



## Newsletter

Volume 1

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# Hypothyroidism--The Epidemic



# Hypothyroidism

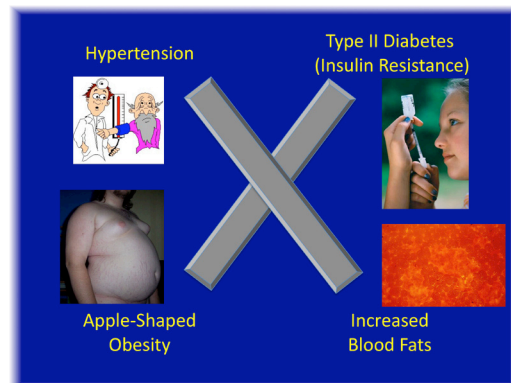
In this newsletter, we are going to discuss the causes of a major epidemic in the U.S. The symptoms of the epidemic, obesity, hypertension, diabetes, high cholesterol, heart attacks, depression, etc. are well known. However, the root causes of these miseries are not well known.

In order to discuss hypothyroidism, we must first discuss Metabolic Syndrome X and iodine deficiency as this understanding is necessary to understand hypothyroidism.

Most doctors agree that what is called Metabolic Syndrome X is responsible for most of the illnesses in the U.S. So what is Metabolic Syndrome X?

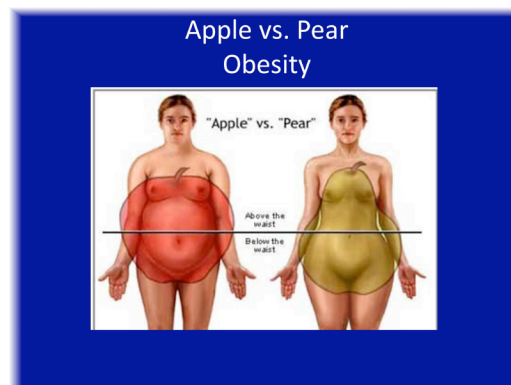
The symptoms and features of Metabolic Syndrome X are:

1. Fasting hyperglycemia — diabetes mellitus type 2 or impaired fasting glucose, impaired glucose tolerance, or insulin resistance
2. High blood pressure
3. Central obesity (also known as visceral, male-pattern or apple-shaped adiposity), overweight with fat deposits mainly around the waist
4. Decreased HDL cholesterol and elevated triglycerides



## Obesity

Obesity requires some special attention. When you are bigger around the waist than around your hips, this is called “Apple Obesity”. This type of obesity is associated with illnesses such as heart attacks, strokes, diabetes, gall bladder disease, and cancer. When you are bigger around your hips than around your waist, this is called “Pear Obesity”. This is associated with hormonal imbalances but is not as likely to cause you heart attacks, strokes and cancer.



A major contributor to obesity is MSG. Leptin is a hormone released to tell your brain that you are full. MSG damages the brain so that it does not recognize leptin. Thus you always feel hungry. MSG is put in foods because it is addicting and it makes you want to eat more = more profits for the food manufacturers. MSG is hidden in foods by calling it “other spices”.

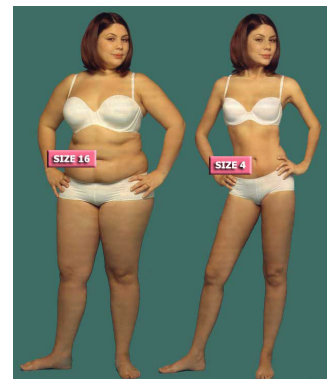
Additives that always contain MSG

- Monosodium Glutamate
- Hydrolyzed Vegetable Protein
- Hydrolyzed Protein
- Hydrolyzed Plant Protein
- Plant Protein Extract
- Sodium Caseinate
- Calcium Caseinate
- Yeast Extract

- Textured Protein
- Autolyzed Yeast
- Hydrolyzed Oat Flour

Metabolic Syndrome is an epidemic that also includes stress, anger, heart attacks, ADHD, migraine headaches, and childhood and adult obesity with depression.

Traditional Medicine has not found a solution for Metabolic Syndrome X except for diet and exercise. Often, diet and exercise alone will not reduce blood pressure, correct diabetes, correct blood lipids, or allow you to lose weight. Metabolic Syndrome X often proceeds to fibromyalgia. Doctors typically prescribe pills to lower blood pressure, pills to lower blood sugar, pills to lower cholesterol and a band around your stomach without asking the question why you got these illnesses in the first place.



It is my opinion that Metabolic Syndrome X is simply Type II Hypothyroidism. After 6-12 months of therapy for hypothyroidism, most cases of hypertension, diabetes, high cholesterol and obesity return to normal without other therapies. Studies have also shown that 80% of arthritics will be normal.

## Iodine Deficiency

Most people know that the thyroid uses lots of iodine to make thyroid hormone. The thyroid gland gets to use iodine before other parts of the body. **However, most people don't know that every gland in the body that secretes something needs large amounts of iodine.** A partial list is given below.

- Thyroid = highest concentration
- Salivary glands
- Cerebrospinal fluid and brain
- Intestinal Mucosa
- Choroid plexus
- Breasts
- Ovaries
- Prostate
- Ciliary body of the eye
- Nose, Sinuses, Mouth
- Substantia nigra of the brain



Note that this list is the same organs that typically get cancer!

The Japanese consume a lot of seaweed and thus a lot of iodine. They have the least amount of cancer of anyone on the planet! The only kind of cancer they have an excess of is stomach cancer. Iodine is inactivated by nitrates (found in processed meats like bologna, hot dogs, processed meats) and thus when they eat processed meats, it inactivates the iodine in their stomach allowing them to get stomach ulcers and stomach cancer. It is apparent that iodine is protective against cancer.

**Iodine kills all single-celled organisms like viruses, bacteria, fungi, and protozoa.** Jean Lugol, a Paris physician, in 1829 discovered that iodine is more soluble in water that contains potassium iodide. This is the basis for “**Lugol's Solution**”. “**Tincture of Iodine**” mean it is in an alcohol base whereas Lugol's Solution is water based. Iodine is bacteriocidal even at dilutions of 1/170,000! Microorganisms do not develop resistance

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to iodine.

Iodine is so important in brain development that iodine deficiency is the leading cause of intellectual impairment in the world! (ADD/ADHD?).

Hypothyroidism is the leading cause of violent behavior in the world.

It was suggested by Campbell in The China Study that the reduction in cancer and heart disease in Asia was due to a vegetarian diet, but the differences may well be in the amount of iodine consumed and not in the amount of meat eaten.

**The parts of the body exposed to the outside world have iodine levels 30 times the blood level. Iodine is the immune system's "bug killer".** That is, it is the bug killer for bugs trying to enter the body. For example, if you breathe in a flu virus and you have enough iodine in the lining of your nose, it will kill the virus before it has a chance to enter the system.

Once a microorganism is in the body, it is attacked by white blood cells. Neutrophils, a type of white blood cells, contain hydrogen peroxide to kill the bacteria. Vitamin C creates hydrogen peroxide in the body, increasing the efficiency of the immune system.

Drinking Lugol's solution is the best treatment for food poisoning as it kills the bacteria. Lugol's solution will inactivate snake venoms.

Nitrates (hot dogs, bologna, Processed meats) inactivate iodine and allow *Helicobacter pylori* to grow in the stomach and cause stomach ulcers/cancer. The Japanese get stomach cancer because the processed meats they eat inactivate the iodine protecting their stomachs from cancer.

Large foreign proteins ingested are inactivated by iodine preventing them from becoming allergens.

The energy in fats is contained in their double-bonds. These double bonds are protected by iodine.

Fetal iodine is five times the level in the mother. Low maternal iodine can lead to miscarriage, birth defects, failure to thrive, mental retardation, etc.

There are only micrograms of iodine in table salt and some of the companies are using bromine instead of iodine because it is cheaper (and toxic). Sea salt contains almost no iodine! Adults needs 12-15 milligrams of iodine per day! Because of our farming practices, there is very little iodine in our soils. About the only people in the US with normal levels of iodine are those who eat seaweed frequently.

### Iodine is the Immune System's "Bug Killer"

The parts of the body exposed to the outside world have iodine levels 30 times the blood level. Iodine is the immune system's "bug killer".



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### As Long As The Body Needs Iodine, It Will Absorb It Through The Skin.



If the next morning, it looks like this, the body used the iodine = spray it again.



If the next morning, it looks like this, your body has all the iodine it wants. Now just spray once a week for maintenance.

Every person should be taking iodine to stop having infections and to prevent cancer. However, taking it orally tends to kill the good bacteria in the gut. It is therefore better to dose it through the skin.

I recommend you put the Lugol's iodine into a glass spray bottle. Do not use plastic or aluminum or the iodine will react with the bottle! Remember not to use Tincture of Iodine as you don't want the alcohol in it!

Spray a circle of Lugol's iodine onto any portion of your skin (avoid the eyes). Have a tissue handy as it is messy and will stain your carpet, counter-top, clothes, etc. if it spills. The dose is not critical, so spray a circle about 3-4 inches in diameter. Dry it with a hair dryer so it will not stain your clothes.

If it stings, dilute the iodine in the bottle with water.

The biggest nuisance of this system is that the sprayer can clog up frequently, so you may want to have a few extra sprayers or wash it out each time you use it.

When the body needs iodine, it will take it in through the skin, so the orange spot disappears. Tomorrow you will find the spot gone, and you spray it again. Keep during this every day until finally the orange spot remains tomorrow. That means that "your tank is full" (your body doesn't want any more iodine, so it left it on your skin).

After you have completed your task of filling your body with iodine, use it once a week for maintenance.

**Remember that you need iodine to protect you against infections and cancer whether your thyroid is functioning normally or not.**

## Hypothyroidism

Up to 90% of the American population has undiagnosed hypothyroidism! This epidemic is causing havoc with our mental and physical health. It is easily and inexpensively treated. The primary cause is fluoride in our water and dental products.

I can't urge you strongly enough to read the web site <http://poisonfluoride.com/pfpc/index.html> You will quickly discover how toxic fluoride is and that the symptoms of hypothyroidism and fluoride are the same. See the following table. What you will see is that the symptoms of hypothyroidism and fluoride poisoning are the same. The numbers are references to medical articles from which the data was taken. The references can be found at the end of this newsletter.

FLUORIDE POISONING	THYROID DYSFUNCTION (Iodine Deficiency)
Abnormal Sweating (18)	Abnormal Sweating (154, 155, 156)
Acne (2,3)	Acne (52)
ADHD/Learning Disorders (4,7)	ADHD/Learning Disorders (54)



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Allergies (2)	Allergies (52)
Alopecia (Hair-loss)(18)	Alopecia (151)
Alzheimer's Disease (5,6,46)	Alzheimer's Disease (98)
Anaphylactic Shock (2)	Anaphylactic Shock (124)
Anemia (15)	Anemia (67)
Apnea (Cessation of breath)	Apnea (52)
Aorta Calcification (2)	Aorta Calcification (100)
Asthenia (Weakness) (18)	Asthenia (97)
Asthma (2)	Asthma (129)
Atherosclerosis (3)	Atherosclerosis (59)
Arthralgia (2)	Arthralgia (58)
Arthritis (8, 13)	Arthritis (52, 58)
Ataxia (2)	Ataxia (66)
Autism (169)	Autism (170, 171)
Back Pain (2)	Back Pain (153)
Behavioral Problems (3)	Behavioral Problems (54)
Birth Defects (5)	Birth Defects (53)
Blind Spots (3)	Blind Spots (52)
Body temperature disturbances (13)	Body temperature disturbances (52)
Breast Cancer (5)	Breast Cancer (147)
Cachexia (wasting away)(2)	Cachexia (133)
Carpal Tunnel Syndrome (5)	Carpal Tunnel Syndrome (52)
Cataracts (2)	Cataracts (69)
Change in blood pressure(=/-) (2)	Change in blood pressure (52)
Chest pain (26)	Chest pain (52)
Cholelithiasis (Gallstones)(2)	Cholelithiasis (134)
Chronic Fatigue Syndrome (2)	Chronic Fatigue Syndrome (52)
Collagen breakdown (3)	Collagen Breakdown (99)
Cold Shivers (13)	Cold Shivers (52)
Coma (1,3)	Coma (65)
Concentration Inability (13,8)	Concentration Inability (52)
Constipation (52)	Constipation (52)
Convulsions (2)	Convulsions (81)
Crying easily for no apparent reason (18)	Crying easily for no apparent reason (52)
Death (3)	Death (123)
Decrease in Testosterone (32)	Decrease in Testosterone (96)
Dementia (2)	Dementia (54)
Demyelinating Diseases (2, 35)	Demyelinating Diseases (137)
Dental Abnormalities (2)	Dental Abnormalities (86)
Dental Arch smaller (27)	Dental Arch smaller (95)
Dental Crowding (23)	Dental Crowding (93)
Dental enamel more porous (29)	Dental enamel more porous (96)

Dental Fluorosis (Mottling of teeth)	Mottling of teeth (172)
Delayed Eruption of Teeth (28)	Delayed Eruption of Teeth (86)
Depression (8)	Depression (52, 97, 152)
Diabetes Insipidus (36a,b)	Diabetes Insipidus (120)
Diabetes Mellitus (2)	Diabetes Mellitus (64)
Diarrhea (8)	Diarrhea (53)
Dizziness (8,13)	Dizziness (52)
Down Syndrome (10)	Down Syndrome (54)
Dry Mouth (2)	Dry Mouth (52)
Dyspepsia (8)	Dyspepsia (157)
Dystrophy (3)	Dystrophy (79)
Early/Delayed Onset of Puberty(14)	Early/delayed Onset of Puberty (53)
Eczema (2)	Eczema (115, 116)
Edema(3)	Edema (97)
Epilepsy (2)	Epilepsy (121)
Eosinophilia (15)	Eosinophilia (55)
Excessive Sleepiness (8)	Excessive Sleepiness (52)
Eye, ear and nose disorders (8)	Eye, ear and nose disorders (52)
Fatigue (2,13)	Fatigue (52)
Fearfulness (1,18)	Fearfulness (71)
Fever (13)	Fever (96)
Fibromyalgia (2)	Fibromyalgia (143)
Fibrosarcoma (3)	Fibrosarcoma (144)
Fibrosis (3)	Fibrosis (76a,b)
Fingernails:Lines/Grooves (1)	Fingernails:Lines/Grooves (97)
Fingernails:Brittle (1,3)	Fingernails:Brittle (97)
Forgetfulness (3)	Forgetfulness (97)
Gastro-disturbances (8)	Gastro-disturbances (52)
Gastric Ulcers (2)	Gastric Ulcers (92)
Giant Cell Formation	Giant Cell Formation (135)
Gingivitis (19, 173)	Gingivitis (72)
Goitre (2)	Goitre (52)
Growth Disturbances (1)	Growth Disturbances (53)
Headache (2)	Headache (118)
Hearing Loss (5)	Hearing Loss (165)
Heart Disorders	Heart Disorders (52)
Heart Failure (3)	Heart Failure (109, 110)
Heart Palpitations (13)	Heart Palpitations (52)
Hepatitis (2)	Hepatitis (136)
Hemorrhage (1,2)	Hemorrhage (85)
Hives (3)	Hives (108)
Hoarseness (18)	Hoarseness (97)

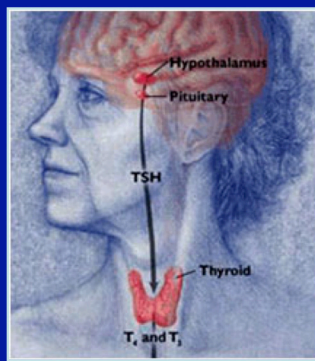
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Hyperparathyroidism (2)	Hyperparathyroidism (82)
Hypertension (8)	Hypertension (52, 60)
Hypoplasia (40)	Hypoplasia (150)
Immunosuppression (3)	Immunosuppression (52)
Impotence (3)	Impotence (97)
Incoherence (8)	Incoherence (54)
Infertility (2,3)	Infertility (87)
Inflammatory Bowel Disease	Inflammatory Bowel Disease (142)
Inner Ear Disorders (2,5)	Inner Ear Disorders (139)
Irritability (18)	Irritability (160)
Joint Pains (8)	Joint Pains (52)
Kidney Failure (2)	Kidney Failure (125)
Lack of Energy (8)	Lack of Energy (52)
Lack of Coordination (2)	Lack of Coordination (52)
Loss of Appetite (2)	Loss of Appetite (97)
Loss of Consciousness (2)	Loss of Consciousness (138)
Loss of IQ (25)	Loss of IQ (83)
Loss of Spermatogenesis (33)	Loss of Spermatogenesis (102)
Low Birth Weight (5)	Low Birth Weight (158)
Lung Cancer (3)	Lung cancer (145)
Lupus (3)	Lupus (101)
Magnesium Deficiency (2)	Magnesium Deficiency (94)
Memory Loss (13)	Memory Loss (52)
Mental Confusion (20)	Mental Confusion (52,54)
Migraine (8)	Migraine (52)
Monisiliasis (Candidasis) (162)	Monisiliasis (Candidasis) (161)
More fluorosis/high altitudes (30,31)	More hypothyroidism/high altitudes (96)
Mouth Sores (2)	Mouth Sores (87)
Myalgia (Muscle Pain) (2)	Myalgia (58)
Myotrophy (Muscle wasting) (2)	Myotrophy (58)
Multiple Sclerosis (4)	Multiple Sclerosis (126)
Muscle Cramps (3)	Muscle Cramps (58)
Muscle Stiffness (3)	Muscle Stiffness (58)
Muscle Weakness (2)	Muscle Weakness (57)
Musculoskeletal Disease (3)	Musculoskeletal Disease (80,57)
Nausea (8,13)	Nausea (52)
Osteoarthritis (2)	Osteoarthritis (62)
Osteoporosis (2)	Osteoporosis (62)
Osteosarcoma (22b)	Osteosarcoma (104)
Optic Neuritis (2)	Optic Neuritis (68)
Oral Squamous Cell Carcinoma (22)	Oral Squamous Cell Carcinoma (103)
Otosclerosis	Otosclerosis

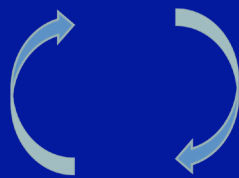
Parkinson's Disease (5)	Parkinson's Disease (110,111)
Pins & Needles (18)	Pins & Needles (52)
Polydipsia (2)	Polydipsia (64)
Polyneuropathy (2)	Polyneuropathy (57)
Polyurea (2)	Polyurea (64)
Pyelocystitis (2)	Pyelocystitis (63)
Premature Delivery (16)	Premature Delivery (52)
Pruritis (Itchy Skin) (3)	Pruritis (113)
Pulmonary Edema (2)	Pulmonary Edema (114)
Recurring Colds (18)	Recurring Colds (52)
Respiratory Complications (13,8)	Respiratory Complications (52)
Restlessness (13)	Restlessness (52)
Retinitis (2)	Retinitis (128)
Rhinitis (38)	Rhinitis (6)
Schizophrenia (18)	Schizophrenia (163, 164)
Scleroderma (3)	Scleroderma (74)
Skin Pigmentation (2)	Skin Pigmentation (97)
Secondary teeth erupt later (16)	Secondary teeth erupt later (86)
Sensitive to light (1,17)	Sensitive to light (52)
Seizures 913)	Seizures (88)
Shortness of Breath (13)	Shortness of Breath (52)
SIDS (16)	SIDS (54)
Sinus Infections (2,8)	Sinus Infections (52)
Skeletal Changes (2)	Skeletal Changes (86)
Sleep Disorders (2)	Sleep Disorders (52)
Slipped Epiphysis	Slipped Epiphysis
Sluggishness (2)	Sluggishness (52)
Skin Irritations (13,8)	Skin Irritations (52)
Spondylitis, ankylosing (5)	Spondylitis, ankylosing (148)
Stillbirths (2)	Stillbirths (97)
Swallowing Difficulties (Dysphagia) (13)	Swallowing Difficulties (52)
Swelling in Face (Angioedema) (3)	Swelling in Face (97)
Telangiectasia (166)	Telangiectasia (167, 168)
Testicular Growth/Alteration (2, 42)	Testicular Growth/Alteration (102)
Thirst (13)	Thirst (89)
Thrombosis (39)	Thrombosis (122, 141a,b)
Thyroid Cancer (22)	Thyroid Cancer (87)
Tinnitus (8)	Tinnitus (52)
Tingling Sensations(18)	Tingling Sensations (52)
Visual disturbances (13,8)	Visual Disturbances (52)
Ulcerative Colitis (41)	Ulcerative Colitis (142)
Urticaria (2)	Urticaria (105, 106, 107)

Uterine Bleeding (2)	Uterine Bleeding (91)
Uterine Cancer (23)	Uterine Cancer (77)
Vaginal Bleeding (5)	Vaginal Bleeding (90)
Vas Deferens Alterations (5)	Vas Deferens Alterations (146)
Vertigo (8)	Vertigo (52)
Vitiligo (white spots/skin) (2)	Vitiligo (73)
Weak Pulse (13)	Weak Pulse (52)
Weight Disturbances (2)	Weight Disturbances (52)
Zinc Deficiency (2)	Zinc Deficiency (94)

## How Does the Thyroid Work?



Thyroid Stimulating Hormone  
TSH



Thyroid Hormone  
T4 → T3

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The pituitary gland produces Thyroid Stimulating Hormone (TSH). It causes the thyroid gland to produce Thyroid Hormone (T4). This thyroid hormone is converted to the active form T3.

As more T3 and T4 are present, it causes the pituitary to stop making TSH. Thus they are in a “teeter-totter” or feedback relationship.

When we do blood tests, we expect the TSH, T3 and T4 to be in the normal range when the thyroid is functioning normally. If the TSH is high, we would assume the T3 and T4 are too low and the pituitary is trying to correct the situation. This would be called Type I Hypothyroidism. If the TSH is low

and the T3 and T4 are high, we would diagnose Hyperthyroidism. You can see that the TSH tends to be the opposite of the T3 and T4 if you are not balanced.

We doctors tend to order these tests. If they are normal, we tell you that your thyroid is functioning just fine and don't consider that your physical findings are diagnostic of hypothyroidism. I am going to tell you why the lab tests are too unreliable to pay attention to.

Iodine is a halogen. The halogens are a series of nonmetal elements from the periodic table, comprising

1. Fluorine, F
2. Chlorine, Cl
3. Bromine, Br
4. Iodine, I
5. Astatine, At

Here are the halogens in the periodic table:  
As you can see, the halogens are in a column in the

## Halogens

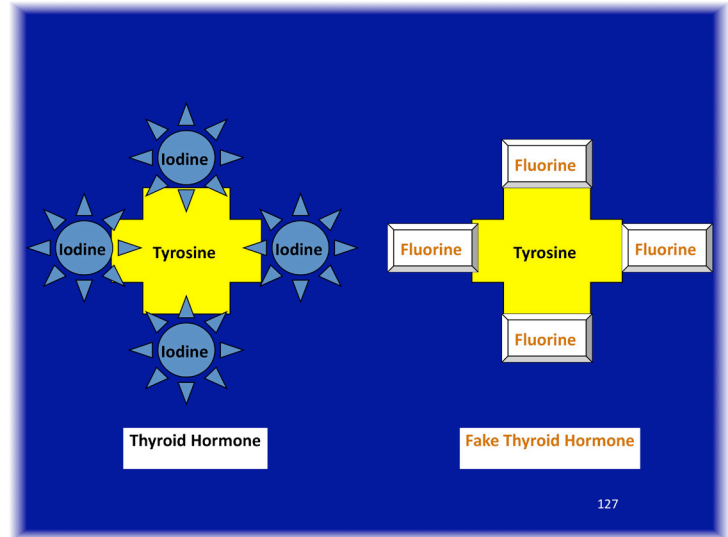
Periodic Table of the Elements

IA	IIA																IIIA	IVA	VA	VIA	VIIA	VIIIA													
1	2																3	4	5	6	7	8													
H	He																Li	Be	B	C	N	O	F	Ne											
Na	Mg	Al	Si	P	S	Cl	Ar	K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr										
Rb	Sr	Y	Zr	Nb	Mo	Tc	Ru	Rh	Pd	Ag	Cd	In	Sn	Sb	Te	I	Xe	Cs	Ba	*La	Hf	Ta	W	Re	Os	Ir	Pt	Au	Hg	Tl	Pb	Bi	Po	At	Rn
Fr	Ra	+Ac	Rf	Ha	Sg	Ns	Hs	Mt	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136
* Lanthanide Series		Ce	Pr	Nd	Pm	Sm	Eu	Gd	Tb	Dy	Ho	Er	Tm	Yb	Lu																				
+ Actinide Series		Th	Pa	U	Np	Pu	Am	Cm	Bk	Cf	Es	Fm	Md	No	Lr																				

periodic table of elements.

The problem is that fluoride is a “bully”. Anytime an atom of fluoride and an atom of any other halogen are in the same vicinity, the fluoride will displace the other halogen and take its place.

The thyroid hormone T4 is a protein called tyrosine that is attached to four iodines. You can see it represented in the graphic as “thyroid hormone”. However, when you consume fluoride, it displaces the iodine and you get the fake thyroid hormone noted in the right of the graphic.



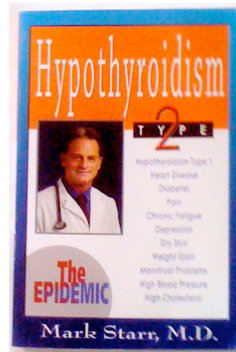
One problem is that our blood tests can't tell the difference between the real and the fake hormone.

Another problem is that the fake one doesn't work. ***Thus your blood tests are normal but your body is really deficient of functional thyroid hormone. This is called Type II Hypothyroidism.***

Because most Americans consume fluoride in water, toothpaste, visits to the dentist, etc., most Americans have Type II Hypothyroidism!!!

A great book that discusses the medical literature about this subject is Hypothyroidism Type II by Mark Starr, MD. Dr. Starr has made a major contribution to the health epidemics that are ravishing our country!

Another book you should read on this subject is Hypothyroidism, The Unsuspected Illness by Broda Barnes, MD.

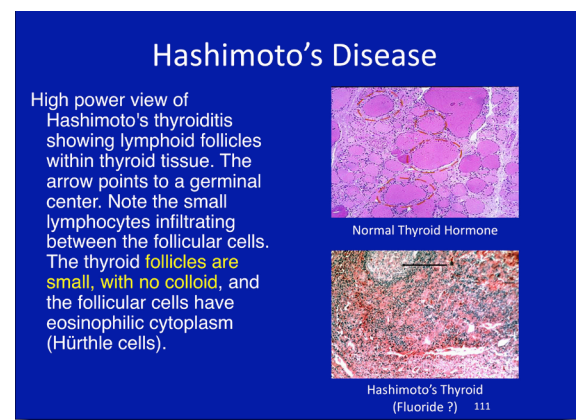


## Damage to Thyroid Gland from Fluoride

Many assume that if you stop consuming fluoride and take iodine, the thyroid function will return to normal. This is rarely the case. In 1996, Mahmood investigated the effects of low doses of sodium fluoride on the thyroid glands of guinea pigs. Findings are:

1. Depletion of colloid from the follicles.
2. Shrinkage of follicles.
3. Disruption of follicular basement membrane associated with edema and degeneration of the follicular epithelial cells.
4. Increased follicular vascularity.
5. Fatty degeneration in the inter-follicular connective tissue.

There is a condition of the thyroid gland called Hashimoto's Disease. It is assumed it is an autoimmune disease. However, the description of Hashimoto's Disease is the same as damage from fluoride. It is possible that Hashimoto's Disease is simply fluoride damage. In the graphic, the upper image is of a normal thyroid gland. The lower one is Hashimoto's Disease (?fluoride damage).



Since fluoride permanently damages the thyroid gland, most people require both iodine for its anti-infective effects and thyroid hormone to have normal thyroid function.

## **Other Causes of Hypothyroidism**

Although fluoride is perhaps the major cause of hypothyroidism, there are other things that cause/contribute to it. A major issue is estrogen dominance.

Estrogen Dominance means that you have effectively more estrogen than you do progesterone. That is true for female and males. Estrogen Dominance shuts down the thyroid as well as often being associated with other issues such as breast and prostate cancer. Estrogen Dominance can be caused by soy, petrochemicals, fuel exhaust we breath, estrogenic hormones in meat and chickens, plastics, propylene glycol (deodorants), sodium laurel sulfate in toothpaste and ointments, herbicides and pesticides. These potent estrogenic substances block the production of thyroid hormone and greatly magnify the incidence of estrogen dependent cancers. All males and females in developed nations have estrogen dominance. Obviously you should attempt to avoid these things.

Antibiotics, chlorine from our water purification systems, fluoride, and NSAID drugs used for arthritis all kill the healthy bacteria in the intestinal tract. This results in overgrowth in the intestines of Candida, fungi, mycoplasma, and anaerobic bacteria (Yeast syndrome). These dangerous organisms release powerful neurotoxic substances into the blood stream that damage the hypothalamus often resulting in multiple endocrine disorders including underactivity of the thyroid gland.

Mercury released from our dental amalgams is toxic to the thyroid gland. Selenium deficiency is related to lack of trace minerals in our soil. The proper conversion of precursors into thyroid hormone depends on a selenium containing enzyme which is lacking. Lack of iodine in our soil and diet leads to decreased thyroid hormone production. Diagnostic x-rays injure the thyroid gland (dental, neck, spine). Perchlorates widely found in drinking water inhibit the production of thyroid hormone by blocking the reuptake of iodine.

## **Since Blood Tests for Thyroid Function are Unreliable, How Can We Diagnose Hypothyroidism?**

Thyroid hormone controls body temperature. Extensive research by Broda Barnes, MD has shown that Basal Body Temperature is a reliable way of diagnosing thyroid function.

You need to measure your Basal Body Temperature (temperature at rest before activity). Put a thermometer at your bedside. Use a Temporal Artery Thermometer (Exergen®) before you get up in the morning. (Oral temps are high due to sinus and oral infections usually present so they should be avoided).

One of the problems with taking temperature is that mercury thermometers have been replaced with digital thermometers. The mercury in thermometers was poisonous, and they were taken off the market even though they were accurate. The digital thermometers that replaced them are unfortunately not very accurate. You can take six readings and they may be two degrees apart!!

There are infrared thermometers designed to read the temperature of the eardrum. Studies have shown that nurses who use them regularly can get reproducible readings but average parents cannot.

The most accurate thermometer you can buy (without paying \$400 for one) is the Temporal Artery Thermome-

ter. You want the kind that takes 1000 readings per second and analyzes them for the correct temperature. The brand is Exergen. You need to have one of these for all the reasons you will need to take your temperature or that of a family member.

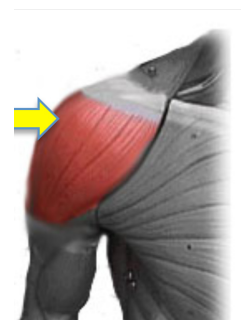
Take your temperature before you get out of bed and your muscles create heat. If you sleep under heavy quilts, remove them for a few minutes before you take the temperature. If you are perspiring, run the device across your forehead from the midline to the hairline and, keeping your finger on the button, press it behind your ear. Then release the button. **If it is below 97.6, you have Hypothyroidism Type II.** You will need to correct this deficiency with thyroid hormone and iodine. Normal Basal Temperature is 97.6 to 98.2.



If your temperature is above 97.6 but you have the signs and symptoms of hypothyroidism, assume that you currently have an infection. Take your temperature each week until you are sure what it is.

## Special Signs of Hypothyroidism

Mucin is like clear Karo syrup. It is deposited into the tissue in hypothyroid patients. It is mistaken for fat in Metabolic Syndrome X. People with hypothyroidism and Metabolic Syndrome X have a combination of fat and mucin in their tissue. If you pinch over your deltoid muscle, you should be able to almost put your fingers together. Any bulk you feel is mucin.



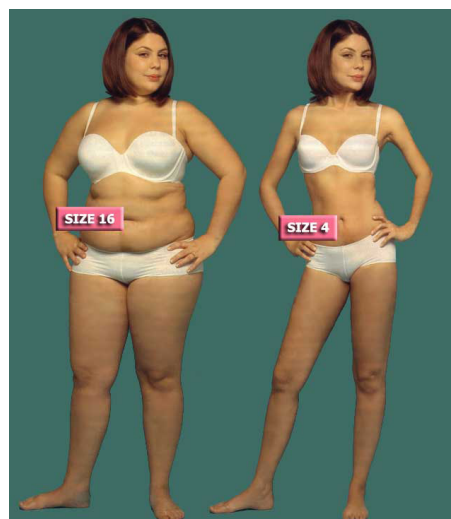
When you make mucin, it begins to fill your whole body with “goo”. However, it tends to collect in a special pattern. The face becomes round. There is a pouch under the chin. The shoulders appear as if you were wearing shoulder pads. The area over the deltoid becomes rounded. The chest becomes shaped like a barrel. Breasts become pendulous. You become bigger around the waist than the hips (“beer belly”). The buttocks become large and wide. The thighs touch in the middle of the legs.

Although there is a long list of symptoms from hypothyroidism, common complaints are weight you cannot lose, insomnia, dry skin, poor memory, bouts of anger, constipation, and hair loss.

Remember that Metabolic Syndrome X has the following features:

1. Fasting hyperglycemia — diabetes mellitus type 2 or impaired fasting glucose, impaired glucose tolerance, or insulin resistance
2. High blood pressure
3. Central obesity (also known as visceral, male-pattern or apple-shaped adiposity), overweight with fat deposits mainly around the waist
4. Decreased HDL cholesterol and Elevated triglycerides

When mucin is inserted into the tissues, the cells are surrounded by goo. This makes it more difficult for insulin to be able to access the cell membrane. You develop “insulin resistance” and Type II Diabetes. One of the problems with using medication to lower the blood sugar is that it also lowers the amount of glucose getting into the cells.



When one is first hypothyroid, the heart beat is weak and the blood pressure is too low. This prevents blood

## Hypothyroidism---The Epidemic

from reaching the brain, and one has symptoms associated with the brain. As goo begins to fill up the tissues, it gets harder and harder for blood to perfuse the tissue. The blood pressure rises in an effort to provide circulation to the tissues. Thus hypothyroidism starts with low blood pressure and ends up with high blood pressure. One of the problems with lowering blood pressure with medication is that it makes circulation to the tissues even worse. The diseases associated with leaving the blood pressure high are the end results of hypothyroidism.

When you are making mucin and depositing it into the omentum and the parts of the body described above, you appear to be obese. In addition, when you are hypothyroid, you crave sugar and caffeine to give you a little “spark”. This extra sugar does add fat to the mix.

The entire endocrine system depends upon adequate thyroid hormone to function and make other hormones. Most of the hormones are made from cholesterol. When the liver notices that you are hormone deficient, it makes more cholesterol in an effort to help you make more hormones. Suppressing the liver’s ability to make cholesterol further reduces your hormone levels. In addition, the brain is 50% cholesterol by weight. It replaces itself every eight months. If there isn’t enough cholesterol available, one cannot make hormones and repair the brain. For many years, a high cholesterol was considered diagnostic of hypothyroidism.

A careful review of the medical literature shows that high cholesterol levels of any kind do not increase the risk of dying from a heart attack. This will be discussed in another newsletter.

As you can see, all the features of Metabolic Syndrome X are features of hypothyroidism. This explains the epidemics of hypertension, diabetes, obesity, high cholesterol, heart attacks, strokes, depression, ADHD, anxiety, chronic fatigue, and cancer that plagues Americans.

## More About Fluoride and Hypothyroidism

It has been known since 1917 that fluoride causes goiters. F.S. McKay, DDS noted that people in Colorado Springs, CO had mottled teeth. He also noticed that they didn’t get cavities. In 1918, Professor Greves in Utrecht Holland noted that people who drank the local water got both mottled teeth and goiters (goiters are usually associated with hypothyroidism). It was later determined that the water in Colorado and Holland had high levels of naturally occurring fluoride.

In 1919, Goldemberg in Argentina also noted that people who drank the local water with high levels of fluoride developed goiters. He reviewed the literature and concluded that hypothyroidism was caused more by high levels of fluoride than low levels of iodine. In 1926 he reported on his use of fluoride to treat hyperthyroidism (over-active thyroids).

1932 - Machoro (Italy) uses sodium fluoride in the successful treatment of hyperthyroidism.

In 1932, Wilhelm May (Germany) also starts fluoride therapy in the treatment of hyperthyroidism and in 1933, Gortitzer von Mundy (Austria) reports more on fluoride’s effect on the thyroid.

In 1934, Purjesz and colleagues (Poland) gave chicken eggs high in fluoride to hyperthyroid patients and achieved lowering of body temperature, of pulse and BMR, as well as weight gain. They reported that most of the fluoride is found in liver; no fluoride is found in the blood of healthy people.



1937 - Kraft (Knoll AG, Germany) investigates inorganic sodium fluoride and organic fluoride compounds fluorobenzoic acid and fluorotyrosine and reports that **all fluoride compounds inhibit thyroid hormones**. It is a matter of amplification - the fluoride component is essential.

1941 - Wilson (UK) reports in the Lancet on his findings that mottling of teeth is prevalent in the same areas in the UK which had previously been prevalent with goiter.

1941 - Schwarz (Germany) prepares fluoride/iodide anti-thyroid medications and combines with sedatives.

1946 - The Atomic Energy Commission (Department of Pharmacology & Toxicology - headed by Harold Carpenter Hodge, incomprehensibly at the same time also head of the International Association for Dental Research (IADR) - acknowledges the German findings that **all fluoride compounds - organic or inorganic - inhibit thyroid hormone activity**, and declares this issue a research priority. No further research into this issue is conducted, however.

1952 - In the court case Reynolds Metals Corp. vs. Paul Martin **hypothyroidism caused by fluoride is documented**.

1953 - Wadwhani (India) reports that fluoride concentrated in thyroid gland of rats consuming 0.9mg F- per day.

1957 - Galetti et al. **treated hyperthyroid patients with fluoride at daily doses lower than those estimated being the current average intake in the US**, and document a significant reduction in protein-bound iodine, as well as an overall reduction of iodine and a reduction of iodine uptake by the thyroid gland.

1959 - Jentzer again shows **reduced iodine levels in the pituitary gland under the influence of fluorides**.

1960 - Gordinoff and Minder describe the results of experiments with radioactive iodine (I131) which show that **fluorides remove an iodine atom during the conversion process (T4 to T3)**. Effects are dose-responsive, meaning the higher the fluoride intake the lower the iodine measurements.

1962 - Steyn (Africa) reports that drinking water containing “as little as 1 to 2 ppm of fluorine can cause serious disturbances of general health and especially in normal thyroid gland function and in the normal processes of calcium-phosphate metabolism (parathyroid function).”

1962 - Spira reports on the fluorine-induced endocrine disturbances in mental illness.

1963 - Gorlitzer von Mundy reports on the [then] current knowledge gained from experiments by Gordonoff with I131 as to how **the effects of the enzyme responsible for the T4 to T3 conversion were inhibited if a fluorine ion was absorbed before the conversion from T4 to T3 occurs**.

1969 - Siddiqui show small visible goiters in persons 14 to 17 years of age in India to be connected directly to high fluoride concentrations in drinking water.

1991 - Lin Fa-Fu et al. reported that a low iodine intake coupled with “high” (0.88ppm) fluoride intake exacerbates the **central nervous lesions and the somatic developmental disturbance of iodine deficiency**. The authors considered the possibility that “excess” fluoride ion affected normal de-iodination. Fluorides caused increase of reverse T3 (rT3) and elevated TSH levels, as well as increased I131 uptake (see: Bachinskii et al, 1985).

This is a very small sample of the medical literature on the toxicity of fluoride. For more information, see [http://poisonfluoride.com/pfpc/html/thyroid\\_history.html](http://poisonfluoride.com/pfpc/html/thyroid_history.html)

The point is that you must avoid fluoride if you are to be healthy. Don't sacrifice your health to avoid a few cavities.

## Paradoxical Hypothyroidism

A minority of people with hypothyroidism are skinny, have a rapid heartbeat, and suffer tremors and anxiety. The only way to diagnose hypothyroidism in them is the temperature and the fact that their symptoms disappear with thyroid therapy.

Thyroid disease is one of the few diseases where too little hormone or too much hormone can give you exactly the same symptoms! The temperature is the key to figuring out what is happening.

## TSH and Osteoporosis

In the early 1990's it was suggested that very low levels of TSH (and thus too high levels of thyroid hormone) were associated with osteoporosis. For this reason, doctors are currently taught to lower the amount of thyroid hormone taken if the TSH is lower than "normal". Remember that the TSH and T3-4 labs are made incorrect by fluoride! A December 2003 medical journal review article conducted a systematic review of the effects of TSH-suppressive (such as in thyroid cancer) and replacement levothyroxine therapy on bone mineral density, to determine the main causes of the conflicting results and their implications. The goal of the review was to evaluate existing studies in order to provide guidance for patient management and to recommend the directions that future studies of this question should take. Included in the review were 63 separate English-language studies published from 1990-2001 that were identified by a Medline search. Many of these studies were designed to determine whether the patients taking thyroid hormone replacement had a reduction in bone mineral density

What the reviewers found was of interest to patients and practitioners: All studies provided results that were considered by the reviewers to be either limited and/or controversial.


Of the 63 studies reviewed:

- 31 reported no effects of levothyroxine on bone mineral density
- 23 studies found partial beneficial or adverse effects, and
- 9 studies showed overall adverse effects.

It is quite common for patients to be feeling great on their thyroid hormones until their doctor does blood tests. The tests show a low TSH suggesting they are taking too much thyroid hormone. The TSH is low because both the real hormone they are taking and the fake fluoride hormone reduce the TSH. Their doctor tells them to reduce or stop their thyroid pills because the TSH is low. They feel terrible, but their doctor pays attention to the faulty blood test and not to the patient's symptoms!

Paradoxical hypothyroidism

A minority of people with hypothyroidism are skinny, have a rapid heartbeat, and suffer tremors and anxiety. The only way to diagnose hypothyroidism in them is the temperature and the fact that their symptoms disappear with thyroid therapy.



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## Treating Hypothyroidism

You will need to take thyroid hormone as well as correct your iodine levels as discussed above.

There is some argument about whether to use synthetic thyroid hormones like Synthroid (levothyroxine) or take a naturally occurring hormone like Desiccated Thyroid Hormone. The best known brand name for Desiccated Thyroid Hormone is Armour Thyroid. It is desiccated pork thyroid.

Synthetic thyroid hormones can cost 2-5 times as much as desiccated hormone. There is a strong pressure on doctors to prescribe synthetic drugs instead of bioidentical hormones. The question is, “Which works the best?”

Desiccated Thyroid Hormone contains T1, T2, T3 and T4 in the natural balance. Synthroid contains only synthetic T4. Remember that the active form of thyroid is T3. Also remember that fluoride inhibits the conversion of T4 to T3. Thus it can be difficult to find the right dose of Synthroid, especially since doctors are trained to find the correct dose using blood tests that are inactivated by fluoride.

There are synthetic T3 hormones available like Cytomel. The problem with giving just T3 is that it is short lived. If you take enough of it to correct your needs for hormones, you will often have spells during the day in which you feel hyper and jittery and other times when you are exhausted.

One of the advantages of Desiccated Thyroid Hormone is that it can slowly convert T1, T2, and T4 to T3 as needed. Many patients have been converted from Synthroid to Desiccated Thyroid Hormone and feel much better.

Drug salesmen tend to say that Desiccated Thyroid Hormone has inconsistent hormone amounts where synthetics are always the same. The opposite appears to be true. There have been recalls for the synthetics because they contained wrong amounts of hormones. The following is from the Armour Thyroid Web site:

*“To ensure that Armour® Thyroid tablets are consistently potent from tablet to tablet and lot to lot, analytical tests are performed on the thyroid powder (raw material) and on the actual tablets (finished product) to measure actual T4 and T3 activity. Different lots of thyroid powder are mixed together and analyzed to achieve the desired ratio of T4 to T3 in each lot of tablets.”*

Synthetic hormones are usually dosed in micrograms. Desiccated Thyroid Hormone is measured in grains or milligrams. One grain is approximately 60 mg. In many cultures, a grain is a unit of measurement of mass that is based upon the mass of a single seed of a typical cereal. Historically, in Europe, the average masses of wheat and barley grain were used to define units of mass. Since 1958, the grain or troy grain (Symbol: gr) measure has been defined in the International System of Units as precisely 64.79891 milligrams. However, it is common to round it off to 60 milligrams instead of 65 milligrams.

Most adults who have been consuming fluoride will need to take about three grains (180 milligrams) of Desiccated Thyroid Hormone per day. However, if you start with that much, you will “blow a gasket”. By that I mean that you will feel jittery, have a fast heartbeat, an increase in blood pressure, and just feel terrible. Thus you must start slowly and work up giving your body time to make new mitochondria to use the hormone.

Start with 1/4 grain (15 mg.) in the morning and again at about 3:00 p.m. for a total of 1/2 grain (30 mg./day)/ After two weeks, take your temperature and pulse. If your temperature is still low, increase the daily dose by



## Hypothyroidism---The Epidemic

1/4 grain (15 mg.) by taking 30 mg.. in the morning and 15 mg.. at about 3:00 p.m. After you take the increased dose, monitor your pulse. If it is over 100 or you feel jittery, reduce the dosage and wait two more weeks.

As you continue increasing the dose, nothing much will happen for the first two months, so don't be discouraged. After about two months, your temperature will start to rise. At about that time, you will start to notice that you have more energy. Notice that it often takes about six months to achieve the correct dose.

The mucin does not tend to leave the body until the thyroid dose is normal. That is about six months. Most of the weight loss happens between the six and twelfth month. Generally speaking, you will be at your ideal weight at the end of a year.

It is not uncommon for patients to requires up to five grains (300 mg.) of Desiccated Thyroid per day to achieve a normal temperature and feel good.

Remember that thyroid hormone requires a prescription in the U.S., so you will need to find a doctor that understands Type II Hypothyroidism to work with you.

## **WARNING!**

Many are tempted to ramp up the dose of thyroid hormone too fast. They are impatient to get rid of the fatigue and extra pounds and do not pay attention to not increasing the dose by more than 1/2 grain (30 mg.) per month (1/4 grain = 15 mg. every two weeks). This can be dangerous or even fatal! **Don't do it!**

The common symptoms that you are taking too much thyroid hormone are:

- Anxiety
- Confusion or disorientation
- Heart palpitations
- An irregular heart rhythm (arrhythmia)
- High blood pressure (hypertension)
- A rapid heart rate (tachycardia)
- Seizures
- Strokes
- Coma
- Death.



If you develop any of these symptoms while you are taking thyroid hormone, reduce your dose or stop taking it until you can talk to your doctor or see an emergency room doctor. You can have problems if you just stop taking it altogether as well. Let your doctor help you adjust the dosage.

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