

**Under Active Thyroid**  
**SPECIAL REPORT**

***Under Active  
Thyroid  
A Better Approach***

***...What Your Doctor Doesn't  
Tell You!***

**The Institute Of Nutritional Science**

**[www.HealthyInformation.com](http://www.HealthyInformation.com)**

**1-888-454-8464**

**[AskTheDoc@HealthyInformation.com](mailto:AskTheDoc@HealthyInformation.com)**

This Special Report does not intend to diagnose disease, nor to provide specific medical advice. Its intention is solely to inform and to educate. The author intends that readers will use the information presented in this report in cooperation with the advice of a qualified health professional trained in such field.

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## **Dr. K. Steven Whiting - Biography**



Dr. Whiting is an Orthomolecular Nutritionist. His degrees include a Masters in Psychology as well as a Doctorate in Biochemistry earned at International Universities.

Three decades of personal, practical experience in the field of human nutrition have earned him an international reputation, not only in the understanding of the human body and the profound effect that nutrition plays in protecting and preserving the body, but also in the outstanding results that he has consistently achieved while working with clients and patients on a global scale.

### **Dr. K. Steven Whiting**

His commitment and dedication within the nutrition field has led him to extensive research into such chronic conditions as Heart Disease, Arthritis, Diabetes, Osteoporosis and Prostrate problems to name but a few. The result of this research has been pivotal in the development of nutritional protocols for the prevention, management and reversal of these conditions.

Studies he has conducted have led to a totally new system of weight management, based on '*Body Typing*', wherein HOW a persons body handles food is evaluated BEFORE they are put on a weight management program that's customized for them.

More recently, he has focused his attention on the human immune system. His subsequent research into deep viral infections has led to the use of oxygen therapy as well as other potent, all-natural immune boosters for the management of immune-compromised conditions.

Further, his work with AIDS and cancer patients, using meditation, biofeedback and visualization has received worldwide attention.

Dr. Whiting has served both as Consultant and Staff member to many of the leading alternative and complimentary hospitals in Europe and Latin America, where he has had the opportunity of applying his concepts to those individuals who were in most need.

This has resulted in the development of nutritional support protocols for a variety of chronic health challenges.

Through his international affiliations, he remains current on the very latest progressive applications of nutrition for a wide variety of chronic degenerative disorders, for which orthodox medicine has offered little hope.

In 1991, Dr. Whiting founded *The Institute Of Nutritional Science*, an international organization, with offices in London, England, Den Haag, The Netherlands and San Diego, California. The purpose of The Institute is to gather information and conduct research on how natural supplements can prevent, manage or reverse disease conditions.

The Institute publishes *The Journal*, available by subscription, to disperse nutritional information, relevant to disease, in an easy to understand, user-friendly fashion.

As an author, Dr. Whiting has published a series of Self Help booklets and reports on nutrition and its role in preventing, managing and reversing disease. A text- book, entitled *Gaining and Maintaining Total Health*, and *Self Health –Your Complete Guide To Optimal Wellness*, which rapidly became a best seller after its first publication in 1996. He also authored *You Can Be ...Well At Any Age : Your Definitive Guide To Vibrant Health and Longevity*, is the most comprehensive work of its kind, containing over 250 protocols for a wide spectrum of human health challenges. His most recent work, *Healthy Living Made Easy*, is designed for the busy, stressful lifestyles we all live and how to ensure we are still able to hedge our bet against chronic diseases.

Author, Lecturer, Teacher, Product Formulator and Consultant, Dr. Whiting is dedicated to helping others in helping themselves toward a more healthful existence, through a better understanding of the nutritional needs of the body. He is the exclusive formulator of all the nutritional products for Curves Fitness Centers, the largest business of its kind in the world.

He is committed to empowering individuals with the very latest nutritional information, safe in the knowledge that this will serve to enhance both the quality and the quantity of life for everyone in the years ahead.

# ***Under Active Thyroid A Better Approach***

## ***...What You Doctor Doesn't Tell You!***

### **Introduction**

Hypothyroidism, or Under-Active Thyroid Gland is caused by the Thyroid's inability to produce adequate supplies of several Thyroid hormones.

Symptoms of this condition can be slight to severe and may include fatigue, intolerance to cold, slow heart rate, loss of appetite, weight gain, PMS problems, fertility issues, cramping, muscle weakness, migraines, depression, digestive disorders and many other co-factors.

Hypothyroidism, or Under-Active Thyroid affects as many as 13 million people in the United States alone, with estimates that as many as 5 percent of the total population has borderline Thyroid deficiency, most of which goes undiagnosed and untreated.

Roughly 90 percent of all those suffering from Hypothyroidism are women. It is estimated that one in 8 women will develop a Thyroid problem at some time in their lives, often occurring somewhere between the ages of 35 and 50, although this problem can develop at any time during life.

Since many of the symptoms of Hypothyroidism can also be caused by dozens of other conditions, doctors often overlook the possibility of a Thyroid problem as the underlying cause of a patients multiple complaints.

Even when suspected, the standard medical tests for Hypothyroidism often measure only the levels of the Thyroid-stimulating hormone or TSH. Since TSH rises as Thyroid function decreases, it has long been thought of as a reliable diagnostic tool for detecting this condition.

Today, we know a bit more about the potential complexities of the Thyroid Gland, and more inclusive tests may be necessary, such as measuring not only TSH, but T1, T2, T3 and T4 hormone levels over a longer period of time. Since this is rarely done, many individuals go through life undiagnosed.

Fortunately, thanks to the pioneering work of the late Broda O. Barnes, MD, we have a very accurate Self-Test for Under-Active Thyroid that can be conducted by anyone, in the comfort of their own home.

We will be discussing this a little later. Dr. Barnes was able to prove the incredible accuracy of this test over many years and thousands of patients.

The causes for Under-Active Thyroid can be many. Genetics certainly is high on the list since Hypothyroidism can follow in family lines for generations. Thyroid function can be adversely affected by such things as prolonged poor diet, fluoride in water, excess unsaturated fats that produce free radicals, excess exercise, pesticides and other chemicals in the environment, alcohol, certain drugs, radiation, and food preservatives.

This Special Report is designed to offer some explanation into this often misunderstood and misdiagnosed condition. Further, we will show you how you can test your own Thyroid Function at home and if low, what you can do in the way of diet, exercise and specific supplements to improve this condition over the course of time.

Even if you are currently taking Thyroid medication, our program can help your body to utilize the oral Thyroid hormone, whether synthetic or natural, much better.

While there is still much more to learn about the Thyroid Gland and in fact, the entire Endocrine System, we are making progress. Many of the challenging health conditions today involve endocrine function or the lack thereof, and identifying these conditions can have long-reaching benefits for patients as one Endocrine Gland often affects others in an adverse way.

We sincerely hope that our research and development of the program that follows will help to improve the quality of life for some of the many millions of people who suffer from Hypothyroidism.

## **What Makes My Thyroid Sluggish?**

Many factors can affect the health and functioning of the Thyroid Gland. First of all, we must recognize the link between the Thyroid Gland and other Glandular Systems.

You cannot have a problem with one Endocrine Gland and not have it affect others. For example, those suffering with Glucose Metabolism disorders such as Carbohydrate Intolerance, Hypoglycemia or Diabetes are much more likely to have Thyroid problems.

Changes in sex hormones such as in PMS, pregnancy or the menopause can trigger Thyroid problems as well.

These are often temporary, but can also linger for years. Here is a list of some of the factors that have been linked to Under-Active Thyroid Disease.

**Genetics** – family member/s have a history of thyroid problems.

**Allergies** – especially to gluten or other food related allergies.

**Radiation** – over exposure to radiation, even from excess X rays.

**Auto-Immune Disease** – Most Thyroid issues can be traced back to some degree of Auto-Immune response.

**Cigarette Smoking** – currently or previously.

**Chemical Exposure**

**Heavy Metal Poisoning** – especially mercury, copper and fluorine.

**Fluoridated Water**

**Excess Soy** – those with Thyroid problems should avoid excess soy and consider other sources of protein.

One of the greatest factors in determining Thyroid insufficiency is the basal body temperature. Those suffering from a low Thyroid will almost always be intolerant to cold and feel chilly a great deal of the time.

An Auto-Immune condition known as Hashimoto's Thyroiditis is the most common cause of severe Hypothyroidism.

Medical tests, measuring the level of Thyroid Auto-Antibodies is the most accurate way of determining if an Auto-Immune response is behind the thyroid problem.

## **Symptoms of Hypothyroidism**

While there can be many symptoms that may be traced back to an Under-Active Thyroid, the following list should give you a pretty good idea of the patterns we would look for. Later on, we will provide a Self-Test to help pinpoint, more accurately, the presence of Hypothyroidism.

While most people can safely say that they have one or more of these symptoms, it's when you have them in what we call 'clusters' that an Under-Active Thyroid will be most suspect. In essence, the more of these that apply to you, the more likely you have a Thyroid Problem.

- Anemia
- Brittle nails
- Cold all the time
- Constipation
- Depression
- Dry or coarse hair
- Dry skin
- Fatigue
- Hair loss
- Headaches
- Hoarse, raspy voice
- Impotence in men
- Infertility in women
- Irritability
- Lowered body temperature (below 97 degrees in the morning)
- Memory loss
- Menstrual complications
- Muscle pain or cramping
- Overweight or difficulty in losing weight in spite of controlling calories and/or Carbohydrates
- Palpitations of the heart
- Puffy facial features – also a link with insulin problems
- Sleeping excessively
- Slow pulse
- Weakness

## What About The Weight Issue?

I have been in the weight management business for over 30 years, dealing with my own Endocrine issues as well as helping others do the same.

Universally, overweight individuals fall into one of three basic categories:-

\* **They are either Calorie Sensitive**, which means they simply consume more calories than their body burns.

\* **They are Carbohydrate Intolerant**, meaning that their bodies produce too much of the hormone Insulin in response to the ingestion of carbohydrates, over time, leading to such conditions as obesity, insulin resistance and diabetes.

\* **They are a combination of both.**

Determining how one's body manages the food we ingest is important in determining the type of weight loss program that will work best. (Note: if you are unsure as to which basic category you may fall, our Institute offers a questionnaire, which is designed to help pinpoint your body type. Contact details are at the end of this Report.)

During these many years in the weight loss business, we have seen a definite percentage, perhaps as high as 15 percent, of people, who in spite of following the diet program that's right for them, exercising regularly and doing all the other good things for their body like taking dietary supplements, still can't lose the weight they want or need to lose.

So many times I hear from clients *'It seems that I just can't lose the weight, no matter what I do. I have tried every diet and every plan and still I'm way overweight.'*

Certainly, the single greatest reason for this has to be non-compliance.

Are clients simply either cheating and in denial? Or they are, perhaps, honestly consuming more of specific foods and hence food values such as calories or carbohydrates, than they realize?

A quick review of dietary food diaries often reveals such issues rapidly, but what about those that *are* compliant? What of those who have really, really tried and still failed?

What of those who need to lose weight for medical reasons and are truly desperate? Could they still be cheating? Yes, but not likely.

While there are likely many reasons for this minority of dieters to fail and science is still uncovering new factors on a regular basis, we cannot overlook the possibility of an Under-Active Thyroid Gland as the possible culprit.

Since the Thyroid Gland regulates the rate at which the metabolism burns food for fuel, even a slight decrease in Thyroid output, 24 hours a day, day in and day out, can result in significant weight gain over time. If the Thyroid is behind the weight problem, and it is very slight, it may go undiagnosed for years or even decades. It is estimated that at least half of all those suffering from borderline Hypothyroidism go undiagnosed and pass the standard medical tests for this condition.

If you fall into this category and are having difficulty losing weight, be it a few pounds or a significant amount, go back to the previous list and see how many of these other co-factors are also present on a regular basis.

For example, is your hair also brittle, do your nails chip easily? Do you have as raspy voice and sound as if you are always getting over a cold? The more of these factors that apply to you, the more likely an Under-Active Thyroid is, at least in part, playing a role in your weight loss difficulties.

Let me put it another way, if you go on a 1,000 calorie diet, which, by the way, we rarely recommend, and you don't cheat and you still don't lose weight, you are either Carbohydrate Intolerant and/or you likely have a Thyroid issue.

Note: Just because you may suspect you have a low Thyroid output or even if you have been diagnosed with such, this is no reason not to do all the other things necessary for both weight control and a healthy lifestyle.

This means regular exercise, at least three times per week, a healthy diet that's right for you with focus on either calorie, or carbohydrate restriction, a Full Spectrum Dietary Supplement daily, and proper stress management.

Remember, stress can be a key factor in adversely affecting all Endocrine function, including the Thyroid Gland.

## Assessing the Possibility of Low Thyroid - At Home

The Self-Evaluation procedure, as recommended by Dr's Broda Barnes, Robert Atkins, James Balch, and many others, consists of a combination of a questionnaire and a basal morning temperature test.

**Part 1.** In this first test, check off each item that applies significantly to you.

Score 5 points for each of the following 'Yes' answers:

- Significant fatigue, lethargy, sluggishness
- Genetic history of Low Thyroid in family
- Low basal temperature in early morning (see next test)
- If you have or have had any Auto-Immune disorder such as Rheumatoid Arthritis, Lupus, Sarcoidosis, Scleroderma, Sjogren's Syndrome, Multiple Sclerosis, Crohn's, or Ulcerative Colitis.

Score 1 point for each of the following 'Yes' answers:

- Skin problems such as Adult Acne, or Eczema
- Dry to severely dry skin
- Major weight gain
- Problems with your gums
- Fleeting aches and pains of arms and legs with no apparent cause
- Heart palpitations or noticeable irregularities of heartbeat
- Mood swings including anxiety, panic attacks or phobias
- Difficulty in taking a full, satisfying breath
- Hoarseness for prolonged periods with no obvious cause
- Brittle nails, cracking or peeling easily
- Red face upon exercise
- Low sex drive
- Frequent infections
- Difficulty in sweating, even in warm weather or when exercising
- Difficulty staying warm, even in warm environments
- Depression
- High cholesterol levels
- Constipation even if adequate fiber is consumed
- Frequent headaches, especially migraine type
- Menopausal difficulties
- PMS
- Ovarian Cysts or Endometriosis
- Rapid changes in eyesight

- \_\_\_ Difficulty with short-term memory
- \_\_\_ Problems with being able to concentrate or focus
- \_\_\_ Difficulty maintaining energy levels throughout the day
- \_\_\_ Dizziness or a feeling of being off balance
- \_\_\_ Abnormal hair loss

Score the above test as follows:

- 5 points – Low Thyroid is unlikely
- 10 points – Possible Low Thyroid
- 15 points – Likely Low Thyroid
- 20+ points – Very likely to suffer from Low Thyroid

**Part 2.** This test was developed by Dr. Broda Barnes and is considered to be one of the most accurate methods of determining the presence of Under-Active Thyroid.

Dr. Barnes' interest in basal metabolism as a marker for a variety of Endocrine and other glandular health went back many decades.

In the early years of his medical practice, he ran various metabolic tests on thousands of people and noticed a definite consistency with which those low metabolic rates also had a lower-than-average temperature.

At that time, he was dealing with trying to adjust for variables in a patients' lifestyle that might skew the test results. Then, it occurred to him that the best time for temperature measurement would be in the early morning, before any activity or food was ingested. This led to the Barnes' temperature test as we know it today.

While many practitioners feel that this test is totally inaccurate, Dr. Barnes, and many others have been able to prove its accuracy. In fact, the efficacy of this test in determining the presence of Hypothyroidism was first published back in 1942 in the Journal of the American Medical Association.

## **Taking the Temperature Test**

Men can begin taking this test at any time, not so with women however. If you are a woman and still in the menstrual years, you should already know that your temperature can fluctuate during your cycle.

It is always highest shortly before the start of the menstrual flow and lowest at the time of ovulation. If you fall into this category, you need to start taking your temperature around the second or third days of your period, after flow starts. If you are post-menopausal, you may start your temperature reading on any day.

Ok, now we are ready for the revelation. Obtain a common fever thermometer; the kind with the mercury column inside is the best. Shake it down at night and leave it on your bed stand, within your easy reach.

In the morning when you awaken, place the thermometer under your arm pit and leave it there for 10 minutes. Before and during this time, you should not move about excessively, get up out of bed, or eat or drink anything. After 10 minutes, remove the thermometer and read the temperature. Record this result on a pad and continue to do this for a week.

After a week, look back at the days temperature results. If your average temperature is below 97.8, it suggests the presence of a sluggish Thyroid. If the average temperature is below 97.5, it is a strong indication of Thyroid deficiency, and if your average temperatures were below 97.0, Hypothyroidism is almost a guarantee!

Combine the results of both parts of this test. Did you score unusually high on the first test? Were your temperatures significantly lower than normal in the morning? If so, read on.....

## **The Next Step**

Ok, now let's say you scored relatively high on the first test and your morning temperatures were below the average mark, what next?

The first thing you should do is make an appointment with your doctor and request a Thyroid function test.

When you do so, remember to insist on a 'Full Panel' Thyroid Test, one that will measure not only TSH levels but actual levels of Thyroid Hormone, including T1, T2, T3, and T4. This is the only way that a true picture of your Thyroid health can be assessed.

After you get the results one of two things will likely occur, your doctor will recommend Thyroid medication or he/she will advise you that your Thyroid function is 'within the normal range'. Let's address the first scenario first.

Your doctor has determined that you need Thyroid medication. Much more often than not, he will automatically prescribe a synthetic version of Thyroid hormone.

The reason for this is that most doctors feel that the synthetic versions are much more stable and certainly easier to regulate in the patient. This may, however, be a false sense of security on the doctor's part.

As more and more physicians were switching from Thyroid USP, to the synthetic T4, we began to hear complaints from patients that they were not feeling as well as before, weight loss slowed or stopped, and energy levels were not as good as before.

Studies by the Food and Drug Administration and other organizations led to the discovery that synthetic T4 was much more unstable and inconsistent than the natural counterparts! This became such an issue that a statement was recorded in the Federal Register as follows:

*"No currently marketed orally administered levothyroxine sodium product has been shown to demonstrate consistent potency and stability and, thus, no currently marketed orally administered levothyroxine sodium product is generally recognized as safe and effective."*

In 1999, a paper published in The New England Journal of Medicine, reported that many researchers were finding that if they substituted T3 for some of the T4, Hypothyroid patients had much better results than when the T4 was used alone, as in the synthetic products. This is supportive of the use of natural Thyroid USP because it contains both T3 and T4 in a natural combination.

Remember, the biggest reason why synthetic Thyroid medications became so popular, beginning the 1950's, was that they were supposedly much more stable than the natural versions. You can now see that this is not true.

I feel that every Thyroid patient should be put on natural Thyroid USP first, and then and only then, if there are other issues, should a synthetic version be tried.

One of the biggest problems with the synthetic drugs is that they do not provide the patient with adequate weight loss capabilities. This is because that while the body is able to convert the T4 to T3, many cannot do this as effectively as they should.

The end result is a deficiency of T3 and one of the most common side effects of this is weight gain or difficulty with weight loss.

Fortunately, there are nutrients that can help the body develop a better relationship with Thyroid medications of both the synthetic and natural varieties. This is important for maximizing the benefit from your Thyroid drugs. More about these natural factors later.

So that you may better understand the varieties of Thyroid medications on the market, the following list is offered:

## **Synthetic Thyroid**

These are all to be considered the same:

T4  
Levothyroxine  
Levothyroxine Sodium  
L-Thyroxine  
Thyroxine  
Synthroid  
Levothroid  
Levoxyl  
Eltroxin (Canada)  
Tetraiodothyronine

## **Synthetic Thyroid**

These are all to be considered the same:

T3  
Triiodothyronine  
Cytomel  
Liothyronine

## **Natural Thyroid**

These are all to be considered the same:

Thyroid USP  
Desiccated Thyroid  
Armour Thyroid  
Armour  
Westhroid  
Nature-Throid

One of my early experiences, which led me to my research into natural factors for Thyroid support, was with a lovely middle-aged woman named Norma. At the time, I was in private practice as a Clinical Nutritionist and as such a great number of my clients came to me for weight loss help.

Upon reviewing Norma's history, it was obvious that she had tried many different diet programs in her quest for a normal bodyweight. The first thing we normally suspect is non-compliance. She was simply not working the program.

The second thing we find is that the dieter blames the program/s and therefore doesn't have to take responsibility for their own failure. In Norma's case however, I didn't feel that denial or lack of compliance were the problems. She seemed determined and would often stick with a given program for months and months, in spite of the fact that she wasn't seeing results.

Another factor that came out in my discussions with Norma was the fact that she was taking Synthroid, an artificial T4 thyroid hormone replacement. Just on a whim, I suggested that she go back to her doctor and ask to be switched to natural Thyroid USP. With some prodding, her doctor reluctantly agreed to give this a try for a couple of months.

The end result was that after 8 weeks on the natural thyroid, Norma started to lose weight again! In fact she was averaging a 10 pound weight loss every 4 weeks, certainly nothing to be disappointed about!

One last thought on Thyroid medications and that is you should be sure to take them properly. Taking your medication properly is essential for absorption. Take your medication at about the same time every day. Do not take it within 4 hours of taking supplements that contain high amounts of iron or calcium. For many, the best time to take the medication is first thing in the morning.

Generally, you can take your medication with or without food, but be consistent.

## **What if your Doctor said your Thyroid was 'Normal'?**

What if you are one of the millions of people who either goes undiagnosed or who is so borderline that you don't qualify for medication?

The first thing you should do is be sure that your doctor ran the Full Panel Thyroid Test, measuring for all the T factors of Thyroid Hormone in addition to TSH. Once this has been done, if you still are within normal range, but your score on our Self-Test was high, consider our natural program for Thyroid stimulation, which follows.

Remember that there are many things that can affect your basal metabolic rate as well, and you may want to discuss these medical factors with your doctor and have him run some further tests to either confirm or eliminate these potential issues.

Medical conditions such as Pituitary Gland Deficiency, Adrenal Gland Deficiency, Starvation, and other, or obscure metabolic disorders should be confirmed or eliminated as possible contributing factors.

## **Other Factors That Can Affect Your Thyroid**

Before we outline the specifics of our Thyroid Support Program, I think it would be helpful to discuss some of the other factors, environmental and internal, that can make Thyroid function worse.

### **Adrenal Gland Deficiency**

There is a strong and undeniable connection between the Adrenal Glands and the Thyroid. If your Adrenal Glands are exhausted, due to excess, unmanageable stress, they produce a variety of hormones that can sabotage both the Thyroid and your ability to lose weight.

Adrenal problems complicate your life in two specific ways. Firstly, when the Adrenal Glands are exhausted, they produce high amounts of Cortisol. This hormone causes weight gain, especially around the midsection. Secondly, an Under-Active Adrenal System can slow metabolism and directly slow the output of Thyroid hormone from the Thyroid Gland.

Symptoms of Adrenal Exhaustion include excessive fatigue and exhaustion, waking up tired, even if you have slept enough hours, a feeling of being overwhelmed and unable to cope with life stressors, the craving for salty and sweet foods, feeling most energetic at night, difficulty concentrating, poor digestion, and low immune function.

All this in consideration, it is essential to care for your Adrenal Glands as well as your Thyroid.

If you are or have been under an excessive amount of prolonged stress, consider nourishing your Adrenal Glands as well as your Thyroid. The best way to do this is with a high potency stress formula. The one I use with my clients at our Centers is called Stress Eze.

## **Food Allergies**

If you suffer from food allergies, this auto-immune response, over time, can weaken many internal systems of the body, including the Thyroid Gland. Additionally, more serious cases of food allergies can result in poor digestion and a greater difficulty with weight loss.

The most common food allergies include wheat, dairy, corn, soy, shellfish, nuts, and some fruits. If you are allergic to one or more of these foods/food groups, avoidance of the offending foods is essential, at least for some time, until the body can become desensitized to the activating proteins.

Allergy testing may be warranted if you suffer from ongoing digestive disturbances, especially when consuming certain foods.

Because the allergic response causes an inflammation, the by-products of inflammation can adversely affect both Adrenal and Thyroid function.

## **Candidiasis/ Yeast Infections**

It has long been observed that persons suffering from Systemic Yeast overgrowth are much more inclined to develop Thyroid problems over time.

This is likely due to the adverse affect the Candida organism has on the Immune System. Once the Candida or yeast escapes the internal environment of the gut, it can take up residence in the Genito-Urinary Tract as an example.

As the Immune System weakens, due to the presence of the multiplying yeast, such problems as oral thrush can then develop. Once the Candida enters the bloodstream, it can easily become systemic in nature and take up residence in such places as the throat, lungs, bronchial tubes, soft tissues and even in the brain.

Some common symptoms of Candida or yeast overgrowth include frequent vaginal or genital yeast infections, ear, or sinus problems, feeling spacey, digestive disorders with no obvious cause, and difficulty in losing weight.

If you suspect that you may have a chronic, Systemic Yeast overgrowth problem, consider taking my test for Candida, which may be found in my Special Report #9 in this series entitled, ***Eliminating Yeast Infections & Systemic Candidiasis***, available where you obtained this Report.

The most common causes of Candida overgrowth include use and abuse of antibiotics, birth control pills, steroid drug use, or have a compromised immunity.

Fortunately, there is a safe and easy method of completely eliminating the yeast in your body through a simple program anyone can do right at home. If you do discover that you have this problem, it is essential to eliminate the yeast overgrowth before you can expect to start on the road to better health.

## **Toxicity**

A great deal of the food, water, and air in our environment is ridden with chemicals and additives that play havoc with our internal chemistry. The end result of this 'poisoning' of the body is almost always disease, but long before the process reaches that extreme, systems within the body such as our metabolism, function in a much less than optimal fashion.

There are several stages of toxicity, from mild to severe, resulting in varying degrees of distress and even debilitation.

Symptoms of excess toxicity include fatigue, immune suppression, constipation/diarrhea, sluggishness, digestive disturbances, lack of energy, etc.

If you have been exposed to a greater than normal toxic environment, either in a work or home setting, it might be a good idea to consider cleansing the organs of elimination, which include the liver, kidney, bowel, bladder and colon, through the use of a combination of herbal extracts and fiber. The formula we use is called ToxiCleanse, available from the source listed at the end of this Special Report.

## **Fluoride Excess**

There is a very strong link between the incidence of thyroid problems and the use of fluoridated drinking water. So, much so that Dr. John Lee, M.D. has indicated that his many years of observations have shown him that those at risk for Thyroid problems can be either Hypothyroid or have normal Thyroid function, depending on whether or not they live in an area that fluoridates their water!

What many people don't realize is that for many years fluoride was used to slow down the function of the Thyroid gland in people suffering from Hyperthyroid or Over-Active Thyroid Output. Today, more modern drugs have been developed for this purpose, but fluoride remains one of the most anti-thyroid substances known.

Further, excess heavy metal fluoride as found in drinking water, has been linked to genetic damage, neurological impairment, bone loss and several forms of cancer. For this reason, we believe fluoridated water should be avoided at all costs! If you live in an area where the water is being fluoridated, be sure and filter your water with a system specifically designed to remove these metal minerals.

## **Copper/Zinc Imbalance**

All minerals have an electrical charge and as such have opposites. This system of opposites provides a way for the cells to help balance their concentrations of key elements within the cells environment. Copper, an important and essential mineral, has an opposite, also very essential, mineral called Zinc.

These two minerals compete for transport across cell membranes. In short, for optimal health, we need a greater concentration of zinc over copper, about an 8 to 1 ratio in fact. Often this is not the case however, as copper has become prevalent in our environment and zinc is often under-consumed and deficient.

The result of what I call Copper Dominance or Zinc Deficiency, is a slowing of weight loss. Another, even more serious problem is that when there is a copper/zinc imbalance, the body cannot convert T4 to T3 effectively. This means that those taking most of the synthetic forms of Thyroid medications will receive less and less benefit from doing so.

We can easily test for copper/ zinc ratios and in fact, all mineral balances within the body through what is called a Trace Mineral Analysis, which uses a hair sample to measure the amount of each mineral being deposited in the hair shaft. This test is available from our Institute offices.

For optimal thyroid hormone function, the minerals Copper, Zinc and Selenium must not only be present in adequate amounts, but their ratios to each other must be in balance as well. Our nutritional support program for the Thyroid Gland takes this into consideration and adjusts for most potential imbalances in these key trace minerals.

## **Nutrition and Supplements for Improved Thyroid Function**

Throughout this booklet, we have been talking about key nutrient factors that have been proven to enhance thyroid function and increase the utilization of Thyroid hormone taken by mouth. Let's take a look at some of these key nutrients and the role they play in optimal Thyroid health.

### **L-Tyrosine**

This amino acid is essential in the formation of Thyroid hormone. Deficiencies of this nutrient can result in severely depressed Thyroid hormone levels. Tyrosine combines with natural Iodine to form the basis of both T3 and T4 hormones.

Low levels of this amino acid can induce Hypothyroidism in otherwise healthy individuals. In order for this amino acid to be absorbed, it must be taken with some Vitamin C and Vitamin B6 at the same time.

## **Guggul**

Z-Guggulsterone also known simply as Guggul, is derived from plant sources and has been used in ancient Ayurvedic medicine for centuries as an anti-inflammatory anti-obesity and as a Thyroid-stimulating and Cholesterol lowering agent. Guggul is very important in preventing a sluggish metabolism. Guggul is specifically necessary for the Thyroid to be able to take key enzymes it needs and convert them into Thyroid hormone.

## **Kelp**

Kelp, from ocean plants, contains natural Iodine, an essential mineral in the formation of all forms of Thyroid hormone. While over-supplementing with Kelp and/or natural Iodine can have the reverse effect, small amounts are essential in ensuring both the balance of trace minerals as well as providing adequate Iodine for hormone production.

## **Zinc**

I feel that extra Zinc should be included in any Thyroid Support Formula to help ensure that this mineral is dominate over Copper, at the cellular level. Since Zinc is such an important nutrient for such systems and our immunity, the presence of this trace mineral in a support formula seems prudent for many reasons.

## **Selenium**

Repeated research and clinical findings indicate the importance of Selenium for Thyroid function. The mineral activates an enzyme responsible for controlling Thyroid function by helping with the conversion of the plentiful T4 hormone to the lesser available T3 hormone.

Further, Selenium balances Iodine and helps to prevent the problems sometimes associated with excess Iodine intake. Lastly, for those suffering from auto-immune Thyroiditis, Selenium can reduce the inflammatory response often associated with this condition.

## **Olive Leaf Extract**

Olive Leaf belongs to a family of herbs that have demonstrated powerful anti-inflammatory properties. Since many of the patients with Thyroid deficiency disorders have an auto-immune involvement, controlling the inflammatory response is important and essential.

## **Glandular Extracts**

Another category of natural supplements is that of Glandular Extracts. We use a combination of glandular extracts from a variety of organs since these organs are all inter-related with each other and intimately involved in the Thyroid deficiency problem.

Obviously we firstly use Thyroid Glandular. While this contains no actual active Thyroid hormone, the whole organ extract provides many other factors necessary for Thyroid function. In addition to the Thyroid Glandular, we also use extracts of Adrenal, Pituitary and Thymus Glands.

Please note, all of the Glandular Extracts used in our formulas come from bovine sources. The cattle are raised on Argentine ranches, specifically for the health food industry. Since they are fed an all-organic vegetarian diet, there is absolutely no danger of contracting any illnesses from these extracts whatsoever.

## **Protein**

For many Hypothyroid sufferers, poor hair quality or hair loss is a big issue. To help reduce and prevent this problem, it is essential to keep your protein intake at proper elevated levels.

Many thyroid patients also suffer with ongoing weight loss problems and for these individuals, the Lower Carbohydrate/ Higher Protein diet is by far the best program for most of them. Men should ensure that they are ingesting a minimum of 100 grams of protein per day, women need at least 80 grams, especially if they are exercising.

## **Putting The Program Together**

Now that you should have a bit better understanding of what Hypothyroid is all about, our discussion of our supportive program should have provided some insight as well as hope. It's now time to put the whole thing together.

## **Step I.**

Take the Thyroid Self-Tests outlined earlier in this booklet. If necessary see your doctor for a Full Panel Thyroid Test. If medication is indicated, try and insist on taking natural Thyroid USP first.

In the long run you will likely do better with it. If you are already taking a synthetic version and are not having the response you feel you should, discuss this with your doctor and request that he try the natural version of the hormone. By doing so, you may find that many symptoms lessen and improve including your ability to lose weight.

## **Step II.**

Exercise. If you have a Thyroid problem, no matter how minor, your metabolism is going to be slower than normal. Exercise is one of the best ways to improve not only your metabolism, but your overall health as well. You should be exercising a minimum of three times per week for 30 minutes or more at a time.

## **Step III.**

Manage Stress. The link between the Adrenal Glands, excess stress and Thyroid function is indisputable. Therefore, if you have high levels of stress in your life, and/or feel unable to cope with the stress you have, find ways of learning to manage stress more effectively. Consider taking a high potency stress formula as outlined previously, to nourish and support your Adrenal Gland function.

## **Step IV.**

Eliminate adjunct co-factors that may be suppressing Thyroid function. Test yourself for Candida/Yeast overgrowth and if present take aggressive steps to eliminate it once and for all as outlined previously.

Examine your environment and try to determine if you may be exposed to higher amounts of toxins. If so, consider detoxifying your liver on a regular basis as outlined. If you are in an area with fluoridated water, either buy a filter to remove it or drink only bottled water. If you are taking Thyroid medication, avoid concentrated soy products as these can interfere with the effectiveness of the medications.

## **Step V.**

Take the proper dietary supplements to support the integrity of your entire body as well as specific supplements targeted for Thyroid support.

### **Full Spectrum Nutrition**

Every day of your life, your body needs at least 100+ nutrients for optimal health and well-being. These include 17 vitamins, 3 fatty acids, 12 amino acids, 70+ major and trace minerals, phytonutrients and antioxidants. Consider taking a Full Spectrum Supplement that provides all of these nutrient groups in a convenient and economical formula.

### **Specific Nutrients for Thyroid Support**

The current nutritional support formula that we use with our clients suffering from Hypothyroidism is as follows. It is important to note that this formula is excellent for both those who are borderline and not taking medications as well as for those who are already taking medications, either natural or synthetic, as it will help their body to utilize the medications more effectively.

### **Thyroid Support Formula**

Vitamin C	100 mg
Vitamin B 6	10 mg
Vitamin B12	500 mcg
Selenium	100 mcg
Zinc	15 mg
L-Tyrosine	500 mg
Guggulipids	50 mg
Kelp	500 mg
Olive leaf Extract	100 mg
Thyroid Glandular	100 mg
Adrenal Glandular	50 mg
Pituitary Glandular	15 mg
Thymus Glandular	15 mg

We have used this formula with great success in hundreds of clients to date. As with all natural nutrient support formulas, you must remember that they will not work instantly, overnight. It takes a minimum of three months to begin to change the internal chemistry of the human body.

Once this begins to occur however, most people feel a steady improvement in their lives. If the condition is severe, you may want to take double the above values for the first 90 days. Then reduce to the formula exactly as outline above.

## **Conclusion**

While the human Glandular System is complex and we still have much to learn about both its function and malfunction, there is much we do know. There is no reason why you should not benefit from the knowledge medical science has to offer.

I sincerely hope that this Special Report has given you some insight into the complex matter of Thyroid function. Hypothyroidism is becoming more and more common for many reasons.

Our environment is degrading and toxins seem to abound, patients are being switched to synthetic versions of Thyroid hormone, which often, their bodies cannot convert to the proper compounds it needs, and through poor diet and lack of supplementation, many of us are suffering from sub-clinical deficiencies of dozens of key nutrients – all of which are needed by every aspect of our biochemistry for optimal health.

We encourage you to put the concepts and ideas in this Special Report to practice in your life.

Each of the formulas and protocols detailed in this Special Report are available exclusively from Phoenix Nutritionals.

Contact [www.PhoenixNutritionals.com](http://www.PhoenixNutritionals.com) or by telephone at 1-800-440-2390  
or email [Questions@PhoenixNutritionals.com](mailto:Questions@PhoenixNutritionals.com)

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