



# Thyroid Reset Protocol

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Discover Miracle Products

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## Disclaimer

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## Introduction

The thyroid is small organ located in the front of the neck, wrapped around the windpipe (trachea). The shape of the thyroid gland is like a butterfly. It is smaller in the middle two wide wings that wrap it around the windpipe. The main function of our glands is to create and release substances that regulate the functioning of the body. The thyroid gland makes hormones that are responsible for controlling many vital functions of your body.



When there is a malfunctioning in the working of the thyroid gland, it can put an adverse impact on your entire body. If there is an excessive amount of thyroid hormone in the body, you can develop a condition called hyperthyroidism. When there is a lack of thyroid hormones in the body, the condition that develops is called hypothyroidism.

In both situations, the body utilizes more energy to function properly. People who are dealing with a dysfunctional thyroid have a greater chance of fatigue in short durations of time.

Do you suffer?

Lack energy – tire easily

Brain fog – difficulty concentrating

Cold Hands – Cold Feet – Easily Chilled

Does your body have a hard time regulating temperature?

Premature hair loss

Excessive weight gain/loss

You may have subclinical thyroid dysfunction.  
The Thyroid Reset Protocol is simple, has worked for thousands and can  
work for you too!



## **Dr Sircus's View On Hypo & Hyper Thyroid Issues**

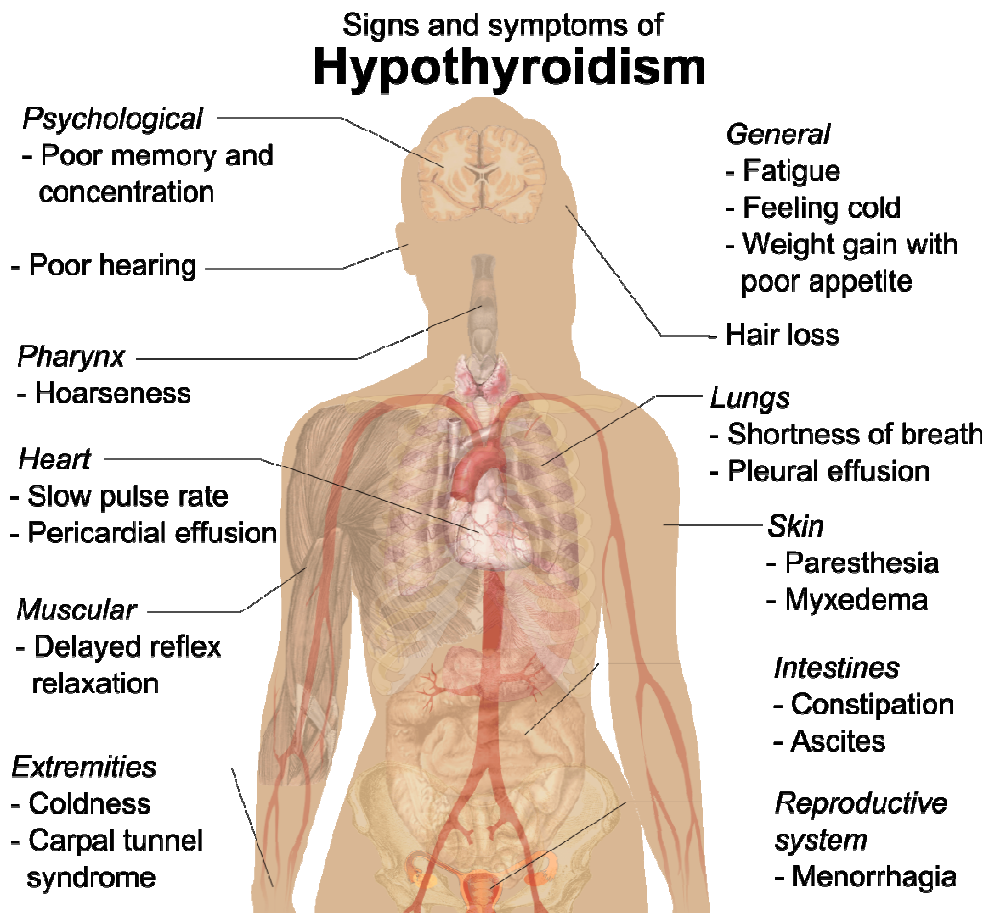
Iodine helps synthesize thyroid hormones and prevents both hypo- and hyperthyroidism. Iodine sufficiency reverses hypo- and hyperthyroidism. Iodine's ability to revive hormonal sensitivity seems to significantly improve insulin sensitivity. Iodine attaches to insulin receptors and improves glucose metabolism. Iodine is the best nutritional support for your thyroid. Your thyroid controls your metabolism and the efficiency of your metabolism is directly related to that of your immune system. J Endocrinol. 2009 Jul;202(1):55-63. doi: 10.1677/JOE-08-0488. Epub 2009 Apr 27.

"Iodine is the most misunderstood nutrient. After 12 years of practicing medicine, I can say that it is impossible to achieve your optimal health if you do not have adequate iodine levels. I have yet to see any item that is more important for promoting health than iodine."- Dr. David Brownstein

## Signs and Symptoms of Thyroid Dysfunction

There are many related symptoms and factors to thyroid dysfunction; however in my experience one of the most prominent symptoms of an underactive thyroid has been sensitivity to cold and the body's inability to regulate temperature. The thyroid gland is like the thermostat for the body. Thyroid hormones help with how fast your body works. They can affect everything from how cold you feel to how quickly you burn up energy. Thyroid problems can cause weight gain and feeling cold all the time.

An overactive thyroid is generally in a hyper state as the gland is attempting to uptake the nutrient it needs for stability. That nutrient is iodine. A hyper thyroid will eventually result in an underactive thyroid as the gland becomes exhausted, unless its needs for iodine are met.



## General Symptoms of Thyroid Problems

- Eye lid twitching, Foot twitching
- Runny nose (clear fluid)
- Headache Sedation
- Tingling in hands or feet
- Dark thoughts (e.g. there is no reason to live)
- Depression (e.g. there is no reason to get out of bed)
- Anxiety Emotionality
- Mouth and tongue sores and cuts or “sore mouth”
- “Unusual” acne, acne-like eruptions without coniform (some iodine users found zinc helps bromide acne)
- Skin splits
- Hair loss
- Brain fog
- Leg and hip ache (feels like arthritis)
- Rash (bromaderma)
- Metallic taste
- Sinus ache
- Cherry angiomas
- Lethargy
- Odd swallowing sensation
- Body odour (bromos is Greek for stench)
- Unusual urine odour or colour,
- Dry mouth or Increased salivation
- Urethral spasm, frequent urination (mistaken for urinary infection) Diarrhea or Constipation
- Vision changes
- Irritability & Hormone changes
- Kidney pain
- Breast tenderness (transient symptoms – on and off)

### Hyperthyroidism:

Weight loss, despite increased appetite

Increased heart rate, heart palpitations, higher blood pressure, nervousness, and excessive perspiration

More frequent bowel movements, sometimes with diarrhea

Muscle weakness, trembling hands

Development of a goiter (an enlargement in your neck)

Lighter or shorter menstrual periods

### Hypothyroidism:

Lethargy, slower mental processes or depression

Reduced heart rate

Increased sensitivity to cold

Hair loss

Tingling or numbness in the hands

Development of a goiter (an enlargement in your neck)

Constipation, heavy menstrual periods

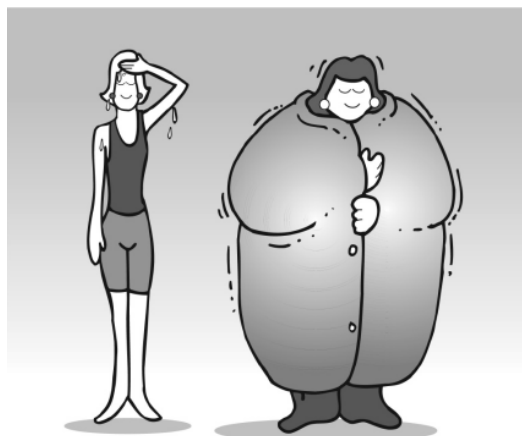
**Dry skin and hair:** Iodine feeds every cell in the body and 20% is stored in the skin. If there is a deficiency in iodine it becomes difficult to sweat out toxins leading to dry itchy skin.

Perhaps you too have suffered with symptoms of a dysfunctional thyroid and were surprised when clinical thyroid testing did not reveal a problem? It could be because you, like so many others, have subclinical thyroid dysfunction.

## Clinical Thyroid Testing Only Measures TSH Levels

The medical method for thyroid testing measures TSH levels or the amount of T3 and T4 hormone in the blood. Consider however, that T3 is the primary hormone which helps regulate body temperature and not T4. Therefore if there is adequate secretion of T4 by the thyroid gland but we are not getting sufficient conversion of T4 to T3, or T3 is unable to activate cellular receptor sites, then the basal body temperature will be found to be low, as will thyroid function.

For this reason TSH testing is not an adequate identifier for optimal thyroid functioning. A much more effective test for determining healthy thyroid function is the **Basal Temperature Test**.





Dr. Broda Barnes was one of the pioneers who explored this major health issue of subclinical hypothyroidism, and who used what was called the 'Basal Metabolic Temperature Test' for diagnosing such cases.

Despite its seeming simplicity, this genuinely relevant diagnostic technique is capable of identifying under functioning thyroid in many people who do not show up as being hypothyroid with regular blood tests.

## **Body Temperature: Foremost Indicator of Thyroid Health**

Considering the fact that the thyroid hormone, T3, helps keep our bodies warm, an effective form of thyroid testing can therefore be achieved by tracking basal body temperature with the use of a basal body thermometer.

Using your body basal temperature provides us with a comprehensive understanding of how efficiently your thyroid gland is actually functioning, as opposed to medical thyroid testing, done on a blood sample, which only measures how much hormone is present in that specific amount of blood and not how active it is.

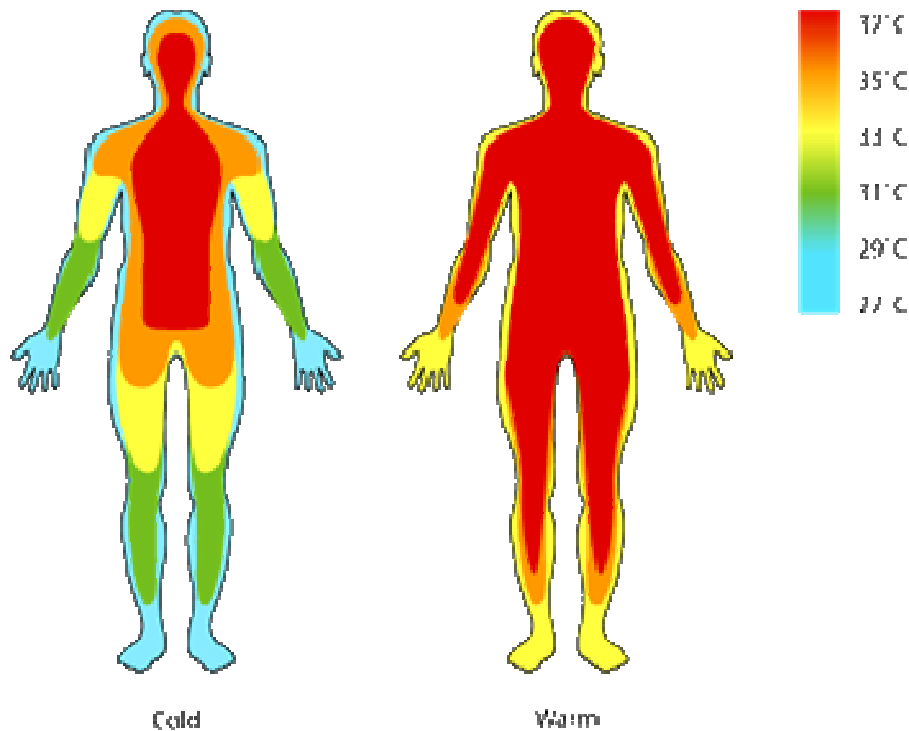
## **Low Basal Body Temperature Reveals Poor Thyroid Function**

As your thyroid starts to fail in function of maintaining body temperature, it is no longer able to keep your body warm at a constant level.

A healthy human's normal body temperature is 37 degrees Celsius. If your body is consistently below normal temperature your enzyme production is compromised inhibiting the metabolic process resulting in depression of your entire cellular function.

Understand that every metabolic function in your entire body is completely dependent on enzyme function. In turn, enzyme function is highly dependent on temperature. Therefore, if your basal body temperature is below normal, then all enzymes in every cell of your body will be under functioning.

***Reset your Thyroid and increase your core temperature!***



## How To Take Your Basal Body Temperature

The Basal Body Temperature thyroid test is simple and only requires a *mercury thermometer* (a digital or infrared thermometer are calibrated differently from the mercury type and not as useful for this testing because they tend to under-register a person's body temperature providing false diagnosing of subclinical hypothyroidism).

Mercury thermometers can still be found in many pharmacies and are not particularly expensive (this type of thermometer is often used for fertility testing).

### Basal Temperature Test Is Taken Under-Arm

1. Shake down the thermometer until the mercury falls below 35 degrees Celsius. Place it by your bed at night when you retire.
2. First thing upon awakening; before you become physically active, gently push back most of your blankets and place the mercury thermometer in your arm pit (not under the tongue) for a full 10 minutes. It is also crucial for you to not move or get out of bed for any reason before taking the temperature because any activity will raise your basal body temperature and make the test useless.

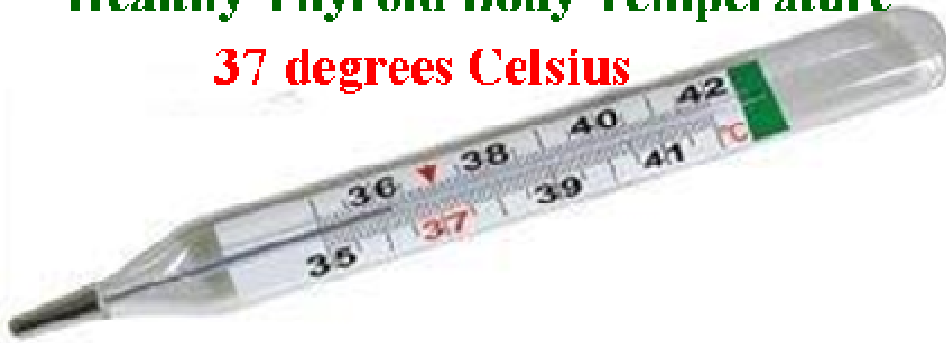
3. Record the temperature, time, and date.
4. Conduct the same test for at least three consecutive mornings at the same time each day to provide a good average to work from.

### Interpreting Your Basal Body Temperature Test

Normal body temperature in a healthy human being is 37 degrees Celsius. If the average basal body temperature reading is below 36.5 degrees Celsius, then this is a strong indication of an underactive thyroid.

### Healthy Thyroid Body Temperature

**37 degrees Celsius**



**Use Your Basal Body Temperature to determine if you have low thyroid function (hypothyroidism).**

The more the average temperature is below 36.5 degrees Celsius the more the thyroid is under-functioning.

The greater the temperature is found to be below 36.5, the more the thyroid can be regarded as incapacitated, or not functioning at an *optimal* level.

**Please Note:** Natural fluctuations can occur during menstrual cycles. If you are still menstruating, perform the test on the second, third, and fourth days of the menstrual cycle.

### Not All Iodine Is Created Equally

Research has revealed that the most effective iodine to quickly restore thyroid function is the nascent atomic form of iodine. Atomic iodine, also known Nascent iodine is considered the safest and most effective form available. Molecular iodine

is attached to a potassium ion for stability and can build-up toxic levels in the body. Nascent Iodine is quite different from a molecular denser state typical iodine, which is sold as an antiseptic, or as iodine tri-chloride (claiming to be atomized), or as added to potassium iodine (such as in the pill form).

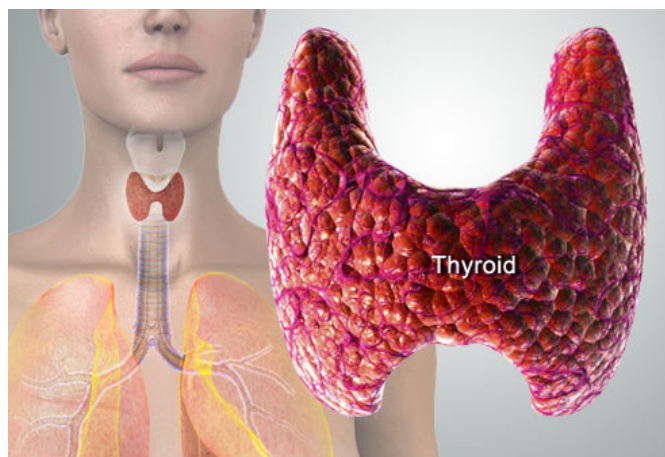
Nascent Iodine holds an electromagnetic charge that releases a large amount of energy when consumed. It's regarded as the most absorbable form of iodine because it closely resembles a precursor of thyroid hormone, so your thyroid can use it quickly and more efficiently.

Nascent iodine is also unlike glandular or prescriptions containing hormones that take over the thyroid's job, instead of nutritionally building the thyroid to work on its own. Seaweed, seafood, greens, raw sunflower seeds are good sources of iodine, but may not have the levels necessary to support the thyroid fully and iodine sources from seaweed may contain undesirable levels of arsenic and bromine.

***Nascent Iodine supports the thyroid rather than replacing thyroid function.***

Biochemically, Nascent iodine is designed for internal use as a supplement; being in a pure energized atomic state rather than a molecular form makes it highly bio-available. This charged state is held by the atom until dropped into water and consumed. Nascent iodine is most active in the body for 2–3 hours. During this time, Nascent Iodine is recognized by the body as the same iodine that is used by the thyroid and is absorbed effortlessly by the body. As noted, this particular form of iodine is unique and well known to offer beneficial effects unlike any other form of iodine.

***Nascent Iodine is the most easily assimilated iodine available today!***



## Thyroid Reset Protocol

**Recommended:** Take on an empty stomach at least 15 minutes before breakfast and at 1-2 hours away from any vitamin C (vitamin C will oxidise iodine and render it less useful to the body). Afternoon take the drops 1- 2 hours after meals but before 4:00 pm.

1. Each morning for 4 days upon arising place 2 drops Nascent iodine in 30 ml pure water (water that is free from chlorine and fluoride). Swirl in the glass, hold in the mouth for a few seconds and then swallow.
2. Day 5 - 9 increase to 4 drops in the morning.
3. Day 10 - 14 increase to 5 drops in the morning and 2 drops afternoon - slowly work your way up as long as there is no discomfort.
4. Day 15 increase to 5 drops in the morning and 5 drops afternoon. Continue on 10 drops daily for 1 -2 months.

The protocol is a guideline as each person is unique; it is important to listen to your body and let your body guide you in this process. Once you have your iodine levels up to optimum and your thyroid has restored proper functioning (your body can regulate temperature), cut back to 3-6 drops morning as a regular maintenance.

***Most people stabilize and maintain somewhere between 3 to 6 drops daily. Some may need up to 8-10 drops as a regular maintenance.***

Dr. Brownstein asserts that significant benefits begin to accrue at 12 mg per day (with molecular iodine); which he describes as the optimal established daily dose for most people. However, Dr. Brownstein's overall recommendation of 12 mg to 50 mg of iodine daily can be considered a very high dosage considering the unique potency of Nascent Iodine. We therefore suggest a dosage between 1 mg (2.5 drops) and 8 mg (20 drops) per day. 10 drops of Miracle Products Nascent Iodine is 4 mg of iodine. Individual needs may vary.

***Nascent Iodine helps you easily transition from state of iodine deficiency to achieving optimal iodine levels - fast!***

The entire body uses iodine, not just the thyroid. Various tissues and organs are designed to concentrate large amounts which are necessary for their normal structure and function. Conversely, low iodine levels are associated with

autoimmune thyroid disease, breast cancer, thyroid cancer, goiter and fibromyalgia, as well as cysts and nodules of the breast, thyroid and ovaries.

Reference: Lynne Farrow, **The Iodine Crisis**

## Why Do Many People “React” To Iodine?

Iodine is a nutritional halogen. Bromide, fluoride and chlorine are toxic halogens. Every cell in the body has a receptor site for a halogen. Your body is innately intelligent and requires a halogen to work with, so unless you have iodine coming into the body, the cells will uptake the toxic halogens. Once you begin to restore your iodine levels, your body will begin to detox the toxic halogens in favour of the essential nutrient.

Other major considerations are termed the “companion nutrients”, which was coined by Lynne Farrow of the Iodine Workshop group. Each of these nutrients can be critical to the complete success of the **Thyroid Reset Protocol**, and the proper support and function of your body.

### Companion Nutrients:

- Selenium: 200-400 mcg per day
- Magnesium: 400-1200 mg per day
- Vitamin C: 3,000-10,000 mg per day

*Note: the above amounts are recommended dosages given in the writings and lectures of iodine experts. They are not to be used as medical advice.*

**Note about selenium from Janie Bowthorpe:** it can be important to test your levels before taking selenium. Because of the MTHFR mutation, some people can have high levels, and being on selenium can make that worse with side effects to match, such as hair loss and more.

## Reasons for Using Companion Nutrients: selenium, magnesium, vitamin C & unrefined Sea Salt

### Selenium:

- High amounts of iodine without selenium induces AIT (Auto Immune Thyroiditis) and goiter.
- Selenium + iodine reduces goiter and inflammation of the thyroid gland.
- Selenium supplementation reduces tgab that may be elevated by taking iodine.
- Tpoab antibody levels were inversely associated with selenium levels (if you have high selenium, you have low antibodies and vice versa).
- Selenium + iodine increases the regulatory immune cells which prevent the development of autoimmune diseases.
- Necessary for the body to produce glutathione peroxidase, which detoxes pesticides, mercury, chlorine and bromide.

Analysis of the medical literature is clear: selenium plus iodine is the best combination for thyroid health. When iodine has been shown in studies to be damaging to the thyroid, it appears that concurrent selenium deficiency is the true culprit.

If you are iodine deficient, selenium supplements “induce a dramatic fall of the already impaired thyroid function in clinically hypothyroid subjects”.  
<https://www.ncbi.nlm.nih.gov/pubmed/2045471?dopt=AbstractPlus>

Therefore, if you are hypothyroid, taking selenium supplements while iodine deficient will increase hypothyroidism, so it is essential to make sure to also take iodine.

*Please note that Brazil nuts are not a reliable source for selenium.*

### Magnesium:

- Necessary for over 300 enzyme reactions in the body.
- Along with iodine, improves autoimmune goiter, atrophy and fibrosis.

- Essential for the production of ATP, which is used for maintaining body temps and as a source of energy.
- Transdermal magnesium chloride (Miracle Mist) is the most bioavailable form of magnesium to use, readily absorbed through the skin.

The iodine researchers found that what leads to development of autoimmune thyroid disease (Hashimoto's, Graves) is magnesium deficiency together with low iodine, low antioxidants, and high calcium.

### **Vitamin C:**

- Heals the iodine transporter system which may be damaged by toxic halides.
- Aids cellular uptake of iodine.
- Key antioxidant that supports detox
- Camu Camu Extract is natural vitamin C that contains all the essential cofactors for optimal vitamin C absorption and utilization

Several iodine researchers found that some patients were excreting large amounts of iodine which was not being absorbed by the body. Since these patients had known iodine-deficiency disorders, the doctors' theorized that that they couldn't possibly be iodine sufficient. This was thought to be due either to a "defective cellular iodine transport system", or due to a body load of large amount of environmental goitrogens such as fluoride and bromide that prevented the iodine from entering the cell. Clinical improvements in their symptoms, and enhanced iodine uptake, was reached with 3 grams (3000 mg) or more of vitamin C.

### **Unrefined Sea Salt:**

- Supports adrenals and reduces oxidative stress.
- Kicks bromide out of the body through the urine.
- Relieves symptoms of bromide detox.
- Helps get iodine into the cells via the nis (sodium iodide symporter).

Unprocessed salt is a necessary nutrient for many reasons but on the iodine protocol, it can also be a real life saver! The chloride in salt competes with bromide in the kidneys, so a person who is low in salt will hold on to more toxic bromide. At 6-10 grams per day, salt can increase the urinary excretion of bromide by up to 10 fold.



## Salt Loading Protocol

Dr. William Shevin presented his **Salt Loading Protocol** at the February 2007 Iodine conference: Drink ¼ tsp unprocessed, unrefined sea salt dissolved in ½ cup warm water – immediately followed by a ½ litre of pure water Repeat in 30-45 minutes if needed. May repeat again until copious urination begins. Consume an additional ½ tsp unprocessed sea salt throughout the day on foods. Observe subjective response (usually within several hours).

Based on the U.S. Military's salt IV protocol for bromide intoxication, Dr. Shevin states that salt loading can relieve the side effects that can result from bromide detox such as headache, acne, fatigue, etc.

## Detox Symptoms and Solutions

Clear fluid nasal drip is an indicator of bromide detox. One of the most immediate ways to eliminate all poisons from the body is supplementing with [BluZone!](#)

### Known Considerations:

1. The **Salt Loading Protocol** has benefited many as an effective way to flush toxins released by taking iodine. Salt has been used for over a hundred years by doctors to clear bromide symptoms. Please note: if using Himalayan salt ensure that it has come from a reliable source as most Himalayan salt is contaminated with bromide and synthetic dyes.
2. Pulse-dosing Iodine. This means stopping iodine for 48 hours to rest the kidneys while continuing with the **Companion Nutrients**
3. Take natural food source vitamin C & pure MSM spread throughout the day (we recommend ½ tsp [Camu Camu extract](#) mixed with ½ tsp pure [MSM](#) in 1 litre of pure water sipped throughout the day).
4. Numerous testimonials prove that taking the complete Iodine Companion Nutrients enhance cell detoxification.
5. Drinking more water – structured, spring or purified recommended.

6. According to iodine users with skin symptoms, zinc often helps. [TranZinc](#) can be used transdermally (and or internally) and makes a wonderful facial tonic when sprayed on the skin after cleansing.

*Iodine researchers Drs. Abraham, Brownstein and Flechas tested 35,000 people and found that 96% are deficient in this essential nutrient!*

## Testimonials

The nascent iodine has changed my life. I am no longer taking medicine for thyroid and it's been only 3 weeks since I started. I have more energy, no more constipation and my feet aren't ice blocks when I climb into bed. I think I have lost a few kilos to! Thank you for providing such a wonderful product and all your help to.

*Denise Baker*

The iodine has done the job! I have only a partial thyroid. My temperature used to be at 36.1- 36.3 degrees, sometimes as low as 35 .9 degrees. After following the protocol for a few months my temperature is now holding at 37 degrees and my energy level is much better. I worked my way up to 12 drops daily and now take 4. Thank you again this is the best thing I have ever used and really the only thing that has ever worked! I can now tolerate the freezer isle in the grocery store!

*Thanks, Tanya C*

After using your nascent iodine, I noticed a big difference in my energy levels. I also noticed a huge difference in mental clarity – the brain fog has disappeared. I lost already so many symptoms and feel so much better; first time in a year and a half. Thank you.

*Tracy Bailey*

## Sources:

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Hypothyroidism – The Unsuspected Illness, Harper & Row. NY. 1976. ISBN: 0-690-01029-X

Guy E. Abraham, MD –former Professor of Obstetrics, Gynaecology and Endocrinology at the UCLA School of Medicine:

The safe and effective implementation of orthoiodosupplementation in medical practice. *The Original Internist*, 2004; 11(1):17-36

Iodine: The Universal Nutrient <http://www.vrp.com/art/1781.asp>

David Brownstein, MD – family physician and author:

*Overcoming Thyroid Disorders* ISBN-10: 0966088220

*Iodine: Why You Need It, Why You Can't Live Without It* (5th Edition).

ISBN978-0-9660882-3-6

Bernard A. Eskin, MS, MD, Professor of Obstetrics and Gynaecology and Director of the Menopause/Perimenopause Center at Drexel University College of Medicine. He has published well over 100 peer-reviewed journal articles and is the author or editor of 20 textbooks. His overall clinical care, research and teaching have been directed towards further improvements in women's health.

Jorge D. Flechas, MD, MPH, Medical Director of Flechas Family Practice in Hendersonville, NC, specializing in hormonal therapy for the treatment of Fibromyalgia and Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS):

*The Safe and Effective Implementation of Orthoiodosupplementation in ..... and Practise of Medicine*, 15th Edition 1987:438-440 ISBN

Miracle Products Nascent Iodine has chemical purity greater than or equal to 99.8%. This patented formula, based on Edgar Cayce's method, is extracted from deep inland deposits. Refinement removes impurities leaving beautiful pure iodine crystals. The crystals are dissolved into liquid solution and exposed to a specific electromagnetic field to separate atoms producing the nascent state.

***Iodine that is sourced from seaweed can contain impurities found in the ocean such as arsenic, mercury and bromine in quantities that are not desirable or healthy.***



A 30 ml bottle of Miracle Products Nascent Iodine contains approximately 1500 drops and will last approximately 8-12 months.

One drop of Miracle Products Nascent Iodine contains 400 mcg.

## Thyroid Reset

<https://miracleproducts.shop/>

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