

Thermo-Tech Inc.

PROTOCOL FOR THYROID DEFICIENCY

Thyroid dysfunction can show up as either hyper (over-active) or hypo (under-active). If it continues for a long time unchecked it can progress into thyroiditis. Thyroiditis is an inflammation of the thyroid gland and may manifest as hypothyroidism as in Hashimoto thyroiditis or hyperthyroidism as in Graves disease both are considered autoimmune disease. Either may manifest a goiter flushed with lymphocytes. Symptoms of an over-active thyroid may be weight loss, sleeplessness, anxiety, hair loss or dryness, and loss of menstruation. Symptoms of an under-active thyroid can be weight gain with difficulty losing it, thinning hair, fatigue, insomnia or irregular menstruation.

There are four techniques to test if the Thyroid is deficient. The most common is a blood test, which usually tests only T1, T2, and T3 hormone levels. To be more inclusive this test should include T4 and TSH levels the later of which will determine if the message to stimulate the Thyroid Gland is coming from the Pituitary Gland or if that is in fact the source of the problem and not the Thyroid Gland at all. The second option in screening the thyroid is a saliva panel, which can test T1 through T4 hormone levels, but is limited in that it cannot test TSH levels. The third is Thermography, which uses an infrared camera to look at the four quadrants of the Thyroid gland. It sees an under active or degenerative condition of this organ as hypothermic or cold and hyperthermic (or hot) conditions as well as determining thyroiditis or if there is an inflammatory process. If someone has been on synthetic thyroid hormones for a while then this is the best way to evaluation of the organ itself. The fourth option for testing the Thyroid gland is something that you can do at home. All that is required is a thermometer. This form of testing is called basal metabolic testing and requires taking the temperature under the arm first thing in the morning BEFORE any activity or getting out of bed. Having the most comprehensive testing is helpful in determining the right supplement for the individual's best results.

INSTRUCTION ON BASAL METABOLIC TESTING: Shake the thermometer down the night before so that there you have a limited amount of activity before taking your temperature as this much activity will cause an error in the test. Place the thermometer under the armpit first thing in the morning before rising. Document the results for one to two weeks at least. If the temperature is below 97% then nutritional support is appropriate or warranting further testing if other symptoms are indicate. This test is not as clinically accurate if you need to know, for example, just how much T3 or T4 is needed for an individual. But it is a good place to start if you want to monitor your thyroid to see where it stands and then later after taking nutritional support to see if a nutritional protocol is actually is improving its condition.

Thyroid Support: Provide the proper nutrition, such as sea kelp with natural iodine and minerals are very important however the non-fermented Soya products and cruciferous vegetables meaning in the cabbage family so broccoli, Brussels sprouts, kale etc...should be avoided or at least in the case of the vegetables should not be eaten raw or in large quantities. Avoid anything that can suppress thyroid function such as X-rays (dental specifically or use a lead plate to cover the gland itself) standing near a microwave or eating foods right out of the microwave. A balance nutritional diet of lots of fresh organic slightly steamed vegetables, fruits in moderation, a small amount of non-gluten grains or seeds such as brown rice or quinoa only animal protein without hormones, antibiotics and raised organically in moderation and plenty of pure water. Avoid sodas, caffeine, sugar and fast foods or fried foods. Eat healthy to be healthy.

Integrative Therapeutics offers an excellent thyroid support supplement as it is designed to give both the pituitary and thyroid support with organic glandulars additionally it has the amino acid L-Tyrosine, needed to convert T4 to T3 (one of the most common causes of 'low-thyroid function'), and sea kelp as

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an natural iodine/mineral supplement. The recommended dosage is one capsule two times a day on an empty stomach. The first capsule should be taken first thing in the morning and the second in the late afternoon when your energy wanes. If you take the second dose too late in the day it may liven you up so as not to get a good sleep which could be detrimental to healing so should be avoided. If this product is enough support for your thyroid then the symptoms should start to disappear within a two to three month period. It is recommended that you continue on the supplement even though you will start feeling better as the Thyroid Gland does take a while to completely heal and be able to produce the hormones again on its own. Some patients say that they notice their Basal Temperature elevating to normal morning reading and others even say after a six month period they are able to back off on the dosage because they notice that they become hyperactive at the dosage level that they originally needed. Signs of hyper-activity are racing heart or anxious feelings. It is recommended that you don't stop the product entirely but slowly back off to half dosage in the afternoon first and the hyper-symptoms continue then in the morning too.

Severe deficiency may require more than a month to see results but some improvement should be noticed within a few weeks by an elevation in energy even if the basal test is not showing improvement right away. If there is no improvement at all and the symptoms are severe then a natural thyroid such as Armor Thyroid taken from the gland of an animal is suggested before using synthetic medication such as 'Synthroid' as supplementation. A blood or saliva test might be helpful in deciding what product is right for you.

It is important to support the adrenal glands as thyroid deficiencies can come from long-term adrenal exhaustion. As the adrenals become compromised they start to pull on the thyroid gland for it to step up and deliver the 'energy' needed for many of the body's functions. By the time the thyroid is showing signs of dysfunction the Adrenals have been burned out for a long time. Be sure to read the article on this website called *Healing Burned-Out Adrenal* and include a protocol that addresses that gland too or the Thyroid will never heal. It is not meant to take on all of the Adrenal Glands duties.

Good recommended reading is: *Feeling Fat, Fuzzy and Frazzled?* By Richard Shamas MD. He explains how hypo and hyper thyroidism is the most miss diagnosed disease and that the test the allopathic physicians perform are based on a scale that do not detect under-active thyroid function until it is performing at below 50%. His practice is in Marin County and being an expert can support those who need the extra help.

About the Author: Nancy Gardner-Heaven TMT is board certified at Auburn University by the American Academy of Thermology. After studying to be a surgical nurse and laboratory technician at Stanford University she attended 10 years post-graduate education with America College of Advancement in Medicine ACAM to keep abreast of the latest research in the field of Holistic and Preventative Medicine and Nutrition. She is the CEO of the California Preventative Medicine Foundation and is head of the research and public education department. She has been offering classes on the prevention of disease at San Francisco State University, UC Berkeley and the University of Hawaii at Hilo. She is the director of Thermo-Tech Inc. offering Comprehensive Breast Screening with Thermography and free classes to the public on Preventing Disease in numerous locations around the bay area and Hawaii. For more information about Thermography or her classes in a location near you visit www.HealthyBreasts.info and under *Up-Coming Events* time-line.

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