

## Thyroid Support

Rebalance Your Metabolism and Energy Naturally

**The Challenge:** Thyroid imbalances cause fatigue, weight changes, brain fog, temperature sensitivity, hair loss, and low mood.

**How Herbal Medicine Helps:** Whether you have hypothyroidism, hyperthyroidism, or Hashimoto's, herbal medicine can support thyroid function, reduce inflammation, and improve energy.

### My Approach:

- Supporting thyroid hormone production
- Reducing autoimmune inflammation
- Addressing nutrient deficiencies
- Calming an overactive thyroid
- Supporting overall metabolic function

**Important Note:** Herbal medicine works alongside conventional thyroid medication. I collaborate with your existing healthcare to provide complementary support.

**What to Expect:** Improved energy, better temperature regulation, mental clarity, and gradual weight stabilization over 2-4 months.

**Pricing:** Initial Consultation (90 mins): £65 | Follow-up (30-45 mins): £50 | Herbal Formula: £50-£100 per month