



Energy Medicine Lady

www.energymedicinelady.com | 410-322-6771 | energymedicine2@icloud.com

Foods to Strengthen the Thyroid

You should eat 2 of the foods from this list each day.*

- | | |
|------------------------|--|
| Apples | Parsley |
| Avocados | Licorice Root |
| Berries | Lemon Balm |
| Cherries | Ginger |
| Cranberries | Cilantro |
| Dates | Sprouted Micro Greens |
| Mango | Wild Blueberries (<i>frozen</i>) |
| Oranges | Radishes |
| Papaya | Asparagus |
| Artichokes | Organic Peas |
| Cruciferous Vegetables | Atlantic Sea Vegetables (<i>Dulse</i>) |
| Leafy Green | Chaga Mushroom Powder
(<i>put the powder in coffee</i>) |
| Red Bliss Potatoes | Nacent Iodine |
| Uproots | Liquid B-12 |
| Coconut | Astragalus Root
(<i>for the immune system</i>) |
| Turmeric | |
| Garlic | |

AVOID: corn, canola oil, and natural flavors

**the information listed here is sourced from "Life Changing Foods" by Anthony Williams*

