

90 ADRENAL DAY RESET

WITH DR. JIM BOB HAGGERTON

[00:01](#)

All right, now that you understand more about how the thyroid gland affects adrenal function and how we really need to work on both. And isn't that really indicative of how we need to work on everything? I mean, does it depend on, it doesn't really matter whether we're having gut issues or we're having immune issues or everything else. We have to look at the whole body, like we have to look at other things going on and if it's in the same system it's going to affect that. Well, you know, if it's in the endocrine system, we for sure need to make sure that we're focusing on it so that we get total healing. But the adrenal glands and the thyroid or a real word, unique relationship. And so understanding how they work together. So key. But now that you understand more about that and it answers a few questions for you about how that relationship works, let's talk about what to actually do about it.

[00:43](#)

I'm all about that. Like, let's talk about what's going on, but let's get really quickly to what to do so we can make good changes on it and help it do its job better. Right. okay. So let's talk about supplements. I'm going to give you three different categories. We're going to talk about supplements that are really like, I'll give you the company that I like these from. And then I'm going to talk about essential oils that really work to stimulate the thyroid gland to bring it back online. And then let's talk about some diet things and what the diets a little bit different than what you'd probably imagine on how you need to really support the thyroid gland. And it's a lot more of a simple change that may not be so easy, but it's really simple to be able to help the thyroid do its job better.

[01:24](#)

Okay. Now again, as you know, as a little bit of disclaimer, if you're on medication, I'm not saying to stop your medication and do these supplements right away. You can start these supplements on top of your medication to be able to help support the thyroid gland and then work with your doctor to regulate the levels of your medication as your thyroid gland starts to do better. And so they can keep track of your levels, you can keep track of your symptoms and that makes a huge difference and it can help it work better. If you've been on medication a long time and sometimes if you've had your, here's another another scenario. If you've had your thyroid irradiated or had it surgically removed, well then that is a totally different scenario obviously where you can't

90 ADRENAL DAY RESET

WITH DR. JIM BOB HAGGERTON

make huge changes. And so that may be something that you constantly have to support.

[02:12](#)

I'll show you now even if it's not there. But you just have to have a proper expectation on what you're really going to be able to do and that scenario. Okay. all right. So let's talk about the supplements first of all that I like. That really helped us support the thyroid gland overall. Okay. First step right here from standard process. This is a glandular extract. We've talked about glandulars early on as we've talked about supplementing our adrenal glands and we, I give you guys several from different companies that are amazing. This one is one from standard process. Again, it's called thyotropin PMG, thythropin PMG is a glandular extract for the thyroid gland to help it work. One thing I love about this is I love that it is a glandular strictly and it does not have any iodine in it.

[02:59](#)

That's one that I use a lot. I'm going to run another one down here because as I'm writing this and like, you know what, there's another really good one that I've just remembered. You know, this is, let's just call it real life even though this video is recorded because I do these a real time. Okay. all right. So thyotropin is the glandular that doesn't have any iodine in it. So in case you have Hashimoto's, it would be a good one to be able to support that no matter where your thyroid is all over the chart and with any of these it doesn't matter what these supplements, whether you have hypothyroid or hyper. It's one of the simple things about it is as you're supporting your thyroid gland, you really don't care. I mean, you do care that it's off, but you don't care whether it's high or low, you're going to support it the same way because it's going to bring it back online the same way.

[03:45](#)

Because our goal isn't to elevate a low thyroid. Our goal is to create a healthy thyroid. Our goal is to bring down and overfunctioning thyroid. Our goal is a healthy thyroid. Do you understand? Like our goal with your adrenal glands is it to create a certain level of cortisol. It's healthy adrenal glands so that they can fire the way that they need to and the way they're designed. So thyotropin PMG the second one. And again on these, if you're like, what, just pause this video while I'm right here, possibly that, that way you can write these down and get the spelling and stuff of these and then messages so that we can order them

90 ADRENAL DAY RESET

WITH DR. JIM BOB HAGGERTON

for you. We can get any of these for you. Second one is called thyroid synergy from designs for health. That's a really great one that's got a lot of good minerals.

[04:36](#)

It's got a lot of good vitamins in it. It does have iodine in it. And I, that is a great way to support the thyroid gland as long as you don't have how she motives. If you have Hashimoto's, just really talk to your doctor before you use anything with that, with iodine in it. So it's got iodine to be able to help support it. That's a good supporter thyroman is a thyroid support from young living. If you're a young living member and you use their products, that's a good one right there. It also has some iodine in it with a glandular extract. And so it's a good one to be able to support. You know all of these people ask, what time of the day do I take up? Well you take them when you can remember first because that's the first thing that really matters, so you can get it in.

[05:18](#)

But taking it morning and night is key. With the thyrotropin. I know you're taking three a day. You know, thyromin, it's normally recommended to take it at night. A lot of times that's because the organs heal faster at night, but as long as you're getting it in during the day that's important. Now, the fourth one I wrote in here while I was going is called thyroid complex by METI. Herb, okay. A METI herb is the herbal art of standard process. And meti herbs. A thyroid complex has multiple different herbs in it to stimulate the thyroid gland. And that's another one that is really good option to be able to use. Now you can literally use thyroid synergy and thyroid complex or thyroid synergy and one of the glandulars because the thyroid synergy has minerals and vitamins in it, but it doesn't have extra.

[06:09](#)

It doesn't have extra glandulars and stuff like that. So you could take a glandular like fat Tropin and combine it with thyroid synergy and that would be a great one. That'd be really good. Or you could take thytropin and combine it with our roid complex, the herbal and that would be a great one to work together. Okay. what I wouldn't do is I wouldn't combine thyroid synergy with the thyroid complex. I wouldn't combine the bottom and mineral complex with the herbal. I would do one or the other. She could really see. And really, because the herbal complex herbs are so strong, you want to be able to keep those kind of by

90 ADRENAL DAY RESET

WITH DR. JIM BOB HAGGERTON

themselves when you're supporting because of just the interaction with them and you want to make sure they're doing their job together. Okay. All right. Essential oils.

[06:50](#)

With a central oils, we're always talking about young living, essential oils. But the highest quality oils on the market. And so those are the ones we're referencing. But when you look at a such oils, there's a couple, there's a single and a blend that is really great for our it support. Now, well let me, let me say this, to be fair, if you're having an autoimmune reaction or your thyroid is being affected because of stress levels, well then there's a lot of different oils that can help that. There's a lot of different asexuals that might play in on that, on that that scenario. But for this talk about supporting your thyroid by itself. The two that I recommend is number one, Myrtle, Myrtle essential oils, right? For supporting the thyroid gland. You would literally apply it right over your throat right here.

[07:30](#)

And then the blend that is great. It's called endo flex. Okay. Endo flex has Myrtle in. It also has nutmeg and other oils to help support your entire endocrine system. And so influx is one that I recommend for everyone and I recommended it for the adrenal glands early on. So if you're using it already for your adrenal glands, which is awesome, you're getting some support for the thyroid. Start applying it to the throat as well and working on that, and you'll get extra changes with there with that as well. Okay? Okay. Let's talk about the diet and let's go through now with a diet for thyroid gland. The biggest difference in working on a diet for the thyroid is that we're really only removing things and that's going to help a lot more than adding things that there's less things on this that you're just going to eat.

[08:15](#)

Like, Oh, I'm going to eat, you know, whatever, this one thing, and it's going to make a massive difference in my thyroid gland. I mean, it's all good for it if you're eating the food, but the biggest things are taking things out and we want to get rid of so that it's not causing this toxic load to that glam. So there's two things number one, removing what we call goitrogenic foods. It's a FID word. Goitrogenic goitrogenic foods or foods that just affect function without, right. I mean that depressed the thyroid and that don't allow the thyroid to function

90 ADRENAL DAY RESET

WITH DR. JIM BOB HAGGERTON

well. You could Google that butcher genic foods or just Google in and type in thyroid you know, healthy foods for the thyroid or unhealthy food for the thyroid. I didn't bring up a lot, right? That's important. That way you're not slowing it down.

[09:00](#)

And then the main one that we want to really watch is gluten. Gluten will totally destroy the thyroid gland, even if you aren't massively, quote unquote, let's say allergic to gluten. If you're the person that's like, Hey, I don't even really react to gluten, I'm fine and you're not the one that gets the major you know, reaction to where you can see it just shuts down your whole body. Gluten still affects the thyroid plant in a major way and so it can create thyroid damage over time. And so if you're working on your thyroid gland, you're going to want to take gluten out of your, out of your diet. Okay? All right. So hope that helps. It gives you some different homework today. This week gives you some different things to look at. So hopefully that connects some dots for you on how this works together and gives you some things to do to help your thyroid gland and your adrenal glands. I get along better in the future so that they're both getting healthy at the same time.