

CHECK YOUR THYROID



SIGNS OF A HEALTHY THYROID

- STRONG LIBIDO
- STRONG NAILS
- SHINNY + SMOOTH HAIR
- HAIR DOESN'T FALL OUT
- URINATING 4-6 TIMES A DAY
- NO ISSUES WITH MENOPAUSE
- REGULAR + PAIN FREE PERIODS
- MAINTAINING A HEALTHY WEIGHT
- COMFORTABLE BOWEL MOVEMENTS 1-3X A DAY
- FALL ASLEEP EASILY / STAY ASLEEP ALL NIGHT
- HAPPY DIGESTION- NO CONSTIPATION / DIARRHEA / BLOATING

COMMON SYMPTOMS

— CHRONIC FATIGUE

— HAIR LOSS

— BRITTLE NAILS

— ANXIETY

— DEPRESSION

— INSOMNIA

— CONSTIPATION

— DRY SKIN/HAIR/NAILS

— SLOW SPEECH

— BRAIN FOG

— FERTILITY ISSUES

— JOINT ACHES / PAINS

— CIRCULATION ISSUES

— COLD HANDS + FEET

— WEIGHT GAIN / WEIGHT LOSS

— UNABLE TO HANDLE STRESSORS

REDUCE

— PUFAS

— STRESS

— TAP WATER

— FLUORIDE EXPOSURE

— TOXIC PEOPLE / RELATIONSHIPS

— GUT IRRITATING FOODS (GLUTEN, SOY, CRUCIFEROUS VEGGIES, SEEDS)

— TOXIC CHEMICALS FOUND IN CLEANING PRODUCTS, SKINCARE, AND MAKEUP

FOR MORE SUPPORT

If you find yourself constantly at the doctor with symptoms of thyroid issues but they tell you that your blood work is normal, the next best thing you can do for yourself is getting a Hair Tissue Mineral Analysis (HTMA) test.

As said by Dr. Rick Malter, HTMA is one of the best tests that can detect a thyroid issue months if not years prior to blood work.

This is because HTMA tests uses a teaspoon of scalp hair which shows us how your body is using minerals for every function- thyroid, hormones, digestion, blood sugar, adrenals, etc.

Your thyroid cannot function without proper minerals.

If you believe you have a thyroid problem but your doctor says you're all normal... it's time for an HTMA.

If you have gotten blood work but still don't feel the great and are suffering with symptoms... it's time for an HTMA.

-HTMA tests allow us to find the root cause of your symptoms and not play the guessing game with your health-

Book a free discovery call with me to get to the root cause + restore balance to the body.