

Thyroid Issues

Let's talk about thyroid issues. I have been working as an alternative therapist for the last 11 years.

In that time I've seen more than 6000 clients.

The pattern other therapists and I both see is that a thyroid issue is related to us speaking up for ourselves.

There is another level that I have not yet read on the internet or seen written any books, which is the fact that a thyroid issue comes from a system overload.



If you are overloaded at your workplace, stressed financially, or generally having a hard time.

If you're feeling overloaded in your marriage, or with your children or have been stressed for a long time, when you overload your system your parasympathetic and sympathetic nervous systems are not working as a team.

The sympathetic system is what is primarily working when you're doing something and when you're relaxed your parasympathetic nervous system takes over.

One is feminine and one is masculine.



Sympathetic is doing and parasympathetic is being.

So when your nervous system is not working, it means the rest of the systems in your body are not working either.

When your system is not flowing and is not in balance, (masculine/feminine, opening/closing) your thyroid gets out of balance too.

Please do not get medicine for your thyroid issues, or get a doctor to remove your thyroid until you read the book, **The Medical Medium by Anthony William**. It's a great book.



He also has a video called pure eating. Take a look at that when you are looking at changing your lifestyle.

Your body is capable of finding and restoring its own balance when it gets the proper help.

This help does not come from traditional medicine as it does not have a high vibration or as a high frequency your body does.

So that's one thing for you to look at.

Eating proper food that can restore your inner balance, pure organic food, which is very much alive, i.e. fruit, greens and vegetables.



Yesterday a friend sent me text sent me saying, "I'm sitting here with one of my friends and she has issues with her thyroid".

I said this to her. "When you have difficulties with your thyroid it is mostly because you're not speaking up for yourself, you're not there for yourself. It's also related to the fact that you say yes, when you want to say no.

For example; what happens when you don't speak up for yourself is; Peter insults you, but you say nothing back and swallow what you want to say. So you swallow your words and the energy literally gets stuck in your throat, in your thyroid.



Next; Laura speaks down to you and you don't say that it is not okay, so in that action, you swallow another ball of energy.

That energy gets stuck in your throat or in your chest, or in your belly, or in your digestive system and creates an imbalance there.

In doing this, you put a higher pressure on your own system because you create these energy blockages. So what is the best thing to do?

You tell Peter what you want to say. Say, "I do not like you speaking to me like that, so please stop".



When you do that, instead of swallowing the energy, you are transforming it and sending it back. So standing up for yourself is a part of healing, your thyroid.

Another thing is; if you keep being stressed at work, frustrated, stuck or afraid, you keep yourself stuck in this overloaded position or way of living.

When you do this, your hormonal system responds and says, "I can't restore the balance" and you go into a hyper state.

So going back to the lady from yesterday. I gave her 2 pieces of advice.



1. Stand up for yourself and speak your mind when someone for example, insults you. Say no to others. Say yes to yourself
2. Make sure that you're not keeping yourself stressed and overloaded

When you read the book **The Medical Medium by Anthony William** you will get many great tips about how you can restore your thyroid.

For example: it gives you tips on how seaweed can help to restore the balance and so much more.



Three Things To Help You Start Healing Your Thyroid

1. Speaking Your Mind

2. Forgiveness. Forgive yourself and forgive others

3. Bring yourself into the feminine so your parasympathetic nervous system can come back into balance

You can't keep running around without looking after your body. You have to take good care of yourself.



I hope you find these tips helpful.

All the best in working with releasing your
thyroid issues.



**This Ebook is a collaboration between Zanne
Piilipson from Intuitive Mentor
& Global Healing Exchange**

