



## Adrenal & Thyroid Formula Tips

There are a hand full of things I'd like to share with those who choose to use my A&T formula. First, more and more people, women in particular, are suffering with the negative symptoms that come from adrenal burnout and a sluggish thyroid. There are several reasons why this may be the case – stress, poor diet, exposure to toxins, etc. But I've found that the biggest culprit to adrenal and thyroid deterioration is long term poor gut health.

We actually need ALL of our glands (the pituitary gland, thyroid gland, endocrine glands, parathyroid gland, thymus gland, ovaries, the pancreas, hypothalamus and adrenal glands) to work as effectively as possible so our body can repair itself, so energy levels stay high, so our body temperature stays balanced and to regulate basic drives and emotions. The best way to support ALL organs (all the way down to the cells) in our body is by having a well-functioning digestive system.

It's one thing to go in and support the thyroid and adrenals by using herbs containing nutrients, phytochemicals, and plant-based medicines that will help balance out the problem and help alleviate the symptoms that go along with these poorly functioning glands but you'll find yourself in the same place and never FULLY healing if you don't heal your gut.

- Three books I'd highly recommend are:
  - The Adrenal and Thyroid Revolution by Dr. Aviva Romm
  - Iodine: Why You Need It, Why You Can't Live Without It by Dr. Brownstein
  - Adrenal Fatigue: The 21<sup>st</sup> Century Stress Syndrome by Dr. James Wilson
- Here's an article that explains the gut to hormone connection: <https://drbrighten.com/the-autoimmune-hormone-connection/>
- Here's a video I created about how our digestive system affects every cell our body: <https://youtu.be/-mUXpv7ZXvA>
- Here's my video where I explain 3 different ways you can go about healing your digestive system – I encourage you to dig in and see which option is best for you: [https://www.youtube.com/edit?o=U&video\\_id=OgtEl8uSjOI](https://www.youtube.com/edit?o=U&video_id=OgtEl8uSjOI)
- And here's an extra video where Dr. Chatterjee explains how most chronic health issues typically stem from the same issues: <https://youtu.be/gaY4m00wXpw>

I hope this information is helpful to you and I hope you can heal your body as thoroughly as possible!

~Claudia