




GUIDE ON HOW TO DO LIVER DETOX NATURALLY

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**"I am cold, fatigued,
swollen & depressed.**

**But my doctor said I
have nothing to worry
about cause my TSH is
in 'range' "**

The chronic fatigue is already bad enough, but to this, you also start to experience hair loss, depression, anxiety, brain fog..and some days even acne! ☐

It feels as if your body has decided to turn against you. Every day there is something new, something that adds up to all the symptoms you are already struggling with 😞

As usual, you feel that the battle is lost with your doctor... as long as your values are in 'range', he/she won't do anything to even try to help you!

We're getting dozens of emails daily, asking us WHY is this happening to them? (While being treated for thyroid disease).

Many doctors will tell you that taking thyroid medication will be enough to stay healthy and get back to your life. But it is a LIE!

I had thyroid disease and I struggled with the same symptoms as yours... and yes no doctor helped back in time!

This until I had to figure out myself through years of studying medicine (both conventional and functional) that there IS a way out ☐

YIn fact, it was not until I started to take care of my Liver that most of my symptoms **DISAPPEARED!**

I started to wake up with more energy and ready to start my day.

I was focused on my work and I started to enjoy the process.

My skin started to look lighter and fewer acne breakouts!

My hair began healthier & my weight was finally moving.

What worked for me can also work for you...

How?

Here are some tips that helped me:

- Milk Thistle 1g after your meal
- Dandelion root 1.5g after your meal
- 500mg Liposomal Glutathione daily
- 500mg NAC daily
- Cut gluten
- Eat mainly healthy fats (eg salmon and avocados)
- Intermittent fasting
- Celery juice with cucumber and lime once a day
- Use olive oil as a condiment and cut all dressings
- Turmeric Formula (contains all the herbs that made me feel better again: [Click here](#))