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DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE  
DIPLOMATE AMERICAN BOARD OF NUTRITION

# apo-STRUM

## ...for thyroid health

### WHAT IT IS:

- Homeopathic support for thyroid conditions

### WHY YOU NEED IT:

- Important for patients with thyroid dysfunction
- Targets patients with goiters
- Good for patients with either over or under active thyroid disease
- Helps detox the thyroid
- Safe, all natural

### HOW IT HELPS:

The thyroid is a very sensitive gland that does not take well to toxic overload. Unfortunately, our polluted environment puts a heavy toll on the thyroid gland resulting in a near epidemic of thyroid dysfunction and goiter (enlarged thyroid gland).

The thyroid is essential for normal body functioning and metabolism. When the thyroid becomes diseased, it can be overactive (hypERthyroid), under active (hyPOthyroid), or in transition between the two.

apo-STRUM is a homeopathic remedy that uses an ancient manufacturing process first developed by the famous Swiss physician healer, Paracelsus. This process is called "spagyricism" and involves an intricate four-part procedure which includes fermenting the herbs. Through this unique spagyric process, the inherent energy of the herb is retained in the final product. A natural by-product of fermentation is alcohol and apo-STRUM includes this naturally-derived alcohol in the final product.

In the final analysis, all non-traumatic human illness and disease are the result of retained toxins. The old saying was, "you are what you ate," and this has been supplanted by "you are

what you do not excrete.” Environmental and metabolic toxins that we take in (eat, drink, breathe, and absorb) accumulate in our bodies and weaken our natural defenses.

We must remove the toxins to maintain and restore health, and the thyroid is no exception. apo-STRUM is an important daily supplement to maintain and restore the health of your thyroid.

Usual dosage: Take 10-15 drops of apo-STRUM two times daily before meals. May be combined with other Pekana homeopathic remedies.