

- Minimize goitrogens in foods - Brassica.
- max Trace minerals Zn, Cu, Se to ↑ prod'n of thyroid hormone Vit, C, E (anti ox)
- ↑ Iodine, Zn, Cu, Se, B-Vit.
- Exercise - cold hydrotherapy
- 500ml water b/4 eating
- Fiber.

Period repair manual

Protein @ every meal.

Australian Own } milk
Pure Harvest }