



# Quintessential Health Care

*An Integrated Health Resource*

## The Missing Glands in the Thyroid Puzzle

### Greetings!

We're going to jump right into today's topic on thyroid health.

But first...we hope you like our NEW newsletter format designed to complement our new website.

The 2-column format is easy-to-read and makes getting where you want to go in the newsletter FAST with less scrolling.

Just click the titles on the navigation bar (to the right) to hop directly to your topic of interest.

### Now onto today's topic: "The Missing Glands in the Thyroid Puzzle."

Thyroid disorders, and the awful symptoms that go along with them, are difficult to resolve because most doctors don't view the body as a whole.

The thyroid is not a stand-alone gland and relies on the health of other key glands to stay balanced.

So what exactly are these "missing glands" in the thyroid puzzle?

Read on to find out...

### Message from Milly

Through the years one of the things I've noted is how often thyroid conditions go undetected.

A person may complain of all the symptoms of thyroid imbalance such as agitation, fatigue, weight



### In This Issue

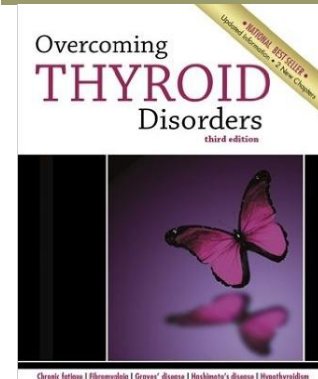
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### Health Thyself and Never Stop Learning



### Book Pick of the Month:

David Brownstein's: "[Overcoming Thyroid Disorders](#)", is our bible on natural and nutritional solutions to common thyroid problems.

From Grave's Disease to Chronic Fatigue, case studies, diets, and other holistic methods this book is a must-have.

gain, hair loss, constipation, insomnia, cold hands and feet, headaches, decreased libido, depression, infertility, headaches, racing heartbeat, and increased blood pressure to name but a few.

However, if their TSH (Thyroid Stimulating Hormone) blood work is within normal limits it's assumed their symptoms are not thyroid related.

As a result, it goes untreated and many people suffer in silence and fear for years.

In routine BioEnergetic Assessments I frequently find imbalances along the Thyroid meridian, and I am so grateful to have this technology to be able to isolate energetic causative factors.

**This is where one of those "missing" glands comes into play...the gland (or glands) are the adrenals.**

Fatigue, for instance, could be construed as adrenal-related **but more often than not a thyroid imbalance is a precursor to adrenal fatigue.**

**If the adrenal issue is addressed without targeting the primary cause, the thyroid, any improvement will be short lived.**

Many Functional Medicine Doctors refer to the thyroid gland as the "Canary in the coal mine", because they realize disruptions in thyroid function is a clue to impending health issues in other areas of the body.

**Because of the thyroid glands' placement in the body (just below the Adam's Apple) it tends to be prone to pathogenic exposure, especially viruses.**

The body, in its infinite wisdom, would rather hold a pathogen in the lymph nodes around the neck or in the thyroid, rather than let it infiltrate deeper into the body and compromise primary organs like the heart.

**Now onto the other "missing" glands often overlooked in the thyroid puzzle:**

The thyroid is governed from above, namely by the **Hypothalamus and the Pituitary Glands.**

Sometimes we have to work at this level and we have wonderful homeopathic remedies like **Hypotholmapath along with Thyro-Chord and Adrenal-Tone.**

This little trio can work wonders in restoring balance to this miracle gland that regulates literally every cell in the body.



**Get more iodine...naturally, with Atlanta Wild Caught Fish Co-op**

Optimizing iodine uptake is crucial in addressing all thyroid-related issues.

And, the best most practical source of food-based iodine comes from the sea (NOT from fish farms).

Check out:

[atlantaeatswild.com](http://atlantaeatswild.com)

and like their Facebook page, for the freshest, most delicious wild-caught fish and seafood at great prices.



**NEW Documentary Explains: What's With Wheat?**

Nearly everyone we screen, especially children or those with thyroid issues, has a wheat sensitivity.

**But why?** Why are we so sensitive to wheat when our grandparents were not?

**What's With Wheat,** the much-anticipated new documentary, exposes the real truth behind modern wheat cultivation and *why* it's become so toxic.

Read on to learn more about these remarkable remedies and other natural solutions for thyroid disorders.

Blessings to all,

-Milly

### *Ancient Wisdom Modern Medicine: Natural Solutions for Thyroid Health*



#### **Hypothalmapath:**

This homeopathic remedy targets the thyroid's governing gland: the hypothalamus.

It does this by providing the energetic blueprint for healthy tissue and cellular communication.

It's also a favorite for hormonal balancing and fertility.

**Thyro-Chord:** A homeopathic detoxifier specific for common thyroid pathogens and viruses.

As mentioned above, the thyroid's location makes it prone to these toxins, this remedy helps clear those and restore vital energy.



**Adrenal-Tone:** Working to support the adrenal glands is always necessary when addressing thyroid imbalance.

The two glands go hand-in-hand, especially when it comes to energy, stress management, and sleep.

Adrenal-Tone helps gently tonify and strengthen the adrenals which, in turn, help support healthy thyroid function.

Keep in mind, all thyroid conditions are unique. To order products or schedule a BioEnergetic Assessment call: 770-446-1140, [email us](#), or [stop by](#).

Featuring experts such as **Sally Fallon, Dr. Natasha Campbell-McBride, and Dr. Stephanie Seneff**, this is an absolute must-see for thyroid patients, parents, and anyone who cares about reforming our food system (and [the basic downloadable version is only \\$7.97!](#)).

### *The Attitude of Health: A Yoga Practice for Thyroid Health*

Though the research on the mind-thyroid connection is in its infancy, many people swear by a yoga practice as a way to maintain energy as they heal their thyroid.

And it makes sense, as yoga is one of the most

relaxing and natural ways to exercise.

**Yoga poses combined with breathing techniques that focus on the throat area, like fish pose, and inverted poses are said to bring energy and circulation to the thyroid area.**

In addition, the meditative aspects of yoga should not be underestimated in supporting the body's innate healing powers, restoring the adrenals, and reducing unwanted stress.

For more information, check out this article from:  
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