

# Thyroid Support® and Sweet Essence Instructions

DrFostersEssentials.com



**Ingredients:** Irish Moss, Black cohosh (*cimcifuga racemosa*), Dulse leaf seaweed, Bayberry bark, Bladderwrack (*Fucus tips*), Nettle leaf, Mullein leaf in a 2 oz. liquid concentrate (base of organic pharmaceutical grade alcohol). Contains herbs that are a **natural nontoxic** form of iodine. You cannot overdose on naturally-occurring iodine that is contained in foods and herbs. This makes this formula very different from iodine “supplements” out there which can be toxic.

**Therapeutic Actions:** "thyroid support for women of all ages. The thyroid often slows down starting at around age 50. Bladderwrack, dulse and Irish moss have been used by herbalists for centuries to help support the thyroid. Nettle is rich in naturally-occurring minerals. Mullein is an additional aid for the entire hormone system and can help lung function as well. Irish moss can also help heal and soothe the gut lining, and bayberry often acts as a natural antihistamine, reducing excess sinus congestion. Compatible with Sweet Essence Essential Oil for optimal thyroid balance.

**Dosage/ Administration:** 2 droppers 3 times daily in a few ounces of water or juice.

## Indications:

- Low thyroid – due to any cause (autoimmune, etc.)
- Hair loss
- Depression
- Cysts in thyroid
- Slow thinking
- Sadness
- Additional support for other endocrine organs such as ovaries, pancreas, etc.
- Other symptoms of low thyroid.

**Cautions/ Contraindications:** See below for instructions on how to taper your thyroid medication and gradually increase dose of Sweet Essence/ Thyroid Support.

**Adjunct Therapies:** Liver Regeneration Program. Cleansing the liver help release toxins affecting the thyroid gland. The liver processes all kinds of hormones in the body, including thyroid hormone. If the liver is clogged with

toxins, hormone breakdown slows down. Add “hot” spices in the diet can help warm up the body in the case of cold hands and feet. (cayenne, hot chili peppers, ginger, cloves, cumin, black pepper, turmeric, curry sauces).

**Clinical Notes:** Designed for extra thyroid support for men and women of all ages. Pregnancy causes an additional strain on the thyroid – many women need thyroid support during pregnancy and just after delivery. Thyroid hormone can also influence blood sugar – when thyroid hormone is low, blood sugar can go low. For overactive thyroid (hyperthyroidism, Graves’ disease, use Female Harmony (or Femme Pause in older women) and Healthy Heart Formula. See also Femme Pause, Adrenal Support and Pancreas Support. Stay away from chlorinated water and fluoride/ fluoridated water which can substitute for iodine in the thyroid and cause thyroid dysfunction. For cysts in the thyroid, may need additional cleansing such as the Liver Regeneration Program and the Blood Detox Formula.

Cynthia Foster, MD • [www.DrFostersEssentials.com](http://www.DrFostersEssentials.com) • [Healing@DrFostersEssentials.com](mailto:Healing@DrFostersEssentials.com)



**Ingredients:** Organic or wildcrafted Therapeutic grade Essential oils of Dill, Cinnamon, Coriander, Fennel, and Cypress. 100% essential oils with no carrier oil. Gas-chromatograph tested.

**Therapeutic Actions:** "Endocrine support for men or women suffering from low thyroid function, low pancreas function or insulin resistance/ high blood sugar. Cinnamon essential oil is a highly antibacterial and antiviral essential oil. Fennel oil supports the entire hormonal system, from thyroid to adrenals to ovaries to pancreas. Cypress oil helps stimulate pancreas function. Coriander oil helps digestion and can help regulate blood sugar and dill also helps regulate blood sugar. Compatible with Thyroid Support Formula for optimal thyroid function.

**Dosage/ Administration:** Apply one drop to thyroid area (front of neck about two to three fingers-width above the “V” where the two collarbones meet. Use once or twice daily to support thyroid function. Can also apply to the thyroid reflex at the underside of the base of the big toes. To regulate blood sugar, rub on belly area or bottoms of feet at each meal.

**Indications:**

- Low thyroid function
- Weak pancreas

- High blood sugar
- Insulin resistance
- Certain types of bacterial or viral infections, flu
- Other symptoms of menopause.

**Cautions/ Contraindications:** May lower blood sugar. If you have Type I (insulin-dependent) or Type II (insulin-resistant) diabetes or pre-diabetes, please check your blood sugar often while beginning this formula to see how much of an effect it has on your blood sugar and adjust your prescription blood sugar medications as needed. Some people have sensitive skin and will need to dilute this oil with carrier oil before applying to the skin. Carrier oils include sesame oil, walnut oil, olive oil, jojoba oil, almond oil, coconut oil, carrot seed oil, castor oil and other food-grade oils. See below for instructions on how to taper your thyroid medication and gradually increase dose of Sweet Essence.

**Adjunct Therapies:** Liver Regeneration Program. Cleansing the liver helps the entire hormonal system, including the pancreas, the ovaries, the testes, the pituitary gland, adrenals and the pineal gland. The liver conjugates hormones. If the liver is clogged with toxins, conjugation slows down, causing hormonal imbalance.

**Clinical Notes:** Some people may be able to get entirely off of their thyroid medication or blood-sugar-lowering medications with just this formula alone. Be patient and allow your body the time it needs to heal itself. Others may need additional hormonal support such as the Pancreas Support Formula (for weak pancreas function), Adrenal Support, Femme Pause. See also Thyroid Support, Adrenal Support and Pancreas Support.

## **Sweet Essence/ Thyroid Medication Taper Schedule:**

Generally speaking, we don't just taper thyroid medication for no reason. Usually you need to do some natural healing on your thyroid first before attempting a taper. If you taper before your thyroid is healed, it may not work and you can be left with low thyroid symptoms after you taper.

Thyroid medications are almost identical to the hormones your thyroid naturally produces. These medications are replacing what's missing. In other words, it's filling in for the thyroid hormone your thyroid is not making due to your thyroid being underactive. Instead of recommending foods and herbs and healing routines to strengthen the underactive thyroid, medical doctors prescribe thyroid hormone, whether natural or synthetic.

Your thyroid operates on a "negative feedback loop." This means that if your thyroid senses a lot of thyroid hormones in the blood (even if they are synthetic, in other words, your thyroid medication), it will recognize those hormones as if it had already made them. Seeing these "fake thyroid hormones" (your thyroid

medication), your thyroid gets the message that no more hormones are needed, and it stops producing thyroid hormone.

Over time, the thyroid gland, which is no longer producing thyroid hormone (because it's been tricked into believing that it has already made them), starts to shrink from lack of use. So, the thyroid stops producing those hormones and the thyroid gland, from lack of use, literally shrinks. You are now completely dependent on the thyroid medication and doctors tell you you must take it for life. The medical term for a thyroid gland that shrinks due to lack of use is called "thyroid atrophy." Taking prescription or natural thyroid hormone is a well-known cause of thyroid atrophy. Doctors prescribe it because it's the only treatment they know, and they also know, you will have to take the thyroid medication for life because of the atrophy.

It can take some time to get the thyroid to grow back to normal size and to produce a healthy amount of thyroid hormone. We can help it along with thyroid-supporting herbs (which do NOT shut off the thyroid, but actually helps to heal it and support its function) Some of healing the thyroid naturally also depends on diet and lifestyle factors as well as healing meridians that go through the thyroid area, deep foot reflexology and even emotional healing of emotional traumas stuck in the thyroid area.

The following is a suggested thyroid hormone taper schedule:

**First week:** Continue taking thyroid medication. Apply Sweet Essence over throat area once every 3 days.

**Second week:** Reduce thyroid medication by 1/4th the original dose. Apply Sweet Essence once every two days

**Third week:** Reduce thyroid medication by 1/2 original dose. Apply Sweet Essence once daily.

**Fourth Week:** Reduce thyroid medication by 3/4 of it's original dose. That means you'll be taking 1/4 of the original dose you started with. Apply Sweet Essence twice daily

**Fifth week:** discontinue taking thyroid medication and watch for signs of hypothyroidism - water retention, weight gain, depression, hair loss, slow thinking, fatigue, low basal body temperature, cold hands and feet. If you have low thyroid symptoms, you may need to add Thyroid Support or you may need to stay on your prescription thyroid medication for a little longer, but it will probably be a lower dose than what you started with. Apply Sweet Essence over thyroid as needed once or twice daily.

If at any time, you feel you are not ready to cut down the dose, spend an extra week at that dose or longer. This process typically takes one month, but could take up to 2 months or longer. At any time you can add the Thyroid Support Formula as well. You can also add hot and cold hydrotherapy over the thyroid area and castor oil packs over the thyroid area to further stimulate and awaken thyroid function.

## **The Barnes Basal Temperature Test**

The Basal Body Temperature Test is for checking thyroid function and is conducted as follows:

1. Shake down a thermometer before going to bed at night and leave it on the bedside table.
2. Immediately upon awakening in the morning, insert the thermometer snugly in the armpit and lie quietly for ten minutes.
3. In normal thyroid function, the temperature range is **97.8 to 98.2 F** (36.5 to 36.7 C) A lower temperature indicates probable hypothyroidism.
4. The test should be done on at least 2 consecutive days and repeated after a week.
5. Women obtain the most accurate readings if not menstruating or on the second and third day of menstruation.

The symptoms of hypothyroidism can mimic many of the physiological discomforts people experience. For example, people with recurring infections, which are chronically treated with antibiotics, often have hypothyroidism.

### **Other Symptoms of Hypothyroidism:**

- Fatigue
- Depression
- Dry skin
- Dry coarse hair
- Weight gain
- Constipation
- High cholesterol
- Slow reflexes

One symptom does not necessarily mean hypothyroidism, but having several of these symptoms at once increases the likelihood that the cause is hypothyroidism.

Chlorine and fluoride inhibit thyroid function and therefore slow down metabolism, circulation and immune function. It is worthwhile to use water filters for all faucets, showers and baths to prevent exposure to chlorine and to fluoride.

A 3<sup>rd</sup> cause of hypothyroidism is Hashimoto's disease, which is an autoimmune disorder wherein the body attacks its own thyroid. It often follows vaccination – is an autoimmune response to the adjuvants in vaccinations.