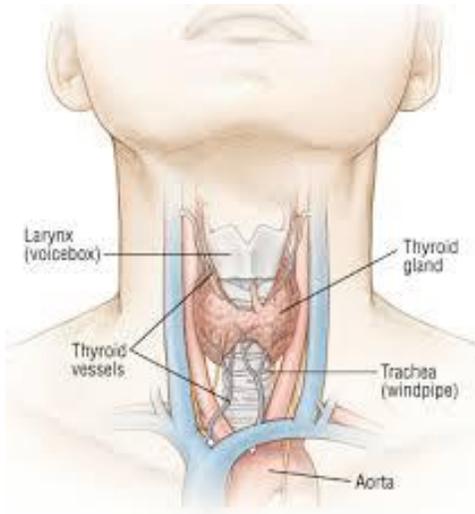


Thermo-Tech Inc.

PROTOCOL FOR THYROID DEFICIENCY



Thyroid is a butterfly shaped gland in the center, anterior portion of the throat. It's function aids in the body's ability for transform food into energy. It's hormones regulate the regeneration, temperature, and function of our body on a cellular level. It works in unison with the entire endocrine system of glands producing hormones necessary for the cardiovascular, digestive, neurological, and reproductive systems to function normally. Therefore it is of the utmost importance that we also evaluate these other systems for whole body health. One of the most common causes of thyroid deficiency is adrenal exhaustion (See article: *Healing Adrenal Glands*) and this must be addressed for the thyroid to heal. The thyroid gland is also very sensitive to electromagnetic fields so exposure to microwaves, cell phones (blue tooth) or computer or TV exposure needs to be considered and modified for improving thyroid health.

There are four techniques to test if the thyroid is deficient. The most common is a blood test, which usually tests T1, T2, and T3 hormone levels, to be more inclusive this test should include T4 (many people have enough T4 but it is not converting to T3 as it should) and TSH levels the later of which will determine if the Pituitary Gland is supporting thyroid function. The second option in screening the thyroid is a saliva panel, which can test T1 through T4 hormone levels, but 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 can determine under active or degenerative condition of this organ as hypothermic (cold) indicting hypothyroid as seen with Hashimoto's Disease well as determining hyperthermic (hot) conditions determining thyroiditis or an inflammatory process such as seen with Grave's Disease. If someone has been on synthetic thyroid hormones for an extended period then thermography is the best way to evaluate all four quadrants of the gland itself. The fourth option for testing the thyroid gland is something that you can do at home which is most helpful in that it can be performed before and after a protocol has been used to see if there is an improvement. All that is required is a thermometer. This form of testing is called Basal Metabolic Testing and requires taking the temperature in the arm pit first thing in the morning BEFORE any activity or getting out of bed. Notes should be made for at least a week straight for a baseline then comparison after the protocol has been followed to note improvements.

Either hyperthyroid or hypothyroid may manifest a goiter flushed with lymphocytes, which are the bodies way of trying to heal. Symptoms of an over-active or hyperthyroid may be weight loss, sleeplessness, anxiety, hair loss or dryness, fast heart beat and loss of menstruation. Symptoms of an under-active or hypothyroid can be slow heart rate or low blood pressure (also a symptom of adrenal exhaustion), weight gain with difficulty losing it, thinning hair, fatigue, insomnia or irregular menstruation. 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 even this much activity will cause an error in the test. Place the thermometer under the armpit first thing in the morning before rising for one minute before reading. Document the results for two weeks at least. If the temperature is below 97% then nutritional support is appropriate. 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

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place to start if you want to monitor your thyroid to see where it stands before and after taking nutritional support to see if a nutritional protocol is actually 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: cabbage broccoli, Brussels sprouts, kale etc... should not be eaten raw but instead steamed and the water discarded and never 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 from organic, non-GMO, grass fed livestock, plenty of pure water. Avoid sodas, caffeine, sugar and fast foods or fried foods.

An excellent thyroid support supplement like *BMR Complex™* from Integrative Therapeutics. Or choose one with organic glandular to support the pituitary and thyroid., also the amino acid L-Tyrosine, needed to convert T4 to T3, and sea kelp as a natural iodine/mineral supplement. Using *BMR Complex™* 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 a half-hour before 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 both the thyroid and adrenals. Symptoms of too high of a dosage of any thyroid support supplement is a jumpy feeling, fast heart rate or anxiety like you have had too much caffeine so back off to half dosage rather than just stopping altogether. If this product is enough support for your thyroid then the symptoms should start to disappear within three or four months maybe longer if you have had the condition for many years. 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 on its own again. If you stop the product and the symptoms return then you know that your body needs the support for a more long term healing process and can at least be assured that it is responding to the protocol. If there is no improvement at all over six to 8 months and the symptoms are severe then a natural thyroid supplement from your doctor may be your only choice but this doesn't teach your body to heal and make it's hormones on its own but will require supplementation for the rest of your life most likely.

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 below 50%.

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.



About the Author: Nancy Gardner-Heaven TMT is board certified as a Technician of Medical Thermology, at Auburn University by the American Academy of Thermology. After studying as a surgical nurse at Stanford University, she continued her education in Nutrition and Preventing Disease at The America College of Advancement in Medicine. She was the founder and director of Optimum Health Clinic Inc. in San Rafael, CA, educating patient's on how to stay healthy for 35 years, before retiring. She taught about disease prevention at San Francisco State University, UC Berkeley and the University of Hawaii at Hilo. She is currently the director of Thermo-Tech Inc. offering Breast and Full Body Thermography Screening in numerous locations for 25 years.

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