

DYNA LITE *New & Improved!*

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We all know what modern stress is since we are subjected to excess stress throughout the day at work, school, driving the freeway, worrying how to pay bills or from our diets of excess coffee, pop and protein. Such stress can cause the adrenals to bottom out and when they do, the thyroid tries to compensate until it, too, becomes exhausted. Frequently, just plain aging can also take its toll on the thyroid which is so important for basal metabolic function. At this point, a person can experience fatigue, intolerance to cold, loss of appetite, weight gain, muscle weakness, depression, hair loss or inappropriate hair growth, dry and scaly skin, etc.

Iodine is an essential for a healthy thyroid. An easy way to test yourself to see if you require additional iodine supplementation is via an iodine patch test. Purchase some plain iodine like your mother used to put on cuts and scratches and that stains the skin. Paint on a swatch, about 1 inch square, just below the elbow on the inside of the arm. If the stain disappears in less than 24 hours, it means your body is trying to get iodine wherever it can. Or you can take your temperature. Shake down a thermometer to 95°F and put it beside your bed. When you first wake up in the morning and before moving around at all, put the thermometer in your armpit; lay quietly for 15 minutes. If your temperature is below 97.6°F, that can indicate a compromised thyroid. By keeping a log, you will know your thyroid is functioning better as the temperature rises.

To boost your thyroid function naturally, try **Dyna Lite**. It consists of not only iodine but also manganese which is chelated to the hypothalamus. Since that organ regulates the body's temperature, many people have reported their night sweats have ceased after taking this. Others have reported gradual weight loss as their systems start to balance out and the thyroid gets more healthy.

The thyroid can also be constricted by misaligned cervical vertebrae and even tight muscles caused by straining over a computer day after day. Resting on a neck roll for 20 minutes per day can help as can receiving regular good massage and/or chiropractic. Your therapist can also show you various other

techniques to improve cervical flexibility and circulation.

Additionally, the new formula includes **chromium**, known to help balance blood sugar, with its companion mineral **vanadium**. It also includes **Pyruvate**, energy amino's **L-proylin**, **Glutamine**, **L-histidine**, & **L-tyrosine** plus the balancing herbs **Aloe**, **Peony** & **Astragalus**.

The entire formula is designed to increase metabolic rate which may result in weight loss. ■

*NOTE: It is best to take **Dyna Lite** at least ½ hour before eating.*