

Thyroid Health

What Is Thyroid Health, and What Problems Can Occur?

The thyroid gland is found in the neck below the Adam's apple located on the front of the windpipe. It mainly controls how quickly and effectively the body uses energy, i.e. the metabolism and is responsible for secreting thyroid hormones into the body. These control the metabolism along with growth, development and the body's temperature.

There are a range of problems associated with the thyroid and these include:

- **Goiter:** Thyroid swelling and is often associated with thyroid inflammation known as Hashimoto's Thyroiditis.
- **Thyroiditis:** An inflamed thyroid often caused by a viral infection or that of an autoimmune condition. It can be painful and often there are no symptoms.
- **Hyperthyroidism:** This is known as excessive thyroid hormone production. This is usually caused by Graves disease or even an overactive thyroid nodule.
- **Hypothyroidism:** This is caused by low production of thyroid hormones, caused by an autoimmune disease.
- **Graves disease:** Caused by an overstimulated thyroid, this is an autoimmune condition.
- **Thyroid cancer:** This is an uncommon form of thyroid cancer, but is mostly curable with radiation, surgery and other forms of hormone treatments.
- **Thyroid nodule:** These consist of small abnormal lumps or masses in the thyroid gland, they are extremely common and relatively few are cancerous. They usually secrete excess hormones and can cause hyperthyroidism.
- **Thyroid storm:** This is rare and causes thyroid hormone levels to become extremely high, thereby causing severe illness in the body.

Thyroid FAQ

Q: I am a 65-year-old female, and have had kidney stones for my entire life. I am in awe as to why the medical specialists have not been able to identify the real cause for this problem. I had been diagnosed with hyperparathyroidism over 25 years ago and was never treated for this problem. I've done some research on-line myself and realized that I have so many of the symptoms/problems related to hyperparathyroidism. My big question is: Could hyperparathyroidism be the culprit at large here? Would Serrapeptase have any health benefits in my situation?

A: It is a combination of missing minerals, over acid diet and high sugar foods. Please refer to the Thyroid Health Plan.

.....

“Hello Mr. Redfern, I am writing a few words to thank you, I followed your advice and the nodule is gone, I still use Nascent Iodine 2 to 3 a day and I feel much better. Thank you again.”

- Odette B.

.....

Follow the Health Plan as recommended for the best results:

THYROID HEALTH PLAN

This supplement regime is designed to relieve any thyroid problems you may have and is especially effective when combined with a naturally healthy diet and lifestyle.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:*

- **1st Line (Thiocyanate) Immune System Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - Take 2 x 3 times a day, 30 mins before eating with water. This helps to clear inflammation and aids in the healing process.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Hydrosol Silver Spray** - Take 2 sprays x 3 times a day in the mouth. Hydrosol silver has antibiotic properties that aid in the healing process.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.

Other Recommended Products

- **D.I.P. Daily Immune Protection** - Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.