Thyroid Rejuvenation – Step 1

DETOX & BALANCE BLOOD SUGARS • WEEKS 1-8

DETOX • BALANCE BLOOD SUGAR • REDUCE INFLAMMATION • SUPPORT THYROID FUNCTION

PROTOCOL OVERVIEW

Thyroid Rejuvenation Step 1 is the foundational phase of a comprehensive, natural program designed to support thyroid health by reducing toxic burden, stabilizing blood sugar, supporting liver and kidney detoxification, and strengthening immune function. This 8-week protocol helps create the ideal internal environment for optimal thyroid function, hormone balance and long-term vitality.

KEY BENEFITS

- ✓ Supports healthy detoxification and toxin elimination
- ✓ Helps balance blood sugar and insulin sensitivity
- ✓ Reduces inflammation and oxidative stress
- ✓ Supports liver, kidney and digestive health
- ✓ Creates the ideal foundation for thyroid hormone balance

WHAT'S INCLUDED



Berberine Pro
Supports healthy metabolism, blood sugar balance and insulin sensitivity.



Liver Pro
Supports healthy liver function and natural detoxification pathways.



Whole Body Immune Defense
Supports a strong immune system and overall wellness.



Colon Pro
Supports healthy digestion, regularity and natural elimination.



Kidney Pro
Supports healthy kidney function and fluid balance.



Hepatic Glutathione Pathway
Supports glutathione production and cellular detoxification.

DAILY DOSAGE SCHEDULE

PRODUCT	AM (Upon Rising)	BREAKFAST (With Meal)	MID-MORNING (Between Meals)	LUNCH (With Meal)	MID-AFTERNOON (Between Meals)	DINNER (With Meal)	BEFORE BED	NOTES
Berberine Pro		2 capsules		2 capsules		2 capsules		Take with meals, 2 caps with every meal.
Liver Pro		3 capsules		3 capsules		3 capsules		With meals. Mon-Fri only.
Whole Body Immune Defense		3 capsules		3 capsules		3 capsules		With meals. Mon-Fri only.
Colon Pro		1-2 capsules		1-2 capsules		1-2 capsules		Take with meals, 1-2 caps, 3x daily.
Kidney Pro		3 capsules		3 capsules		3 capsules		With meals. Mon-Fri only.
Hepatic Glutathione Pathway		3 capsules						Take with breakfast daily.

PROTOCOL NOTES

- This protocol is safe for long-term use.
- No caffeine.
- Drink plenty of filtered water throughout the day.
- Eat a nutrient-dense, whole-food diet rich in healthy fats, fiber and protein.
- Use clean, non-toxic personal care and household products to support detoxification.

LAB RECOMMENDATION: THYROID TOXICITY PANEL

This comprehensive panel helps evaluate thyroid function, autoimmunity and toxin exposure for a more personalized approach.

PURCHASE THYROID TOXICITY PANEL

JOIN OUR SKOOL COMMUNITY

For education and ongoing protocol support, join the Diana M Drake Natural Medicine Community on Skool.

JOIN NOW

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Consult the product label for full ingredient and usage information.