



What is the Thyroid?

The thyroid is a small butterfly-shaped gland located around the windpipe, just behind and below the Adam's apple. It weighs barely an ounce but is responsible for producing several hormones, most importantly, T3 and T4.

The thyroid gland is the body's thermostat and catalyst. It regulates the temperature of the body by secreting two hormones that control how quickly the body burns calories and uses energy. A deficiency in these hormones is called Hypothyroid and an excess is called Hyperthyroid.

There is an intricate involvement of the hypothalamus and the pituitary gland with respect to the release of T3 & T4. The entire process is reliant on the efficiency and efficacy of each component. T3 & T4 travel via

the bloodstream and assist the cells in converting oxygen and calories into energy. If this process isn't completed perfectly, among other problems, it is likely that you suffer from depression, excess weight and fatigue.

The hormone thyroxin determines the production of energy in the mitochondria of the cells. Regardless of the fact that depressed thyroxin levels are a result of an underactive pituitary, the thyroid still responds to thyroxin supplements.

Thyroid imbalances of any kind can contribute to diseases such as diabetes, lupus, cancer, cardiovascular problems, arthritis, infections, etc. Even simple things such as canker sores and light sensitivity can be related to a slow functioning thyroid.

The minerals Iodine and Selenium play a huge role in the functioning of the thyroid although any imbalance can upset a thyroid condition. Either too much or too little of either of these minerals can result in the development of a goiter.

A goiter typically results from a lack of iodine but will become larger in the absence of selenium. If selenium is low and iodine is high a hyperactive thyroid is the result with conditions such as Graves' Disease and Hashimoto's Disease developing.



Adrenal Glands and Thyroid

The adrenal glands are important for a number of vital biochemical functions such as weight control, sleep, stress, immunity and sex hormone production. Long-term

stress affecting the adrenal glands directly affects the thyroid. It is true that some women fail to balance hormonally and chemically after pregnancy and people with

cancer almost always have a low functioning thyroid.

Stressed adrenal glands and a poor diet both contribute greatly to thyroid imbalances.

THYROID TIDBITS

- *Thyroid cancer has climbed to 8 people per every 100,000.*
- *The most prevalent carcinomas in US children and adolescents under 20 yrs. was thyroid carcinoma at 35.5%.*
- *75% of thyroid cancer is in adolescents between 15 and 19 years of age.*
- *Hypothyroidism affects 5 million people in the US, 90% of which are women.*
- *50,000 new cases of thyroid arise each year.*
- *There is a huge relationship between Gulf War Syndrome and thyroid dysfunction due to the suppression of thyroid hormones in relationship to the amount of cortisol released under duress.*

Thyroid Dysfunction

Thyroid dysfunction comes in many shapes and forms but typically diagnosis is difficult. Initially, it was thought that an elevated TSH (thyroid stimulating hormone) level was required for diagnosis, but more recently it has been determined that a completely normal TSH does not necessarily indicate that all is well. It is estimated that over 90% of patients experiencing hypothyroid dysfunction have completely normal TSH level. Nearly 13 million Americans are estimated to have undiagnosed thyroid conditions and many researchers suspect the numbers to be up to five times higher. Whenever thyroid function is questionable, adrenal gland function must also be examined. There is a huge relationship between the two.

If you have even one of the symptoms,

it is safe to say that your thyroid could use support.

Thyroid disorders are particularly common in the region of North America known as the goiter belt. This region was so named because of the high incidence of goiter that occurred there early in the 1900's. Goiters are essentially a pathological enlargement of the thyroid gland. Scientists determined that the areas of the goiter belt



had very low iodine levels in their soil and drinking water.

IT'S ALL IN YOUR HEAD

Thyroid imbalances produce such a wide range of conditions that an imbalance can easily go unnoticed for years. Gynaecological and hormone symptoms can mask a thyroid imbalance, as can stress, depression and fatigue. Often the depression is treated medically when in fact there is a thyroid imbalance.

Be persistent when searching out the reasons for your emotional ups and downs. Don't settle for a simple diagnosis based on the improper conclusions. Are the conditions in your life creating the symptoms you are experiencing or are your symptoms the reason for the condition?

Causes of Thyroid Disease

The role of the thyroid is to create and secrete several types of thyroid hormones. These hormones are the governors, activators and controllers of metabolism and catabolism. Thyroid glands may be perfectly normal in their cell construction, integrity and function, yet still not function as they should. When this occurs, symptoms are created and disease is the result.

Normal thyroid glands are overloaded beyond their capacity to create the hormones required when a buildup of poisons and body wastes floods the body. Foods left over from incomplete digestion transform into acidic garbage and interfere with nearly every function of the body including the thyroid. The liver is the primary cause of an under active thyroid if your body temperature falls (nose, hands and feet) when you are hungry and rises when you eat carbohydrates. An over-taxed liver is the first organ to consider cleansing when there is a thyroid imbalance.

Certain foods have the ability to sup-

press the functioning of the thyroid.

Beans (except string beans), peanuts, raw broccoli and cauliflower, cabbage, animal protein polyunsaturated oils and beta-carotene are some of the foods known for suppressing thyroid function. Foods that promote thyroid function are heart, butter, vitamin A instead of beta-carotene and eggs.

Thyroid function can also be affected by heavy metal residue. Estrogen, being a stress hormone, increases the metal absorbing ability of our body because it stimulates the uptake of iron. This excess iron depletes oxygen needed for respiration, which results in fatigue.

As with all disease, diet is the primary area to examine but there are a variety of other factors that contribute significantly to the development of thyroid conditions.

- ◆ Radiation, radiation treatments, radium therapies
- ◆ Over consumption of goitrogenic

foods such as soy, broccoli, cabbage, kale, radishes, etc.

Do not use soy products as your 'hormone drug' of choice.

- ◆ Foods including goitrogens that block iodine such as peanuts and soy
- ◆ Fluoride and Chlorine from water
- ◆ Mercury, amalgam fillings, root canals, fungal infections of jaw bones
- ◆ Pregnancy, female hormone fluctuations
- ◆ Drugs, both recreational and pharmaceutical
- ◆ A saturated and congested liver
- ◆ All physical and mental stresses, toxins and body wastes drain the thyroid vesicles of their hormones.
- ◆ Constipation



Recognizing the Symptoms

The following are lists of possible symptoms related to both an over and under functioning thyroid gland. Remember that it is not necessary to have all the listed symptoms, but rather, it is possible that having only one symptom may be a sign that your thyroid gland could use some help. Which of these apply to you?

Hyperthyroidism

When your body goes into overdrive and your heart beat escalates, blood pressure elevates and unusual weight loss occurs, it is likely that you are experiencing Hyperthyroidism. An overproduction of thyroid hormones sends your body into upheaval producing some or all of the listed symptoms.

Hyperthyroid symptoms may include:

- pulse above 90 beats per minute at rest
- heart palpitations
- protruding tongue quivers
- extended hands shake or tremble
- strong drive followed by exhaustion
- fail to gain weight in spite of a good appetite
- erratic, "flighty" behaviors
- protruding eyeballs
- warm, fine, moist skin
- irritability, nervousness, hyperactivity
- rapid speech
- insomnia
- frequent bowel movements, diarrhea
- excessive sweating without exercise
- feel warm and flushed at room temperature

Hypothyroidism

Hypothyroidism occurs when there is a lack of thyroid hormone produced. Hypothyroid is at the bottom of many conditions and can leave you feeling exhausted and irritable.

Hypothyroid Symptoms may include:

- muscles stiff in morning, feel need to limber up
- feel stiff or "Creaky" after sitting still for some time
- heart seems to miss beats or turn "flip-flops"
- coughing, hoarseness, muscle cramps that are worse at night
- nauseated in



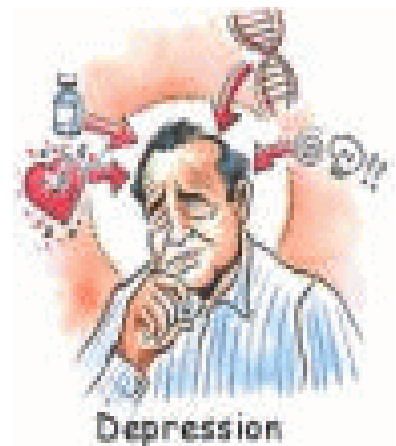
- morning
- start slow in morning, gain speed in afternoon
- motion sickness when traveling
- dizzy in morning or when moving up and down
- cold hands or feet
- sensitivity to cold, prefer warm climate
- hair scanty, dry brittle, dull, lustless, lifeless
- flaky, dry, rough skin
- sleeplessness, restlessness
- poor short term memory, forgetfulness
- poor response to exercising
- hypoglycemia (low blood sugar)
- hypercholesterolemia (elevated serum cholesterol)
- constipation
- diminished sex drive
- gain weight easily, fail to lose on diets
- difficulty concentrating, easily distracted
- yellowish tint to skin on palms of hands or soles of feet
- clogged sinuses
- low pulse rate

- low body temperature, especially at bed rest
- low blood pressure, recurrent infections
- headaches
- puffiness of face or eyes
- multiple food allergies/flow, PMS

Emotions and the Thyroid

An under active thyroid gland may produce emotional symptoms such as the following:

- "go to pieces" easily, cry easily
- Dislike working under pressure
- Dislike being watched
- Mental depression
- Irritability
- Mood swings
- Low self esteem



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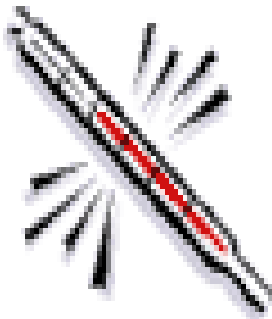
Barnes Thyroid Temperature Test

1. Shake down the thermometer the night before and place on your night table. First thing in the morning before getting out of bed tuck the thermometer in your armpit and lay very still for 10 minutes.
2. Record your temperature on the chart below.
3. Indicate the first day of your menstrual period by circling the temperature on the chart for that day.
4. Indicate the last day of your menstrual period by making an "X" through the temperature on the chart.

If the thyroid is overactive, your temperature will show 1-2 degrees above normal.

If the thyroid is underactive your temperature will show 1-2 degrees below normal.

The normal underarm temperature is between 36.6 and 36.8 degrees. If your temperature is consistently below this level, blood tests for evaluating thyroid function are indicated. However, be aware that these tests are often normal even if the thyroid gland is malfunctioning. That is because the tests show only how much thyroid hormone is circulating in the blood and tell nothing of how well the hormones are functioning on a cellular level. Additionally, the loss of up to 70% of thyroid function may occur before blood tests become



Temp C.	1	2	3	4	5	6	7	8	9	10	Temp
37.3											99.2
37.2											99
37.1											98.8
37.0											98.6
36.9											98.4
36.8											98.2
36.7											98
36.6											97.8
36.5											97.6
36.4											97.4
36.3											97.3
36.2											97.2
36.1											97
36.0											96.8
35.9											98.7
35.8											96.6
35.7											96.5
35.6											96.2
35.5											96

This test was developed by Broda O. Barnes, MD, PhD., a practicing physician in the state of Colorado. It is Dr. Barnes' opinion that this test is superior to standard blood studies for evaluation of thyroid function. Blood tests measure only pituitary (TSH) and T3 hormone blood levels, while temperature readings measure how much energy is actually being generated in cells.

The Truth About Fats, Oils and Soy

The worst offenders when it comes to thyroid health, are vegetable or polyunsaturated oils. The most common of these is soybean oil. Many changes in hormonal health have occurred since the surge of these particular products into the food industry shortly after World War II. Unsaturated oil blocks thyroid hormone secretions and their ability to enter into the bloodstream. Because the thyroid secretions are responsible for making the protective hormones of progesterone and pregnenolone, the absence of thyroid hormones means that increased levels of estrogen are in circulation. Too much estrogen is the root cause of many disorders, diseases, and cancers.

The thyroid hormones are also critical in the lowering of cholesterol levels, therefore, anything that blocks them will indirectly raise cholesterol. Elevated adrenal stress is also known to raise chole-

sterol levels which in turn can suppress thyroid function.

SOY PRODUCTS

Soy products, which were introduced to infant formulas in the early 1960's, resulted in 31% of teenagers contacting autoimmune thyroid disease. Soy is goitrogenic which simply means that it suppresses the functioning of the thyroid. With the influx of soy and soy derivatives into the marketplace, it has become even more important to read labels carefully. Be informed - read about the hazards of soy before deciding to include it in your diet.

COCONUT OIL

Coconut oil has been proven to increase metabolism and energy levels by complementing the functioning of the thyroid. The medium chain fatty acids in coconut

oil are easily absorbed and quickly supply energy. Because of their many benefits, medium chain fatty acids put little strain on the digestive system and provide a quick source of energy. The pancreas, liver and digestive system are less stressed which is important for those suffering from metabolic problems.

Other oils are stored in the adipose tissue to be used later by the body whereas coconut oil is absorbed quickly into the blood stream and used for energy. The body burns coconut oil for energy in the same way the body burns carbohydrates for fuel. Medium chain fatty acids provide the cell with a quick and efficient source of energy which ensures that coconut oil is not stored as body fat.



Solutions to Thyroid Problems

If you suspect you have a thyroid condition, taking thyroid hormone replacement drugs for the rest of your life does not correct the problem or give the thyroid what it needs. These medications simply by-pass the thyroid without any attempts to restore it to health.

Thyroid hormones also make a hormone called calcitonin that allows calcium to be absorbed into the system so in the absence of these hormones, calcium absorption is compromised. It is common, therefore, that those with thyroid conditions eventually experience osteoporosis.

If you are considering incorporating alternatives to drug therapy into your health regime, it is extremely important that you share this decision with your doctor. Reducing medication can cause problems. As you experiment with alternative choices for thyroid support, watch for signs that your thyroid is beginning to function. There may be a rise in body temperature or a racing heart. Some claim to experience anxiety or elevated emotions as their thyroid begins to function. Be aware and adjust your medication accordingly, as recommended by your primary health practitioner.

CHOICES

If your medical tests are abnormal, your doctor may suggest thyroid replacement therapy. Insist upon natural thyroid hormone. Ensure that the following minerals are consumed on a daily basis:

Tyrosine - 3000 mg,

Riboflavin - 100mg,

Fat-soluble thiamine - 300 mg,

Magnesium - 1,000 mg

Iodine - 1 mg

Zinc - 50 mg

Copper - 3 mg

Niacin - 250 mg

Vitamin B-6 - 50 mg

Vitamin C - 3,000 mg

Selenium - 400 mcg



PRODUCTS TO CONSIDER WHEN EXPERIENCING A THYROID CONDITION:

Wellness Filters



Ridding your water of nitrates, pesticides, heavy metals and parasites.

MAXIMIZER



The most potent up-to-date digestive enzyme formulation available.

Royal Flora



Non-pathogenic friendly micro-organisms.

Thymate



Boost the immune system function!

Bioxy Cleanse



Oxygen Colon Rejuvenator
The Next Generation in Superoxidation

Theta Hypo-Thyroid



A combination of: Copper, Iodine, Selenium, Tyrosine & Zinc

BHB Plus



The "Ultimate Anti-Aging Supplement". I-threonine helps defat the liver.

CHF-39



Detox Capsules will assist in the removal of these heavy metal poisons from our bodies.

Coral Calcium



Restores pH balance for optimum health.

Amino-Cell



Cold pressed ionized whey protein isolate—just what you have been waiting for!

Theta Selenium



Selenium is an essential trace mineral.

Theta Iodine



Iodine is called the metabolizer. It is one of the most vital of the biochemical elements.

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