

## Thyroid Process

### Goal: Bring the thyroid back into balance.

Our thyroid is under stress today. A combination of EMF radiation, mercury exposure from dental issues, emotional stress, nutritional deficiencies and more may be affecting our thyroid function. How can we combine our words, intentions and frequencies to assist us in balancing the thyroid?

### Thyroid Affirmations:

- I give thanks for the perfect health of my thyroid
- My thyroid is providing perfect metabolism for my body
- My thyroid helps me to maintain a healthy weight
- My thyroid is completely supporting the other functions of my body
- My brain is releasing the perfect amount of thyroid stimulating hormone at the perfect time
- My hypothalamus sends the perfect amount of hormones to my pituitary gland to support the signaling to my thyroid
- My inactive thyroid hormone easily converts to active thyroid hormone whenever the conversion is needed
- My liver is fully capable of converting inactive thyroid hormone to active thyroid hormone
- My thyroid is functioning perfectly and is allowing the perfect amount of blood to pump through my circulatory system
- My thyroid is functioning perfectly and is supporting the balanced function of my nervous system
- I am so grateful that despite my thyroid being under stress that it is working very well to support my body
- My thyroid is now regenerated and is functioning better than ever
- I take all actions, conscious and unconscious in order to support my optimal thyroid health
- I am so very grateful for my perfectly functioning endocrine system
- Any obstacles that have prevented me from healing my thyroid are now cleared

Helpful frequencies for thyroid healing:

- C7 is the spinal nerve connected to the thyroid (can use that in Spinal Energy)
- Nogier B 584 Hz is connected to the thyroid
- Thyroid is related to the 5th chakra and related to speaking your authentic truth - Use Throat chakra in chakras, and 639 Hz Solfeggio for good communication

### Process:

- 1) Test yourself for Thyroid Affirmations. What are the top 3 Affirmations? Write them down. Be sure to say the affirmations 3X in the morning, 3X in the afternoon and 3X in the evening.
- 2) Speak the 3 affirmations into a Neuroremedy
- 3) Run the Neuroremedy for 6 minutes every day
- 4) Run Thyroid Frequencies from: Thyroid Alchemy, Thyroid Optimized Function and Detox, Thyroid Reboot and Metabolic Reset, Thyroid Assessment/Solutions series.

- 5) Place the red and blue items, including Thyroid Affirmations if you have this library and run the frequencies for 30 minutes twice per day.