**You Will Never Hear This From Your Doctor: How To Cure Your Thyroid Gland With Just Two Ingredients!**

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The thyroid gland is located at the neck base, and its form resembles a butterfly or a bow tie.

It is extremely important for the overall health, as it is responsible for the production of thyroxin, a hormone which supports the regulation of the heart rate, metabolism, growth and development of children.

There are two types of disorders associated with this gland, hyperthyroidism, and hypothyroidism.

Hyperthyroidism is the condition of excessive production of the thyroid hormone, that is when the thyroid is overactive. These are the most common symptoms that indicate this condition:

* Increased heart rate and palpitations;
* Fatigue;
* Changes in the bowel habits;
* Sweating;
* Menstrual issues;
* Feeling hot;
* Nervousness, anxiety, irritability;
* Forgetfulness;
* sleeping issues;
* Difficulty concentrating;
* Weight loss;
* Racing thoughts.

Conversely, hypothyroidism occurs when the thyroid gland is underactive and does not produce sufficient amounts of the hormone. The symptoms include:

* Weight gain;
* Decreased menstrual flow;
* Swelling in the front of the neck;
* Forgetfulness;
* Depression;
* Dry hair and skin;
* Muscle cramps;
* Brittle nails;
* Fatigue.

The following treatment is extremely effective as it restores the balance in the body and treats the thyroid issues. This is how to prepare it:

You will need:

* 40 pieces of green (young) walnuts;
* 1 kg of organic honey;
* One large or several smaller jars.

Instructions:

You should initially wash the nuts, then leave them to dry, and prick them with some sharper knife or a needle. Next, put them into the jar, and pour the honey over them. Do not close the jar, and leave it on some brighter place, to be exposed to sunlight. Leave it thus for 40 days.

After that period, you should strain the liquid and pour it into a glass bottle.

Use:

You should take two tablespoons of the remedy twice a day, in the morning and in the evening.

Sources and References:
[keepyourbody.org](http://keepyourbody.org/doctors-will-never-tell-you-this-heres-how-to-cure-your-thyroid-gland-with-just-one-ingredient/)
[www.healthytipsworld.net](http://www.healthytipsworld.net/2016/07/06/doctors-will-never-tell-you-this-heres-how-to-cure-your-thyroid-gland-with-just-one-ingredient/)