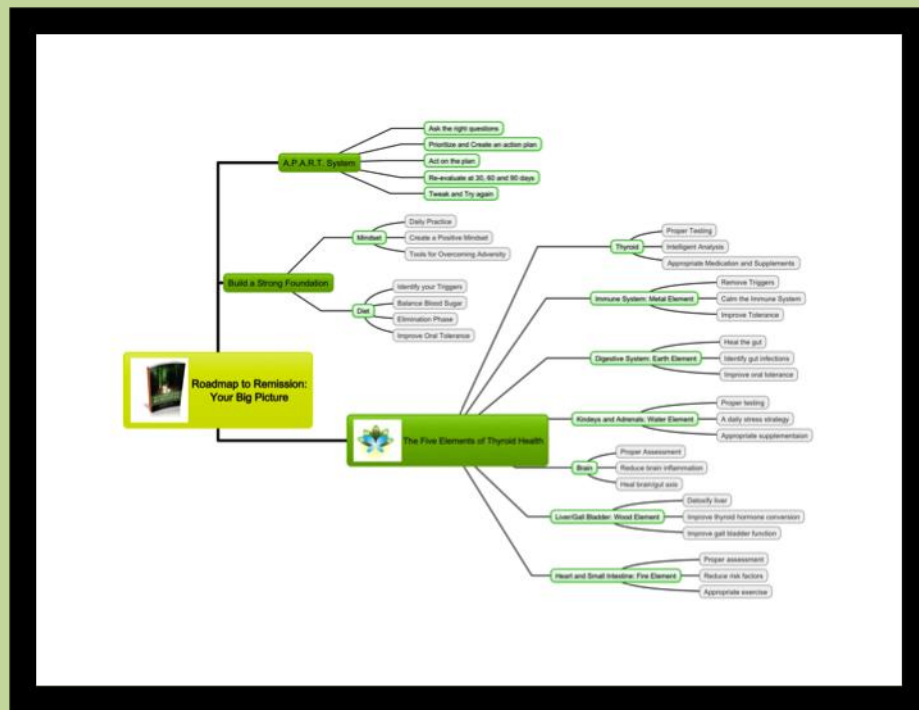


The 5 Elements of Thyroid Health

Roadmap to Remission: Blueprint

Marc Ryan, L.Ac.





The 5 Elements of Thyroid Health Program



ROADMAP to REMISSION BLUEPRINT: YOUR BIG PICTURE

Important: The Roadmap to Remission Blueprint is loaded with information, and I know you're excited to read through it. But you'll get much more out of it if you follow along with the **Take Hashimoto's A.P.A.R.T.** video series that goes along with it.

The video has a lot more detail and will explain what you're seeing in the blueprint. So check out the video now by clicking this link: [Taking Hashimoto's A.P.A.R.T.](#)

Welcome to the Roadmap to Remission Blueprint...

This is the full Roadmap to Remission system condensed and organized into one pdf so that you can see it in just a few pages.

Several years ago, I had just gone through a major health crash and I was barely getting through the day. I had been to several different doctors who essentially told me there was nothing wrong with me. They said we were going to "wait and see", which to me meant "wait and continue to suffer".

I never would have imagined that roughly 5 years later I'd be feeling better than I had in twenty years with abundant energy, focus and mental clarity and my joy for life restored. Or that I'd have had the honor and the privilege to work with over 2,000 people with Hashimoto's and help them learn how to turn their lives around too.

I want the same for you. So whether this is all new to you or you've been struggling for years and nothing has worked or, even if you've had some success but want to take things to the next level you're looking at the roadmap right here.

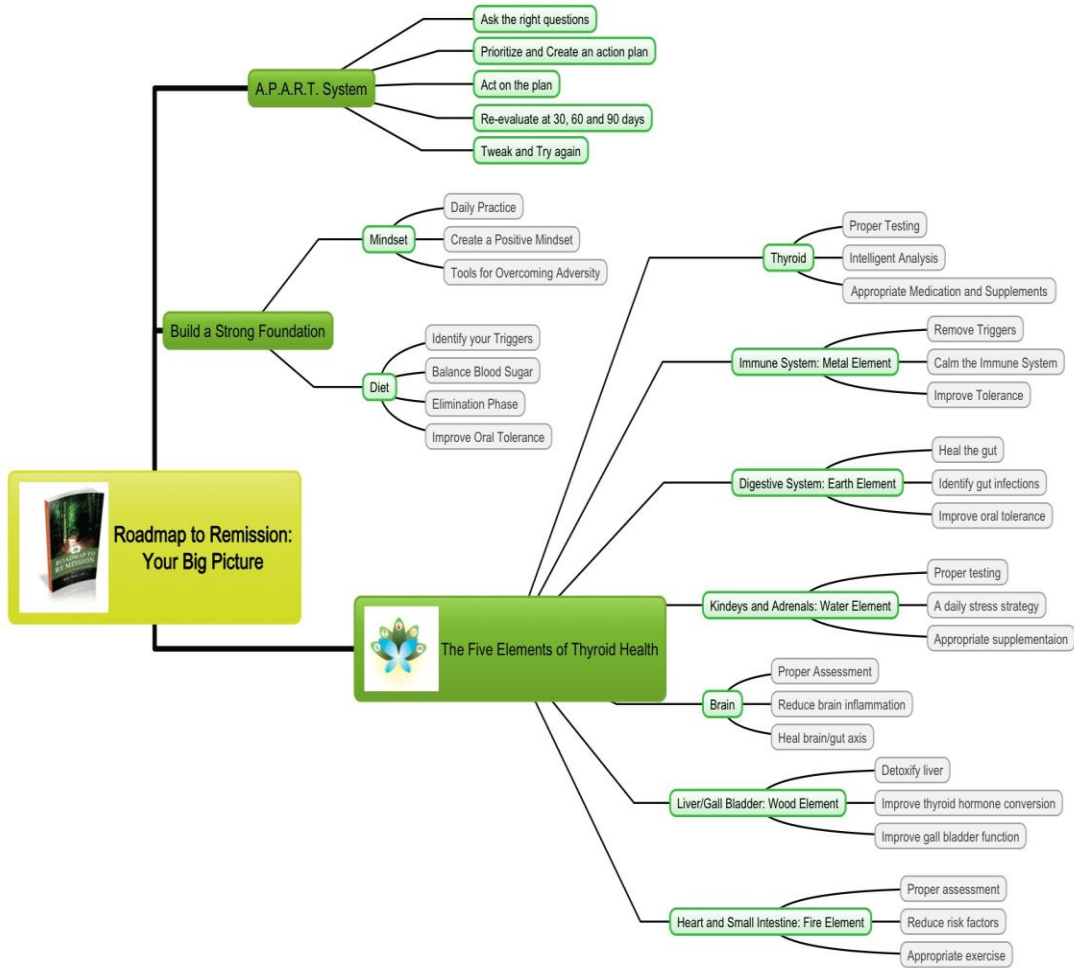
Ready? Here it is:



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Roadmap to Remission Blueprint: Your Big Picture

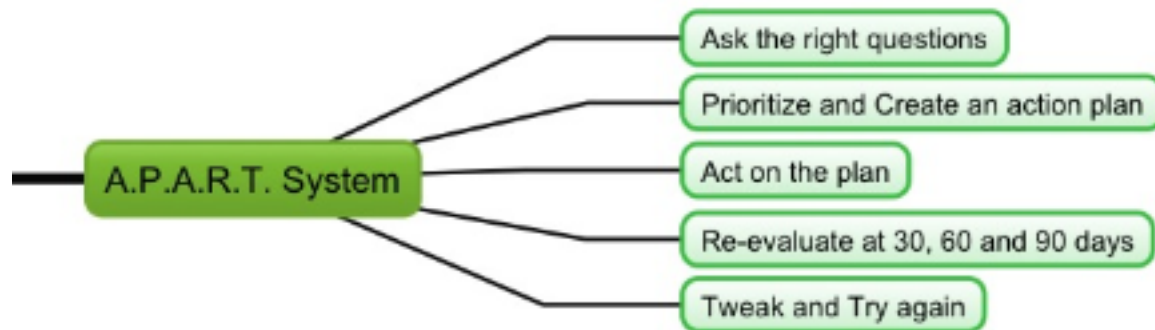




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THE A.P.A.R.T. SYSTEM: A Sensible Way to Do Things



Whenever you are treating yourself or being treated by someone, you are basically conducting an experiment.

Yet, I am always surprised by how few people have any sort of system that they use to do this.

Whether you are taking medication or trying supplements, or changing your diet or introducing exercise or some other practice, you need to do it in such a way so that you can see if what you are doing is working or not.

This is what the A.P.A.R.T. System is designed to do, first establish what your baseline is.

Then, use the information that you gathered to create a plan.

Then implement that plan and put it into action.

Then re-evaluate regularly to see if what you are doing is working.

And finally, learn from your successes and mistakes and adapt your plan and keep going. Double down on what worked and tweak and modify what didn't.

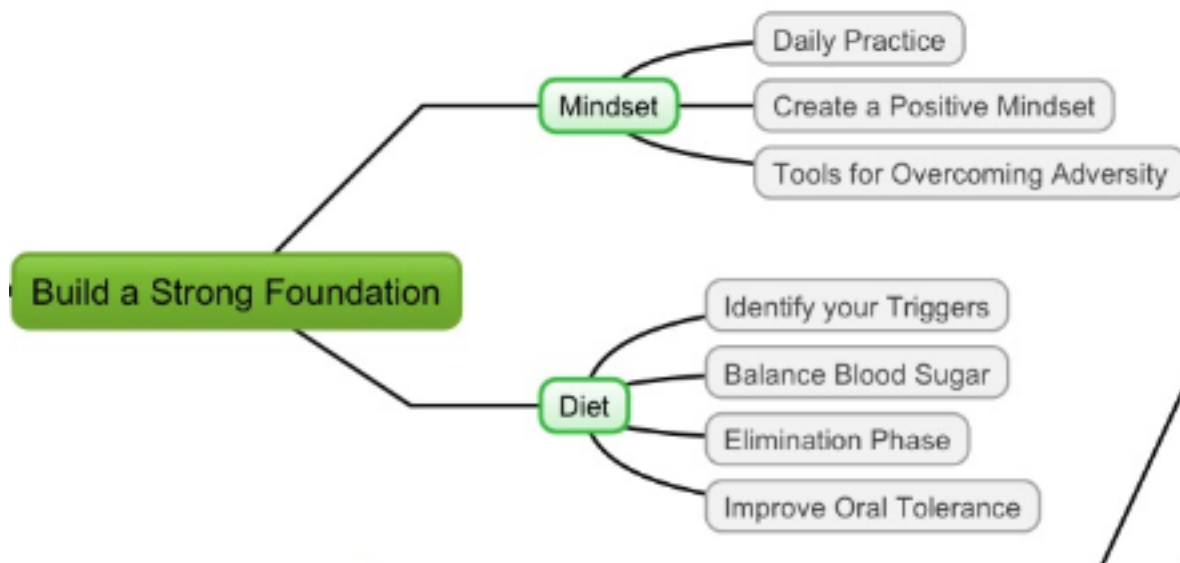
And keep a journal so that you have data to work with.



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BUILD A STRONG FOUNDATION: MINDSET AND DIET



There are two things that, in my personal and professional experience are absolutely critical for success: Mindset and Diet.

And this is one of those counter-intuitive things. A lot of people think, “First I have to get better, then I can work on changing my attitude, my thinking and my behavior.”

Well, one thing I’ve observed over and over again is that it doesn’t work that way. You need to change your thinking first.

Then real change, growth and transformation is a natural result. This also builds a strong foundation against the inevitable challenges and adversity that you will face.

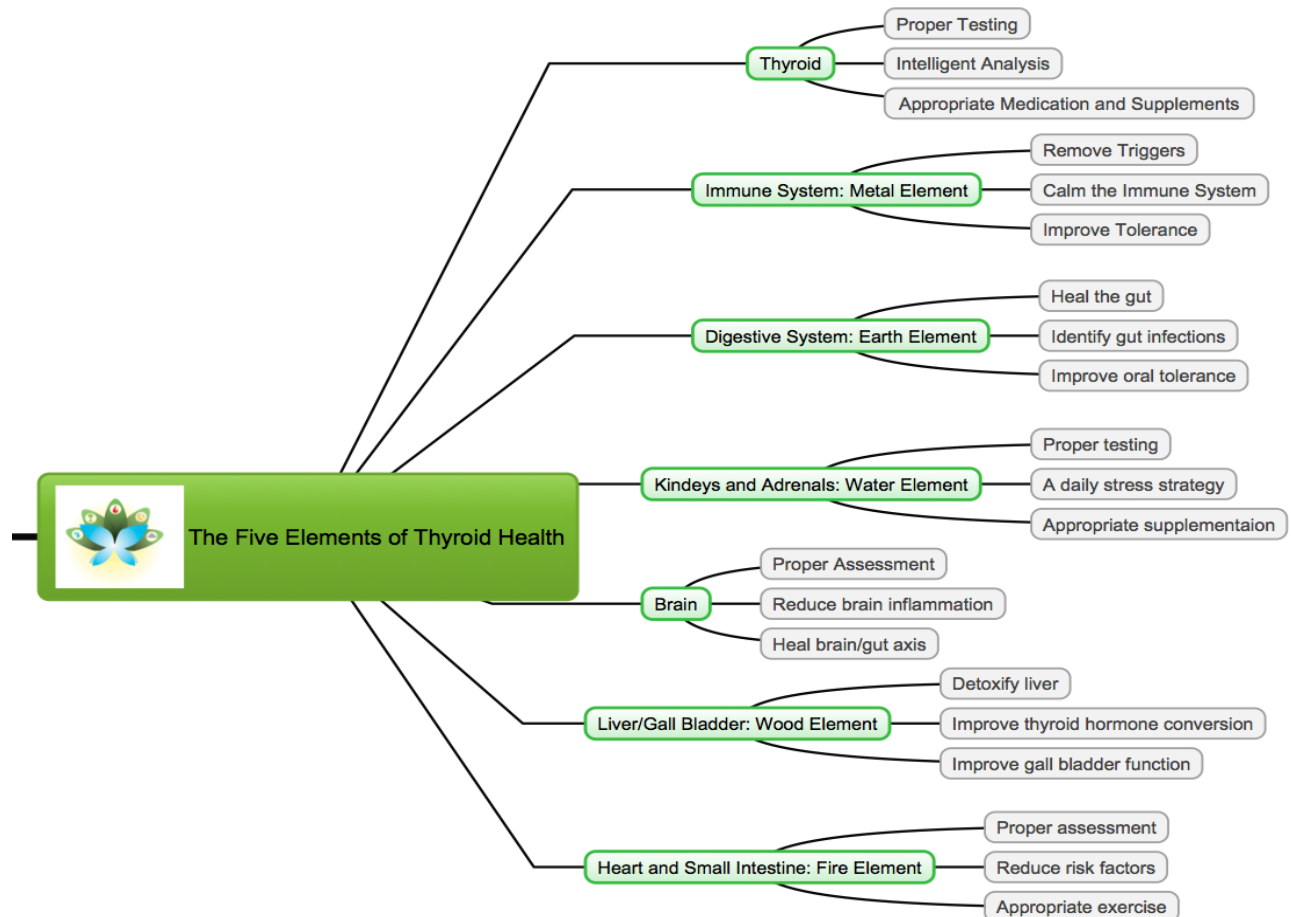
The other thing that is critically important is diet. It is used to get better results for clinical outcomes like calming the immune system, reducing systemic inflammation, healing the gut and the gut/brain axis and so much more.



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The 5 Elements of Thyroid Health: Way More Than a Thyroid Problem



The reality of Hashimoto's is that it's way more than a thyroid problem.

If you really hope to heal and get it into remission, you have to understand this and work to heal all these different parts of your body. Because hypothyroidism and autoimmunity affect all the systems of your body.

Use the A.P.A.R. T. System to first assess these systems, then come up with a plan and then, implement that plan. Once you've done that, revisit these systems in 30 to 60 days and see where you have improvement and where you don't.

Double down on what worked and tweak what didn't.



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STICKING POINTS: Concerns You Might Have

“It seems complicated” – Yes, it can be very complicated. But that’s the beauty of this program. It gives you an easy to follow system for breaking up the issues into more manageable pieces. In addition, you now have a proven system for fixing any problem you encounter.

“It won’t work for me” – I can understand your skepticism. For a lot of us, this has been a long road full of many roadblocks and disappointments. But you can’t give up and if you feel defeated and overcome by discouragement, then, you are a perfect illustration of the importance of mindset. Of course you won’t succeed if you don’t believe that you can do it.

“I don’t have the energy to do something like this” - You can do it. You may have to break things into smaller pieces and take a little longer, but this program gives you all the necessary tools and support to slowly and steadily improve and heal.

“I’ve already spent thousands of dollars and haven’t gotten better.” – I totally get this. For many people I’m the last stop on the train. And all I can say is anything is possible with dedication and perseverance. There a solution for everyone, sometimes these solutions require thinking outside the box and doing things that might seem a bit counter-intuitive.

“I’ll never figure all this stuff out” – I know it can seem daunting and like you’re climbing a huge mountain. But, once again the beauty of this program is that it gives you all the knowledge you need to figure out where the problems are and the tools to fix those issues.

“I already have a doctor I’m working with” – No problem at all. This system and program will still work for you. It really just a template for success. You can use it to monitor your progress and track the things you are doing.

“I can’t afford it” - I get that too. Some people have lost everything because of this disease. But here’s the thing, implementing these ideas doesn’t cost you anything. It just requires that you keep at it and keep trying.

And if you decide you want to join us when we offer the 5 Elements of Thyroid Health Program you’ll find that we have a number of payment options and that it’s surprisingly affordable.

And it’s a tremendous amount of value because it works. Don’t take my word for it, check out what several different women who just completed the program had to say on the next page.



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HERE'S WHAT PEOPLE ARE SAYING:

The one thing that I would want them to know is that the mind is a very powerful tool in healing. Keeping a positive mindset is so powerful and essential to healing. Changing my perception of this illness and looking at it with a new pair of eyes, has been a tremendously helpful to my healing journey. Not only physically healing, but a multi-healing experience of the mind, body, and spirit. I think that the 5 elements program is amazing because it's a multi-faceted approach that helps us incorporate meditation, journaling, and healing exercises.

Carlissa B.
Alabama

The 5 elements program gave me a great framework for organizing my healthcare, while providing a steep and well supported learning curve on how Hashimoto's works, how it impacts all bodily systems and how I could best build and maintain a healthy lifestyle specific to my type.

Jessie L.
Washington

The 5 elements program opened my eyes to a LOT of options/education in dealing with my autoimmune challenge. It has totally changed my mindset and helped me get to the next level in every aspect. Thx Marc for your all your efforts, work and program.

Beverly H.
Kentucky

The 5 elements program is a wealth of education/information on Hashimoto's and how all systems are connected. The videos are broken down in such a way that it's easy to understand whats happening to our body and what needs to be done to improve the quality of our life..Marc, I thank God everyday that I was able to work with u and am forever grateful for such an enlightening experience. I feel well educated on my disease and confident I can get it under control.

Rima M.
Michigan

You don't have to be alone. It's nice to feel support.

Christine D.
California



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So There You Have It: The Roadmap to Remission Blueprint

This is the approach I have used to help over 2,000 people with Hashimoto's. Some have bought my book and read my blog, some have reached out and worked with me one on one, but they have all used this methodology in some way.

My sincere wish is that this blueprint and the training videos have given you a new perspective on how to heal your Hashimoto's.

In a way that takes a lot of the guesswork out of the process and gives you a proven system that you just have to follow to get results.

Once you start implementing the A.P.A.R.T. System and you work through the different systems of your body, you'll start to see positive results.

The downward spiral caused by these webs of dysfunction in your body will be turned on it's head and you will start experiencing upward healing momentum.

This gives you tremendous confidence and a faith in yourself and in what you are doing.

You now have this information in your hands, so it's up to you to decide what to do with it. You've seen how this approach can completely transform how you work on healing yourself. You've seen some of the results that literally thousands of people have gotten.

And now you've seen the blueprint that you can follow. You now have everything you need to take the guesswork out of healing and to put the control back into your hands.

I know that some enterprising people will take the information from these videos and this Blueprint and out it into action and that's AWESOME!

And other people may realize that they want to go all in and have the accountability, support, expertise and step by step guidance in implementing the 5 Elements of Thyroid health Program that working with me provides.

In a few days, I'll be opening up the 5 Elements of Thyroid Health Program to a limited number of folks. We already have a waiting list, so the remaining spots are going to go quickly.

Once registration opens, you'll need to act quickly, so watch your email over the next few days for ALL the details.

In the meantime, you can still see the video series here: [Taking Hashimoto's A.P.A.R.T.](#)