

# REVERSING HYPOTHYROIDISM

**Important:** If you have Hashimoto's Disease, implement the Low-Dose Naltrexone (LDN) protocol to eliminate antibodies, before following the rest of the protocol outlined on this sheet.

## THYROTAIN

Start taking the thyroid supplement (Thyrotain) to prepare the thyroid to work optimally. Thyrotain supplies vitamins and minerals (including selenium and iodine) that specifically support the thyroid. It also includes adaptogen herbs that boost thyroid function.

## WEANING OFF MEDICATION

**Important:** Thyrotain should be continued throughout the weaning process.

To wean take a slightly decreased dose in the following pattern:

1. Every third day for two weeks
2. Every other day for two weeks
3. Two days in a row (previous dose on the third day)
4. Eliminate the higher dose
5. Repeat this process until you are medicine free

Labs will be drawn to check your levels and assess progress.



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