

NATURAL ENERGETIC APPLICATION FOR THE THYROID

The thyroid is half of the glandular system that makes up your energy system. Helping it to remain functional will help you to maintain the energy needed for life.

If your thyroid has been surgically removed, medication will be prescribed for you. In the authors opinion, (Michael Lebowitz, DC) synthetic medication should be taken if all else fails, as it may inhibit the bodies own production of thyroid hormones and might possibly produce side effects.

First, try to prevent the thyroid from dysfunction. Stress, what we eat and how we live our lives effects the health of our thyroid. It is never too late to reverse symptoms of thyroid dysfunction. Try to help the thyroid heal and be restored it to normal function.

Here are some simple but valuable techniques and recommendations to begin the healing of the thyroid.

1. Abstain from alcohol, caffeine, sugar, recreational drugs, tobacco, birth control pills, and other drugs that may harm the thyroid gland.
2. Minimize your intake of white sugar, brown sugar, molasses, corn syrup, margarine, vegetable oil and other refined sugars and fats. DON'T OVER EAT.
3. If you must be x-rayed, make sure your thyroid gland is covered by a lead shielded apron.
4. When it is cold out make sure the whole body is dressed warmly.
5. Decrease the stress in your life. Your health and relationship to God and Spirit are essential to your emotional, mental, physical and spiritual well-being.
6. If you have ever had a neck injury such as a whiplash, see a practitioner versed in structural alignment to correct any nerve impingement.
7. Make sure your pituitary, adrenals, pancreas, reproductive glands and liver are functioning properly and not causing secondary thyroid disturbances.
8. If you grow your own food, most soils are depleted of necessary minerals. Fertilize with liquid seaweed or fish emulsion to supply iodine to the soil.
9. IF the thyroid is underactive, it may be deprived of iodine. Lugol's liquid iodine taken daily can help strengthen the thyroid. (At bedtime, I put it on my wrist and see how fast it absorbs. If my body needs it, it will all be gone in the morning. Start out at 10 drops and monitor yourself on how you feel.)
10. Take your temperature at your armpit. A basal temperature. If the temperature is below normal, 98.6, and in the 96 to 97.7 range, then your thyroid maybe underactive.
11. Take Kelp. It is high in iodine and natural minerals for your body. (I take a teaspoon ½ in the morning with my green drink and another late in the afternoon.)
12. Eat foods high in iodine and manganese such as seaweed, seeds, dark green leafy vegetables – kale, collards, etc. also bananas, and oats stimulate the thyroid. If you are gluten intolerant, then avoid grains that contain gluten. Oats has gluten.

14. **For an under functioning thyroid** you should avoid Vitamin A and zinc supplements. Avoid foods with thiourea (thyroid inhibitors). These include cabbage, broccoli, cauliflower, kohlrabi, peanuts, soybeans.

15. For an over -unctioning thyroid eat foods high in thiourea such as cabbage, broccoli, cauliflower, kohlrabi, soybeans, peanuts (except sauerkraut which due to the presence of pressor amines will aggravate the problem. Avoid cheese (due to pressor amines in it), as well as bananas and oats. Need to muscle test you.

Hands on Treatment:

16. **A treatment that tends to normalize thyroid function** is to take a very hot compress and put t over the thyroid for 30 seconds and then put an ice bag over it for 30 seconds. Alternate hot and ice 6 times, once in the morning and once at night for one week.

17. **For an over-functioning thyroid an ice bag for 30 minutes daily will help slow it down. Muslce test you.**

18. Neurolymphatic reflex points discovered by Dr. Frank Chapman, D.O. (1930's) have been shown to be of beneficial help in the function of organs and glands. By stimulating then vigorously, but not to bruise the skin, can be extremely valuable to speed up the recovery time. The point may be very painful or mildly painful. Pain is an indication that stuff is stuck and needs to be moved. Test for this..

19. A cold short bath, or a sunbath and daily exercise will help to revive a sluggish thyroid.

The NL reflex point for the thyroid is associated with the Teres Minor muscle. The points on the front of the body are located between the 2nd and 3rd ribs beside the sternum (breastbone). Rub them vigorously for one to two minutes. If it is really sore that tells you that things are "clogged up" stagnant and need to be energized. I like to rub twice a day until the soreness is gone. Then stimulate this point two times a week, for a month.

Remember to monitor your temperature too. Everything you do to increase the health and function of the thyroid and to maintain it on a regular basis is how you live your life and what you do everyday for your body.

Pressor Amine: A pressor base is a substance chemically classified as a base (or amine) that is capable of raising the blood pressure.

"Pressor" refers to causing a rise in blood pressure. The word comes from the French verb "presser" meaning "to exert pressure" or "to squeeze."

Reference: <http://www.medterms.com/script/main/art.asp?articlekey=9566>

Food and beverages rich in pressor amines: (Adapted from Krause, 2000)

Avoid totally: All types of cheese, smoked or pickled fish, liver, aged meat, biltong, Chianti and Vermouth, broad beans, meat extracts, yeast extracts and brewer's yeast, dried sausage (droëwors), sauerkraut, beer and ale.

Eat cautiously: Avocado, raspberries, soy sauce, chocolate, red and white wine, port, spirits (gin, brandy, cane, whiskey), peanuts, and yoghurt and cream made of unpasteurised milk.

Food that may contain pressor amines, but **have not** yet been identified conclusively (if you notice any symptoms after eating these foods, cut them out of your diet): muscle test for them.

Fresh fish, mushrooms, cucumber, sweet corn, fresh pineapple (canned pineapple is allowed), Worcestershire sauce, salad dressings, bread baked with yeast, raisins, tomato juice, curry powder, beetroot, boiled eggs, Coca Cola, biscuits, cottage and cream cheese.

References:

Body Mechanics by Michael Lebowitz, DC

Touch For Health by John Thie, DC

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