

THYROID HEALTH CHEAT SHEET



I recommend choosing from the specific categories that make the most sense for each individual's unique needs. Not everyone will need support from all 6 groups.

GENERAL SUPPORT

DESCRIPTION	MORNING	NOON	EVENING
30 day Refresh Diet + Thyroid Tips			
Life Long Vitality	2 of each	-	2 of each
Healthy Thyroid Blend	Apply	Apply	Apply
Additional Selenium (short term if needed)		125 mcg/day	
Additional Iodine (if needed)		800-1000 mcg/day	

AUTOIMMUNE SUPPORT

DESCRIPTION	MORNING	NOON	EVENING
Digestive support as needed			
Detoxification Support:			
Zendocrine Softgels	1	-	1
Zendocrine Complex	1	-	1
Citrus EO's in water	1 drop in 8-10 oz of water throughout the day		
Life Long Vitality	2 of each	-	2 of each
DDR Prime Softgels	1	-	1

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LIVER SUPPORT

DESCRIPTION	MORNING	NOON	EVENING
Slim + Sassy	1 drop over liver		1 drop over liver
Helichrysm	1 drop over liver		1 drop over liver
DigestZen	1 drop over belly or liver		1 drop over belly or liver
Zendocrine Softgels	1	-	1
Zendocrine Complex	1	-	1

ESTROGEN BALANCING

DESCRIPTION	MORNING	NOON	EVENING
Zendocrine Softgels	1	-	1
Zendocrine Complex	1	-	1
Clary Sage or ClaryCalm	Apply 1 drop (or roll) over lower abdomen, wrists, collarbone and/or behind ears.		
Citrus Oils: 1 drop/8oz of water	Work up to 8-15 drops per day		

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GUT SUPPORT

DESCRIPTION	MORNING	NOON	EVENING
Citrus Oils: 1 drop/8oz of water	Work up to 8-15 drops per day		1 drop over liver
DigestZen	1 drop over belly or liver		1 drop over belly or liver
TerraZyme	2-3	2-3	2-3

STRESS MANAGEMENT

DESCRIPTION	MORNING	NOON	EVENING
Emotional Aromatherapy Oils	Apply every few hours when stress is coming on		
Evening Sleep Support	-	-	1-3
Serenity Softgels			
Sleepy time Tea	1 drop Lavender, 1 drop OnGuard in hot water with raw honey		
Other sleep oils as desired	Grounding: Vetiver, Cedarwood, Frankincense, Myrrh Soothing: Lavandar, Chamomile, Bergamot		
Mindful Breathing	Throughout day as needed. 1 drop each of Lavender, Lemongrass and Peppermint in palms of hands and inhale prior to mindful breathing exercise. Breathing sessions can last anywhere between 3-22 minutes.		