



Special Report

“Psychological, Mental and Emotional Aspects of Graves’ Disease, Hyperthyroidism or Hypothyroidism”



INTRODUCTION



If you're suffering from Graves' Disease, hyperthyroidism and even hypothyroidism as a result of RAI or thyroidectomy, there are probably many issues that you are trying to deal with right now: finding the right doctor, choosing the right treatment option, incorporating the different alternative methods and strategies you've read about on Internet, deciding what will be the best approach for you, personally; dealing with emotional and mental problems and concerns and finding the best way to explain to family members and friends what you are going through. When it comes to your health it's easy to get hung up on the numerous issues and problems, psychological, mental and emotional, all of them so difficult to deal with!

I know it's exhausting and you may feel overwhelmed, exhausted, irritated and even hopeless, at certain times. Worst of all, you may not be feeling better at all and you may see no improvement in your healing, regardless of following all your doctor's advices and prescriptions.

Healing from any disorder is not just taking the prescribed pills, or deciding on a surgery to remove a vital organ like your thyroid. *It is about changing many other things in your life: your attitude, your daily routine, your plans, your priorities and in general your life.*



The psychological part of this process, often overlooked, is not less important than what you take through your mouth as pills, herbs and supplements. Depression, anxiety, emotional liability, irritability, panic attacks and mainly stress have been dear companions of our thyroid problems forever. And if you believe that the stress, your emotions, feelings, self-respect,

self- esteem and how you manage your time, resources and energy has nothing to do with it, you can just close this report and forget about it.

But if you know, deep in yourself, that all this is connected and related to your thyroid disorder, then be my guest and keep reading!

Well the good news is, you are NOT alone. And the great news is, this free report is chock-full of powerful strategies to help you step off the “hamster wheel” for good.

I hope that it will jump-start your path to healing from Graves’ Disease, hyperthyroidism or hypothyroidism (not to mention Thyroid Eye Disease) and hopefully it will improve tremendously your life quality!

Ready to jump now?

P.S. All links through this report are clickable. Click on the “blue links” to get more information!



Hi dear friend,

My name is Svetla. So nice to meet you and thank you for stopping by! First, let me introduce myself.

I am psychosomatic (body-mind) therapist by profession and by heart and I also own a Master's Degree in Counseling Psychology. I am a certified Health and Wellness Coach and in my every day "normal" life I am helping people with mental, psychological and psychosomatic health issues of all kinds. But this is not why you are here today!

You may also know me from my website GravesDiseaseCure.com, or from my [Face Book Group "Graves' Disease, Hyperthyroidism and Thyroid Eye Disease"](#), or my own [Graves' disease Fan Page on Facebook](#). You may have seen some of [my videos on YouTube](#), or read some of my articles on EzineArticles.com.

I've also helped and coached hundreds of people, suffering from Graves' Disease, Hyperthyroidism or Hypothyroidism to dramatically improve their lives: from people, just diagnosed with a thyroid disorder to others who have battled their disease for years with no success and who just haven't found the right formula for getting their health better. But here is my story first, **this is how it all started...**

[My Graves' Disease Story](#)

The spring of 2003 wasn't the best time in my life. I was exhausted and tired all the time. I lost sleep and I was having horrible palpitations. Those were the moments I thought I'm dying and my heart would come out of my mouth. I lost a lot of weight and became like a skeleton, but I thought it's because I'm too energetic. I would wake up ten times per night with muscle cramps. My period suddenly disappeared and my left eye started swelling; later I learned that this

is called “protruded eyes” or Thyroid Eye Disease. I am not saying that I was very beautiful before, but I definitely never looked like Quasimodo. Even my little daughter was scared of me.

I was diagnosed in December 2003, finally, after I had symptoms for more than 6 months and after I suffered from insomnia, muscle cramps, bulging and protruded eyes, palpitations and



tachycardia, symptoms that are very evident; and symptoms everyone who calls himself a doctor or have graduated medical school should know how to diagnose. However, my doctors could not figure out what was wrong with me for more than 6 months and none of them bothered to send me for thyroid check and thyroid blood tests. Sounds familiar, right?

On a very personal level, I had to admit back then that I was not very happy. My soul felt empty, I was not doing what I love to do, I didn't take good care of myself, I was tired, my personal relationships suck, my daughter was not happy either and was constantly craving for my attention. I had no hobbies, no things I liked to do or places to “charge my batteries”. I was exhausted. These were the years I've lived as a “good girl”, cut off from my creative self, living out a death sentence. Unable to acknowledge my losses, my pain, and what I really want, I was in the process of working myself to death instead. Honestly, I don't think I loved myself at all at that time of my life. In fact, I did not know how to do this and what exactly this means. Later on

I'll find out that if I am not happy and healthy, no one around me would be. That was the law of health and happiness, and still is.

As of this writing, I no longer have Graves' Disease and I consider myself cured. I've been more than 10 years considered **“EUTHYROID”**- a “diagnose” that I know all of you want to hear. I know I may sound arrogant- this disease is considered incurable. But this is my challenge to all people who would like to go beyond the symptoms, the thyroid tests, the drugs and surgeries. It can be done!

Being a survivor without surgery, RAI, and no more pills, in less than a year, makes one believe that **any person who has Graves' disease or Hyperthyroidism can do that too!**

Not only that! I have now recovered my spirit, I am once again alive. I am awake. I am alert. I take pleasure of my life. I try not to be defensive, workaholic and perfectionistic. You can be that person too, and I believe it with all my heart.

A year after my recovery from Graves' Disease and Hyperthyroidism I also decided to help other people, suffering from the same condition, and write about my own experience, my difficult journey and what I have found in the process of healing or researched on the “overactive thyroid” subject. I had to share what I knew!

Soon, I started to get emails like this one, and you'll see more below:

“Dear Svetla, just wanted to say thank you for your help with my dealing with Graves. God has been merciful and healed my double vision. I am now driving again and am very grateful for the opportunity. I still have a bit of swelling in the eyelids every morning and of course the bit of bulge but nothing I can't deal with. I just wanted you to know how much I appreciate your information that has helped me look anew at how I live. Thank you so much.

Your writings were instrumental in changing some of my habits...bad or good! Again, thank you!" Vanda, USA

At the same time I was doing a lot of research on different alternative methods, natural protocols and cures, causes and treatments of Graves' disease and hyperthyroidism. Time was not enough for me, but a whole new world was manifesting in front of me. Being a body psychotherapist for many years, I also knew that body and mind work together to create sickness or health. Because In my practice for over 15 years I never met a person, who is, honestly speaking, happy and sick (unless he/she was exposed to some poisonous chemical substance or viruses at that moment!).

All the people I ever worked with were either unhappy, bored, unsatisfied, in one or another aspect, stressed out or overworked and that was reflecting their health- at one point, they'll just become physically sick. It's the body- mind connection, in which I truly believe, and which plays an important role in the healing process from any disease. It's also called "psychosomatics" in our psychological circles.

So, back then I wasn't looking only for the herbs, supplements and alternative methods. I was looking to discover the cause for my Graves' disease. I knew that I had cured the symptoms, and I knew that if I didn't learn 'my lesson' and find out what went wrong, the disease would come back again and it will be even worse.

I am sure, and I hope you understand that this disease is not only about thyroid blood tests, it is not about different ways to mechanically treat the disease!



It's about what causes the disease on a first place and how you prevent it from happening again!

Most of all, it is about changing your life, being aware of what's happening to you, and believing that you deserve not to suffer.

You deserve to be healthy, happy and live a fulfilling life!

In this special report I want to share with you some of my secrets regarding psychological, mental and emotional wellbeing that played such an important part of my own healing process. Enjoy and feel free to use them, tomorrow!

Remember, happiness is a living emotion!





10 Simple Strategies

for

Better Emotional, Mental

and Psychological Life

For: Graves' Disease, Hyperthyroidism or Hypothyroidism

Patients

In the next few pages I want to give you some shortcuts for better “You”! Stay with me, be open to new experiences and new ideas and be willing to implement them in your life. Soon you’ll see the difference, I promise you!

Secret #1: Adopt “Voluntarily Simplicity” as your Life Style

If someone asks me to determine in two words what was the most successful approach in my healing process, I would definitely say **“voluntarily simplicity”**. That was the single one thing that had the most impact in curing my Graves’ Disease! Well, of course there were other alternative methods involved in the process, like diet, supplements, herbs, yoga, aromatherapy,

etc. – but that simplicity played the biggest role, ever... How, you may ask?



Simplicity is not about misery, or frugality, or being thrifty. **It’s about discovering the important between many unimportant things.** Back in 2003 I gave up a lot of things that weren’t “so

necessary”, including, but not limited to material stuff. That also means that I accepted to live with a smaller income- and much less stress. That was the key for my healing, and living without stress and no alarm clock has no price tag, ever. It also meant getting out of debt, and that’s possible too. I’ve lived years with and without debt, I can appreciate the difference. Today, if I can’t afford to buy something right there, I don’t buy it. That gives me a huge peace of mind.

Simplicity is also about sorting out your life- what is important and what is not, re-arranging your priorities, saying “no” many times, many things and to many people. The more I say “no”, the more I see how many more “no’s” I should’ve said.

So, how you can simplify your life, right now? Think of 3-5 things you can do today to make your life easier! Start now!

Secret #2. Create your "Priority list".

Speaking of Voluntarily Simplicity, you can't just apply it without making your **Priority List**. That list must include only top 5 of your priority things (we all have different priorities, right?). Stick with this list and don't add anything else to your plate until your health gets better. For that purpose, you can also create a "No Priority List" and include in that list things that may be a priority for someone else, but not for you.

Speaking of priority also means to delegate all things that could be delegated to family members, kids, friends and relatives. The fewer things you do, the better. Set up your personal time and guard this, as it is your biggest treasure. It's up to you what you'll do with your time. So speaking, stop volunteering or any other activity that's taking from you too much time, energy, or efforts. Use all your available time to rest instead.



Secret #3. Forget Multitasking. If you are doing two or more things at once, you're not doing either one of them. Or you are just poorly doing them, with a lot of frustration and stress as well.

I know, I know....You've heard that before, but too many things to do, never enough time. That's the moment when you drop things off your "to do list". Try to juggle 5 balls, no try 2 balls....what's easier? Multitasking is also connected with voluntarily simplicity and priority

lists. When both are taken care off, multitasking will become unnecessary. Avoiding multitasking is also a sure formula for reducing stress. I know that from personal experience.

Secret # 4. De-clutter your life. De-clutter from material things and activities you



no longer need, from people who are simply poisonous for your health and wellbeing, from naggers and people who have been using you for years as a mental trashcan or have been taking advantage of you in different ways. Throwing away material unnecessary things is healthy and firing toxic people is even healthier. I never said it will be easy. But find out what is “enough” for you in relationships and all other aspects and know when

“enough is enough”.

Secret #5. Learn to slow down and “smell the roses”.

Really, where are you going in such a hurry? We are often being stuck in the wanting mode, the never satisfied hunger for material things, the wow-entertainment and the mindless action. Consider increasing the quality of life versus quantity of activities. Make a choice today and choose to slow down your life in all



aspects. That, for sure, will slow down your metabolism (if you have hyperthyroidism), but if you are hypothyroid it may give you different perspectives on how to change and proceed with your life. It will make it more conscious than you've ever been before.

Secret #6. Create “My Charging- Batteries List”. Find out, if you don't know yet, what “charges your batteries”, what makes you happy, what makes you fly and gives you more energy. Some people know their hobbies and things they like to do, but they forget to do them or they are too busy helping and serving other people. I was one of these people, for many years. I forgot what I liked doing, I forgot I had hobbies. There was no time for that and I always promised myself that I'll do it next week, next month or next year, which never happened of course. Wrong, wrong, wrong!

This “[Charging Batteries List](#)” you should include activities or non-activities, or people that make you feel better, make you feel great, appreciated and alive. Or happy, even for a short time. Keep this list somewhere handy and take it out regularly to plan your week or month accordingly. The more you do from this list, the better you'll feel. **Start your list now!**



Secret #7. Meditate. I know that this sounds mundane, but meditation gives you more than it takes from you as time and efforts. I, personally, know at least **27 benefits of meditation,** for the body, mind and spirit. I also believe that meditation helped tremendously my

Graves' Disease back in 2003. So these are the benefits of meditation, scientifically proven in numerous studies:

Meditation benefits the body by:

- ☐ reducing your blood pressure
- ☐ increasing your serotonin levels
- ☐ decreasing your muscle tension
- ☐ relaxing your nervous system
- ☐ enhancing your brain electrical activity
- ☐ enhancing your energy, strength and vigor
- ☐ improving your immune system
- ☐ helping with your healing and chronic illness
- ☐ lowering your risk of heart disease
- ☐ improving your athletic performance

Meditation benefits the mind by:

- ☐ reducing stress
- ☐ reducing feelings of overwhelm
- ☐ increasing creativity
- ☐ reducing anxiety
- ☐ helping people with focus and concentration
- ☐ improving learning and memory
- ☐ increasing productivity
- ☐ helping relieve insomnia
- ☐ decreasing restless thinking
- ☐ building self confidence

Meditation benefits the spirit by:

- ☐ providing peace of mind
- ☐ increasing feelings of happiness and joy
- ☐ increasing compassion for yourself and others
- ☐ changing attitude toward life
- ☐ helping people live in the present moment
- ☐ increasing tolerance for difficult feelings
- ☐ leading toward wisdom
- ☐ helping you be more aware of your thoughts
- ☐ increasing mindfulness in everyday life

Convinced or not yet?

How long you should do meditation depends entirely on you, but these are the benefits by minutes, as described in Kundalini Yoga:

3 minutes: blood circulation and its stability is affected
11 minutes: the pituitary gland and nerves begin to change
22 minutes: the “Three minds”, Negative, Positive and Neutral balance and begin to work together
31 minutes: Meditation begins to affect your whole mind, the aura and your body’s internal elements (water, fire, air, earth, ether).
62 minutes: you sub- consciousness and your positive projection are integrated and work together.
2 ½ hours: holds the change into the subconscious mind through the cycle of the day.

As you can see, meditation positively affects the glands that are connected or regulate the thyroid gland and can help tremendously your healing process. I personally do between 30-45 minutes every day and that’s enough. **Start your meditation practice today!**

Secret #8: Cultivate gratitude. Every night before going to bed grab a notebook and list just 3 things that you are grateful for, on that particular day. They could be things like: food on your table, roof over your head, the beautiful day outside, the rain, the nice sales person, the time you had to rest, a promotion at work, nice conversation with a friend, good news about something. I am sure you can come up with something worth writing down. How this will help you? By setting up a positive attitude and seeing the “glass half full, not half empty”. Being positive and staying positive is already a victory! Be thankful for what you have and who you are. **Do it every day, start now!**

Secret # 9. Know your trigger points and hot spots. Presentations, interviews, meetings, giving difficult feedback, tight deadlines, unmanageable kids.... My heart rate is cranking up just writing these down! Figure and work them out, because it’s not worth your health, in a long term run. **Create boundaries and surrender expectations! Start now!**

Secret #10. Love yourself and practice forgiveness. Love yourself in every possible way you know and remember that you can't love anybody else, before you first love yourself unconditionally. **Start now!**

That's not all, of course, but it is a starter. If you start to implement these strategies today, I guarantee you that you'll start seeing improvements in your life and your health in less than two- three weeks. I know this system works. You'll feel better, healthier and happier. It sounds so easy, is it really that simple? **Try and we'll talk again, I am here for you!**

The problem is that even after reading these simple strategies many people simply fail to implement them in their lives. They either (1) don't know how, (2) they cannot make a plan on how to execute that plan and follow through with their decisions, (3) they get lost and don't know where to start, (4) they may think that these strategies are not important or would not even give them a try... or... (5) all of the above.

Believe me, I've been there and I know how overwhelming these changes could be for anybody, not to mention for people who are diagnosed with Graves' Disease and hyperthyroidism or who have different health complications.

So, May I Help You?

I did it before; I am doing it right now while you are reading this paper. I helped many people on their way to recovery, check some testimonials: (names are changed for privacy reasons):

Hi Svetla,

Thank you for writing this book, thank you for being a fighter who didn't say ok there is no cure, because without your fight I would not of found anything on the net to say anything can help, and the future was looking horrific for me, until yesterday.....Your book is spot on psychological

understanding and helped me identify my problem, which I was aware of, but felt I couldn't do anything about, so I felt very stuck. It inspired me, and I am a different person today than I was yesterday.... Wish you a peaceful day! Louise C., London, England

Dear Svetla:

I just wanted to let you know that I really appreciate your help. I was diagnosed with Graves' Disease and hyperthyroid in December 2009. I felt so lost, confused and scared, but receiving information from you made me feel that I wasn't alone and that I could try to change my lifestyle to get the disease under control. I have changed my life drastically! I even moved to China after quitting my job! I'm still trying to control the disease, but having your advice is so invaluable!

Thank you! Candice Lee, Montreal

Dear Svetla,

Thank you, I love the list! I've been working less and laying low, it was my natural inclination when I realized something was wrong. I feel the need to tend to myself and relax! I've been decluttering my house, my life & my desk at work! Also, I've wanted to paint a picture and will start soon. I DON'T want to shop for the holidays, so I think I'll make some special food items for the people I love! Thank you again!

Meredith, Stony Brook, United States

Hello Svetla,

thank you so much for your help. I am so happy to talk to somebody who was in the same boat and knows how it feels. I first got Graves' Disease in 1995 and was misdiagnosed. I felt very, very sick. I wish I had known you back then. This is the 3rd relapse for me. I am doing much better this time around. I've learned to coop with my condition. Flax seed oil is really a miracle – it works – that was a great discovery. As far as everything else - your book and your advices make me think, and give me a good starting point. They also won't let me ignore the symptoms and forget how important it is to take care of myself – I have a tendency to do so. Liking what I

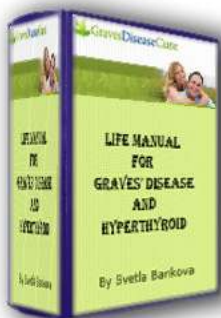
have to do makes a big difference – it is positive attitude and a tool to handle the unavoidable with grace. I'll stick to it for now.

Thank you for everything, Valeria B., Cleveland, OH, United States

More testimonials on my website: <http://gravesdiseasecure.com/testimonials/>

To help you achieve your health goals, I've written 6 books, designed especially for Graves' Disease, Hyperthyroidism and Hypothyroidism patients. I also coach people over Internet, via Skype or phone at very affordable prices. I've realized that there are certain things people need to do first, in order to start their healing process from Graves' Disease, Hypothyroidism or Hyperthyroidism. Without building this initial foundation we can't achieve the big goals, especially when it comes to health. I have a special **Wellness Coaching Program**, tailored specifically for people with Graves' Disease, Hyperthyroidism and Hypothyroidism, so send me an email to mythyroid@gravesdiseasecure.com to discuss details. Below you'll find all my books which, I believe, can change and accelerate your healing process dramatically (click on the titles and pictures **for more information or to order**):

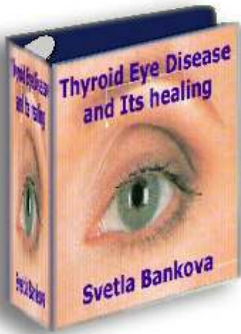
"Life Manual for Graves' Disease and Hyperthyroidism" Ebook



This is my very first book and so far the only one of its kind available on Internet. It represents my experience on how I cured my Graves' Disease and Hyperthyroidism. It includes all the alternative methods I have used and found applicable for these disorders, with detailed information on **Herbs, Vitamins and Supplements**. It also contains a short part about Thyroid eye disease, as well as Graves' Disease and Hyperthyroidism diet. **Price: \$ 39.95**

To order the ebook version, click on the book picture. For the paper version call 1-877-809-1659, product # 105878455, or click on the link: <http://www.cafepress.com/gravesbook>

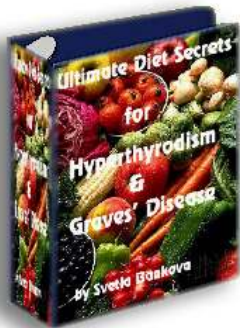
"Thyroid Eye Disease and Its Healing Ebook"



This book represents all methods that I know so far for treating Thyroid eye disease- medical and alternative. It includes herbs and supplements I have used to help my **Thyroid Eye Disease, 10 eye exercises for double vision, 8 other eye exercises**, and healing methods to relieve Thyroid Eye Disease. **Price: \$24.95**

To order the ebook version, click on the picture. To order the Paper version of "Thyroid Eye Disease and Its Healing" click here: <http://www.cafepress.com/gravesbook> or call 1-877-809-1659, product # 245512039

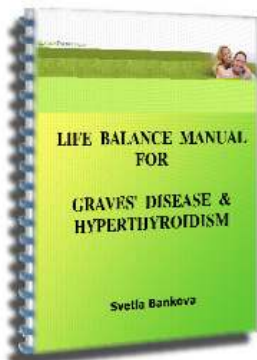
"Ultimate Diet Secrets for Graves' Disease and Hyperthyroidism" Ebook



Everything you want to know about Graves' Disease and Hyperthyroidism Diet. **12 dangerous foods and substances that should be avoided, 15 healing foods and ingredients, and their variations**, so you'll be safe when you consume them, 31 Goitrogenic foods (foods that help the natural inhibition of excess thyroid hormone)+ Recipes for all these foods and meals you should eat if you have Graves' disease or hyperthyroidism. Herbs, Vitamins, Supplements, Gluten free diet and Carbohydrate diet, everything. **Price: \$39.95**

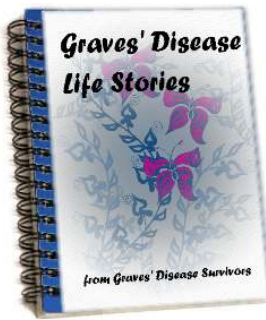
To order the ebook version, click on the picture. If you prefer the paper version of "Ultimate Diet Secrets for Graves' Disease and Hyperthyroidism", please, order from this link: <http://www.cafepress.com/gravesbook> or call: 1-877-809-1659, product # 030-505673001.

"Life Balance Manual for Graves' Disease" Workbook



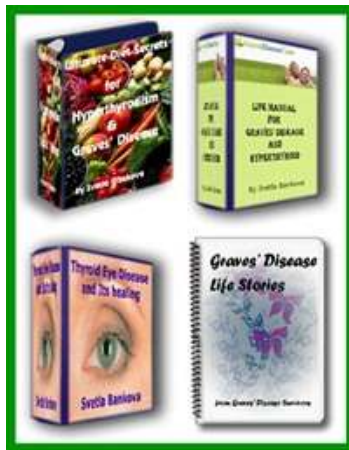
How to balance your life, career and family, how to eliminate the undue pressure you put on yourself every day...that's absolutely unnecessary to heal! **How to delegate responsibilities and save time for yourself. 11 laws of successful and healthy relationships.** How to change your mentality and stop worrying. Generally- this is the "psychological work" of my experience, absolutely necessary for treating Graves' Disease! Follow the links embedded in the picture and title. **Price: 24.95**

"Graves' Disease Life Stories"- Ebook



Graves' Disease and Hyperthyroidism- incurable and who said that? The REAL LIFE STORIES of 32 REAL People will show the truth! This book was created by all of you- **specifically 32 people**, from all different continents- Australia, New Zealand, North and South America, Africa, Europe and Asia: men and women, young, old, married and not married, with kids or no kids...all different, just one thing in common- **they are all Graves' Disease survivors.** **Price: \$24.95**

Graves' Disease EBooks- Value Package (4 books included+ bonuses)



Value Package of all of the above books about Graves' Disease, Hyperthyroidism and Thyroid Eye Disease. This way you'll have all of them in one place and at the same time this will save you a lot of money (who doesn't need them today!). **Price: \$ 89.95**

"Children with Graves' Disease and Hyperthyroidism"- an Ebook for their Parents



This is a book about children, teenagers and adolescents diagnosed with Graves' Disease and Hyperthyroidism, and mostly for their parents, **I don't really expect the children to sit down and read it.** The book is packed with holistic suggestions, diet recommendations, alternative and supplemental treatments and life style changes that can easily implemented by their parents, things you cannot find anywhere else. Again, warning to the parents: Do not stop your child's medication at any circumstances and without your doctor's permission! This disease is no game, but there is a way out of it!

"Healing Visualization CD" Part 1/ Part II- \$10.95



The CD's below come as MP3 files and are downloadable immediately to your computer. No physical CD will be shipped! After downloading, you can listen to them from your computer, burn them on a CD or transfer them to any other external drives (including iPods, mp3 players etc.). The purpose of these guided meditation CD's is to assist your healing process, help you relax, remove anxiety and worry and in general lead you in your self-healing process of recovery. They really work! The more you listen to them and stay focused on the meditation process, the better effects you'll achieve. You should listen to them at least a few times a week, if not every day and you'll notice a big difference in your life very soon! Enjoy!



All the ebooks above come with 10 Bonus Ebooks about diet, vitamins, color therapy, yoga, meditation, physical exercises and self-esteem, all appropriate for thyroid disorders (value \$295.95).

Last but not least: Book your “**Health and Wellness Coaching**” session with me today (I do that over the phone or Skype), regardless if it is one-time consultation or it will be on ongoing basis. (click on the link in blue to find out more).

Legal Disclaimer: Every effort has been made to accurately represent the coaching program and its potential. The testimonials and examples used are exceptional results, don't apply to the average participant in the program and are not intended to represent or guarantee that anyone will achieve the same or similar results. Each individual's success depends on his or her background, dedication, desire, and motivation. All the information in the books and articles is intended for educational purposes only. It is not intended, nor should be interpreted as medical advice or directions of any kind. You are strongly advised to consult your own medical doctor/ endocrinologist for all matters involving your health and medical care!

Be Healthy, Stay Healthy!

Love, Health and Prosperity

Svetla

