

Thyroid Reset Protocol

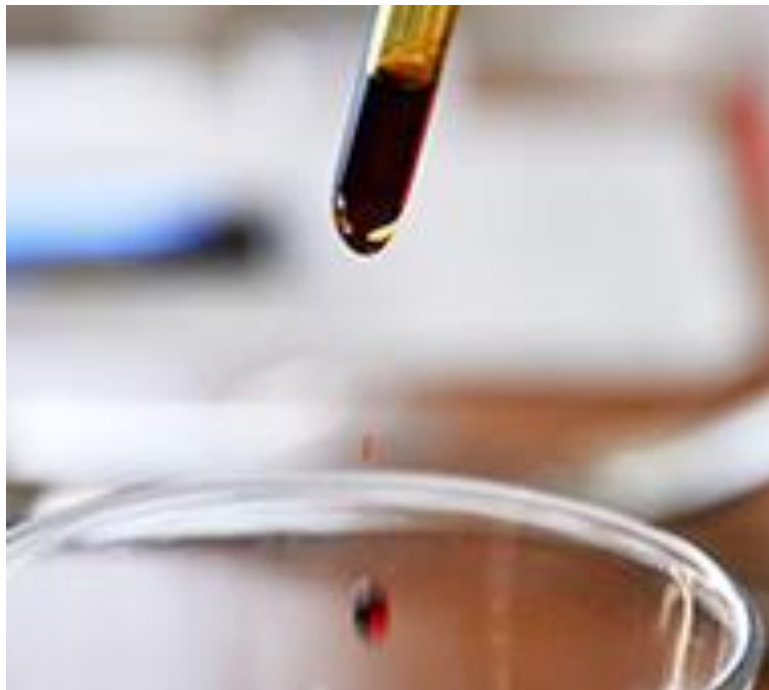
Do you suffer?

Cold Hands – Cold Feet – Easily Chilled

Does your body have a hard time regulating
temperature?

You may have subclinical hypothyroid function.

The Thyroid Reset Protocol is simple, has worked for
thousands and can work for you too!



ALYCE HARMS

Copyright © 2015 by Alyce Harms

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Coordinator," at the address below.

**PO Box 246, Yandina,
Queensland, Australia. 4561**

Disclaimer

This information is for education purpose only. It is not medical advice and is not intended to replace the advice or attention of health care professionals. Consult your physician before beginning or making changers to your diet, supplements or exercise program, for diagnosis and treatment of illness and injuries and for advice regarding medications.

Table of Contents

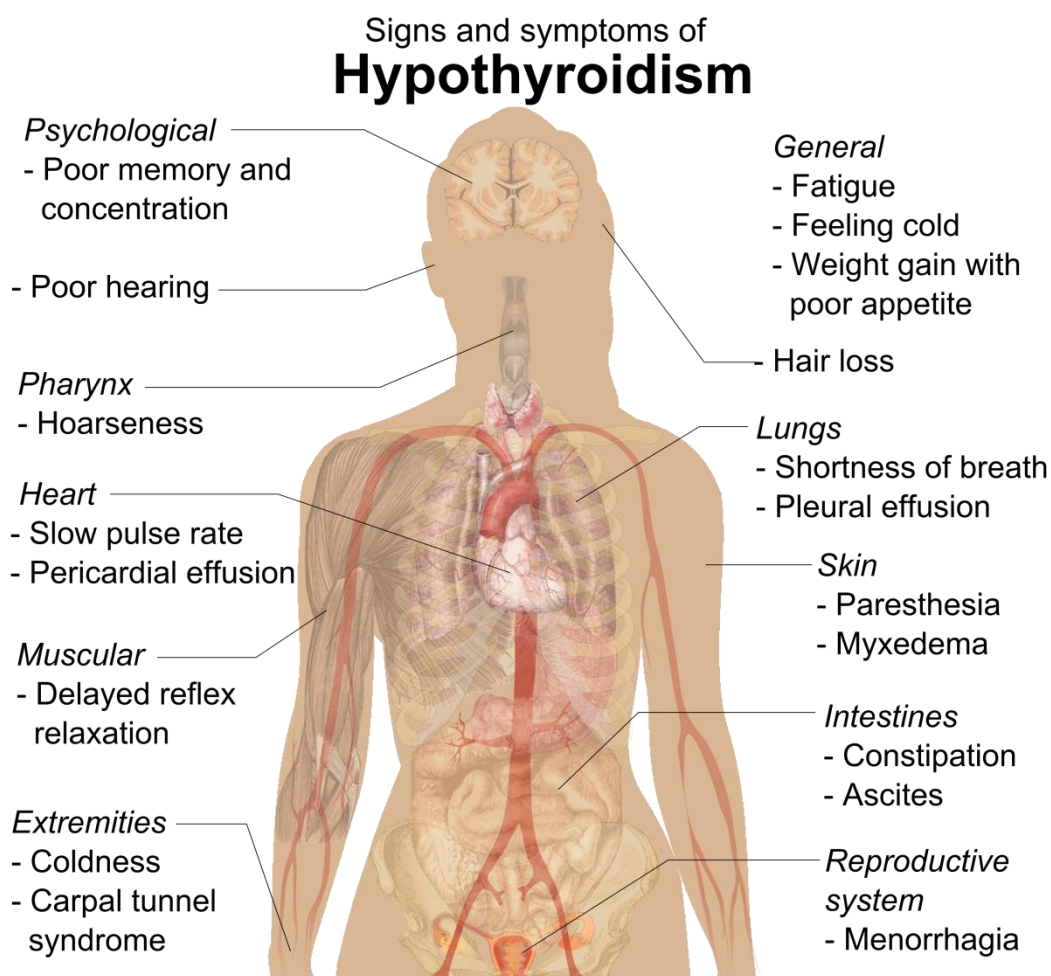
Introduction: Thyroid Reset Protocol	
Signs and Symptoms.....	3
Clinical Thyroid Testing Only Measures TSH Levels.....	3
Body Temperature Is A Foremost Indicator Of Thyroid Health.....	4
Low Basal Body Temperature Reveals Poor Thyroid Function.....	4
How To Take Your Basal Body Temperature.....	5
Interpreting Your Basal Body Temperature Test.....	6
Iodine Is The Thermostat For The Human Body.....	6
Thyroid Reset Protocol.....	7
Sources.....	8
Testimonials.....	9

Thyroid Reset Protocol

Signs and Symptoms

There are many related symptoms and factors to thyroid dysfunction; however in my experience one of the most prominent symptoms of an underactive thyroid has been sensitivity to cold and the body's inability to regulate temperature.

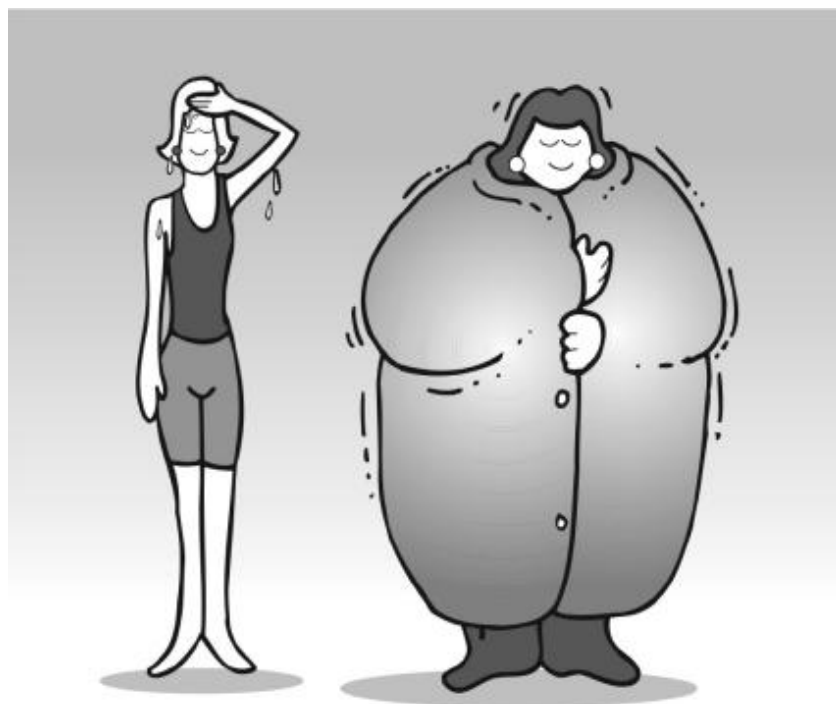
Perhaps you too have suffered with symptoms of an underactive thyroid and were surprised when clinical thyroid testing did not reveal dysfunction? It could be because you, like so many others, have subclinical hypothyroidism!



Clinical Thyroid Testing Only Measures TSH Levels

The medical thyroid test measures TSH levels or the amount of T3 and T4 hormone in the blood. Consider however, that T3 is the primary hormone which helps regulate body temperature and not T4. Therefore if there is adequate secretion of T4 by the thyroid gland but we are not getting sufficient conversion of T4 to T3, or T3 is unable to activate cellular receptor sites, then the basal body temperature will be found to be low, as will thyroid function.

For this reason TSH testing is not an adequate identifier for optimal thyroid functioning. A much more effective test for determining healthy thyroid function is the **Basal Temperature Test**.



Dr. Broda Barnes was one of the pioneers who explored this major health issue of subclinical hypothyroidism, and who used what was called the 'Basal Metabolic Temperature Test' for diagnosing such cases.

Despite its seeming simplicity, this genuinely relevant diagnostic technique is capable of identifying under functioning thyroid in many people who do not show up as being hypothyroid with regular blood tests.

Body Temperature Is A Foremost Indicator Of Thyroid Health

Considering the fact that the thyroid hormone, T3, helps keep our bodies warm, an effective form of thyroid testing can therefore be achieved by tracking basal body temperature with the use of a basal body thermometer.

Using your body basal temperature provides us with a comprehensive understanding of how efficiently your thyroid gland is actually functioning, as opposed to medical thyroid testing, done on a blood sample, which only measures how much hormone is present in that specific amount of blood and not how active it is.

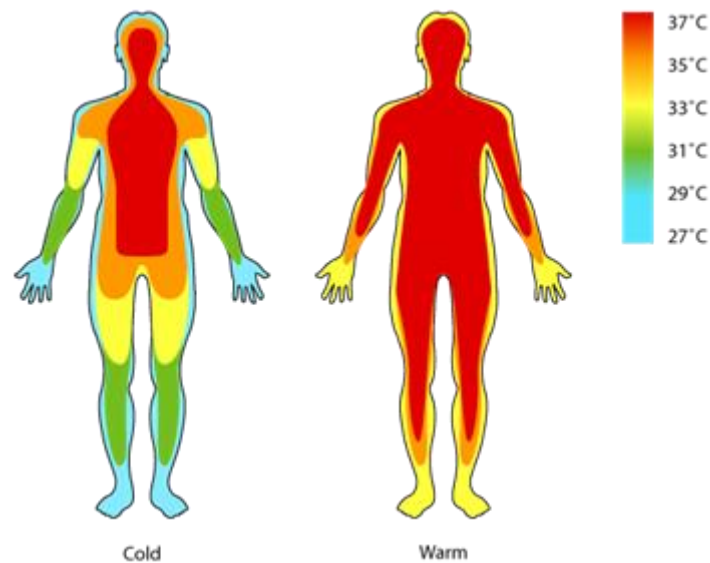
A Low Basal Body Temperature Reveals Poor Thyroid Function

As your thyroid starts to fail in function of maintaining body temperature, it is no longer able to keep your body warm at a constant level.

A healthy human's normal body temperature is 37 degrees Celsius. If your body is consistently below normal temperature your enzyme production is compromised inhibiting the metabolic process resulting in depression of your entire cellular function.

Understand that every metabolic function in your entire body is completely dependent on enzyme function. In turn, enzyme function is highly dependent on temperature. Therefore, if your basal body temperature is below normal, then all enzymes in every cell of your body will be under functioning.

Reset your Thyroid and increase your core temperature!



How To Take Your Basal Body Temperature

The Basal Body Temperature thyroid test is simple and only requires a *mercury thermometer* (a digital or infrared thermometer are calibrated differently from the mercury type and not as useful for this testing because they tend to under-register a person's body temperature providing false diagnosing of subclinical hypothyroidism).

Mercury thermometers can still be found in many pharmacies and are not particularly expensive (this type of thermometer is often used for fertility testing).

Basal Temperature Test Is Taken Under-Arm

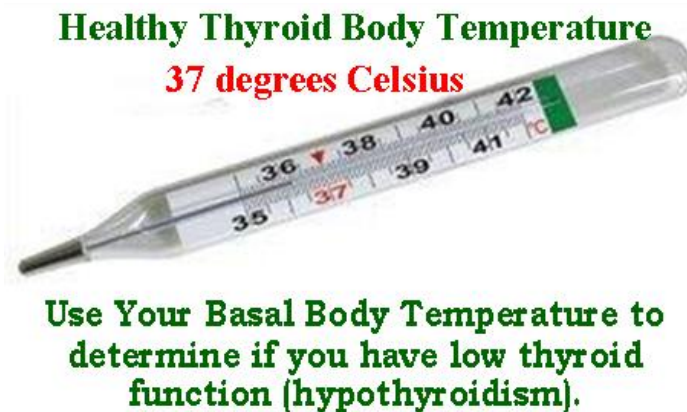
1. Shake down the thermometer until the mercury falls below 35 degrees Celsius. Place it by your bed at night when you retire.
2. First thing upon awakening; before you become physically active, gently push back most of your blankets and place the mercury thermometer in your arm pit (not under the tongue) for a full 10 minutes. It is also crucial for you to not move or get out of bed for any reason before taking the temperature because any activity will raise your basal body temperature, and make the test useless.

3. Record the temperature, time, and date.

4. Conduct the same test for at least three consecutive mornings at the same time each day to provide a good average to work from.

Interpreting Your Basal Body Temperature Test

Normal body temperature in a healthy human being is 37 degrees Celsius. If the average basal body temperature reading is below 36.5 degrees Celsius, then this is a strong indication of an underactive thyroid.



The more the average temperature is below 36.5 degrees Celsius the more the thyroid is under-functioning.

The greater the temperature is found to be below 36.5, the more the thyroid can be regarded as incapacitated, or not functioning at an *optimal* level.

Please Note: Natural fluctuations can occur during menstrual cycles. If you are still menstruating, perform the test on the second, third, and fourth days of the menstrual cycle.

Iodine Is The Thermostat For The Human Body

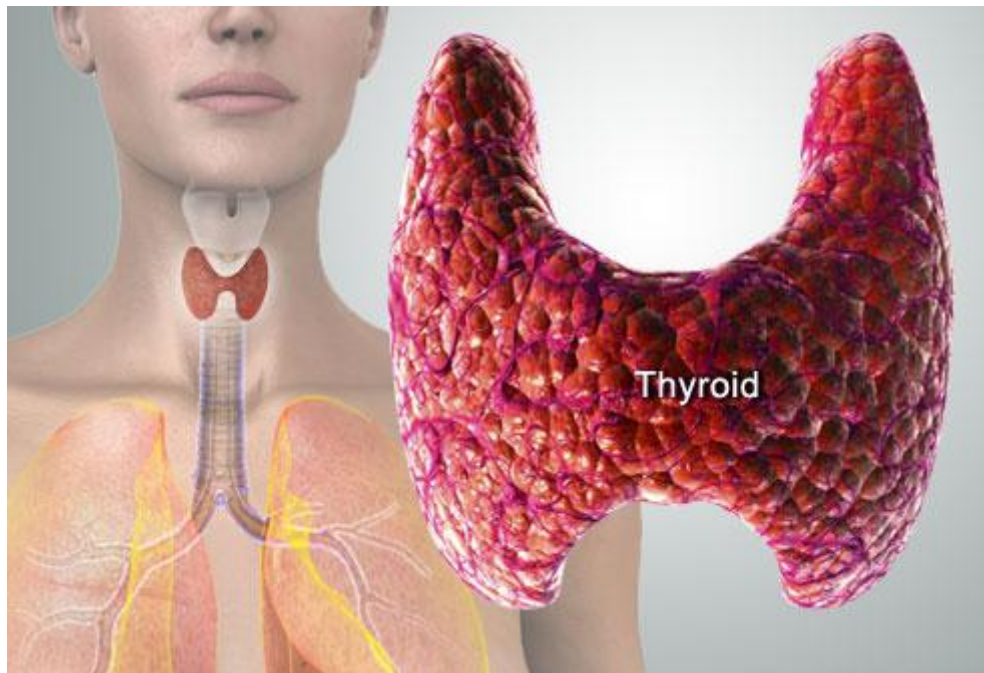
Research has revealed that the most effective iodine to quickly restore thyroid function is the nascent form of iodine. Nascent Iodine is quite different from typical iodine in its denser state sold as an antiseptic, or as iodine tri-chloride (claiming to be atomized), or as added to potassium iodine (such as in the Pill form).

It is also unlike glandular or prescriptions containing hormones that take over the thyroid's job, instead of nutritionally building the thyroid to work on its own. Seaweed, seafood, greens, raw sunflower seeds are good sources of iodine, but may not have the levels necessary to support the thyroid fully and iodine sources from seaweed may contain undesirable levels of arsenic and bromine.

Nascent Iodine supports the thyroid rather than replacing thyroid function.

Biochemically, Nascent iodine is designed for internal use as a supplement; being in a pure energized atomic state rather than a molecular form makes it highly bio-available. This charged state is held by the atom until dropped into water and consumed. Nascent iodine is most active in the body for 2–3 hours. During this time, Nascent Iodine is recognized by the body as the same iodine that is used by the thyroid and is absorbed effortlessly by the body. As noted, this particular form of iodine is unique and well known to offer beneficial effects unlike any other form of iodine.

Nascent Iodine is the most easily assimilated iodine available today!



Thyroid Reset Protocol

Recommended: Take on an empty stomach at least 15 minutes before breakfast and at 1 hour away from any vitamin C (vitamin C will oxidise iodine and render it less useful to the body). Afternoon take the drops 1- 2 hours after meals but before 4:00 pm.

1. Each morning for 4 days upon arising place 2 drops Nascent iodine in 30 ml pure water (water that is free from chlorine and fluoride). Swirl in the glass, hold in the mouth for a few seconds and then swallow.
2. Day 5 - 9 increase to 4 drops in the morning.
3. Day 10 - 14 increase to 5 drops in the morning and 2 drops afternoon - slowly work your way up as long as there is no discomfort.
4. Day 15 increase to 5 drops in the morning and 5 drops afternoon. Continue on 10 drops daily for 1 -2 months.

The protocol is a guideline as each person is unique; it is important to listen to your body and let your body guide you in this process. Once you have gotten your iodine levels up to

optimum and your thyroid has restored proper functioning (your body can regulate temperature), cut back to 3 drops morning as a regular maintenance.

Most people stabilize and maintain somewhere between 3 to 6 drops daily. Some may need up to 8-10 drops as a regular maintenance.

One drop of Nascent Iodine = 400 mcg.

Nascent Iodine helps you easily transition from state of iodine deficiency to achieving optimal iodine levels - fast!

Please note: While following this protocol should you experience detoxification symptoms (headache, flu like or other) refer to [“Bromide and Toxin Detox Symptoms and Solutions”](#)

Sources:

Barnes, Broda, MD and author:

Hypothyroidism – The Unsuspected Illness, Harper & Row. NY. 1976. ISBN: 0-690-01029-X

Guy E. Abraham, MD –former Professor of Obstetrics, Gynaecology and Endocrinology at the UCLA School of Medicine:

The safe and effective implementation of orthoiodosupplementation in medical practice. The Original Internist, 2004; 11(1):17-36

Iodine: The Universal Nutrient <http://www.vrp.com/art/1781.asp>

David Brownstein, MD – family physician and author:

Overcoming Thyroid Disorders ISBN-10: 0966088220

Iodine: Why You Need It, Why You Can't Live Without It (5th Edition). ISBN978-0-9660882-3-6

Bernard A. Eskin, MS, MD, Professor of Obstetrics and Gynaecology and Director of the Menopause/Perimenopause Center at Drexel University College of Medicine. He has published well over 100 peer-reviewed journal articles and is the author or editor of 20 textbooks. His overall clinical care, research and teaching have been directed towards further improvements in women's health.

Jorge D. Flechas, MD, MPH, Medical Director of Flechas Family Practice in Hendersonville, NC, specializing in hormonal therapy for the treatment of Fibromyalgia and Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS):

The Safe and Effective Implementation of Orthoiodosupplementation in and Practise of Medicine, 15th Edition 1987:438-440 ISBN

Testimonials

The nascent iodine has changed my life. I am no longer taking medicine for thyroid and its been only 3 weeks since I started. I have more energy, no more constipation and my feet aren't ice blocks when I clime into bed. I think I have lost a few kilos to! Thank you for providing such a wonderful product and all your help to.

Denise Baker

The iodine has done the job! I have only a partial thyroid. My temperature used to be at 36.1- 36.3 degrees, sometimes as low as 35 .9 degrees. After following the protocol for a few months my temperature is now holding at 37 degrees and my energy level is much better. I worked my way up to 12 drops daily and now take 4. Thank you again this is the best thing I have ever used and really the only thing that has ever worked! I can now tolerate the freezer isle in the grocery store!

Thanks, Tanya C

After using your nascent iodine, I noticed a big difference in my energy levels. I also noticed a huge difference in mental clarity – the brain fog has disappeared. I lost already so many symptoms and feel so much better; first time in a year and a half. Thank you.

Tracy Bailey