyroid tissue and have been seen to reduce nodules. Raspberries are strong detoxifiers and cleansers.

#### **CELERY**

Improves the production of hydrochloric acid and bile. It is high in electrolytes that benefit the adrenal glands and has a cleansing action for the lymphatic system.

#### **CILANTRO**

Binds to heavy metals, especially mercury and lead. This alone alleviates numbness, tingling, inflammation and aches. It indirectly is helpful with anxiety and depression.

#### **COCONUT**

Antiviral and anti-inflammatory, as well as calming to the central nervous system.

#### **CUCUMBERS**

Very cleansing for the adrenals and kidneys. Fresh cucumber juice hydrates therefore, flushes out infection (as seen with mononucleosis).

#### **FENNEL**

Acts as an anti-inflammatory therefore calms agitation in the thyroid and improves hormone production. High in vitamin C and antiviral compounds.

#### **GARLIC**

Flushes viruses, bacteria and waste from the lymphatic system. Especially good with strep that tends to hit the thyroid area.

#### **GINGER**

Reduces stress and brings the body out of a reactive state. Soothes nerves and muscles. Acts as a thyroid balancer and antiviral.

#### **HEMP SEEDS**

Contain micronutrients and amino acids. Protects from viral biofilms. Also, very good for eye floaters.

#### **HONEY (raw)**

Powerful for feeding and revitalizing the thyroid. Contains immune-supporting zinc.

#### **KALE**

Antiviral and high in minerals.

#### **LEMONS AND LIMES**

Increases hydrochloric acid and tones the intestinal lining. Cleanses liver and balances pH.

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**LETTUCE**

Especially romaine and butter leaf. Cleanses the liver, blood and lymphatic system. Its trace mineral salts support adrenal glands, which support the thyroid.

**ONIONS & SCALLIONS**

High antiviral properties and sulfur repairing ability. Do not use in the case of intestinal or sinus issues.

**PARSLEY**

Removes excess copper and aluminum, improves skin problems. Especially good with T3 production.

**PEARS**

Feeds and cleanses the liver therefore supporting weight loss. Reduces insulin resistance, balances blood sugar and supports adrenals.

**POMEGRANATES**

Blood and lymphatic cleansing. Been shown to break down nodules, tumors and cysts anywhere in the body. Replenishes the thyroid and parathyroid.

**RADISHES**

Sulfur containing, removes radiation from thyroid, and high in trace minerals. Revitalizes and strengthens thyroid while protecting against atrophy.

**SEA VEGETABLES**

Contain iodine, which works as a germicide, and zinc that is essential in immune function. Algae protects us from radiation and removes it from the thyroid. When used together with apple pectin, chemicals are better able to tumble out of the system rather than relocating.

**SESAME SEEDS**

Uplift central nervous system, high in tyrosine and lysine along with trace minerals.

**SPINACH**

Alkalizes body and supports nervous system. Removes viral waste material in liver therefore enhancing weight loss. Helpful with eczema and psoriasis.

**SQUASH**

Zucchini and spaghetti squash especially. Strong thyroid stabilizers. Heals inflamed nerves.

**SWEET POTATOES**

Detoxifies the liver, strengthens the skin and adrenal glands. Helps reduce fibroids and cysts.

**THYME**

Antiviral and cleansing. Has shown outstanding ability to support and normalize thyroid function.

**TURMERIC**

Regenerates and restores thyroid. Also, an anti-inflammatory.

**WATERCRESS**

Helps with detoxifying chemicals and medications from the liver.

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The following foods are also considered to be helpful in thyroid disease and the support of healthy functioning of this gland. When we measure these suggestions against other information and recommendations regarding thyroid health, there are some contradictions. This list is a revised list using Anthony William's guidelines in his books *Liver Rescue* and *Thyroid Healing*, as the base. Use choices from the list below occasionally only.

#### CAULIFLOWER

Contains boron that support the endocrine system. It stops the thyroid from atrophy that can occur with long-term medications. (*\*goitrogenic*).

#### CRUCIFEROUS VEGETABLES

Contain sulfur that protects against viruses. Sulfur revitalizes the thyroid. Consider cauliflower, kale, radishes, arugula, Brussel sprouts, cabbage, broccoli, kohlrabi, collard greens, mustard greens. (*\*goitrogenic*)

#### DATES

High in potassium and magnesium. Purges the liver and initiates peristaltic action.

#### FIGS

Binds and removes toxins form the intestinal tract and liver.

#### MANGOES

Their carotene restores spleen, liver, and brain. Helps with anxiety and sleep issues because of their magnesium content.

#### MAPLE SYRUP

Filled with trace minerals that feed the brain and nervous system. Builds glycogen stores that aid with blood sugar balance and adrenals.

#### NUTS

Walnuts, Brazil nuts, almonds and cashews contain zinc, selenium and manganese needed in thyroid function. Walnuts have antiviral and antibacterial properties.

#### ORANGES & TANGERINES

High source of calcium and protects against viruses. Purges fat and debris from organs.

#### PAPAYAS

High vitamin C level therefore antiviral. Replenishes the central nervous system. Rebuilds hydrochloric acid in the gut. Supports against thyroid atrophy when using medications. Acts like a dose of sunshine for this organ.

#### POTATOES

High in lysine and contain tyrosine, which is fundamental in thyroid health.

#### TOMATOES

High vitamin C levels that support immunity. *Moonlight frequency* or night shade plant. Brings balance to all the organs.

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**Support Healthy Thyroid Function with the following:**

1. Truehope Nascent Iodine
2. A balanced alkaline diet
3. Spirulina – very iodine rich, removes mercury, radiation, cadmium and lead.
4. Chlorella – removes lead, mercury and aluminum.
5. Ensure that your structural health is aligned. Car accidents or cervical injury can disrupt the thyroid.
6. Reduce exposure to radiation. Use salt water baths as a neutralizer.
7. Magnesium
8. Sulphur

*“I was exhilarated by the new realization that I could change the character of my life by changing my beliefs. I was instantly energized because I realized that there was a science-based path that would take me from my job as a perennial “victim” to my new position as “co-creator” of my destiny. (Prologue, xv)”*

*– Bruce H. Lipton Ph.D.*

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