



Thyroid Essentials

by Dr. Melissa Esguerra DC

Natural Solutions for Thyroid Health and Wellness

FEATURE

6 Causes of Hypothyroidism and
How to Nurture Back to Balance

FEATURE

Identify Your Thyroid Type
with the Dr. ME Quiz

A B O U T
M E



Hi there, I'm Dr. Melissa Esguerra. I'm a doctor of chiropractic, a functional medicine practitioner, essential oil lover, clinical nutritionist, healthcare change maker and kundalini yogini.

I'm incredibly passionate about teaching women how to reconnect with their intuition and Mother Nature's medicine. I live to guide others in giving themselves permission to trust their intuition and trust what the earth offers us with her medicinal therapies.

I am particularly passionate about helping women with thyroid and autoimmune disorders because it's so glaringly obvious that conventional medicine is missing the target for these disorders: root cause and holistic protocols.

These disorders are systemic, meaning they almost always involve multiple body systems and multiple factors. I work to help clients assess their unique symptoms so that they can formulate a targeted approach that's exactly right for their unique needs, making it possible to unlock their body's natural healing abilities.

If you're looking for hope and guidance in your wellness journey, I hope that some of what I share can be of value to you.

Sincerely,

x Dr. Melissa Esguerra

Dr. Melissa Esguerra DC



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Thyroid Essentials



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A note on natural solutions:

In the world of Mother Nature there are many varieties of natural medicines: whole foods, herbs, supplements, essential oils and homeopathics. They are all wonderful and offer their own therapeutic value.

Most high quality natural medicines are difficult to access without a practitioner's license. doTERRA is one of the only brands I've come across that has quality standards comparable to that of practitioner grade natural medicine brands. This comes down to sourcing, extraction and bottling methods in addition to stringent quality control practices. I felt it important to share both the knowledge and the natural tools easily available to all individuals, no practitioner's license required. That's why throughout this ebook, I'll be referring mostly to doTERRA products as doTERRA distributes directly to

consumers. If you are using another essential oil brand that you absolutely love, by all means continue with those oils. I've included a Blends Glossary at the back of the book for your reference so you can find the comparable oils or blends available within your chosen brand.

If you do not yet have your own doTERRA account, you can reach out to myself and my team [here](#) and we can assist you in getting your own.

On that note, before we dive into these thyroid factors I want to share with you my favorite generally supportive essential oil blend for thyroid. I recommend this roll-on blend in addition to addressing the underlying mechanisms and factors the apply to your own unique case.

General Thyroid Support:

HEALTHY THYROID BLEND

In a 10mL bottle combine:

10 drops Lemongrass

Lemongrass supports natural lymphatic drainage. The thyroid is very vulnerable to toxicity, especially toxic halides like fluoride and chlorine, which wreak havoc on the gland's ability to create adequate amounts of hormone. Lemongrass supports healthy drainage of toxins out of the thyroid, making it easier for the gland to remain healthy and well performing.

10 drops Clove

Clove is a powerful antioxidant that can help to protect the thyroid gland from free radical damage. It's an essential oil that is high in phenols, which according to Dr. David Stewart PhD (author of the book "Chemistry of Essential Oils Made Simple") can clean the receptor sites of the cells, improving cell-to-cell communication in the body.

10 drops Peppermint

A naturally energizing essential oil, Peppermint helps to soothe the gland. Many hypothyroid patients struggle with fatigue and sluggish mental capacity. Peppermint is extremely supportive in these cases.

10 drops Frankincense

Frankincense supports healthy cellular replication. It's an essential oil that's high in monoterpenes which can help reprogram miswritten information in cellular memory.

10 drops Myrrh

Myrrh helps to soothe stress and support the thyroid. Myrrh is high in sesquiterpenes which may be able to help erase or deprogram miswritten information on a cellular level.

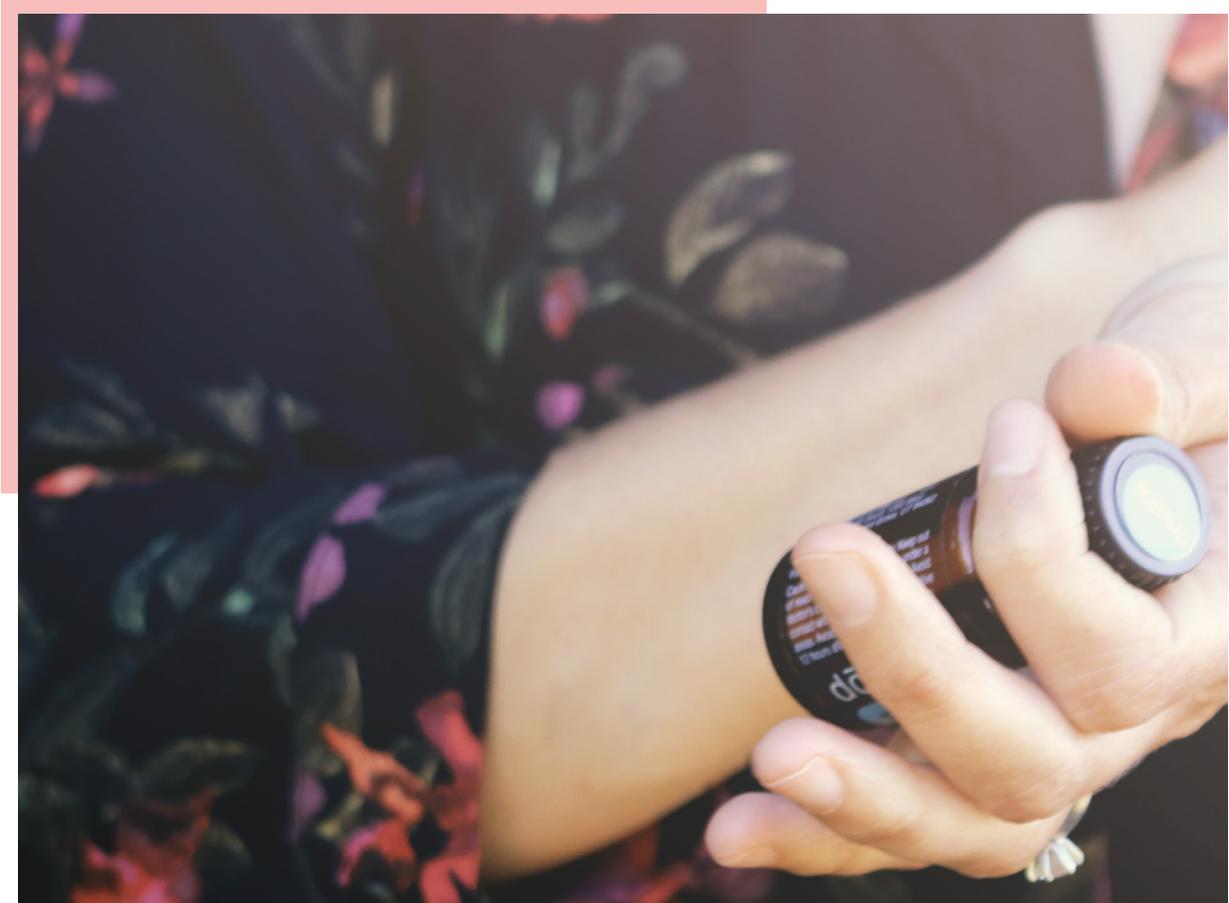
10 drops Lavender

Lavender helps to soothe histamine response. Energetically, Lavender helps us to speak our truth, an emotion that rests in the fifth chakra in and around the thyroid.

Top off bottle with Fractionated Coconut Oil for gentle dilution.

To apply: Roll over thyroid 2-5 times per day.

You can lessen the potency as desired by lowering the amount of essential oil drops and adding more fractionated coconut oil.



Why the Thyroid Epidemic?

Thyroid health has become a MAJOR headliner on many blogs, social media posts, and Best Seller Lists. Of course this makes sense when a whopping 20 million Americans are thought to have some form of thyroid disease!

Does that seem like a lot to you? It certainly does to me. How come so many are struggling with thyroid disease?

Much of this has to do with our food supply and toxic living conditions, both of which lend to the 6 Causes of Hypothyroidism I'll be covering later on in this ebook.

However in addition to these 6 physiological causes, I believe that the true source of the thyroid epidemic begins with the inadequate assessment and improper diagnosis protocols for those presenting with "possible" thyroid disorders.

While there are a few variations between types of thyroid disorders, hypothyroidism or "low thyroid" is the most common type. We will be covering hypothyroidism primarily in this particular ebook as one in eight women will develop hypothyroidism within her lifetime!

However if you have hyperthyroidism, many of these principles can also be helpful for you as both hyper- and hypo- thyroid can be supported by addressing the 6 Factors covered in this ebook.

Thyroid function is connected to many metabolic functions such as energy, sleep, detoxification, digestion, fertility, fat burning capacity, libido, protein metabolism, glucose metabolism, lipid metabolism, cognitive clarity, temperature regulation, and cardiovascular health.

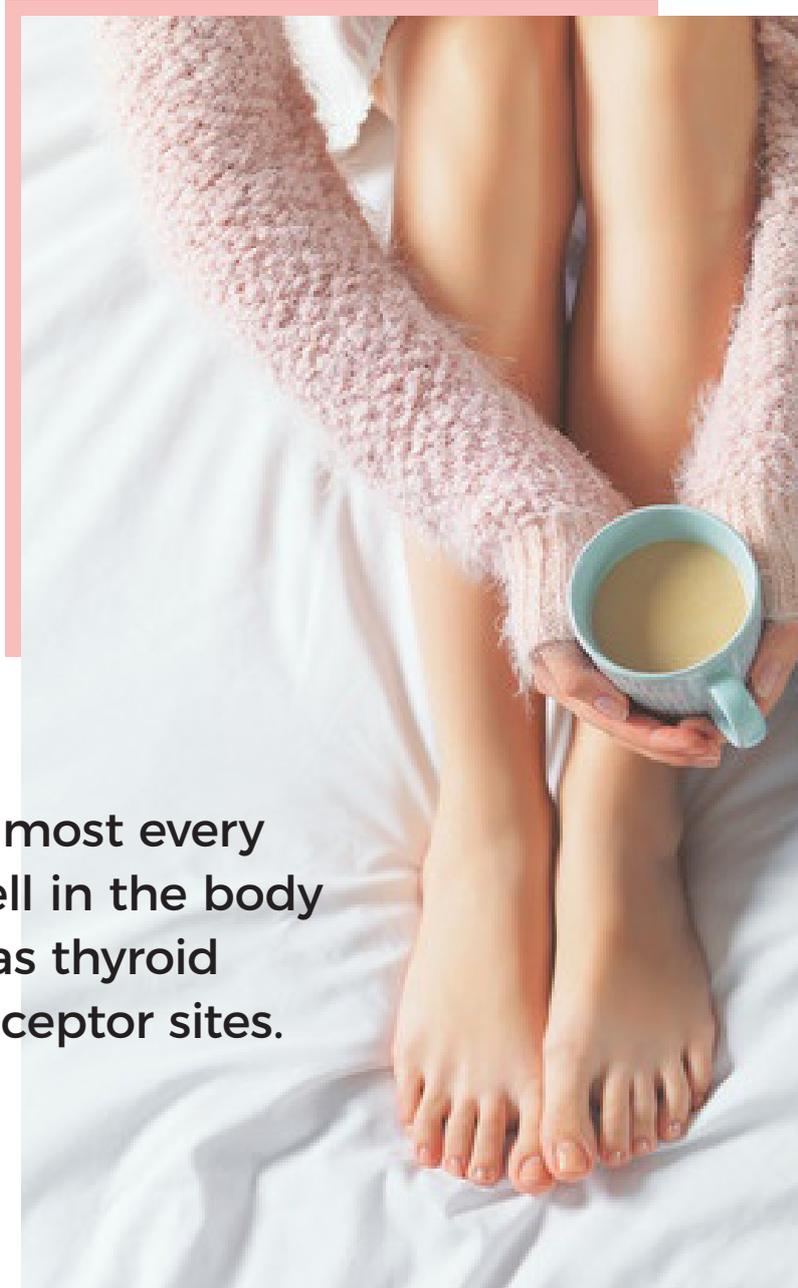
Phew! That's A LOT of different ways a single imbalanced hormone can impact the body.

Since thyroid hormone is an integral part of multiple body systems, the symptoms are easy to

... A whopping 20 million Americans are thought to have some form of thyroid disease!

miss for practitioners. For example, hypothyroidism may present with a single symptom or combination of symptoms such as low energy, depression, dementia, constipation, dry skin, hair loss, cold intolerance, brain fog, weight gain, sluggish metabolism, infertility, irregular cycles, and leaky gut.

How can low thyroid affect so many different organs in the body? It's because almost every cell in the body has thyroid receptor sites.



Almost every cell in the body has thyroid receptor sites.





Conventional vs. Alternative Approach to Thyroid

If the vast symptomatology of thyroid disease makes it difficult for practitioners to initially recognize the diagnosis, the tests run by conventional standards reveal little more clarity.

Thyroid physiology is complex, which is why it can be so frustrating for patients to figure out the best approach for their unique needs.

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Thyroid dysfunction can happen anywhere along the thyroid hormone production belt ...

Thyroid dysfunction can happen anywhere along the thyroid hormone production belt beginning at the production level within the thyroid itself (this is surprisingly more rare), or along the conversion process taking place within the liver, kidney, or digestive tract.

Additionally, hypothyroidism can even manifest at the cellular level, completely outside of the thyroid itself and even outside the conversion organs! In these cases the thyroid hormone uptake may be compromised, which means cells can't properly bind to circulating thyroid hormone. Another possibility is that the thyroid hormone itself may be getting "neutralized" due to additional hormone triggers like excess estrogen or excess cortisol output.

The good news is that there are ways to test for ALL of these factors, allowing you a personal peek into your unique thyroid physiology.

The bad news is that the conventional thyroid lab analysis only assess a few of these factors. A conventional lab will check for only three (out of the ten) thyroid markers: TSH (thyroid stimulating hormone), T4 total, and T3 total. This abbreviated panel completely neglects assessment of thyroid hormone conversion, cellular uptake, and even neglects checking for thyroid hormone neutralizing

factors like estrogen inducing TBC (thyroid binding globulin) and cortisol inducing rT3 (reverse T3).

Here is a complete Thyroid Hormone Analysis List:

- TSH
- T3 total
- T3 free
- T4 total
- T4 free
- TPO Antibodies
- Anti Thyroglobulin Antibodies
- Reverse T3 (rT3)
- Thyroid Binding Globulin (TBC)
- T3 Uptake

Nowadays more and more physicians are willing to explore thyroid physiology with their inquiring patients. Kindly ask your doctor to look deeper into your thyroid health at your next appointment by measuring each of the markers listed above.

Kerri's¹ story is an excellent example of how drilling down to the root cause and identifying causative factors can be the ticket for thyroid wellness.

Kerri is a 40-year-old mother of one. She came to see me because she was struggling with her energy, mental clarity, and libido. She was diagnosed with hypothyroidism 3 years prior by her medical doctor and was on thyroid replacement hormone. Kerri ate a very well-balanced, non-processed diet. She had done a lot to work on her thyroid naturally, but felt like she was missing something.



After a hormonal workup, looking at her entire thyroid hormone conversion pathway (TSH, T4, T4 free, T3, T3 free, Anti-TPO and Anti-TGA, TBG, T3 uptake and rT3) we found that she had elevated TBG and elevated rT3.

This means that while Kerri was indeed receiving replacement thyroid hormone, her body was not able to experience much benefit because her system was neutralizing her active thyroid hormone with the excess amounts of rT3 and TBG.

We worked to lower cortisol and nourish her adrenals with doTERRA's Life Long Vitality and an essential oil blend called ClaryCalm. We also helped her to lower excess estrogen by supporting detoxification with Zendocrine Complex, Zendocrine softgels (both detoxification blends, one herbal and the other essential oils), and citrus oils in her water (sipped throughout the day, 10-15 drops total each day). We also supported her thyroid with a thyroid blend applied topically: Clove, Peppermint, Lavender, Lemongrass, Frankincense and Myrrh.

After a few months, Kerri noticed a drastic improvement in her energy, her mood, mental clarity, and her libido. By assessing the multiple contributions to her low thyroid symptoms, we were able to target the mechanisms and support the body in re-establishing balance.

In Kerri's story we used an "alternative" approach, adopting a more holistic lens.

We looked for the underlying mechanisms of dysfunction and worked to support the body in rebuilding the broken pathways. As a result, we were able to help Kerri naturally restore thyroid proper thyroid function and improve her quality of life.



The alternative approach indeed begins with proper assessment but the holistic approach includes supporting the following thyroid factors (when present):

1. Nutritional deficiency
2. Autoimmune disease
3. Liver overwhelm
4. Estrogen excess
5. Gut imbalance
6. Stress overwhelm

6 Causes of Hypothyroidism and How to Nurture Back to Balance

Most thyroid challenges develop as a result of one or more of these six factors: Nutritional, Autoimmune, Liver, Estrogen Excess, Gut Imbalance and/or Stress Overwhelm. The way I've seen it play out clinically, there are two primary or "Core Causes" that will always need to be addressed first if they are present. That is Nutrient Deficiency and Autoimmune Disease. The other four factors I refer to as the "LEGS" (Liver, Estrogen Excess, Gut Imbalance, Stress) as they play out in organs outside of the thyroid itself yet very much factor into the development of hypothyroidism.

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1

First we begin with nutrition as nutrition lays the foundation for everything physiologically, including thyroid function. Iodine, zinc, and

NUTRIENT DEFICIENCY

selenium deficiencies are going to have the biggest impact on thyroid hormone. Thyroid hormone is rich in iodine so without enough available, the body literally can't construct enough thyroid hormone.

Selenium is a second nutrient of critical value as it is a part of the enzymatic process where inactive thyroid hormone (T4) gets converted to active thyroid hormone (T3). Without enough Selenium your thyroid hormones can become stuck in their inactive state, causing hypothyroid symptoms. Additionally,

Selenium packs a double punch in significance as it also helps to protect the thyroid from free radical damage during the iodide to iodine conversion process. This process causes a natural but potentially damaging release of free radicals within the thyroid gland. Selenium acts as a protector of the thyroid helping to negate potential free radical damage and possibly even preventing autoimmune development or improving autoimmune condition.

Zinc, like Selenium, also helps to convert inactive thyroid hormone (T4) to active thyroid hormone (T3). Zinc plays another critical role at the hypothalamus, the gland in the brain that gauges how much thyroid hormone is available in the body and therefore how much more or less the thyroid gland needs to create. Without adequate levels of Zinc, the body wouldn't be capable of knowing how much or how little thyroid hormone is needed to be made by the thyroid itself nor would the thyroid be capable of creating it.

doTERRA's **Lifelong Vitality** pack contains targeted levels of thyroid essential nutrients like iodine, Selenium and Zinc quantities. However, in some thyroid cases it may be beneficial to include short term additional supplementation of iodine, Selenium or Zinc until the body is more balanced.

To restore healthy levels of these thyroid critical nutrients, I recommend starting with MicroPlex VMZ (the vitamin and mineral supplement within the Lifelong Vitality pack). To naturally boost

iodine, begin with the MicroPlex VMZ and also include more kelp in your diet, a natural source of iodine. Adding more dietary iodine is easy, simply replace your sea salt with kelp flakes or kelp tablets. Iodine supplementation can be tricky, so I recommend sticking with foods rather than additional iodine supplementation beyond what's included in the MicroPlex VMZ. However for some cases short-term iodine therapy may be beneficial. This can look like taking 800 - 1000 mcg per day. This high dose of iodine does risk detoxifying the thyroid, potentially mobilizing toxic halogens which may worsen symptoms. This is why I recommend sticking with simple baseline support with a general supplement like MicroPlex VMZ and adding more foods natural in iodine.

To boost Selenium also begin with MicroPlex VMZ and more Selenium rich foods like nuts and seafood. High therapeutic doses of Selenium are typically beneficial for hypothyroid cases (especially autoimmune hypothyroid). 200 mcg per day of Selenium is considered a "therapeutic dose" and is indicated for those who test low in selenium or consume a Selenium poor diet. The Microplex VMZ has 70 mcg within its full daily dose so an additional 130 mcg is recommended for therapeutic support. If improvement is noted, continue on therapeutic dose for 3-4 months before tapering off. If symptoms return, resume Selenium supplementation.





2



A U T O I M M U N E

Did you know that most cases of thyroid disease are autoimmune in nature? Hashimoto's thyroiditis is an autoimmune condition that attacks the thyroid gland. This means that our immune system begins to recognize the thyroid as a foreign invader and goes after destroying it. Overtime this autoimmune behavior will effect the thyroid gland's capacity to produce adequate thyroid hormone, causing hypothyroidism. Many current studies suggest that most people who have hypothyroidism have Hashimoto's disease.

You can determine if your thyroid issues are autoimmune in nature by testing for thyroid antibodies. You can check for Hashimoto's by measuring thyroglobulin and thyroid peroxidase antibodies (TGA and TPO antibodies).

Here's the key thing to understand about autoimmunity: The primary focus of holistic treatment should be to balance and regulate the overactive immune system. This is why it's important to also consider common autoimmune triggers like chronic immune challenges, toxicity overwhelm, and food sensitivities/allergies when deciding what support is right for you.

3



**AUTOIMMUNE TRIGGER:
CHRONIC IMMUNE CHALLENGES**

Foundational support for autoimmune cases begins in the digestive tract. This is because 70% of the immune system resides within the gut. So if the gut is having to combat Candida or bacterial overgrowth then the overall quality and integrity of the immune system is already compromised, making it difficult to harmonize systemic immunity. If immune challenges are present within the gut, begin by supporting digestive wellness and handling dysbiosis with my three-step approach: Refresh (removing the “bad” bugs within the digestive tract), Rebuild (healing leaky gut) and Remodel (replenishing good bacteria).



4

AUTOIMMUNE TRIGGER : TOXICITY

A second autoimmune trigger is toxicity. A healthy focus on gentle detoxification and elimination of excess chemicals or heavy metals may also be appropriate for these cases. You can support gentle chemical and heavy metal detoxification with **Zendocrine** blend, **Zendocrine Complex**, and citrus essential oils such as **Lemon**, **Grapefruit**, **Wild Orange**, or **Lime**.

The **Zendocrine Complex** is an herbal blend that supports healthy drainage for the barrier system organs and the detoxification organs like the skin, gut, kidneys, liver, and gallbladder.

The Zendocrine blend has a combination of Tangerine (to target chemical toxins) and Cilantro oil (to target heavy metals) in it along with elimination supportive oils like Juniper Berry (for kidney support), Rosemary (for liver support), and Geranium (for gallbladder support).

Citrus essential oils can support the natural detoxification process because they are naturally high in limonene, a potent antioxidant, high in anti-inflammatory properties, and helpful in a variety of metabolic processes including the elimination of chemical toxins from the body.

5

Refresh Diet I recommend patients start incorporating one food item back in at a time, starting with the eggs, then the nightshades one by one and finally ending with the dairy products one by one with a 72-hour time period in between one food item to the next.

AUTOIMMUNE TRIGGER: FOOD

Certain foods such as nightshade vegetables, eggs, and dairy products may flare up autoimmune activity. I like to recommend an Autoimmune Paleo-type diet for my patients with autoimmune thyroid because we eliminate these trigger-type foods. I've outlined these special guidelines here, in my [Thyroid Nourishing Plan](#).

The Autoimmune Paleo diet is simply the my [30-Day Refresh](#) diet with the following foods removed as well:

- Eggs
- Nightshades (tomatoes, peppers, eggplant, tomatoes, tomatillos, paprika, pepinos, cayenne pepper, and pimentos)
- Dairy products

While eggs, nightshades and dairy can be healthy, when they aren't well tolerated by a compromised immune system they will perpetuate inflammation and autoimmune activity. At the end of the 30-Day

Samantha², 55 years old, had struggled with Hashimoto's for more than 15 years. She's kept most of her thyroid symptoms at bay with her prescription thyroid hormone replacement. However, over the past five years she's struggled more with good energy and restful sleep.

We worked on supporting her thyroid naturally but also decided to look at her food sensitivities by running a Cyrex Food Sensitivity Panel. Although Samantha had adopted a Paleo-type diet, we were surprised to see that she was moderately sensitive to snacks that we would otherwise deem healthy such as goat cheese, eggs (she loved hard boiled eggs as a mid-morning snack), and tomatoes.

Samantha eliminated the foods listed on her results as "moderately sensitive" and "severely sensitive" along with other nightshade vegetables and within four weeks noticed a significant improvement in her energy. She also lost a little bit of weight which she was thrilled to experience as a positive "side-benefit" to the dietary changes.

Samantha followed the re-introduction cycle and noticed that the eggs caused her to experience bloating 24 hours after she had consumed them. She would probably not have noticed that this bloating was caused by the eggs had she also chosen to re-introduce the other foods at the same time. Additionally, the re-introduction phase allowed Samantha to really be conscious around the delayed food sensitivity reaction. Food sensitivity reactions can happen up to 72 hours after having consumed the food.

By the end of her three-week re-introduction phase, Samantha knew to continue on her Paleo-type diet but to also avoid eggs and a few other foods she noted sensitive for her body.





6

**A U T O I M M U N E
S U P P O R T :
G E N E R A L
I M M U N E
S U P P O R T**

If you're unsure of what your underlying autoimmune trigger is, you can reach for some general immune support like doTERRA's **DDR Prime** blend. This proprietary blend has Frankincense, Wild Orange, Lemongrass, Melaleuca, Thyme, Niaouli, and Summer Savory oil in it. These oils are incredibly supportive and harmonizing to the immune system.

In addition to regulating the immune system, it's also critical that some kind of anti-inflammatory support is included in the plan. Cooling inflammation in the midst of an overactive immune system will make it easier to gain traction in calming autoimmune flare-ups.

doTERRA's **Alpha CRS** herbal blend has inflammation soothing agents in it like Turmeric, Boswellia, Peppermint extract, and Ginger extract. Additionally, the essential fatty acids in doTERRA's xEO mega will also help lower inflammation along with the Frankincense, Wild Orange, and Chamomile essential oils included in this softgel. Additionally Copaiba essential oil can be applied directly over the thyroid to help lower inflammation and possibly support rebalancing the immune system.

Do note that in some autoimmune cases replacement thyroid hormone may still be necessary since the destruction of thyroid tissue can be irreversible depending on how long the autoimmune process has been in play. However you can still support healthy thyroid tissue by taking a three pronged approach:

- Taming the immune response by addressing any underlying triggers like food or toxicity
- Supporting healthy immunity with immune supporting essential oils like the ones in DDR Prime (Clove, Thyme, Wild Orange, Lemongrass)
- Lowering inflammation from the over-reactive immune response both systemically with Alpha CRS and locally with an essential oil like Copaiba or Frankincense.
- The last piece to support would then include nourishing healthy thyroid cells. That's where DDR Prime can be of help again. DDR Prime helps to neutralize some of the autoimmune induced oxidative stress while also supporting healthy cellular integrity.

With all of this in mind, let's look further at additional contributing factors and natural solutions to support these systems and improve thyroid balance.



The Additional Four Factors: Liver, Estrogen, Gut, Stress

I like to think of the nutrient deficiencies and autoimmune factors as the “body” of thyroid dysfunction because these factors affect the thyroid gland itself. If those factors are left unaddressed it’s almost impossible to get results. However, because a large majority of active thyroid hormone is not created in the thyroid gland (about 90%), it’s critical we also look into the ancillary factors that exist outside the thyroid itself. I refer to these additional four factors as the “LEGS”: Liver, Estrogen, Gut, and Stress factors.

It’s funny to think that the large majority of active thyroid

hormone (T4) is not created in the thyroid but rather outside in other tissues. Only about 7-10% is released by the thyroid in active form (T3).

The T4 is sent out from the thyroid and has to be converted to T3 in the liver, gut and kidneys. 60% of T4 is converted to T3 in the liver. 20% is converted to T3 by good bacteria in the gut and the remaining 20% is either converted by the kidneys or turned into Reverse T3 (rT3).

Therefore, the health of the liver and the gut play huge roles in adequate thyroid hormone availability for the body.





1

L I V E R S U P P O R T

The liver plays the largest role in converting inactive thyroid hormone to its active form. We said earlier that 60% of T4 is converted to T3 in the liver. However toxicity and gut imbalance can negatively effect this conversion process. When the primary conversion factory's production is sluggish, patients can present with low thyroid hormone symptoms.

Using pure therapeutic-grade essential oils to support healthy liver function can therefore support thyroid hormone conversion.

Oils to support the liver are:

Slim and Sassy Metabolic Blend: Apply 1-2 drops with coconut oil over liver 1-2 times per day.

Slim and Sassy is a blend of Wild Orange and Grapefruit essential oils, both of which contain high levels of Limonene, a chemical constituent that helps restore glutathione levels, a critical component of the detoxification process.

DigestZen A combination of Fennel, Peppermint, and Ginger supports the cleansing and filtering functions of the liver as well as the gut, both critical organs in the detoxification process.

Zendocrine Blend: The Zendocrine Blend has a combination of Tangerine (to target chemical toxins) and Cilantro oil (to target heavy metals) along with elimination supportive oils like Juniper Berry (for kidney support), Rosemary (for liver support), and Geranium (for gallbladder support).

Zendocrine Complex: This doTERRA herbal formula contains a blend of liver supporting herbs like Barberry Root and Bark (liver cleansers), Milk Thistle (helps liver function and supports heavy metal elimination), Burdock Root (detoxifies blood, lymphatic system, and the skin), Clove Bud (a powerful antioxidant that is supportive of healthy detoxification functions), Dandelion Root (may improve liver and gallbladder function), Garlic Bulb (activates enzymes that can flush out toxins and also has high levels of allicin and selenium which aid in liver cleansing), and Red Clover (helps the liver eliminate estrogen-like toxins).





2

**E S T R O G E N
B A L A N C E**

Estrogen excess has become more of a prominent issue since toxicity exposure has gone up in modern day society. Some toxins have the capacity to act like estrogen in the body. We refer to these estrogenic-like toxins as “xenoestrogens.” “Xeno” means foreign. These foreign estrogenic substances enter our bodies unknowingly most of the time through our skin, airways, and food sources.

Excess estrogens (whether endogenous or exogenous) can increase levels of a protein called Thyroid Binding Globulin (TGB) which at normal levels is helpful at maintaining healthy metabolism. However, an excess in TGB can bind up active thyroid hormone causing hypothyroid symptoms to manifest.

Estrogen detoxification support can be helpful in such cases.

Begin with eating more cruciferous vegetables (cooked for those who may be sensitive to goitrogens). **Zendocrine Complex** will promote the detoxification and elimination of estrogenic toxins and Zendocrine Blend or softgels will help the body detoxify and eliminate the toxins themselves.

Certain essential oils like Clary Sage can also help to modulate healthy estrogen levels. Clary Sage may even have phytoestrogenic activity, helping to displace xenoestrogens from estrogen receptor sites. I recommend applying Clary Sage or doTERRA's female hormone blend **ClaryCalm**, which has Clary Sage and other hormone balancing oils in it, over the lower abdomen, collarbone and/or wrists twice daily to promote healthy estrogen levels.

Natalie³ was 24 years old when we first met. She and her husband were trying to get pregnant and had been working with her medical provider to make sure her thyroid prescription was set appropriately. After talking with Natalie at a doTERRA essential oils class, she shared with me that she was also frustrated with her adult acne patterns showing up on her chin.

I talked with her about how estrogen imbalance can be related to adult onset acne while also contributing



to thyroid issues. This combination of hormone imbalance also has the potential to negatively impact fertility. She was open to trying natural support, so I recommended re-establishing a more solid baseline nutritional status with doTERRA's Lifelong Vitality (2 of each twice daily), detoxification support with Zendocrine Complex (2 per day), Zendocrine softgels (2 per day), ClaryCalm blend (applied on wrists and lower abdomen twice daily), and citrus oils in her water (1 drop per 8-10oz glass of water).

Natalie became pregnant after three months following the protocol. When I asked her if she thought our protocol was helpful she said that she felt it was because it also helped her skin clear up, she felt more energized and more balanced with her mood and productivity.

³Names and identifying details have been changed to protect the privacy of individuals.

3

GUT
HEALTH

Balanced gut flora is going to play a critical role in thyroid hormone availability because certain “good” bacteria are responsible for converting the inactive T4 to active T3.

You can get more specific in terms of “how” to restore digestive harmony by following the recommendations outlined in my Gut Health for Practitioners eBook. However, general digestive support can often foster enormous improvement in digestive wellness and healthy thyroid hormone conversion. Here are some gut health basics I recommend:

Lemon Oil (or favorite citrus oil of choice) supports optimal pH throughout the digestive tract. Essential oils are the perfect choice for all parts of the digestive system, despite the varying pH between different segments of the digestive tube, due to their adaptogenic nature.

DigestZen blend is known as doTERRA’s “tummy tamer” blend due to its ability to aid in digestion, soothe occasional stomach upset, and maintain overall digestive health. This unique blend contains Ginger, Fennel, and Coriander to help ease occasional stomach discomfort and indigestion. The Peppermint, Tarragon, Anise, and Caraway aid with digestion and help maintain a healthy internal environment within the gastrointestinal tract. DigestZen is a healthy, natural, and

gentle way to soothe an upset stomach and foster healthy microflora balance within the digestive system.

Copaiba can help support healthy function and tame inflammation within the digestive system. The main component within Copaiba, caryophyllene, may be neuroprotective and is also known to have positive immune benefits. Add 1 to 2 drops to water, juice, or tea to support the digestive, immune and neurological health. You can also apply topically over the area of discomfort for soothing relief.

TerraZyme, doTERRA’s digestive enzyme complex, is a proprietary blend of active wholefood enzymes and supporting cofactors that are typically deficient in cooked, processed, and preservative-laden foods. The powerful combination of digestive enzymes found in TerraZyme supports healthy digestion, absorption, and assimilation of food nutrients. TerraZyme includes a variety of whole-food enzymes that help with the digestion of proteins, fats, complex carbohydrates, sugars, and fiber.

I do recommend that gut support be included in most all thyroid cases since most patients are not eating a completely hypoallergenic, toxin-free diet. Including all four items (Lemon essential oil, DigestZen, Copaiba and TerraZyme) is a great place to start in terms of baseline digestive support.





4



S T R E S S

Stress can single handedly cause hypothyroidism. There are direct neuroendocrine pathways connecting the stress response to thyroid function.

The adrenal glands are responsible for responding to stressors from the internal and external environment. They are part of the hypothalamic-pituitary-adrenal (HPA) axis which is the body's response-signal regulation pathway that it has in response to stress.

When this HPA axis is in overdrive (as it will be when under chronic stress), it will impair hypothalamic-pituitary-thyroid (HPT) axis in a several ways:

- *It causes pituitary and hypothalamus fatigue*
- *It reduces conversion of T4 to T3 by increasing reverse T3 (rT3) levels*
- *Excess stress promotes autoimmune behavior by weakening immune barriers like the gut, lungs, blood-brain barrier, and skin while also exacerbating a weakened immune system*
- *Excess stress can cause thyroid hormone resistance. This happens as a result of too much inflammation perpetuated over an extended period of time, which has been shown to reduce thyroid receptivity on a cellular level*

Emotional aromatherapy, mindful breathing and nurturing high quality sleep can greatly help the body better manage the negative impact of chronic stress on the hormone system. Relieving physiological stress can allow for the hypothalamic-pituitary-thyroid (HPT) and the hypothalamic-pituitary-adrenal (HPA) axes to re-regulate and potentially restore proper thyroid hormone levels.

C O N T I N U E T O N E X T P A G E

4.1

Emotional Aromatherapy

Aromatherapy has been a form of managing stress for decades. The connection between our sense of smell (via the olfactory nerve), the limbic system, and our hormone system make aromatherapy a powerful tool for breaking up the stress cycle and promoting calming and relaxation when needed.

We know that specific plant families and essential oil types can elicit specific emotional responses. For example, we know mints are invigorating, citrus uplifting, and grass oils more grounding. Individual essential oils from specific plants have been used with great effectiveness by skilled aromatherapists for decades. However doTERRA has formulated emotional aromatherapy blends in an effort to simplify the process while also making aromatherapy greatly effective and user friendly.

doTERRA's Emotional Aromatherapy System with their Emotional Aromatherapy blends (Passion, Cheer, Forgive, Console, Peace, and Motivate) have revolutionized the ease (and in my experience made even more effective) the benefits of aromatherapy for stressed and overwhelmed patients.

Each of these blends can be used aromatically and topically to help balance and brighten changing moods while also helping to release burdens, find comfort, encouragement or inspire passion again.

On the next page is a "cheat sheet" to help you define the type of emotional stress you may be experiencing and determine and what oil(s) would best support you in releasing the emotional charge behind it.

You can use 1-2 drops periodically throughout the day and enjoy in a diffuser or apply over area where stress may be stored (low back, stomach, chest, etc). The thyroid is in the seat of the 5th chakra, where we speak our "truth." If you find yourself struggling with indecision or feeling stifled emotionally, apply over the throat to help move stuck energy.



A Can be used aromatically T Can be used topically N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE)

CAUTION: Do not use essential oils in eyes, ears, or nose. To dilute, use dōTERRA Fractionated Coconut Oil, olive oil, or other carrier oil.

4.2

Mindful Breathing

Multiple studies support the immense benefits of mindful breathing. A very simple and short session of mindful breathing can bring stress levels into normal range.

Start by sitting comfortably with eyes closed, hands in lap. Inhale for a count of 10. Hold breath in for a count of 10. Exhale for a count of 10. Hold breath out for a count of 10. Repeat process. I always recommend starting with 3 minutes and working up to 11 minutes.

To amplify the benefits of this mindful breathing technique, you can also apply or diffuse one of the stress-lowering essential oils like Lavender or Roman Chamomile or cleansing essential oils like Lemongrass or Melaleuca. A popular combination for the Mindful Breathing exercise is a combination of Lavender, Lemongrass, and Peppermint. The Lavender is relaxing and soothing, the Lemongrass purifying (to help release toxic energy from stress sources like co-workers, etc.), and Peppermint encourages easy, fluid breathing.





4.3

Promote Better Sleep

Adequate sleep helps the body repair and heal each night. Without adequate sleep, the healing process can become severely impaired.

If you struggle with good sleep, start by evaluating your sleep environment. Is there light sneaking into the bedroom? Ensuring the sleep environment is cloaked in darkness is a critical part of promoting healthy sleep cycles. Even if the eyes are closed, the pineal gland “sees” light. Although this sounds like a super power, it can impede adequate melatonin (the sleep promoting hormone) release throughout the night, resulting in poor quality sleep. Purchase inexpensive black-out blinds at any home goods or improvement store to eliminate light coming through windows. Additionally, I recommend taking the time to conceal glowing alarm clocks and other digital lights when possible.

Sleep rituals, like tea, epsom salt baths or sleepy tea tinctures, can help to melt away stress and encourage rest and relaxation. For baths, I recommend 1 cup of epsom salt with 3 drops of Lavender, 3 drops of Vetiver, and 3 drops of Balance blend.

My favorite sleep tea tincture to brew each night is a Lavender tea. Add 1 drop of Lavender or 1 drop of Chamomile to raw honey in hot water. Stir and enjoy. Both oils can help to promote relaxation and lower stress levels.

For those who need additional sleep support, I recommend doTERRA's Serenity Restful Complex that combines the well-researched, relaxing benefits of Lavender essential oil and L-Theanine along with Lemon balm, Passionflower, and Chamomile to gently promote relaxation and sleep.

Floral essential oils such as Chamomile, Lavender, Bergamot, and Ylang Ylang can help promote relaxation and soothe stress whereas wood-based and grass-based essential oils like Cedarwood, Frankincense, Vetiver, Cypress, Arborvitae, and Myrrh are good for grounding and calming the anxious or overactive mind.

Most people will respond well to a combination of the floral and wood/grass-based oils mentioned above. Simply apply 2-3 drops on the bottoms of feet and on both wrists.

Also recommended are a few drops in a cold water diffuser next to the bed.

Stress management may be one of the most important steps in managing hypothyroidism because of the vast ways in which stress can interfere with thyroid hormone.



Summary of Recommendations for Thyroid Disorders

Get a Complete Thyroid Hormone Analysis done

Look for the underlying (or “core”) causes of the thyroid disorder: Either nutrient deficiency or autoimmune activation

Support as needed with nutrition, supplementation, and essential oils

Assess the “LEGS” factors (Liver, Estrogen Excess, Gut and Stress)

Support as needed with nutrition, supplementation, and essential oils

Dietary recommendations:

Nourish thyroid wellness by consuming a nutrient dense, hypoallergenic diet.

See [Thyroid Nourishing Foods List](#) for support.

Supplement for proper Iodine, Selenium and Zinc levels with MicroPlex VMZ. Use short term therapeutic doses of Iodine or Selenium if needed.

If autoimmunity is present, avoid the autoimmune sensitive foods. See [Thyroid Nourishing Foods List](#).

Manage stress

Support as needed with nutrition, supplementation, and essential oils

Support emotional components with doTERRA's Emotional Aromatherapy Oils

Support managing stress during the day with mindful breathing

Manage sleep as needed by improving sleep hygiene, essential oils, and supplementation



C O N C L U S I O N

Thyroid disorders have become an extremely prevalent condition in modern day healthcare. They are easy to miss diagnostically because of the diverse way

in which thyroid symptoms present. However a more holistic assessment can reveal the true issue at hand, opening doors to a more personalized approach.

The most common causes of thyroid dysfunction are nutrient deficiency (especially iodine, zinc, and/or selenium), and autoimmune disease. These two areas can be addressed with diet, supplementation, and essential oils for support. Additional consideration around liver overwhelm, estrogen balance, gut health, and stress management are also important for holistic thyroid support. With careful attention to symptoms, proper assessment and a customized support plan, you may be able to turn around your thyroid symptoms and step into the healthy, vital and bright life you are truly meant to experience!

May your journey be full of love and hope.

Sincerely,

x Dr. Melissa Esguerra

Dr. Melissa Esguerra DC

What's Your Thyroid Type?

Give yourself 1 point for every symptom that applies to you. Add up your score for each category. The Category with the highest score is likely the most significant Thyroid Factor for your unique case.

Category 1 (Gut)

- Feeling like bowels do not empty completely _____
- Frequently experience gas _____
- More than 3 bowel movements daily _____
- Less than 1 bowel movement daily _____
- Excessive burping or bloating _____
- Experience heartburn or use antacids frequently _____
- Indigestion or fullness lasts 1-2 hours after eating _____
- Candida or SIBO _____
- TOTAL** _____

Category II (Autoimmune)

- Alopecia (loss of hair) _____
 - Thinning eyebrows _____
 - Family history of autoimmune challenge _____
 - Chronic digestive imbalance _____
 - Joint pain and stiffness _____
 - Gluten sensitivity _____
 - Unexplained anemia _____
 - Diagnosis of autoimmune condition _____
 - TOTAL** _____
-





Category III
(Nutrient Deficiency)

- Consume a lot of fried food _____
 - Consume a diet high in processed food _____
 - Eat less than 10-12 servings of fruits and veggies per day _____
 - Dry skin and/or dry scalp _____
 - Mental sluggishness _____
 - Require more than 6 hrs of sleep to function properly _____
 - Muscle cramping _____
 - Difficulty recovering from workouts _____
- TOTAL** _____

Category V
(Liver)

- Cannot stay asleep _____
 - Difficulty falling asleep _____
 - Slow starter in the morning _____
 - Afternoon fatigue _____
 - Frequent headaches _____
 - Weight gain under stress _____
 - Excessive sweating with little or no activity _____
 - Wake up tired after sleeping 6 or more hours _____
- TOTAL** _____

Category IV
(Estrogen Excess)

- Adrenal Fatigue _____
 - PMS or PMDD _____
 - PCOS or Endometriosis _____
 - Adult acne _____
 - Heavy periods _____
 - Breast pain and swelling during periods _____
 - Facial hair growth (women) _____
 - Painful periods _____
- TOTAL** _____

Category VI
(Stress/Adrenals)

- Excessive stress _____
 - Cannot stay asleep or stay asleep _____
 - Afternoon fatigue _____
 - Dizziness when standing up quickly _____
 - Headaches with exertion or stress _____
 - Tired after 6 or more hours of sleep _____
 - Weight gain under stress _____
 - Perspire easily _____
- TOTAL** _____

Your Thyroid Type is

If you choose even a single symptom within Category II or Category III, you will want to include support for these Categories in addition to your primary Category. Always confirm autoimmune diagnosis with a blood panel and do not rely solely on survey.

Blends Glossary

DIGESTZEN

Anise Seed, Peppermint Plant, Ginger Rhizome/Root, Caraway Seed, Coriander Seed, Tarragon Plant, and Fennel Seed essential oils.

ZENDOCRINE

Tangerine Peel, Rosemary Leaf, Geranium Flower/Leaf, Juniper Berry, Cilantro Herb essential oils.

ZENDOCRINE COMPLEX

Liver Support: Barberry root and bark, Milk thistle seed, Burdock root, Clove bud, Dandelion root, Garlic bulb, Red clover flowering tops. Kidney Support: Turkish Rhubarb stem, Burdock root, Clove bud, Dandelion root. Colon Support: Psyllium husk, Turkish rhubarb stem, Acacia Gum bark, Marshmallow root. Lung Support: Osha root, Saf ower petals. Skin Support: Kelp, Milk thistle seed, Burdock root, Clove bud, Garlic bulb.

DDR PRIME

Frankincense Resin, Wild Orange Peel, Lemongrass Leaf, Thyme Plant, Clove Bud, Summer Savory Plant, and Niaouli Leaf essential oils., Dandelion root. Colon Support: Psyllium husk, Turkish rhubarb stem, Acacia Gum bark, Marshmallow root. Lung Support: Osha root, Saf ower petals. Skin Support: Kelp, Milk thistle seed, Burdock root, Clove bud, Garlic bulb.





CLARYCALM

Clary Sage Flower, Lavender Flower, Bergamot Peel, Roman Chamomile Flower, Ylang Ylang Flower, Cedarwood Wood, Geranium Plant, Fennel Seed, Carrot Seed, Palmarosa Herb, and Vitex Leaf/Berry essential oils.

PASSION

Fractionated Coconut Oil, Cardamom Seed, Cinnamon Bark, Ginger Rhizome, Clove Bud, Sandalwood Wood, Jasmine Flower Absolute, Vanilla Bean Absolute, Damiana Leaf.

CHEER

Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb.

MOTIVATE

Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb, Yuzu Peel, Melissa Leaf, Rosemary Leaf, Vanilla Bean Absolute.

PEACE

Vetiver Root, Lavender Flower, Ylang Ylang Flower, Frankincense Resin, Clary Sage Flower, Marjoram Leaf, Labdanum Leaf/Stalk, Spearmint Herb, Vanilla Bean Absolute.

CONSOLE

Frankincense Resin, Patchouli Leaf, Ylang Ylang Flower, Labdanum Stem/Twig, Amyris Bark, Sandalwood Wood, Rose Flower, Osmanthus Flower.

FORGIVE

Spruce Leaf, Bergamot Peel, Juniper Berry Fruit, Myrrh Resin, Arborvitae Wood, Nootka Tree Wood, Thyme Leaf, Citronella Herb.

BALANCE

Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, and Osmanthus Flower essential oils, Fractionated Coconut Oil.

SERENITY

Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood Wood.

SERENITY RESTFUL COMPLEX

Lavender, L-Theanine, Lemon Balm, Passionflower, Chamomile.



D R . M E L I S S A E S C U E R R A D C

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