

THYROID

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GUIDELINE BY SANJAY G.M.

CAUSES

- Auto-immune.
- cross food with milk.
- Iodine deficiency.
- vitamin D deficiency can increase TSH thyroid level.

SYMPTOMS

- Not eating much but gaining weight
- feeling cold in normal temperature
- Joint pain and depression.

SOLUTION

- Stop milk, instead of that take desi cow ghee.
- Eat sendha namak (सैंधा नमक), roasted seaweed, fish and eggs.
- Check vitamin D level, if low then control it by taking 20 mins golden sunlight every day. 7.00am to 8.00am OR 5.00pm to 6.00pm
- During bath, do hot & cold water therapy, wrap hot water towel around thyroid neck for 2 min & then 1.30mins cold water towel. Repeat 3 times during bath every day for 2 months.
- Cut ½ onion, rub slowly on thyroid part for 1.5 month before sleep.
- Soak old coriander seeds (धनिये के बीज) in a glass of water overnight & drink that at morning for 2 months.
- While bathing, hold water in your mouth for 1-2 minutes. Repeat 3 times, its thyroid gland exercise.

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.