



THYROID RESET PLAN



Week 1: ELIMINATE



Gluten, Soy products, काँचो cruciferous vegetables, Fluoride toothpaste, Plastic water bottles - **यस्ता खानेकुराहरु हटाउने !**

Week 2: NOURISH



Iodized salt



Brazil nuts (2)



Bone broth



Omega-3 fish/flaxseed



Vitamin D supplement (2000 IU)

Week 3-4: OPTIMIZE



7-8 घण्टा सुत्ने



15 मिनेट बिहानको घाम



5 मिनेट neck exercises



20 मिनेट stress management

Thyroid Reset Plan

Week 1: ELIMINATE

Week 2: NOURISH

Week 3-4: OPTIMIZE



"तर यति भन्दैमा आफैं खाइरहनुभएको थाइराइडको औषधि डाक्टरको परामर्श बिना छोड्नु भने हुँदैन है।"

आफ्नो स्वास्थ्यको ख्याल गर्नुहोला



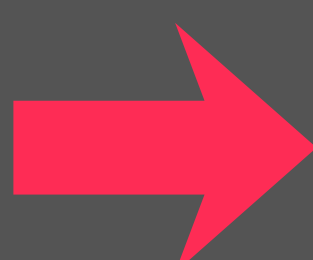
Address

Manakamana Hospital,
Bharatpur- Chitwan
056-595133



DR. SANDEEP PANDEY
Consultant Physician

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