

“Life Manual for Graves Disease and Hyperthyroidism”- visit  
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## Free Ebook about Graves' Disease and Hyperthyroidism

This short, introductory ebook is dedicated to all people suffering Graves' Disease or Hyperthyroidism. Hope it helps your healing process!

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To learn more about specific treatment methods and about how I cured my own Graves' Disease and hyperthyroidism, visit my website:  
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These are some of the things you can find on my website:

- **25 psychological characteristics of people** who are most likely to develop Graves' Disease.
- **4 reasons why YOU may develop Graves' Disease or hyperthyroidism.** Some people will never, ever develop this disease, and some will, even if they don't have it right now.
- **11 reasons to avoid surgery or Subtotal Thyroidectomy** (one them is hypocalcemia). What the doctors don't tell you and what you should know to make the best choice.
- **11 reasons to avoid RAI and what the doctors don't tell you** (for example that RAI is absorbed, in smaller amounts, by other organs besides the thyroid, including breast tissue, the genitals, pancreas, and the gastric mucosa and can cause cell death or DNA mutation).
- **10 options that can help your TED and make your eyes feel better.** Doctors don't discuss that with you because they don't have time- but there are ways that can help even the worst- looking eyes, one of them is Flax Seed Oil, completely natural and harmless.
- **10 herbs that can help your Graves' Disease symptoms-** learn a completely NATURAL way to treat your symptoms, no chemicals, no “unknown” substances, that are more harmful than useful. My favorite that I personally recommend is Valerian Roots.
- **10 supplements and vitamins you can use to help your healing process** (with their recommended dosage). Some of them are really important for your recovery. You should use all available methods to achieve better health.

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- **57 commonly used foods** with their iodine content. Some of the foods that we consume everyday are, in practice, dangerous for your health and can even make your symptoms worse.
- **10 foods that can help your thyroid condition** and by consuming them you can feel better, and accelerate your recovery.
- **8 foods and beverages to avoid.** Not only what we eat, but what we drink also can tremendously affect how we feel.
- **6 ideas that work!** You can apply them immediately in your life and have fun at the same time to help dealing with your Graves' Disease. Unbelievable, but true- you can have fun and recover at the same time, even quicker!

**And much much, more.....**

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**I wish you good luck and quick recovery!**

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## **What is an Autoimmune Disease?**

An autoimmune disease occurs when the body's immune system becomes misdirected and attacks the organs, cells, or tissues that it was designed to protect. About 75% of autoimmune diseases occur in women, most frequently during their childbearing years. One of the most common autoimmune diseases is Graves' Disease.

## **What is Hyperthyroidism?**

According recent researches 13 million Americans have a thyroid disorder and more than half of them are not aware of it. Twenty million people worldwide suffer from Hyperthyroidism.

Hyperthyroidism is a condition in which an overactive thyroid gland is producing an excessive amount of thyroid hormones that circulate in the blood. ("Hyper" means "over" in Greek.) Thyrotoxicosis is a toxic condition that is caused by an excess of thyroid hormones from any cause. Thyrotoxicosis can be caused by an excessive intake of thyroid hormone or by overproduction of thyroid hormones by the thyroid gland. The thyroid gland removes iodine from the blood (which comes mostly from a diet of foods such as seafood, bread, and salt) and uses it to produce thyroid hormones.

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The two most important thyroid hormones are thyroxine (T4) and triiodothyroxine (T3) representing 99.9% and 0.1% of thyroid hormones respectively. The hormone with the most biological activity (i.e., the greatest effect on the body) is actually T3. Once released from the thyroid gland into the blood, a large amount of T4 is converted to T3, the more active hormone that affects the metabolism of cells. The thyroid itself is regulated by another gland located in the brain, called the pituitary. In turn, the pituitary is regulated in part by thyroid hormone that is circulating in the blood (a "feedback" effect of thyroid hormone on the pituitary) and in part by another gland called the hypothalamus, also a part of the brain.

The hypothalamus releases a hormone called thyrotropin-releasing hormone (TRH), which sends a signal to the pituitary to release thyroid-stimulating hormone (TSH). In turn, TSH sends a signal to the thyroid to release thyroid hormones. If over activity of any of these three glands occurs, an excessive amount of thyroid hormones can be produced, thereby resulting in hyperthyroidism.

***Hypothalamus – (TRH)----→Pituitary- (TSH)----→Thyroid- T4 and T3***

## **What is Graves' Disease? Why it is called Graves' Disease?**

The disease is named after Robert Graves, the 19th century Irish physician who first discovered the condition. Graves' Disease is caused by a generalized over activity of the thyroid gland, and is the most common cause of hyperthyroidism. In this condition, the thyroid gland is diffusely enlarged and hyperactive, producing excessive thyroid hormones. It has lost the ability to respond to the normal control by the pituitary gland via TSH. It is believed that the triggers for this disease include stress, smoking, radiation to the neck, medications, and infectious organisms such as viruses. I have another opinion and I discuss that exclusively in my newest book [“Mental, Emotional and Psychological Aspects of Thyroid Disorders”](#).

Writing in *The Thyroid Solution*, Dr. Ridha Arem explains that the most common effect of an overactive thyroid is anxiety and I agree with him 100%. Anxiety in Graves' Disease takes on an exaggerated form in which the increased worrying and overall feeling of insecurity and instability are worsened by mood swings, anger and inability to focus.

Although Graves' disease is the most common cause of hyperthyroidism, not *all* patients suffering from hyperthyroidism have Graves' disease and not *all* patients with Graves' disease suffer from hyperthyroidism symptoms. That's why Graves' disease may remain undiagnosed for a long period of time.

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In the next section I want to offer you some coaching exercises that can help you improve your life quality and better deal with your thyroid disorder. Even though they seem unrelated they'll help you feel better and take control over your life.

# Graves’ Disease Coaching Work Book

## Part I

### GET TO KNOW YOURSELF AND WHO YOU ARE

*“The road of happiness lies in two simple principles. Find what is that interests you and you can do well and when you find it put your whole soul into it- every bit of energy and ambition and natural ability you have”- John D Rockefeller III, Philanthropist*

I strongly believe that the healing of any disease starts from being aware of who you are and what you want. The following questions will help you to learn more about yourself. If you already ordered my book [“Life Manual for Treating Graves’ Disease and Hyperthyroidism”](#), you already know that healing is not only about medication, surgery or RAI treatment. The process of healing starts in your mind. Being creative and making your talents available to the world will definitely design the road of happiness for you and will accelerate your healing process. Enjoy your progress!



## YOUR TEN BIG QUESTIONS

Please take the time to answer these questions. Use as much space as you want, write freely and without self-consciousness. You are the only one who will be reading this! The purpose of these questions is to expand you! They will help you also to look in the right direction, if you are lost.

1. What’s one thing you could do better than anyone else you know? What’s your core strength? If you don’t know- ask your friends and relatives what your biggest strengths are and step into their vision. This will tremendously improve your self-esteem which is one of the first steps of your healing process. List them:

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2. What gives you the greatest enjoyment and satisfaction? List two ways you enjoy expressing those qualities when interacting with others? What gifts and talents do you have that you’d like to make available to the world?

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*My recommendation: The more you do of what you like, the better you will feel!*

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3. When in your life did you feel most creative? What does creativity mean for you? (Thyroid problems are related with creativity as per Eastern Medicine).

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*My question for you: What's stops you of being creative now? How you can change that?*

4. When in your life were you mostly committed to something/ someone? What can help you to commit 100% to your health? (Making health and healing your priority will focus your attention on different methods how to achieve it).

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*My question for you: What would you do to be healthy again? Do it now and take responsibility for your life and your health!*

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5. What are the greatest accomplishments of your life? What are you mostly proud of? (Believe in your ability to cope with this health condition). List minimum 3:

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6. About what have you taken the strongest stand?

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7. What is the most important lesson you have learned to date?

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8. Where do you get your energy from? List at least 5 resources:

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*My recommendation: Do more things that help you feel better!*

9. What one change would make the biggest positive difference in your life?

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*My recommendation: Do it NOW!*

10. If you knew you could not fail, what is the one thing that you can change your life, right now?

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## **PART II**

### **What are Your S\*M\*A\*R\*T\* Goals?**

**Smart goals have each of these five elements:**

**S**pecific

**M**easurable

**A**chievable

**R**isk/**R**ealistic

**T**ime Limit

### **Write Down Your 10 Goals To Reach In 60 Days (Goals that will improve your health, make you feel better and in general be happier)**

What goals or projects would you like to complete in the next 60 days? Select well defined and realistic, while somewhat challenging goals that reflect your core values- what attracts you rather than what you think you should do.

Example: These goals can be related to your daily routine, your career, how to better handle family problems, take care of yourself, start a diet that will help your healing process from Graves' Disease: find a better doctor, start doing something that you like, things you can do to have more fun, ask people for help

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and anything else that comes to your mind. Make sure that they are specific, realistic, time measurable and somehow challenging (out of your comfort zone).

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## **PART III**

### **DESIGN YOUR LIFE AROUND YOUR PRIORITIES**

*“Many people try to fit their dreams into their life and then complain there are not enough hours in the day to make it happen. If you want your dream to become a reality, you have to make it a priority. Otherwise, it will never be more than a pipedream”.*

*Stacey Mayo*

## **The Wheel of Life**

### **Establishing Daily Practices**

Human beings are complex, our lives are complex too. We want rich and fulfilling lives, which means we usually have lots of competing priorities and ways we'd like to improve ourselves. Finally, you can even get sick, as I did with Graves' Disease some years ago. I didn't know my priorities. Determining my priorities was a crucial step in my healing process. I no longer overworked myself, I dropped things off my list that I did not care about. Finally, I had a lot of time for myself and I devoted this time to my healing and what I needed to do to feel better and healthier.

The Daily Practice Exercise below offers you a snapshot of your priorities and your current level of satisfaction with the attention you give each of those priorities. Creating Daily Practices provides a simple way to balance the energy you spend on each priority. It is a tool to support us in achieving balance while we also continue to put resources towards the things we care most about.

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By giving some of your resources to each of the areas you've chosen, you will work steadily towards a more balanced and fulfilling life. From time to time, do this exercise again to reflect the way your priorities have changed.

The attached exercise includes step-by-step instructions of how to complete the Daily Practice Wheel.

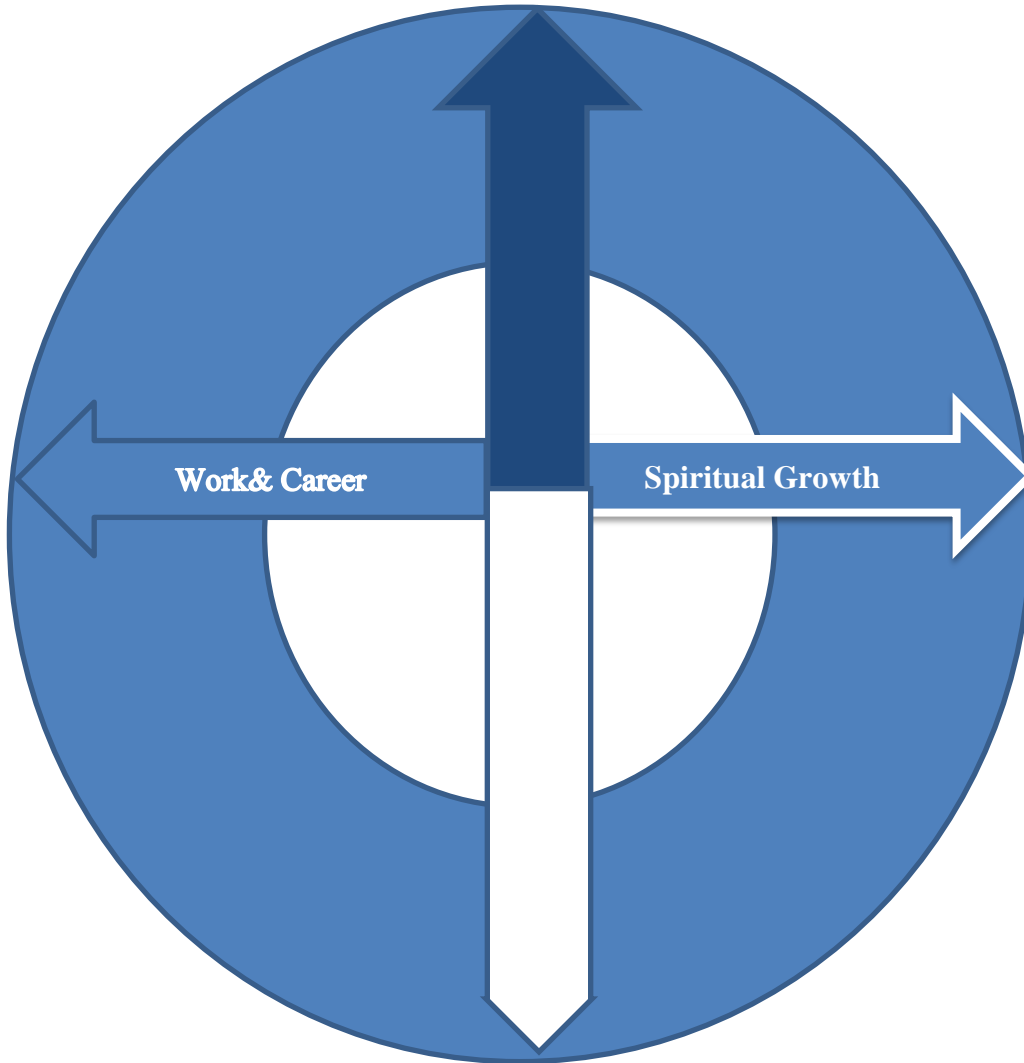
## **How it works**

1. Define the things that you care most about in life – relationships or activities where you most want to spend your time and energy. Pick only 3 to 7 categories from the list below, or use your own words, the more specific the better. For example, instead of "Partner" put the name of that person. Instead of "Sports" you might have "mountain climbing" or "walking/yoga".
2. Draw the spokes of your wheel. Go to the next page that has an example of a Daily Practice Wheel. Between the small and large circles on draw as many spokes as you have categories. Draw each spoke with two lines. (See example.)
3. Write one of your priorities into each of the spokes you have drawn. The order does not matter.



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### **DAILY PRACTICE WHEEL- EXAMPLE**



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Family	Colleagues	Volunteering	Religious beliefs
Partner	Vocation	Creating a Legacy	Church
Children	Work	Community	Philanthropy
Friends	My own business	Spiritual growth	Physical well being
Sports	Fun	Creativity	Hobbies

4. Take some time to consider how satisfied you currently are with your attention to each spoke of your Daily Practice Wheel. For example if mountain climbing is one of your priorities – are you satisfied with how much time and energy you devote to that?

5. Give yourself a rating of 1 to 4 for each spoke. If you give the thing or person represented by the spoke too much or too little of your time, let that reflect in your rating.

1 = unsatisfied

2 = moderately satisfied

3 = very satisfied

4 = completely satisfied

6. Shade in each spoke according to your rating. For example if you rated yourself a three (3) then shade the spoke three quarters of the way from the inside to the outside.

1 = 25%

2 = 50%

3 = 75%

4 = 100%

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7. Now do the same with the hub of the wheel – SELF—rate your level of satisfaction with the attention you give to your relationship with yourself and shade that circle the corresponding percentage from bottom to top.

## **Setting up Daily Practices**

1. Take a look at your completed Daily Practice Wheel. You can see where, when and how to dedicate your time and energy. Set up Daily Practices for each of your priorities. Your completed wheel is a snapshot of your level of satisfaction with where your time and energy are going. For a wheel to be balanced each spoke needs to connect fully with the center, the hub. The hub needs to be whole and solid. To be balanced the goal is to be 100% satisfied with the attention you are giving each category and yourself. You can make improvements on one category while maintaining or improving the other areas as well. Simply notice where your energy is going now and make conscious choices about where your energy will go from now on. Having Daily Practices will make it that easy.

## **Coaching Questions for You**

**1. Looking at your Daily Wheel- did you find or see something that surprised you and you weren't fully aware of? If yes, how you can change/improve that?**

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**2. Where are the areas you want to put more attention?**

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**3. How you can simplify and balance your life? List 3 things. Which items you can take off your plate now in order to make your dream a priority?**

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Based on each spoke of your Daily Practice Wheel, make a list of simple ways you can contribute time and energy to that priority.

**Here are some examples of Daily Practices:**

Physical Health:

- ı Drink 5 glasses of water
- ı Walk in the park with dogs for one hour
- ı Yoga class
- ı Work out at the gym
- ı Go on a hike

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- | Ride my bike
- | Life weights
- Friends/family
- | Call friend or family member
- | Set up a fun event with a friend(s) or family on my calendar
- | Write a letter to a relative
- | Recognize birthdays

Every day choose one thing to accomplish for each spoke of your Daily Practice Wheel, or do something spontaneous that will build or maintain your level of satisfaction for each spoke. Some days you'll spend more time on one than another. It's about your satisfaction, not the amount of time you spend.

*“If you know the point of balance, You can settle the details. If you can settle the details, You can stop running around. Your mind will become calm. If your mind becomes calm, You can think in front of a tiger. If you can think in front of a tiger, you will surely succeed.”- Mencius*

## **PART IV**

### **Three most important questions you should ask yourself to help you treat the cause of your disease**

Searching for the cause of my Graves' Disease, I came across a lot of information that really gave answers to most of my questions.

I believe that all our diseases, illnesses, and pains come into our life to teach us something. Until we “get the message”, they won't go away, they will come back after some time, or they may come in the form of another disease. I believe that somewhere on this road called life I lost the meaning of why I am here on this Earth and how I should use my time while living here. I strongly believe that we came to this Earth with purpose, we were born to experience the best of this life, to have our desires fulfilled, to live a life full of joy and happiness and to make our talents available to the world. Somewhere on the life road we got lost the direction, we became angry, guilty, anxious, worried, and suspicious. The disease will bring us back to the source of life and remind us what is really important.

## YOUR MOST IMPORTANT QUESTIONS

The following questions can help you determine the origin of your disease, as well as what is the “purpose” of the disease in your life.

**Question #1:** What are the words that best describe what I am experiencing inside or on my body and how do I feel about it?

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(The answer to this question reflects what you are experiencing on a physical level regarding the person or situation that is at the root of your illness).

**Question #2:** *What is the illness preventing me from doing or having?*

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(The answer to this question represents one or more desires being blocked).

**Question #3:** *If I allow myself to achieve these desires, what would I be?*

” If I allow myself to be.....

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Fill in the blank with the answer from the previous question, what unpleasant situation could happen to me and what people would think of me (or what would I think of myself).

Your answers will correspond with the harmful belief that is blocking you from meeting your own needs and achieving health, as it is manifested as physical block or illness.

## **PART# V**

### **ACTION STEPS AND TIPS TO ACHIEVE YOUR LIFE GOALS**

**1. Break down your goal into small steps.**

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Step 4: \_\_\_\_\_

Step 5: \_\_\_\_\_

**2. What one thing you can do right NOW that will take you closer to your life goals?**

\_\_\_\_\_  
\_\_\_\_\_



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3. **Who can help me along the way?** List all the people that can help you achieve your goal- friends, relatives or professionals.

Person 1: \_\_\_\_\_

Person 2: \_\_\_\_\_

Person 3: \_\_\_\_\_

Person 4: \_\_\_\_\_

Person 5: \_\_\_\_\_

4. **Surround yourself with supporters.** Consider hiring a coach/consultant/advisor- somebody that will hold you accountable regarding your life goals, who will support you and guide you. Sometimes just listing these people can help you feel that you are not alone and you have people around you who love you and what you to feel better.

My supporter #1: \_\_\_\_\_

My supporter #2: \_\_\_\_\_

My supporter #3: \_\_\_\_\_

My supporter #4: \_\_\_\_\_

My supporter #5: \_\_\_\_\_

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My supporter #6: \_\_\_\_\_

5. **Create your own advisory board-** people that you know from different fields that can help you with your day-to-day life, brain storm for you and advise you what to do next to make your life easier. List them- they could be anybody- your family members, your children, your mother, your best friend, your neighbor.

**My Advisory Board:**

<b>Name:</b>	<b>What field is his/her specialty</b>	<b>Contact Information:</b>

You can refer to these people any time when a problem comes on your way.

6. **Ask for help.** Who can help me today with the kids, with errands, with work, at school, with cooking or cleaning.

<b>Name:</b>	<b>How this person can help me?</b>

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7. **Delegate responsibilities.** Your healing process from Graves Disease/ Hyperthyroidism depends on how quickly you can “slow down” your life in general and remove activities that are necessary for your every day life.

Name:	What activity I want to delegate?	Contact information:

This way you can easily refer to this Work Book and pull out the names and contact info very quickly. This will also remind you that you can delegate certain activities that occupy a lot of your time.

8. **Create deadlines.** Any change in your life requires a deadline in order to make sure that it will be accomplished and the change will take place.

Action (stop, delegate, start , say, do, make)	Who is involved (the name of the person if any)	Deadline (by when)

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9. **Celebrate every little success!** You deserve to be happy! How do you celebrate your victories? How do you reward yourself for anything accomplished?

Change to be made	My reward

10. **My action plan to Self- Love and Self-Respect.** List 10 things you love to do and refer to them every time when you feel down, unloved, unappreciated, unsatisfied and in general not happy:

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

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8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

Every time you do something from your Self- Love list, this will raise your energy, it will make you feel better and attract more positive experiences in your life.

P.S. More exercises, techniques, recipes, other alternative/natural techniques for treating Graves’ disease/ hyperthyroidism you can find in my books [“Life Manual for Graves’ Disease and Hyperthyroidism”](#); [“Ultimate Diet Secrets for Graves’ Disease and Hyperthyroidism”](#), [“Thyroid Eye Disease and Its Healing”](#), [“Life Stories for Graves’ Disease and Hyperthyroidism”](#), [“ Mental, Emotional and Psychological Aspects of Thyroid Disorders”](#).

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I wish you good luck and all the best!

Svetla Bankova

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“I attract in my life whatever I give my energy, focus and attention to, whether wanted or unwanted”- from *Law of Attraction* by Michael Losier