

Natural Remedy For Hyperthyroidism

- Eat more cabbage, broccoli, cauliflower, Brussel sprouts, kale, mustard green, peaches, pear, spinach, turnip .
- Ice packs on throat
- SHTD drip
- Selenium
- Iron
- HMC
- I3C
- Krill oil
- Hydrocortisol
- L-carnitine
- Calcium & Magnesium
- Melatonin
- Vit D
- J-flex
- Reduce Insulin, Testosterone and Growth Hormone
- Avoid Gluten, soya, food colourings, processed food, dairy products, refined carbohydrates, red meat, lunch meat, seafood, iodine, sugar , No caffeine/stimulants
- No exercise
- Foods good for hyperthyroidism : Brazil nuts
 - : Maca
 - : Cruciferous vegetables
 - : Chlorophyll