SOULSCRIPT

PRESCRIPTIONS FOR YOUR SOUL

GRAVES + TED SUPPLEMENT MASTER GUIDE

THE THYROID SUPPLEMENT FAVORITES LIST TOLD BY AN INTEGRATIVE PHARMACIST & FUNCTIONAL HEALTH PRACTITIONER

by Elena Genik. Pharm.D



www.thyroidloveclub.com

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Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

This is NOT medical advice. Strictly for informational purposes only.

This protocol serves as a general guideline and should be personalized based on individual health conditions and needs. Consultation with a functional health practitioner or qualified healthcare professional is essential before initiating any new supplement or lifestyle changes and to determine the personalized doses required for each person. Regular monitoring and adjustments may be necessary based on individual responses and evolving health status.

Theis guide contains commissionable links, meaning I may earn a small commission if you make a purchase through them—at no extra cost to you. This helps support my work in providing research-backed resources and holistic healing guidance for those navigating Graves' disease and Thyroid Eye Disease (TED). I only recommend high-quality, third-party tested supplements that I personally use or have researched extensively for thyroid and immune health. Your support allows me to continue sharing educational content, functional medicine insights, and practical tools to help you on your healing journey.

SOULSCRIPT

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WELCOME

Hi, I'm Elena Genik, PharmD, NBC-HWC. I'm an integrative pharmacist with over 15 years of experience, a functional health practitioner, and a fellow Graves', TED, and PCOS warrior. Thank you for being here.

I was diagnosed with Graves' disease in December 2022, and a few months later my eyes began watering nonstop and bulging. Testing confirmed Thyroid Eye Disease. Later, my labs slid to the low end of "normal" and I felt every hypothyroid symptom in my bones, yet I was told I was fine because my numbers were "in range." That was the moment I became my own advocate. Since then, I've built a whole-person approach that blends conventional medicine, functional testing, targeted nutrients, gut support, yoga, and mindfulness. This guide shares the supplements I've personally used and seen help my clients most.

Supplements are one piece of the puzzle. Calming autoimmunity also means reducing stress, listening to your body, staying hydrated, moving gently, and removing common inflammatory triggers like gluten, dairy, soy, processed foods, sugar, and excess caffeine. An anti-inflammatory diet rich in vegetables, quality protein, healthy fats, and bone broth gives your immune system a steadier foundation. My free Thyroid Happy Diet guide is a great place to start.

Test, don't guess. Many people with autoimmune thyroid conditions are low in vitamin D and magnesium or struggle with leaky gut, which can fuel inflammation. Functional testing like a comprehensive thyroid panel, micronutrient testing, and gut assessments (GI-MAP, Gut Zoomer, SIBO breath test) shows what your body actually needs. For example, if you have SIBO or dysbiosis, probiotics may not help until that's addressed first.

You don't need to take all of these. Choose what fits your symptoms, needs, and lab results, and check with your prescriber before adding anything new, especially if you take thyroid medication.

Where to find them. Everything here is available at 10% off through my Fullscript formulary or the PharmToTable GetHealthy store, including clean personal care products, teas, and snacks.

Want a personalized plan? I'd love to help you review labs, order testing, or build a protocol made for you. And if you're ready to dig into root causes and a clear path forward, check out the Thyroid Clarity Kit (link at the end).



You deserve clarity.
You deserve to be seen.
You deserve to feel like yourself again.

With love,
Elena

Elena

LINKS TO ORDER

FULLSCRIPT

PHARM TO TABLE STORE

(CELLCORE PROTOCOL)

TED ESSENTIALS STARTER PACK

(SELECT ELENA AS YOUR PROVIDER

AND USE THE CODE ELENA10)

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BOOK 1:10

For educational purposes only. This guide is not intended to diagnose or treat medical conditions. Always consult your healthcare provider before making changes to your medications, supplements, or treatment plan. Affiliate links may be included at no cost to you.

IMMUNE & THYROID SUPPORT IMPORTANT NUTRIENTS

D-Evail Supreme

Why it's beneficial for Graves' & TED:

- Many people are deficient and they don't know it.
- Supports immune regulation and reduces autoimmunity risk.
- Helps modulate inflammation and improve bone health, critical for those with long-term steroid use or hyperthyroidism-induced bone loss.
- Essential for calcium balance, muscle function, and mental well-being.

Key Ingredients:

- **Vitamin D3** (5000 IU): Supports immune function and reduces thyroid antibodies (Chahardoli et al., 2019).
- **Vitamin K2** (MK-7): Works synergistically with D3 to support calcium metabolism and reduce vascular calcification.

Warnings & Considerations:

- Should be taken with fat for best absorption.
- Those on blood thinners (e.g., warfarin) should consult their provider due to vitamin K interactions.
- Regular blood testing is recommended to ensure optimal vitamin D levels.

Selenium (Selenomethionine)

Why it's beneficial for Graves' and TED:

- Reduces thyroid antibodies and protects against oxidative stress.
- Plays a key role in thyroid hormone metabolism.
- Supports the liver in conversion of T4.

Ingredients & Benefits:

- **Selenomethionine** (200 mcg) – Highly bioavailable form that improves thyroid function and immune regulation. (Calissendorff et al., 2011)

Dosing:

- 200 mcg daily with food.

Warnings & Considerations:

- Toxic at high doses—do not exceed 400 mcg daily.
- Avoid excessive iodine intake, as it may worsen autoimmunity.

IMMUNE & THYROID SUPPORT IMPORTANT NUTRIENTS

Antibody Support

Why it's beneficial for Graves' Disease:

- Formulated to support immune modulation and reduce thyroid antibody levels.

Ingredients & Benefits:

- **Selenium** (50 mcg) – Reduces thyroid peroxidase (TPO) antibodies and modulates immune function. (Calissendorff et al., 2011)
- **Inositol** (500 mg) – Enhances thyroid hormone signaling and improves metabolic function. (Nordio et al., 2017)
- **Nigella Seed Powder** (500 mg) – Shown to reduce thyroid antibodies and support immune modulation in autoimmune thyroid disease.

Dosing:

- 1 capsule daily with food.

Warnings & Considerations:

- Selenium in high doses can be toxic—stick to recommended levels.

ProOmega® Curcumin

Why it's beneficial for Graves' and TED:

- Omega-3 fatty acids reduce systemic inflammation, which is crucial for autoimmune conditions and Thyroid Eye Disease (TED).
- Curcumin enhances the anti-inflammatory effects of omega-3s and helps modulate immune responses.

Ingredients & Benefits:

- **EPA/DHA** (1280 mg total omega-3s per serving) – Essential fatty acids that lower inflammatory cytokines and support brain and eye health. (Calder et al., 2018)
- **Curcumin** (100 mg) – Reduces oxidative stress and enhances immune function.

Dosing:

- 2 softgels daily with food.

Warnings & Considerations:

- Avoid if allergic to fish or seafood.
- May interact with blood-thinning medications.

IMPORTANT NUTRIENTS

Magnesium (Citrate, and other forms)

Why it's beneficial for Graves' and TED:

- Magnesium is essential for over 300 enzymatic reactions in the body, including muscle relaxation, nerve function, sleep, and thyroid hormone metabolism.
- Graves' disease and hyperthyroidism deplete magnesium levels, which can lead to muscle cramps, anxiety, palpitations, headaches, and sleep disturbances.
- Magnesium also reduces inflammation, which can be helpful in Thyroid Eye Disease (TED).

There are multiple forms of magnesium, each with distinct absorption rates and functions:

- **Magnesium Citrate** (About 100-200 mg per capsule usually)
  - Highly bioavailable and absorbed well in the gut.
  - Acts as a mild laxative, making it useful for constipation and digestive health.
  - Best for those needing digestive support alongside magnesium replenishment.
- **Magnesium Glycinate**
  - Chelated form where magnesium is bound to glycine, an amino acid that has calming properties.
  - Best for anxiety, stress relief, and muscle relaxation.
  - Less likely to cause loose stools compared to citrate.
- **Magnesium Malate**
  - Bound to malic acid, which supports energy production in mitochondria.
  - Best for chronic fatigue, muscle pain, and fibromyalgia.
  - Less likely to cause digestive upset.
- **Magnesium Threonate**
  - The only form that crosses the blood-brain barrier efficiently.
  - Supports cognitive function, memory, and neuroprotection.
  - Best for brain fog, ADHD-like symptoms, and neuroinflammation.

IMPORTANT NUTRIENTS

- **Magnesium Taurate**
  - Bound to taurine, an amino acid that supports heart health.
  - Best for cardiovascular support and blood pressure regulation.
  - May help reduce palpitations in Graves' disease.
- **Magnesium Chloride**
  - Easily absorbed and commonly found in topical magnesium sprays and bath salts.
  - Best for transdermal absorption, beneficial for muscle cramps and skin conditions.
- **Magnesium Oxide**
  - Poorly absorbed, but acts as a strong laxative.
  - Not recommended for increasing magnesium levels due to its low bioavailability.

Why Magnesium Citrate?

- This formulation uses magnesium citrate, which is highly absorbable and effective for those experiencing constipation, stress, or muscle tension.
- For those with sensitivity to citrate, magnesium glycinate may be a better choice, as it has calming effects without affecting digestion.

Dosing:

- 200–400 mg daily, taken in divided doses if needed.

Warnings & Considerations:

- May cause loose stools at high doses—if this occurs, consider switching to glycinate or taurate.
- Avoid in severe kidney disease, as the kidneys regulate magnesium levels.
- If combining with other magnesium-rich foods or supplements, monitor intake to avoid excessive dosing.

IMMUNE & THYROID SUPPORT ANTI-INFLAMMATORY

Inflammatone

Why it's beneficial for Graves' and TED:

- Chronic inflammation is a major driver of Thyroid Eye Disease (TED) and autoimmune thyroid dysfunction.
- This formula contains potent natural anti-inflammatory compounds that help reduce oxidative stress, regulate immune response, and support tissue healing.
- May help with TED-related swelling, puffiness, and discomfort, while also reducing systemic inflammation that contributes to Graves' symptoms.

Ingredients & Benefits:

- **Curcumin** (500 mg, from turmeric root extract, standardized to 95% curcuminoids)
  - A powerful anti-inflammatory compound that inhibits NF-kB, a major driver of inflammation in TED and autoimmune disease.
  - Supports detox pathways and reduces oxidative stress in the thyroid and orbital tissues. (Jurenka et al., 2009)
- **Boswellia Serrata Extract** (200 mg, standardized to 70% boswellic acids)
  - Inhibits pro-inflammatory enzymes (5-LOX and COX-2), reducing systemic inflammation.
  - Shown to help with autoimmune-driven inflammation in conditions like rheumatoid arthritis and inflammatory bowel disease.
- **Quercetin** (250 mg, from Sophora japonica flower extract)
  - A natural mast cell stabilizer that reduces histamine release and immune overactivation.
  - Helps reduce TED-related swelling and irritation.
  - May reduce oxidative stress in thyroid tissue. (Chirumbolo et al., 2018)

IMMUNE & THYROID SUPPORT ANTI-INFLAMMATORY

- **Rutin** (200 mg, from Sophora japonica flower extract)
  - Strengthens blood vessels and reduces oxidative damage, which may support eye health in TED.
  - Acts as an antioxidant to neutralize free radicals associated with inflammation.
- **Ginger Root Extract** (150 mg, standardized to 5% gingerols)
  - Blocks inflammatory pathways and supports digestive function.
  - May reduce TED-related discomfort and systemic inflammation.
- **Bromelain** (500 mg, providing 2400 GDU/g enzyme activity)
  - Proteolytic enzyme that reduces swelling and supports tissue repair.
  - Helps break down inflammatory compounds in the body.
  - May reduce TED-related puffiness and discomfort.
- **Protease Blend** (Peptidase & Protease 3.0, 100 mg)
  - Enzyme complex that helps break down inflammatory proteins and supports immune modulation.
- **Rosemary Leaf Extract** (100 mg, standardized to 6% rosmarinic acid)
  - Provides antioxidant protection and reduces neuroinflammation.

Dosing:

- 1–2 capsules daily with food.

Warnings & Considerations:

- Avoid if taking blood thinners, as quercetin, bromelain, and curcumin may increase bleeding risk.
- Consult a doctor if you have gallbladder disease or a history of ulcers or acid reflux, as some ingredients may stimulate stomach acid production.
- Do not take if pregnant or breastfeeding without consulting a healthcare provider.

LIVER & DETOX SUPPORT

Liver-G.I. Detox

Why it's beneficial for Graves' and TED:

- Supports liver detoxification, which is essential for thyroid hormone conversion and reducing toxin burden that may trigger autoimmune activity.
- Aids in phase I and phase II detoxification pathways, which help eliminate hormonal waste, heavy metals, and environmental toxins.
- Enhances glutathione production, protecting cells from oxidative stress, which is important for Thyroid Eye Disease (TED).

Ingredients & Benefits:

- **Alpha Lipoic Acid** (100 mg) –
  - A powerful antioxidant that supports mitochondrial function and liver detox.
  - Reduces oxidative stress associated with autoimmune thyroid diseases. (Zhou et al., 2016)
- **N-Acetyl-L-Cysteine** (NAC, 100 mg) –
  - A precursor to glutathione, the body's master antioxidant.
  - Supports detoxification of heavy metals and toxins, which may contribute to autoimmune flares.
  - May have neuroprotective effects, beneficial for TED-related nerve inflammation.
- **Turmeric Extract** (Curcuma longa) (100 mg, standardized to 95% curcuminoids) –
  - Anti-inflammatory compound that supports liver function and gut health.
  - Curcumin has been shown to modulate inflammatory pathways, potentially reducing autoimmune activation in Graves' disease.
- **Milk Thistle Extract** (125 mg, standardized to 80% silymarin) –
  - Protects liver cells from oxidative damage and enhances glutathione levels.
  - Supports phase II detoxification, helping eliminate excess hormones and toxins. (Post-White et al., 2007)
- **Broccoli Sprout Concentrate** (100 mg, standardized to contain 400 mcg sulforaphane) –
  - Activates the NRF2 detox pathway, which enhances cellular defense against oxidative stress.
  - Supports estrogen metabolism, which is beneficial for women with thyroid dysfunction.

LIVER & DETOX SUPPORT

- **Artichoke Extract** (100 mg) –
  - Promotes bile production, essential for digesting fats and eliminating toxins.
  - Supports liver regeneration and repair.
- **Taurine** (225 mg, free-form) –
  - A sulfur-containing amino acid that enhances bile flow, aiding in detoxification and digestion.
  - May reduce oxidative stress in hyperthyroid patients.
- **Glycine** (225 mg, free-form) –
  - A critical amino acid for detoxification that supports glutathione production.
  - Helps regulate neurotransmitter activity, potentially aiding in Graves'-related anxiety and sleep issues.
- **L-Glutamine** (225 mg, free-form) –
  - Supports gut lining repair, reducing intestinal permeability and inflammation.
  - Helps reduce leaky gut, a known trigger for autoimmune thyroid diseases. (Kim et al., 2017)
- **L-Methionine** (100 mg, free-form) –
  - A key methylation nutrient involved in liver detoxification and reducing homocysteine levels.
  - Supports glutathione synthesis, crucial for reducing oxidative stress in TED.
- **Chlorella Powder** (200 mg, cracked cell wall) –
  - Binds to heavy metals and environmental toxins, helping with detoxification.
  - Rich in chlorophyll, which supports liver and gut health.

Dosing:

- 1 capsule 1–2x daily with food.

Warnings & Considerations:

- Avoid if you have gallstones or bile duct obstruction, as some ingredients increase bile production.
- NAC should be used cautiously in pregnancy, as its safety profile is still being studied.
- May cause mild digestive upset initially as the liver begins detoxification processes.

MICROBIOME & METABOLIC

Berberine Synergy

Why it's beneficial for Graves' and TED:

- Supports metabolic function and reduces systemic inflammation, both of which are critical in autoimmune thyroid conditions.
- Modulates the gut microbiota, which plays a role in immune system regulation and thyroid function.
- Inhibits orbital fibroblast activity, a key driver in Thyroid Eye Disease (TED).

Ingredients & Benefits:

- **Berberine** HCl (500 mg) –
  - Improves thyroid function: A clinical study found that berberine, when combined with methimazole, significantly improved thyroid function markers (FT3, FT4, TRAb) in Graves' disease patients. It also altered the gut microbiota, increasing beneficial bacteria like Lactococcus lactis while reducing harmful bacteria. (PMC8785824)
  - Modulates gut-thyroid axis: Berberine's influence on the gut microbiota may contribute to immune regulation and reduced autoimmunity in Graves' disease. (Frontiers in Nutrition, 2023)
  - Inhibits TED-related fibroblast activity: Research suggests berberine suppresses fat accumulation, inflammation, and fibrosis in orbital fibroblasts, indicating potential therapeutic effects in Thyroid Eye Disease. (PMC9482321)
- **Alpha Lipoic Acid** (300 mg) –
  - Reduces oxidative stress: A potent antioxidant that supports mitochondrial function and nerve protection, which is important for those with autoimmune-driven inflammation.
  - Enhances insulin sensitivity, helping with blood sugar balance, which is crucial for Graves' disease management. (Zhou et al., 2016)

Dosing:

- 1 capsule 1–2x daily with food.

Warnings & Considerations:

- Avoid during pregnancy, as there is insufficient safety data.
- May interact with blood sugar-lowering medications—monitor for hypoglycemia if taking diabetes medications.

GUT BARRIER SUPPORT

GI Revive (Designs for Health)

Why it's beneficial for Graves' and TED:

- Supports gut lining repair, reducing leaky gut, which is a key trigger in autoimmune diseases like Graves' disease.
- Soothes inflammation in the digestive tract, helping manage bloating, discomfort, and nutrient absorption issues.
- Provides a blend of mucosal-supporting compounds, key amino acids, and herbal extracts to restore gut integrity.

Ingredients & Benefits:

- **L-Glutamine** (3.5 g per serving) –
  - Key amino acid for gut lining repair and immune function.
  - Improves gut barrier integrity and reduces inflammation. (Kim et al., 2017)
- **DGL** (Deglycyrrhizinated Licorice, 400 mg) –
  - Supports gut lining protection and balances cortisol, helps reduce gastric irritation.
- **Aloe Vera Leaf Extract** (300 mg) –
  - Soothes gut inflammation and promotes mucosal healing, shown to improve symptoms of IBS and leaky gut.
- **Slippery Elm Bark** (200 mg) & Marshmallow Root (200 mg) –
  - Coat and protect the gut lining from irritation, reducing digestive discomfort and support mucosal healing.
- **Mucin** (250 mg) –
  - Natural component of mucus that protects the gut lining.
- **MSM** (Methylsulfonylmethane, 250 mg) –
  - Anti-inflammatory compound that supports joint, gut, and immune health, may reduce oxidative stress.
- **Citrus Pectin** (250 mg) –
  - Acts as a prebiotic fiber, supporting gut microbiota, and may help remove toxins from the gut.
- **Cat's Claw Extract** (100 mg) –
  - Herbal extract known for immune modulation, may reduce inflammation in autoimmune conditions.
- **Chamomile** (100 mg) & **Okra Extract** (50 mg) –
  - Provide additional mucosal protection and calming effects on the digestive tract.
- **Zinc Carnosine** (25 mg) –
  - Supports gut integrity and gastric mucosal repair, shown to help reduce gut inflammation and ulcers. (Watanabe et al., 2018)

Dosing:

- 1 scoop daily, mixed in water or a smoothie.

Warnings & Considerations:

- Licorice extract may increase blood pressure—use with caution if hypertensive.
- Avoid if allergic to any of the herbal ingredients (chamomile, marshmallow, cat's claw).

GUT BARRIER SUPPORT

GlutaShield Vanilla

Why it's beneficial for Graves' and TED:

- **Glutamine, zinc, and DGL** help heal the gut lining and reduce inflammation.

Key Ingredients & Benefits:

- **L-Glutamine** – Repairs intestinal barrier function.
- **Zinc Carnosine** – Enhances gut mucosal healing.
- **Aloe Vera** – Soothes inflammation.
- **DGL (Licorice Extract)** – Supports cortisol balance.
- **Marshmallow Root & Slippery Elm** – Protects gut lining.

Dosing:

- 1 scoop daily, mixed with water or smoothie.

Warnings & Considerations:

- Avoid if allergic to licorice.

MegaIgG2000 Powder or capsules

Why it's beneficial for Graves' and TED:

- Immunoglobulins help neutralize bacterial toxins in the gut, reducing inflammation.

Key Ingredients & Benefits:

- **Serum-derived Immunoglobulins (IgG, IgA, IgM)** – Support gut and immune health.
- Clinical study: IgG therapy reduces intestinal inflammation and immune reactivity. (Petschow et al., 2014)

Dosing:

- 1 scoop daily in water.

Warnings & Considerations:

- Dairy-free but derived from serum proteins—avoid if allergic.

PROBIOTIC MICROBIOME SUPPORT

Seed DS-01® Daily Synbiotic

Why it's beneficial for Graves' and TED:

- Balances gut microbiome, reducing autoimmune triggers.
- Helps improve digestion, reduce bloating, and support the gut-immune axis.

Ingredients & Benefits:

- 24-strain Probiotic Blend – Includes Bifidobacterium and Lactobacillus strains, which have immune-modulating benefits. (Zhao et al., 2019)
- Prebiotic Blend (Chicory Root Fiber, Pomegranate Extract) – Nourishes beneficial gut bacteria.

Dosing:

- 1 capsule daily with or without food.

Warnings & Considerations:

- Start slow if sensitive to probiotics—some people may experience bloating.
- Caution if GI distress, pain, bloating is present or potentially SIBO.

MegaSporeBiotic

Why it's beneficial for Graves' and TED:

- Spore-based probiotics are resistant to stomach acid and improve gut barrier function.

Ingredients & Benefits:

- Bacillus Clausii, Bacillus Subtilis HU58, Bacillus Coagulans – Strengthen gut integrity, balance the microbiome, and modulate immune function. (Lahtinen et al., 2012)

Dosing:

- 1 capsule daily with food.
- Great to alternate every other day with regular probiotics to diversify the gut.

Warnings & Considerations:

- Avoid if immunocompromised.
- Start slow if sensitive to probiotics—some people may experience bloating.
- Caution if GI distress, pain, bloating is present or potentially SIBO.

Now What?

TAKING THE NEXT STEP

If you're ready to take charge of your thyroid health and work with someone who has been in your shoes and ***truly gets it***, I'd love to be your guide. This isn't just about managing symptoms. It's about getting to the root cause of thyroid and immune imbalances so we can focus on prevention rather than just putting out fires. We'll create a personalized, sustainable plan that fits your unique needs. No unnecessary tests, no overwhelming supplement lists, no cookie-cutter approaches. This is about a deep dive into everything that impacts your thyroid and immune function—gut health, adrenal function, hormones, metabolism, sleep, diet, movement, supplements, toxins, and stealth infections. Healing isn't about one magic fix. It's about understanding how all these pieces fit together.
Some of the things we will work on together include:

- Comprehensive assessment of health history, lifestyle, and environmental factors to uncover root causes
- Specialized testing for hormones, nutrient levels, inflammation markers, and gut health (only if needed)
- Nutritional guidance with an anti-inflammatory, whole foods-based approach
- Lifestyle modifications for stress, sleep, and movement to support hormonal balance
- Personalized yoga & fitness planning tailored to your needs
- Distance reiki energy balancing and mindfulness & meditation coaching if requested (optional worksheets included)
- Supplementation with targeted, evidence-based recommendations to correct deficiencies
- Goal Setting & Empowerment with ongoing education and motivation
- Regular monitoring & adjustments to align with your progress
- A holistic, client-centered approach that considers mind, body, and spirit, and all of your personal preferences.

This is my passion, and I know how overwhelming it can feel because I've been there. As a Doctor of Pharmacy and an integrative health coach, I take a functional, root-cause approach, combining science-backed strategies with holistic healing like yoga, reiki, meditation, and mindfulness. My goal isn't just to help you feel better and reverse your symptoms. It's to help you reclaim your health for the long run. You don't have to navigate this alone. I'm here to support you every step of the way.

NEED MORE INSIGHT & SUPPORT?

THE THYROID CLARITY KIT

The strong, vibrant woman you remember being? She's still in there.
She's just buried under the racing heart, the 3am wake-ups, the exhaustion, the hair in the drain, and the eyes you don't recognize. And under every appointment that ended with "your labs look fine" and no real answers.

Your body is capable of so much more than you've been told. When you uncover what's driving your immune system, you can start getting back to her.

The Thyroid Clarity Kit finally makes Graves' and TED make sense. In The Graves + TED Functional Master Guide, you'll learn the root causes that can keep your immune system dysregulated, the functional medicine tests that uncover them, how every treatment option works, and the nutrition, gut, supplement, and lifestyle strategies to support your body and your eyes.
Also inside: the Complete Thyroid Lab Interpretation Guide + Tracker, Top Supplements for Graves + TED, The Hair Love Handbook, and 3 bonus guides.

Everything I wish I'd had, in one place, so you can stop guessing and start feeling like yourself again.

INSTANT DOWNLOAD



NEED PERSONALIZED RECOMMENDATIONS & SUPPORT?

THE FUNCTIONAL MEDICINE THYROID CARE PROGRAM

Your labs look “fine,” but you know your body. The exhaustion coffee can’t touch, the brain fog, the anxiety humming under everything, the hair in the drain, the weight that won’t budge. You’re not imagining it. You’re just missing the right team. If you’re tired of hearing “everything looks normal” when you still feel anything but, the Functional Thyroid Care Program is your next step. This exclusive, state-specific program brings together a functional medicine pharmacist, a thyroid health coach (hi its me) who has personally navigated Graves and Thyroid Eye Disease, and an optional integrative physician to create a truly collaborative care plan designed around you. Together, we look at your labs through the lens of optimal ranges, uncover what’s really keeping you stuck, from hidden gut imbalances and nutrient deficiencies to chronic stress and inflammation, and build a personalized protocol to guide you on your path toward remission.

Most people never get access to this level of personalized, root-cause care. If you’re ready to stop guessing and start healing with a team that actually listens, this is your moment. Imagine waking up with energy, thinking clearly, and recognizing yourself again. That woman isn’t gone, and you are more capable of healing than anyone has told you.
Spots are limited and state-specific. You’ve waited long enough to feel like you again.

JOIN YOUR CARE TEAM



Questions?

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BOOK 1:1

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