

# Thyroid

**TSH Lower than 0.4** – Excitathyrotem along with SIRC and Liposomal Vitamin D  
No methylzyme. Hyperthyroid

**TSH Higher than 0.4** – SIRC and Liposomal Vitamin D. Then not hypothyroid

10 fingernail moons – 10% thyroid function per fingernail

**Vitamin D** – Range is 30-80, 80 is high range of normal. Anything over 80 is too high.

**Temp under 98.6** = low thyroid

**Check pH** – If saliva pH is not 6.3-6.6 thyroid can't accept iodine

If T3 is good but T4 is out of balance: check sodium. Client can swell up and forces kidneys to swell. Use celery juice which increases organic sodium in the body.

Check Shirley's Wellness Café: Salt Deficiency, the Cause of Many Diseases

Bathing with salt lick for animals. Crack the magnesium flakes in the bath with Himalayan pink salt and Bob's red mill baking soda

Graves – cause of hyperthyroidism

Hashimoto's – Is a form of Underactive or Hypoactive thyroid but not the only cause. Use only SIRC and liposomal Vitamin D. Can't take iodine.

Hypoglycemia – Use SIRC

A1298C – Use SIRC, Methylzyme & Liposomal Vitamin D

Heterozygous for MTHFR = C677T & A1298C – Methylzyme 2 sprays 2x/day

+/+ means Heterozygous

+/- or -/+ means positive (Homozygous)

-/- means negative

yellow is 1 copy

Green is none and red is 2 copies