

MBM #11 Thyroid & Adrenal

Mind Body Meridian Neuro-Emotional Remedy #11 Thyroid & Adrenal/Confusion, Paranoia is a proprietary homeopathic formula developed by Theresa Dale, Ph.D., C.C.N., N.P. It is designed to support physical and emotional balancing by addressing the thyroid and adrenal glands and releasing emotions of confusion and paranoia.

Clears mental fog and restores sharp thinking

- **Nux Moschata 1M** supports mental clarity and alertness by helping lift confusion, disorientation, and scattered thinking.
- Ideal for moments of mental fatigue caused by chronic stress or thyroid/adrenal imbalance, allowing the mind to focus, process information more efficiently, and regain confidence in decision-making.

Calms paranoid thoughts and emotional overreaction

- **Belladonna 30C** helps regulate nervous system overstimulation and ease sudden emotional spikes.
- Reduces fear-based or paranoid thinking patterns, allowing the mind to return to a state of calm, control, and emotional stability during periods of stress or high pressure.

Builds emotional stability and inner resilience

- **Calcarea Carbonica 1M** strengthens inner security and emotional endurance, supporting the ability to face ongoing stress without feeling overwhelmed.
- Encourages long-term resilience, helping the mind and body maintain balance even under repeated mental or emotional challenges.

Soothes anxiety, tension, and nervous overstimulation

- **Phosphorus 1M** reduces hypersensitivity and emotional reactivity, calming nervous tension and mental strain.
- Promotes a peaceful mental state, allowing clearer thinking, improved focus, and greater emotional control during stressful or overwhelming situations.

Releases suppressed emotions and repetitive thought patterns

- **Natrum Muriaticum 200C** supports the natural processing of stored emotional stress and recurring negative thought loops.
- Helps the nervous system release internalized tension, encouraging emotional freedom, mental clarity, and a renewed sense of balance and well-being.

Reduces anticipatory anxiety and fear-driven thinking

- **Argentum Nitricum 1M** helps calm excessive worry and "what if" scenarios that fuel panic and nervousness.
- Supports emotional regulation and mental clarity, allowing the mind to feel safer, more grounded, and better able to respond to life's challenges.

Resets the adrenal stress response

- **Adrenalinum 6X** balances adrenal activity, reducing overactivation of the fight-or-flight response.
- Helps restore natural energy cycles and emotional stability, supporting the body in adapting to stress without feeling drained or overwhelmed.

Enhances communication between brain and adrenal glands

- **Adrenocorticotrophin - ACTH 6X**—optimizes signaling between the nervous system and adrenal glands, improving the body's ability to respond adaptively to stress.
- Supports emotional flexibility, resilience, and overall neuro-endocrine balance.

Supports thyroid function and mental energy

- **Iodum 3X** encourages healthy thyroid function and metabolic balance, which translates to improved focus, emotional stability, and mental clarity.
- Helps counteract fatigue, scattered thoughts, and mood fluctuations often linked to thyroid-related imbalances.

Promotes gentle detoxification and smooth emotional release

- **Phytolacca 3X—Drainage** supports lymphatic flow and facilitates gentle emotional release.
- Helps prevent energetic congestion, reduces tension held in the body, and encourages a balanced, side-effect-free experience.

Targets thyroid-related emotional imbalance at its source

- **Thyroidinum 30C** provides organ-specific support for the thyroid, addressing emotional and physical patterns associated with confusion, anxiety, and mental fatigue.
- Helps restore natural energetic balance and overall emotional well-being.

Ingredients:

Nux Moschata (Nutmeg), 1M, Belladonna (Deadly Nightshade), 30C, Calcarea Carbonica (Carbonate of Lime), 1M, Phosphorus (Phosphorus), 1M, Natrum Muriaticum (Chloride of Sodium), 200C, Argentum Nitricum (Nitrate of Silver), 1M, Adrenalinum (Secretion of Suprarenal Glands), 6X, Adrenocorticotrophin (ACTH), 6X, Iodum (Iodine), 3X, Thyroidinum (Dried Thyroid Gland of the Sheep), 30C, Phytolacca (Poke-root), 3X Drainage

Recommended Dosage

As indicated by testing or the label.

WARNINGS:

- Do not use if tamper-evident seal is broken or missing.
- For external use only.
- Keep out of reach of children.
- Not recommended for those under 18 years of age.
- Do not use if pregnant or nursing unless directed by a healthcare professional.
- To be used according to standard homeopathic indications.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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