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Thyroid:

Your Metabolic Thermostat

Your thyroid functions like the thermostat for your entire metabolism — controlling warmth, energy, mood, and the pace at which your body runs. When thyroid hormones dip, everything slows: digestion, energy, and even thought clarity. When they rise too high, the system overheats. Feeding your thyroid with the right nutrients and giving it time to recover helps keep your internal temperature steady and your metabolism humming.

Thyroid Hormones (T3/T4) = the pace-setters for metabolism.

01 Mini Teaching
Iodine, selenium, and rest keep this system happy.

02 Example
Your thyroid is the home thermostat — too low, and everything feels cold and slow; too high, and you burn out.

03 Try This Today
Add one thyroid-friendly food today — eggs, seafood, or even a single Brazil nut for a natural selenium boost.

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