Hypothyroidism

Symptoms of hypothyroidism and information to help with underactive thyroids

What is Hypothyroidism?
Hypothyroidism is a thyroid problem caused by an underactive thyroid gland that produces insufficient amounts of thyroid hormones. This common condition affects millions of people. Because the symptoms may be varied and difficult to define, often mimicking other conditions, many people with an underactive thyroid gland may be completely unaware of the problem.

To get a basic understanding of hypothyroidism, you need to familiarize yourself with the thyroid. The thyroid is a small gland found in the middle of the lower neck (below the larynx or Adam’s apple). This gland manufactures thyroid hormones which enable the body to carry out a variety of very important functions. The thyroid works in conjunction with pituitary gland which produces thyroid stimulating hormone (TSH).

TSH in turn stimulates the thyroid gland to produce the thyroid hormones, T3 and T4. These thyroid hormones play a vital role in the body, influencing metabolism and all the organs in the body. They determine how fast or how slow the organs should work and how the body generates and uses energy.

When the thyroid is under-active and doesn’t produce enough of these hormones, hypothyroidism can develop. Metabolic rate and energy levels decrease and the body uses energy slower than it should.
Who Suffers from Hypothyroidism?

Underactive thyroid is a very common medical condition and statistics suggest that 1 in 50 women and 1 in 1000 men will develop symptoms of hypothyroidism. It is more common in older women and can also occur more frequently during pregnancy.

Conventional treatment usually involves the administration of synthetic or animal derived thyroid hormone replacement drugs.

Diagnosing Hypothyroidism

A blood test is needed to confirm the diagnosis of an underactive thyroid gland, but does not necessarily tell you the cause. The patient’s clinical history and results of antibody screening tests and thyroid scans can help to determine the underlying cause.

Blood tests will measure the levels of TSH, the thyroid stimulating hormone, and T3 and T4, the thyroid hormones - as well as their interactions with each other.

The results of these tests will tell you where the problem lies - in the pituitary gland, where TSH is produced, the hypothalamus (which controls the pituitary gland) or in the thyroid gland itself. This will in turn help physicians to determine the correct management for you.

Symptoms of Hypothyroidism

The symptoms of hypothyroidism are not always easy to distinguish from other conditions, which makes a proper diagnosis very important. Some of the symptoms of underactive thyroid gland include:

- Thrush
- Allergies, e.g. Itching Eyes, Rashes, Hives
- Heart Palpitations
- Sore Breasts
- Stomach Bloating/Digestion Problems
- Nausea
- Itching Skin
- Low Sex Drive
- Skin Problems, e.g. Wrinkles & Age Spots
- Aching Joints & Muscle Soreness, e.g. Aching Legs & Backaches
- Motion Sickness
- Dry, Tangly Hair Or Hair Loss
- Fatigue & Exhaustion
- Depression
- Constipation
- Weight Gain Or Difficulty Losing Weight
Brittle, Split Nails
Swelling & Puffiness in the Eyes, Face, Arms and Legs
Poor Concentration
Menstrual Problems, e.g. Heavy and/or Infrequent Flow

What Causes Hypothyroidism?
There are several potential diseases and conditions that can cause of Hypothyroidism.

- **Hashimoto’s disease** - This an auto-immune disease, where your antibodies, which usually ward off foreign infections or substances, turn on your own body and attack the thyroid gland. This causes inflammation in the thyroid gland, gradually affecting its ability to function and produce thyroid hormone.

- **Hypothyroidism caused by thyroid gland inflammation** – also called thyroiditis. This is caused when inflammation of the thyroid gland leaves a large percentage of the thyroid cells damaged and unable to produce enough hormones. This inflammation could be due to things like infection or trauma

- **As a Consequence of treatment for hyperthyroidism** – People who suffer from hyperthyroidism are often treated with radioactive iodine or anti-thyroid medications to reduce their thyroid function. When the function is reduced too much, hypothyroidism can result.

- **Thyroid surgery** – Removing all or a large portion of your thyroid can diminish hormone production. If there are not enough thyroid producing cells to satisfy the body’s needs, you will develop hypothyroidism.

- **Pituitary/hypothalamic disease** – You could also be at risk of developing hypothyroidism if the pituitary gland fails to produce enough TSH – the hormone responsible for ‘instructing’ the thyroid to produce T3 and T4.

- **Iodine deficiency** – Iodine is found primarily in seafood, seaweed, plants grown in iodine-rich soil and iodized salt and is essential for the production of thyroid hormones. Some areas of the world experience a severe iodine deficiency, for example India, Chile, Ecuador and Zaire.

- **Radiation therapy** – Radiation used to treat cancers of the head and neck can affect your thyroid gland and may lead to hypothyroidism.

- **Medications** – A number of medications (such as lithium which is often used for psychiatric disorders) can contribute to hypothyroidism. Consult your doctor about the effect of your medications on your thyroid gland.

Help for Hypothyroidism
Conventional treatment usually involves taking a synthetic or animal derived thyroid hormone medication on a daily basis. Levothyroxine is the most common conventional medication used to treat hypothyroidism and treatment is life-long.

Patients have to be aware that they understand their condition thoroughly and how to take and adjust their medication. The doctor will check TSH levels to determine the right dosage of
levothyroxine. If the correct dosage is not administered side effects could occur, like heart palpitations, shakiness, an increased appetite and insomnia can occur. If you suffer from heart disease, your doctor will probably start you on a smaller dosage and gradually increase it. Thyroid hormone levels should be monitored on a regular basis (approximately every 6 weeks) and TSH levels checked to determine whether the correct amount of thyroid replacement hormone is administered. There are other treatment options that can also be explored and may well be more suited to you. These include alternative remedies for hypothyroidism and are especially for those who want to avoid the side effects of prescription drugs.
Tips for Coping with Hypothyroidism

There are steps that you can take to make your condition manageable at home. Try some of these suggestions to help you cope more effectively:

- Surround yourself with a good support system
- Educate yourself on your condition
- Involve doctors, homeopaths, naturopaths, specialists, therapists, family, friends etc in the management of your condition
- Try to maintain a positive ‘can-do’ attitude
- Eat a healthy well-balanced diet
- Include lots of salt water fish, shellfish and sea weed in your diet as these are rich in iodine – essential for healthy thyroid functioning
- Avoid cruciferous vegetables (cauliflower, cabbage, broccoli, Brussels sprouts, kale) as these contain a natural thyroid blocker
- Try to do regular physical activity or exercise
- Take and adjust your medications as necessary
- Have your hormone levels monitored on a regular basis
- Perform a daily thyroid self-massage. To massage the thyroid gland; gently stroke up and down the sides of the trachea (also known as windpipe).

IF YOU HAVE UNDERACTIVE THYROID, DO NOT EAT THESE FOODS RAW.

Brussels sprouts, broccoli, cauliflower, cabbage, kale, kohlrabi, spinach, turnips, rutabaga, soybeans, millet, strawberries, and peaches.

THESE FOODS RAW CONTAIN COMPOUNDS THAT CAN INTERFERE WITH THYROID FUNCTION. COOKING DEACTIVATES THESE COMPOUNDS.

Natural Diet for Hypothyroidism

The thyroid gland needs an array of nutrients to function optimally. Add essential fatty acids to your diet. Cold water fish such as salmon and cod as well as flaxseed, walnuts and almonds are great sources. Another option is to take a daily supplement such as fish oil. Seaweed, chlorella and algae should also be consumed frequently. They are rich in iodine and essential nutrients that maintain thyroid function balance.

Another important thing to keep in mind when it comes to a natural diet for hypothyroidism is that there are also foods that actually slow down thyroid function. These include broccoli, Brussels sprouts, cauliflower, kale, spinach, turnips, soy, beans, and mustard greens. Also, take care to avoid overly processed food and limit dairy, sugar, artificial sweeteners, caffeine, and alcohol intake.

13 Ways to Treat Hypothyroidism Naturally

BY JILL GRUNEWALD
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SAVE ARTICLE

Your thyroid, a butterfly-shaped gland in your neck below your Adam’s apple, is your chief gland of energy and metabolism and is like a master lever that fires up the genes that keep cells doing their jobs. You can think of the thyroid as a fundamental mechanism in a complex machine, as every cell in your body has thyroid hormone receptors.

Hypothyroidism, or low thyroid function, is a silent epidemic, according to many functional medicine doctors. People can suffer for years with symptoms that our conventional medical system frequently doesn’t know how to treat because complaints seem scattered or vague and often there is no pill for the ill(s).

What’s worse, in most cases, hypothyroidism isn’t rooted in a thyroid problem in the first place. It’s rooted in
an immune system gone awry, but most doctors don’t test for the antibodies that show the presence of autoimmunity.

According to Dr. Datis Kharrazian, 90% of people with hypothyroidism have Hashimoto’s, an autoimmune hypothyroid condition, whereby the immune system attacks thyroid tissue. Therefore, to cure thyroid disease, or any autoimmune condition, you have to get to the source of the imbalance; focusing on suppression of symptoms with medication is simply barking up the wrong tree.

Your Dietary Defense

Making dietary changes is your first line of defense in treating hypothyroidism. Many people with hypothyroidism experience crippling fatigue and brain fog, which prompts reaching for non-nutritional forms of energy like sugar and caffeine. I’ve dubbed these rascals the terrible twosome, as they can burn out your thyroid (and destabilize blood sugar).

1. **Just say no to the dietary bungee cord.** Greatly reduce or eliminate caffeine and sugar, including refined carbohydrates like flour, which the body treats like sugar. Make grain-based carbohydrates lesser of a focus, eating non-starchy vegetables to your heart’s content.

2. **Up the protein.** Protein transports thyroid hormone to all your tissues and enjoying it at each meal can help normalize thyroid function. Proteins include nuts and nut butters; quinoa; hormone- and antibiotic-free animal products (organic, grass-fed meats, eggs, and sustainably-farmed fish); and legumes.

   Note: I’m not a fan of soy and soy products: tofu, soy milk, fake meats, energy bars, etc. Even when organic and non-GMO, soy can impede cell receptors and disrupt the feedback loop throughout your entire endocrine (hormonal) system.

3. **Get fat.** Fat is your friend and cholesterol is the precursor to hormonal pathways; if you’re getting insufficient fat and cholesterol, you could be exacerbating hormonal imbalance, which includes thyroid hormones. Natural, healthful fats include olive oil; ghee; avocados; flax seeds; fish; nuts and nut butters; hormone- and antibiotic-free full fat cheese, yogurt, and cottage cheese (yes, full fat, not skim); and coconut milk products.

4. **Nutrient-up.** While nutritional deficiencies may not be the cause of hypothyroidism, not having enough of
these micronutrients and minerals can aggravate symptoms: vitamin D, iron, omega-3 fatty acids, selenium, zinc, copper, vitamin A, the B vitamins, and iodine.

A few highlights:

- It’s commonly believed that hypothyroidism is due to insufficient iodine, but this isn’t true. Dr. Kharrazian states that if you have Hashimoto’s, taking supplemental iodine is like throwing gasoline on a fire, so eschew iodine supplements and iodized salt. Primary sources of iodine: sea vegetables and seafood. Secondary sources: eggs, asparagus, lima beans, mushrooms, spinach, sesame seeds, summer squash, Swiss chard, and garlic.
- Optimal vitamin D levels are between 50-80 ng/mL; anything below 32 contributes to hormone pathway disruption.
- Omega-3s, found in fish, grassfed animal products, flaxseeds, and walnuts, are the building blocks for hormones that control immune function and cell growth, are critical to thyroid function, and improve the ability to respond to thyroid hormones.

5. Go 100% gluten-free. The molecular composition of thyroid tissue is almost identical to that of gluten. So for those with Hashimoto’s, it’s a case of mistaken identity. Eating gluten can increase the autoimmune attack on your thyroid.

6. Be mindful of goitrogens, which are foods that can interfere with thyroid function. Goitrogens include broccoli, Brussels sprouts, cabbage, cauliflower, kale, kohlrabi, rutabaga, turnips, millet, spinach, strawberries, peaches, watercress, peanuts, radishes, and soybeans. Does it mean that you can never eat these foods? No, because cooking inactivates goitrogenic compounds and eating radishes and watercress in moderation isn’t going to be a deal-breaker.

7. Go for the glutathione. Glutathione is a powerful antioxidant that strengthens the immune system and is one of the pillars of fighting Hashimoto’s. It can boost your body’s ability to modulate and regulate the immune system, dampen autoimmune flare-ups, and protect and heal thyroid tissue.

While few foods contain glutathione, there are foods that help the body produce glutathione: asparagus, broccoli, peaches, avocado, spinach, garlic, squash, grapefruit, and raw eggs. A plant substance found in broccoli, cauliflower, and cabbage, (those goitrogens), helps replenish glutathione stores.

8. Address underlying food sensitivities. Just like the body’s attack on the thyroid in the presence of
Hashimoto’s, the body will also see offending or inflammatory foods as an invader and will up the ante on the autoimmune response.

9. **Do a gut check.** A whopping 20 percent of thyroid function depends on a sufficient supply of healthy gut bacteria, so it’s best to supplement with probiotics (friendly intestinal bacteria).

10. **Address silent inflammation with whole foods nutrition.** Systemic inflammation and autoimmunity often go hand-in-hand.

11. **Address adrenal fatigue.** There is an intimate connection between your thyroid and adrenal glands and it’s uncommon to have hypothyroidism without some level of adrenal fatigue. The thyroid and adrenals are like Frick and Frack – so tightly in cahoots that it’s not effective to address one without the other.

12. **Look at your stressors and practice relaxation.** The thyroid is a very sensitive gland and is exceptionally reactive to the stress response.

13. **Ask for the thyroid collar.** The thyroid is sensitive to radiation, so next time you’re getting an x-ray at the dentist, ask for the thyroid collar. Do not let your thyroid get zapped!

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**Glutathione** is a powerful antioxidant that strengthens the body’s ability to modulate and appropriately regulate the immune system, dampen autoimmune flare-ups, and protect and heal thyroid tissue. Few foods contain it, but these foods help the body produce it.

**COOKED OR RAW:**
- asparagus
- avocado
- garlic
- squash
- grapefruit

**COOKED:**
- broccoli
- cauliflower
- cabbage
- spinach
- peaches

Natural hypothyroidism treatments - Wake up your thyroid:

Hypothyroidism simply put means that the thyroid is underactive. Your thyroid gland is not producing enough of certain important hormones upsetting the normal balance of chemical reactions in your body. This can cause a number of health problems such as obesity, joint pain, infertility and heart disease.

There can be a number of causes, including autoimmune disease, treatment for hyperthyroidism, radiation therapy, thyroid surgery and certain medications. The signs and symptoms of hypothyroidism vary, depending on the severity of the hormone deficiency, including but not limited to:

- Fatigue
- Increased sensitivity to cold
- Constipation
- Dry skin
- Unexplained weight gain
- Puffy face
- Hoarseness
- Muscle weakness
- Elevated blood cholesterol level
- Muscle aches, tenderness and stiffness
- Pain, stiffness or swelling in your joints
- Heavier than normal or irregular menstrual periods
- Thinning hair
- Slowed heart rate
- Depression
- Impaired memory

Making dietary changes is your first line of defense in treating hypothyroidism:

1- Greatly reduce or eliminate caffeine and sugar, including refined carbohydrates like flour, which the body treats like sugar.

2- Eat more nuts and nut butters and quinoa, which are packed with proteins, which transports thyroid hormone to all your tissues and enjoying it at each meal can help normalize thyroid function and resume hypothyroidism symptoms.
3- If you're getting insufficient fat and cholesterol, you could be exacerbating hormonal imbalance, which includes thyroid hormones. Get lots of natural fats in olive oil, butter or ghee, avocados, flax seeds, and others.

4- Increase the intake of vitamin D, iron, omega-3 fatty acids, selenium, zinc, copper, vitamin A, the B vitamins, and iodine.

5- Go 100% gluten-free.

6- Finally, relax, practice yoga, meditation, tai chi, any one you like or all, the thyroid is a very sensitive gland and is exceptionally reactive to the stress response.
Exercise For Hypothyroidism

Iodine For Hypothyroidism

Fatty Acids For Hypothyroidism
Bladderwrack For Hypothyroidism

Gum Guggul For Hypothyroidism

Gentian For Hypothyroidism
Also reduce alcohol and caffeine intake. Do not use canola oil individually or in any other food item you are cooking at home. This oil disrupts the working of the thyroid gland and leads to less production of the thyroid hormone.

Herbs That Cure Hypothyroid Naturally

Herbs For Hypothyroidism

A form of seaweed known as bladder wreck has high iodine content, so it should be taken by hypothyroid patients. It also solves issues of weight gain that hypothyroid patients suffer from.

Asphaltum punabiunum has high mineral content that is beneficial for hypothyroid patients. Coleus forskohlii is a type of natural herb that enhances the functioning of the thyroid gland producing a greater quantity of hormone by the release of a chemical in the blood system.
Coconut oil increases the metabolism rate in human body as a result of which the secretion of thyroid hormone also increases. But always remember to cook in low flame when using coconut oil as the smoke is harmful to health.

Eat Pears

**Pears For Hypothyroidism**

This was a [natural remedy](#) introduced by the Chinese. The juice of a raw pear regulates the production of thyroid hormones especially in women. Hypothyroid patients must drink a glass of pear juice every morning.
Poison Gooseberry is a herb with multiple common names and health benefits too. Coming from the Nightshade family, *Withania Somnifera*, also referred to as Indian ginseng or Winter cherry has been extensively relied on for enhancing overall health and dwindling energy level. One of the most troublesome symptoms of hypothyroidism is depletion of physical energy. This is where the adaptogenic herb turns out to be helpful.

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**Hypothyroidism Natural Cure with Ashwagandha**
Flaxseed For Hypothyroidism

Exercise For Hyperthyroidism
How Effective is Desiccated Thyroid?

For over a century desiccated thyroid extract has been used to treat hypothyroidism. This crude remedy is one of the old remedies from traditional medicine to be fully adopted by orthodox medicine. But then thyroid drugs came out of the labs and doctors stopped prescribing desiccated thyroid. Is it any less effective now? Why are doctors no longer championing this natural remedy? Is desiccated thyroid safe? Read on to find out.

by Brad Chase

What is Desiccated Thyroid?

Desiccated thyroid extract is the cleaned, dried and powdered animal thyroid gland extract.

Pork thyroid gland is the most commonly used source of desiccated thyroid but beef thyroid may also be mixed with it.

In preparing desiccated thyroid, the fat and connective tissue are removed from pork thyroid gland before it is dried and grounded. In the powder form, the desiccated thyroid is then mixed with binders and fillers before it is pressed into pills.

The most popular brands of desiccated thyroid are Armour from Forest Laboratories Inc. and Naturethroid from RLC Labs. These natural thyroid pills are available in different strengths standardized according to grains.

Each grain weighs 65 mg and contains 38 micrograms of thyroxine (T4) and 9 mcg triiodothyronine or T3.

The ideal ratio of thyroid hormones (T3 and T4) in desiccated thyroid pills is 4 parts T4 and 1 part T3.
Although desiccated thyroid pills are taken for their T3 and T4 content, most of the pills’ weights are taken up by other constituents of pork’s thyroid glands. Other active constituents of desiccated thyroid are diiodothyronine (T2), monoiodothyronine (T1), iodine (bound with protein) and calcitonin.

Desiccated thyroid was first used towards the end of the 19th century. Before then, pork and meat thyroid glands were considered offal to be thrown away. In fact, Armour, the most popular brand of desiccated brand in the US, is made by the biggest meatpacker company in the country since the company has an endless supply from its partner slaughterhouses.

Desiccated thyroid became popular in the US after it was successively used to treat a few cases of severe hypothyroidism in the UK.

For a long while, it was the only treatment for hypothyroidism and it is still used today.

However, in the 1960s, doctors were quickly replacing desiccated thyroid extract prescriptions with levothyroxine as well as T3 and T4 combinations. Since desiccated thyroid remains effective, many believe this sudden shift was simply a move to modernize the treatment of thyroid problems.

### Why Doctors Prefer Synthetic Thyroid Drugs

Endocrinologists believe desiccated thyroid is an antiquated remedy for hypothyroidism. However, there are other reasons for the shift to new thyroid drugs.

Discussed below are some of the big reasons driving this change.

**Batch Variations in Desiccated Thyroid Preparations**

Although the USP (United States Pharmacopeia) specifies the standard concentration for T4 and T3 in thyroid gland preparations, the reality is that there is a wide variation in the concentrations of the thyroid hormones in desiccated thyroid extract available in the market.

For every 65 mg of desiccated thyroid, the USP specifies that 38 micrograms of T3 and 9 micrograms of T4 be present. However, a survey of different desiccated thyroid extract
brands shows that T3 concentrations may vary from 8 micrograms to 59 micrograms while T4 is usually found in the 8 – 18 microgram range.

This variation does not only occur between different brands of desiccated thyroid. It can also be found within the same batch of the same brand.

This variation is caused by the manufacturers’ insistence on standardizing their desiccated thyroid preparations by iodine content and not by thyroid hormone content. Since there are other sources of iodine in desiccated thyroid besides T3 and T4, there will always be variations in the contents of desiccated thyroid pills.

In a way, the standardization of desiccated thyroid by iodine content represents the old method of treating hypothyroidism by increasing iodine levels.

Currently, endocrinologists prefer simply treating hypothyroidism with thyroid hormone replacements.

**A New Understanding of the Relationship between T3 and T4**

Since desiccated thyroid was first used, doctors have come to a better understanding of the relationship between thyroid hormones and thyroid problems.

For example, in the 1960s, researchers demonstrated that most of the T3 found in the body is produced from T4. This means that to increase the levels of T4 and T3, only T4 replacement is needed in most cases.

In addition, by the 1970s, clinicians could very well measure the levels of T3, T4 and TSH or thyroid-stimulating hormone, the pituitary hormone that controls the release of T3 and T4. Therefore, it was possible to confirm that T4 replacement alone was enough to normalize the levels of T3 and TSH.

In contrast, results showed that desiccated thyroid caused abnormally high levels of T3 in the body for up to 4 hours after ingestion.

Desiccated thyroid triggers a high level of T3 in the body in two ways:

- The T4:T3 ratio is higher in desiccated thyroid than in human thyroid gland. In humans, the ratio is 11:1 but in desiccated thyroid, the ratio is 4:1. This means that for the same amount of T4 replaced, desiccated thyroid supplies almost three times the amount of T3 as human thyroid gland
- Some of the T4 in desiccated thyroid is still converted to T3

The abnormally high levels of T3 triggered by desiccated thyroid can severely suppress TSH.

When this happens it can become difficult for the body to self-regulate the amounts of T3 and T4 produced by the thyroid gland.
The high levels of T3 and the suppression of TSH can quickly lead to hyperthyroidism. This is the reason why some patients placed on desiccated thyroid complain of insomnia, anxiety, tremors and heat sensitivity.

In contrast, T4 replacement drugs, such as the different levothyroxine brands, produce far less fluctuations in thyroid hormone levels compared to desiccated thyroid and even combinations of T4 and T3.

**The Rise of the Pharmaceutical Industry**

Lastly, the shift from natural desiccated thyroid extracts to synthetic thyroid drugs coincides with the cultural shift towards synthetic drugs.

As chemists take drug molecules discovered in nature to their laboratories, the pharmaceutical industry achieved scale and could, therefore, synthesized these remedies in larger quantities and outside nature.

This shift quickly led to increased availability of antibiotics, vitamins and new designer drugs.

The big marketing muscle of the pharmaceutical industry also created a cultural shift to these synthetic medicines by training a whole new generation to believe in the superiority of drugs over natural remedies.

One of the casualties of this cultural shift is desiccated thyroid. As a new generation of doctors came along, desiccated thyroid was prescribed less often even as it became increasingly linked with alternative medicine and the perception of antiquated medical practice.

**Why Desiccated Thyroid Is Preferred In Alternative Medicine**

Recently, there is a new movement towards treating hypothyroidism with desiccated thyroid.

As more people turn to alternative medicine, an increasing number of patients, alternative medicine practitioners and even some doctors are turning to desiccated thyroid especially after considering its long track record of safety and efficacy.
Here are some of the reasons why these groups of people prefer desiccated thyroid.

- Desiccated thyroid is considered a natural product. For a growing number of people, that is a big advantage over synthetic lab-derived thyroid drugs. Some people believe natural remedies are just as effective as the synthetic ones (and sometimes more effective) and that they are better tolerated with lesser side effects.
- Desiccated thyroid contains both T3 and T4, the two major hormones produced by the thyroid gland. Therefore, it serves as a better hormonal replacement for treating hypothyroidism. With T4, some patients complain that some hypothyroidism symptoms still persist. Even in conventional medicine, such patients are treated with T4 and T3 combinations. Since desiccated thyroid is a natural combination of these two thyroid hormones, it follows that it is more effective for all cases of hypothyroidism than thyroid drugs.
- Besides T3 and T4, desiccated thyroid contains other active constituents that can contribute to the effectiveness of the preparation. There are other iodine sources (T1, T2 and protein-bound iodine) in desiccated thyroid that increase thyroid functioning. Besides, these other constituents may confer additional benefits and they may be the reason why some patients feel better when placed on desiccated thyroid instead of conventional thyroid drugs.

**Levothyroxine vs. Desiccated Thyroid**

It should be noted that desiccated thyroid was replaced by levothyroxine drugs not because it was found to be ineffective but because it was believed to be unfashionable.

In fact, desiccated thyroid has a good record of efficacy and safety. It produced dramatic results even in early cases when only crude, non-standardized preparations were available.

While there are no controlled clinical trials done to investigate the efficacy of desiccated thyroid, even its critics agree that it is effective. They, however, believe it is not as effective as levothyroxine and that reports to the contrary are due to the placebo effect or overtreatment of hypothyroidism with desiccated thyroid.

From available clinical data and user testimony, the major difference between desiccated thyroid and levothyroxine drugs lies in treatment goals.

Those who recommend desiccated thyroid seek to provide complete relief for all the symptoms of hypothyroidism while doctors who prefer levothyroxine are keen to bring T3, T4 and TSH levels back to normal ranges.

Therefore, levothyroxine supporters believe strongly in the validity of laboratory tests while supporters of desiccated thyroid believe that symptoms are a better indication of the state of a disease.
Because of the latter, alternative medicine practitioners will increase the doses of desiccated thyroid until all symptoms are resolved. In contrast, endocrinologists will add T3 to T4 drugs to control thyroid hormone levels better.

Which approach is more effective? It is hard to say. In the end, it depends on the patient.

If better control can be achieved with levothyroxine then the patient is better served by an endocrinologist prescribing thyroid drugs. However, when there are still unresolved hypothyroidism symptoms especially when TSH level has been normalized, then it may be time to turn to the old, true remedy of desiccated thyroid.

For those who prefer natural remedies, desiccated thyroid is effective. It may well be an even more effective remedy than conventional thyroid drugs.

**Sources**


http://www.drugs.com/pps/thyroid-desiccated-thyroid-usp.html

**Conventional Thyroid Treatment Side Effects Exposed**

**Thyroid deficiency** is a chronic disorder which is caused when the gland fails to secrete the required hormone of thyroxine in the form of T3 and T4. For managing normal health condition, every human being needs a certain amount of thyroxine; conventional thyroid treatment pills vs. natural hypothyroidism remedy and when there is a reduction in the normal range it causes a defect. It would affect your health in many forms like **reduced pulse rate, slow reflexes and enlarged condition of the heart**. Further, it may also cause slowness in normal functions and confusion in your brain thereby affecting your thinking capacity and concentration.

Tom Brimeyer in his book *Hypothyroidism Revolution* has clearly offered a permanent solution for treating this disorder. But, before you start working on his treatment plan, you should know about the types of conventional treatment for hypothyroidism and its side effects. To begin with, thyroid shortage is a chronic disorder hence requires lifelong treatment. In other words, you should not stop taking medicines or any other type of treatment till you live. This theory is certainly the worst side effect of conventional medicines.
**Thyroid tablets**

Earlier, doctors gave desiccated thyroid tablets to patients in the form of levothyroxine T4 (Levoxyl). But, this medicine could not be prepared with consistent potency since it was extracted from animal glands and hence it was later replaced by pure form of synthetic thyroid. Cytomel (T3) is the other pill given for treating hypothyroid state which has to be taken several times a day. **On an average, an adult needs to take 100-150 mcg of T4 each day** if he or she chose to follow conventional therapy of treating hypothyroidism.

**Replacement therapy**

Thyroid hormone replacement was done for many patients who totally lack hormone secretion from the gland. However, this could badly damage their heart condition accounting for various types of heart problems in the future. **Imagine the side effects in children and women** who were otherwise healthy but went through great struggle after taking medicines for thyroid, inviting heart problems. conventional thyroid surgery it would often cause chest pain, and sometimes it may trigger heart attack in older patients. Hence, **many people hesitated to prefer hormone replacement therapy in the fear of getting acute heart attack.**

**Effect on other medicines**

**Another drastic adverse effect of taking thyroid medicines** is it will interfere with any other medications you take in the future causing more complications. Patients who take this medicine should, under no circumstances, take iron tablets or antacids (even aluminum hydroxide found in many antacids) since this will result in failure of absorption of thyroid drugs. Again, there is no guarantee that you are given correct dosage of drugs for thyroid deficiency. You will be asked to monitor the TSH level in blood every 2 months, and so the dosage will be changed. There is every chance for your gland to secrete excess of thyroid hormone causing serious consequences if you are on over dosage of medicines.

Even doctors have admitted that if any person who takes thyroid medicines can suffer from severe heart palpitations and irregular heartbeat if his system suddenly starts
secreting hormone thereby overloading it. It may aggravate his blood pressure and may cause osteoporosis. Hence, care must be taken to keep the TSH level within the standard range. Very often people who have just started with thyroid treatment will observe the following side effects.

- Increased appetite
- Increased palpitation
- Irregular heartbeat
- Confusion
- Shakiness
- Poor concentration
- Diarrhea and sweating leading to dehydration
- Sleeping sickness
- Dry skin and sudden hair loss

In case you suffer from subclinical hypothyroidism, you should consult your doctor before you start taking medicines. It can cause harm in two possible ways. Even if your system is able to secrete small quantity of TSH on its own, you will have to stop the treatment abruptly since it may harm you. On the other hand, if your TSH level becomes higher, then taking oral thyroid drugs may boost your blood cholesterol thereby affecting your heart’s ability to pump blood causing heart attack and stroke.
Under dosage and over dosage

Problems faced by patients who take conventional treatment for thyroid gland defect due to under dosage include sluggishness, chills and fever, mental confusion and muscular cramps. Similarly, those who are exceeding the dosage of Levothyroxine may suffer from symptoms of rapid heartbeat, palpitations, pulse variation, congestive heart failure, nervousness, anxiety, depression, agitation, sudden weight loss, loss of appetite, intestinal disturbance, headache, muscular cramps, stiffness in joints and intolerance to heat. The irony of taking conventional medicine is the patient will not feel better even after they have reached the normal TSH level and will continue to have the above symptoms. **Having excess of thyroid hormone in blood is potentially dangerous for newborns and pregnant women.**

**Adverse Effects of Treatment**

People who take conventional treatments for hypothyroid condition for long-term will have increased risk of getting osteoporosis. This condition is more particular in
women who are in the menopause stage. It weakens the bones and they are prone to fractures and other complications by resorting to conventional treatment. Like many other conventional methods of treatment, taking thyroxine tablets or hormone replacement therapy have serious side effects. Some patients undergo radioactive iodine therapy for thyroid shortage is more prone to thyroid cancer in the future. conventional thyroid surgery vs the hypothyroidism revelation Radiation is considered to be the reason for causing inflammation of the lymph nodes. Sometimes, the adverse effect can become fatal if you are not hospitalized immediately.

It is very much essential for you to monitor any new symptoms once you start taking any type of conventional treatment for this disorder. However, you can stick on to Hypothyroidism Revolution Program created by Tom Brimeyer which provides a complete solution based on controlling diet and exercise. Therefore, it is wise to resort to natural healing methods that give a permanent solution scientifically instead of sticking on to traditional medicines for long-term. Further as stated in his eBook, you have to make lifestyle changes and dietary changes to manage defect in the gland.
Hypo-Thyroid Syndrome

Effects of SCIO and Pulsed LED Light Therapy -

A clinical trial

Draft for

Research Pilot Study

Version 1.3

Fredrik Lübbing

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Hypo-Thyroid Syndrome

Effects of Pulsed LED Light Therapy on SCIO

- A clinical trial

Introduction

Low metabolism in the Thyroid gland is a common and increasing problem within the western world countries. The reasons are probably multi-fold, of which mental stress, food toxins, electromagnetic radiation through a more electronic environment, are just a few. Also, women seems to be more affected than men. This draft describes an idea for a pilot study on the use of LED Light Therapy in order to stimulate increased metabolism in the gland.

Clinical background

The thyroid gland is producing thyroxin, a hormone also named T4 that is a necessary hormone for all cells and organs in the body, it sets the metabolism in our body, the energyproduction in the mitochondria.

T4 is converted in the tissue to T3 which is the actual regulator of metabolism.

T3 needs to enter the cells to reach the cell receptors and there we need cortisol a hormone from the Adrenals.

The hypothalamic-pituitary-adrenal axis (HPA or HTPA axis), also known as the limbic hypothalamic-pituitary-adrenal axis (LHPA axis) and, occasionally, as the hypothalamic-pituitary-adrenal axis, is a complex set of direct influences and feedback interactions among the hypothalamus, the pituitary gland (a pea-shaped structure located below the hypothalamus), and the adrenal (or suprarenal) glands (small, conical organs on top of the kidneys).

The interactions among these organs constitute the HPA axis, a major part of the neuroendocrine system that controls reactions to stress and regulates many body processes, including digestion, the immune system, mood and emotions, sexuality, and energy storage and expenditure.
If not enough hormone T4/T3 is produced by the thyroid – not enough energy/ATP will be produced by the mitochondria. The body will have a low metabolism and temperature and many processes in our organs will be on the low side and the patients will be very tired.

A hypothyroid patient can have many different symptoms all depending from low energy production.

The clinical diagnosis is paramount to understand the patients problems.

Fibromyalgia is caused by lack of energy from the mitochondria in the vascular regulation of blood flow. If the vasculature cannot open up the tissue will develop ischemia (lack of blood flow) which is very painful.

It would be good to develop a stimulation of the thyroid, so that the increase in energy could be regulated by our body. Today this is done by increasing the T4 (Levaxin) and if the adrenals are functioning this will stimulate the mitochondria to increase the energy production and ATP generation.

One possible way to stimulate the thyroid and mitochondria could be by using LED light/lasers, which should be investigated.
Research proposition

We would like to start with a little pilot study, determine whether LED Light/Laser Therapy might be beneficial. There are some scientific documentation describing positive mitochondria response to laser light, which implies a useful mechanism for increasing the cells energy levels, and hence its metabolism.

We will set up a group of patients (10-15) at a private clinic in Stockholm, treat and follow them for 3 months, during which various tests (blood, urine, saliva etc) will be performed repeatedly. After the trial period an evaluation will be performed and documented.

Research Design

1. Perform tests on target group, before any treatment

   Blood : TSH, T4
   Saliva:  Cortisol
   Urine:  T4
   Urine:  T3 during 24 hours
   SCIO test:  ?
   HRV:  Energy disposition

2. Treatments, repeatedly for 5-6 times with intervals of 3-4 days (3 weeks)

   SCIO:  Continuously monitoring Thyroid parameters
           Documentation of possible trends

3. Test cycle, 4 times during 2 months (every 2nd week)
Blood: TSH, T4
Saliva: Cortisol
Urine: T4
Urine: T3 during 24 hours
SCIO test: ?
HRV: Energy disposition

4. Data processing

5. Evaluation

6. Documentation
Data acquisition, other than conventional tests

During treatment, each patient will be monitored through Thyroid respons electromagnetic Spectrum Analysis (FFT). This will give an indication of any gland system reactions, if present.

After the treatment period, conventional tests will be performed according to praxis.

Data processing

According to conventional university standards.

Evaluation model

Randomized Descriptive.

Evidence production

Quantitative, context non-dependent.
Technical configuration

See fig. 1

The LED Laser Light directed towards the patient’s throat is pulsed, which means that it is “blinking”.

The pulse frequency is of importance, because it is probably patient dependent (age, sex, current Thyroid status etc).

Therefore the pulse frequency will be varied over time (20-5000 Hz in steps), and Thyroid reaction level constantly monitored, in order to find the optimal pulse frequency for each patient. Hence, this configuration provides an individually designed Thyroid treatment, which is unique.

Research Staff

General supervisor M. Sc. Fredrik Lübbing

Advisor Prof. Karl E Arfors

Clinical Director

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Associates
Rolf Thiberg, inventor          Biolight AB              www.biolight.se
Desiree Dubonet, Founder       Maitreya Ltd             www.qxsubspace.com
Richard Lloyd, Managing Director Maitreya Ltd             www.qxsubspace.com

Contact information
Fredrik Lübbing        076-257 40 54            efl-konsult@hotmail.com
Karl E Arfors           0708-32 41 63           karl.arfors@ccmi.salk.edu
Rolf Thiberg            0706-20 62 63           rolf@biolight.se
Desire'e Dubouneet      desire.dubouneet@.com
Richard Lloyd           0036-130 360 43 / 340 richard@qxsubspace.com

Appendix 1
Example of Scio output during measurement
# Thyroid LED Light Pulse response

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<th>SCIO response measurement</th>
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</table>

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Appendix 2

Technical modifications to the SCIO system

1. Separate a Thyroid module, from the overall system, for the tri-vector complex spectrum analysis.
2. Program an Assembler module that outputs the control frequencies equivalent data (0 – 5 Volts).
3. Assembler modules data serves as outputs to VCO (Voltage Controlled Oscillator). Perhaps built in the SCIO as a program module.
Radiation and the Thyroid

By Talia Rose

Sodium Alginate: An effective preventive and therapeutic substance against radiation and heavy metals according to Tanaka. In two experiments using rats, sodium alginate decreased by a factor of 12, the uptake of several radioactive isotopes—including strontium-90, strontium-85, barium, radium, and calcium. Skoryna et al. concluded that ingestion of small but regular doses of alginate is effective in preventing the daily absorption of small doses of radioactive strontium and other contaminants that are present in the environment. Brown sea vegetables such as kelp are the most effective sources. Alginate is nontoxic and is not reabsorbed for the GI tract and appears to have no adverse affects even at high doses. Red sea vegetables, such as a dulse are most effective at binding plutonium, and green algae binds cesium most effectively.

Dose: The Atomic Energy Commission recommends for maximum protection against radioactive poisoning for humans, taking a minimum of 2 to 3 ounces of sea vegetables a week or 10 grams (two tablespoons) a day of sodium alginate supplements. During or after exposure to radiation, the dosage should be increased to two full tablespoons of alginate four times daily to insure that there is a continual supply in the GI or gastrointestinal tract. There may be a rare problem of constipation but this can be avoided if the sodium alginate is made into a fruit gelatin. Agar, derived from sodium alginate in kelp, is a safe, nontoxic substance that can be used as a thickening agent or gelatin. (Solaray has a great product I use now called Detox Blend ) Another benefit of sea vegetables is the natural iodine. If there is insufficient iodine in the diet radioactive iodine-131 will be absorbed and collected in the thyroid gland. Even if radioactive iodine is absorbed by the thyroid, taking natural iodine helps offset the side effects of exposure. According to Dr. Russell Morgan, one mg. of iodine for children and five mg. for adults taken daily will reduce by about 80 percent the radioactive iodine accumulated in the thyroid. Whole foods are the best source of iodine, e.g. sea vegetables like hijiki, arame, kombu and dulse. Iodine is leached from the thyroid gland by drinking chlorinated water. Avoid iodized salt which contains excessive sodium and no potassium. Sea vegetables are rich in vitamins and contain most if not all of the essential minerals and trace elements. Sea vegetables also help dissolve fat and mucus deposits. Chlorophyll: A number of studies found that chlorophyll-rich foods can decrease radiation toxicity. Spirulina and chlorella are two micro-algae that are rich in this substance, as are leafy greens, celery, parsley, the sprouts of any grain or bean, the young shoots of any edible grass and sunflower greens. Chlorophyll is similar in structure to hemoglobin. Sea Vegetables: Sodium alginate is one of the more powerful protective substances in sea vegetables like kelp, which includes arame, wakame, kombu, and hijiki. Sodium alginate reduces the amount of strontium-90 absorbed by bone tissue by 50 to 83 percent. (You can also obtain a great source of this in a fantastic herbal combo by Solaray called Detox Blend SP-25.) Bee Pollen: Studies show that bee pollen can significantly reduce the usual side effects of both radium and cobalt-60 radiotherapy and also the sickness after massive abdominal x-rays. One study showed that the proliferation of cancer cells stopped in cancerous tumors induced in mice. (This is only indicative and does not purport to be medical advice. One should go to the source and study the relevant information before drawing conclusions. Try to get real bee pollen from an organic bee keeper, uncooked.) Bee Propolis: Besides the healing and anti bacterial qualities of this substance, it has
been effective in clinical stages of radio epithelitis, i.e. inflammation of epithelial tissue due to radiation. (Same as above. Get unheated, raw organic honey; it is a good source of pollen, royal jelly and propolis.) Fermented Foods: Due to their multiple beneficial effect on the intestines, fermented foods help to counteract the toxins from radioactive fallout that is ingested from foods, e.g. yogurt, sauerkraut, kefir, etc. Beets: Beets have been shown to rebuild hemoglobin of the blood after exposure to radiation. Rats fed a diet of 20 percent beet pulp were able to prevent cesium-137 absorption and 97 to 100 percent more effectively than rats given no beets. Primary-grown Nutritional Yeast: Besides having Vitamin E, it also contains the nucleic acids RNA and DNA, both of which have been shown to have radio protective qualities. It has been shown to help rebuild and regenerate cells damaged by radiation, and also to produce relief from radiation poisoning and it’s many horrible symptoms. Nutritional yeast has a good amount of many important nutrients. Primary–grown yeasts bonds with and absorb heavy metals such as uranium, lead and mercury! Garlic and Onions: Cysteine, also present in onions, binds with and deactivates both the radioactive isotopes and toxic metals such as cadmium, lead and mercury. The sulfur in cysteine helps the kidneys and liver detoxify the body. Garlic has many wonderful healing properties and should be researched. Chlorophyll: Lourau and Lartigue reported that green cabbage increased the resistance of guinea pigs to radiation. The US Army found that broccoli, green cabbage and alfalfa reduced the effects of radiation on guinea pigs by 50 percent! (You can get a good organic alfalfa pill very cheap from Nature’s Plus.) Oils: Dr. James Ashikava found that mice will survive normally lethal doses of x-rays if they are given common edible unprocessed vegetable oils—especially olive or peanut oils. It is reported from Mexico, that those who work or live near sources of radiation, such as atomic labs or nuclear power plants, eat or rub vegetable oils on their skin for greater protection. In one mice study, olive oil taken internally fully protected rats against progressive doses of x-rays ranging from 300 to 2,400 roentgens. The olive oil provided optimal protection when is comprised about 15 percent of the total calories of the diet. Olive oil and sesame oil are more resistant to breaking down from heat while cooking and have a longer shelf life. Vitamin A: In 1974, researchers from India found that vitamin A, when taken internally by humans, hastened recovery from radiation. In 1984, Dr. Eli Seifter and a team of researchers fro the Albert Einstein College of Medicine.....reported vitamin A and beta-carotene counteracted both partial and total body gamma radiation. It also improved the healing of wounds; reduced weight loss, thymic and splenic atrophy, and adrenal enlargement; and prevented gastro-ulceration and an abnormal decrease in red and white blood cell formation. (The therapeutic purposes, 25,000 to 35,000 IU are recommended for adults. During emergencies or crisis situations, intensive exposure may warrant as much as 40,000 to 100,000 IU of beta-carotene, but should be taken for no more than three to four weeks. Infants should not consume high amounts. This info is only very partial and you should consult the book for specifics.) Vitamin B Complex: There are so many benefits to the B vitamins that there is no space to list them. One of the many is they normalize the red and white blood cell count, because the destruction of white blood cells by radiation can last for extended periods of time. The various B vitamins have different effects and should be taken together. Vitamin C and Bioflavonoids: Not to be redundant; researchers at Harvard Medical School said, “Our experiment showed that vitamin C can prevent damage from radiation....it somehow keeps the radiation from killing the cells.” Their experiment indicates that the dosage for humans exposed to intensive radiation would be approximately 10 grams per day---a mega dose. (More about C and radiation later from Dr. Thomas Levy. The literature must be studied before mega dosing but levels up to 50,000 and more have been
administered for short periods with good results. If more than 750 mg. of vitamin C is taken daily, the body cannot store much C and it is used for darn near everything in the body, so make sure you get enough.) Vitamin D: An adult therapeutic dose would range from 400 IU per day to 1,000 IU daily. During an emergency, adult daily dosage could go as high as 2,000 IU, if taken for no longer than one month. (I would say to find a natural vitamin D as there have been reports that synthetic vitamin D has some bad side effects.) Vitamin E: It can protect against the effects of x-rays and radioactive cobalt. It improves anemia following exposure to radiation. It can provide internal and external protection against cesium-137 which is a common component of fallout and nuclear power plant leaks and routine emissions. For the form of E d-alpha-tocopherol, an adult weighting about 155 would need about 900 IU per day. (I take more than this every day normally.)

On exposure, I would take 1600 IU as I have many times for several weeks. I prefer to get the dry, water dispersable E, but any kind is good as long as it is fresh. The oil can go rancid. Also, try to get the most natural form.) E also helps prevent the destruction of Vitamin A and fatty acids by massive doses of x-rays. If large doses of C, B and E are taken before exposure, the terrible symptoms of radiation sickness can be reduced or eliminated to a large degree. Caution: E should be used cautiously if you have high blood pressure or rheumatic heart disease. Calcium: By the mechanism of selective uptake, calcium blocks or decreases the absorption of strontium-90, calcium-45 and other radioactive isotopes by the skeletal system. Calcium also helps to eliminate radioactive isotopes that are lodged in the bones! The National Research Council recommends that adults consume 800 mg. of calcium per day. For children...
and lactating women this is 1,000 mg. and 1,400 mg.. Too much calcium can be harmful. The best forms of supplemental calcium are calcium citrate, gluconate, carbonate, lactate, or amino acid chelated calcium. It is good to take a calcium—magnesium combination. Magnesium: Like calcium, magnesium prevents the uptake of radioisotopes and helps to eliminate already stored strontium-90. One reason not to use synthetic vitamin D (Calciferol) is that it can combine with magnesium and carry it out of the body. Calciferol is contained in much commercial milk. Fluoride also leaches calcium from the body among other horrendous things. The optimal diet should contain about ½ as much magnesium as calcium. The RDA for calcium is 350 mg. to 700 mg. The high end should not be exceeded but since the Standard American Diet or SAD does not supply enough magnesium, supplements are recommended.

Selenium: Wonderful element. Does so many positive things impossible to list. It fortifies the immune system, reduces the rate of cancer in humans and helps to alleviate leukopenia, (abnormal decreases of white blood cells). The RDA is 50 to 200 micrograms per day. Some recommend as much as 100 to 300 micrograms per day, but more should be under medical supervision. It is most effective when taken with vitamins A and E. Potassium: If there is a deficiency, radionuclides like cesium-137, cesium-134, potassium-40 and potassium-42, are absorbed through selective uptake etc. RDA is uncertain but health authorities suggest a minimum of 2,000 to 6,000 mg. in the diet. Usually supplementation is not necessary and too much can be dangerous. Zinc: A diet that supplies sufficient zinc blocks the uptake of radioactive zinc-65. Zinc DTPA has been used to chelate americium-241 from a nuclear accident victim. Natural zinc also will help the body eliminate several toxic heavy metals including cadmium, aluminum, lead, and excess copper. Although doses over 50 mg. per day have been used it should be under a doctor’s care. Dose: Preventive—adults—15 mg.----pregnant women—30 mg.--------lactating women—40 mg. Therapeutic—adults---15-50 mg. --------------pregnant women—30-50 mg.---------

Lactating women---40—50 mg. per day. Iron: A number of studies indicate exposure to radiation significantly decreases levels of iron in the body. Radioactive iron and plutonium, isotopes similar in structure to iron, can be carried to iron storage sites such as liver, bone marrow, ovaries or testes, and lungs if the body is deficiency in iron. The National Research Council recommends a daily intake of 18 mg. for women, 30 to 60 mg. daily if pregnant or more if lactating; 10 mg. for men, and 10 to 18 mg. for children. After exposure to radiation or loss of blood, supplementation of approximately 10 to 18 mg. daily. Siberian Ginseng: Eleutherococcus senticosus is the best for medicinal purposes. Soviet researchers reported that eleuthero extract has radio protective qualities, and can be used in conditions of acute or chronic radiation sicknesses such as hemorrhaging, severe anemia, dizziness, nausea, vomiting and headaches due to x-rays. It can lengthen survival time after exposure. The list is too long. Do some research. It is almost miraculous protecting against infections. poisons, etc. It increases human resistance to a remarkably wide variety of stressors. Adult extract treatment doses: 20 to 40 drops before meals, two or three times per day. Children: single dose one drop per each year of age, repeated twice a day. Panax Ginseng: Studies have found this Asian version is effective against radiation as well. Researchers observed, ginseng increases the rate of production of serum albumin and gamma-globulin as well as DNA and RNA protein, and lipid synthesis in bone marrow cells. Also, human subjects taking ginseng root were able to acclimatize more easily to oxygen-deficient air. Both types can be taken daily as they build up in the body in a positive way. Best to take small amounts over a long period. Aloe: Of the more than 200 species of Aloe, these species have shown evidence of being radioprotectants: aloe barbadensis (aloe vera), aloe arborescens, aloe striatula, and aloe saponaria.
Emulsions can prevent the development of local reactions in radiation therapy and treating radiation burns of second and third degrees. Aloe also accelerates the process of tissue repair and normal cell growth. It is optimal to use its fresh form direct from the juicy leaves of the plant. It also has pain-relieving properties. Use fully mature leaves from outer leaves first.

Chaparral: Also known as the creosote bush, one of the active ingredients is NDGA. One thing it does is inhibit the tumor electron transport system, which denies such growths the electrical energy they require. It also corrects malignant melanoma in many cancer patients. Chaparral is an excellent antibiotic and helps purify and detoxify the blood. Use with caution and supervision. Dose: If taken in tablet form take an extra 300-750 mg. of vitamin C per day to help the body process the concentrated resins and gums in the herb.

Green Tea and Black Tea: Indications are that the radio-protective effects of tea catechins are associated with the antioxidative property, taken both before and after irradiation. Caution with large use of black or green teas because they contain large amounts of caffeine and tannic acid. Also, some evidence that green tea takes up large amounts of fluoride. Nucleic acids: RNA and DNA increase the survival rate of mammals exposed to irradiation. Bee pollen, nutritional yeast and certain sea algae such as chlorella contain relatively large percentages of nucleic acids. Onions contain RNA. Cysteine: A natural amino acid helps counteract several kinds of radiation. Caution: Do not take as a separate supplement. Can be a dangerous excitotoxin like glutamate (MSG) or aspartate in abnormal quantities. Occurs in sulfur containing vegetables most of which are in the cabbage family. Kale is by far the best source with watercress and brussel sprouts good sources too. Make sure you get non-irradiated vegetables. Papain: Obtained from ripe fruit like apples. Like sodium alginate in agar and kelp, pectin bonds or chelates with radioisotopes, especially strontium-90, and reduces the absorption into the skeletal system. Papain: In one study, 50 percent of the rats given papain survived a normally lethal dose of radiation.

Medicinal Charcoal: Has the ability to absorb and neutralize radioactive substances and some toxic materials. Researchers report that 10 grams or 1 tablespoon of charcoal can absorb about 3 to 7 grams of materials.
SCIO and thermal imagery

ALPHA MEDICAL GROUP

Patient No. 8

Thermogram: IR_1076.JPG  10.04.2007

R. D. R., female, 68, Bucharest

SCIO test identifies altering of the intervertebral rapports with compression injuring of the sciatic plexus’ root and more often on the left femoral branch.

Conclusion – neuromuscular dystrophy accompanied with functional disorder and pain.

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Object Parameter | Value
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Emissivity | 0.90
Object Distance | 2.0 m
Reflected Temperature | 20.0 °C

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</table>

R.D.R. female, 68, Bucharest

SCIO conclusions - Tissue dystrophy of the left thigh as a consequence of the compression occurred at the left thigh.

Thermo-IR interpretation – significant thermic gradient Delta T by vascularization alterations on the dermatome of the femoral nerve.

Patient confirms dysfunctionalities, pain and even the thighs’ asymmetry in volume.

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R.D.R. female, 68, Bucharest

SCIO -- Tissue dystrophy as a consequence of the disorders of vertebral position, -disordered energetic spinal flux. Overweight, thyroidal hypofunction.

Patient was treated repeatedly with direct and virtual SCIO energetic therapy, evident amelioration being noticed.

Thermo-IR emphasizes thermic asymmetry at the whole left lower limb.

Object Parameter | Value
--- | ---
Emissivity | 0.90
Object Distance | 2.0 m
Reflected Temperature | 20.0 °C

Label | Value
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Ar1: Max | 33.3 °C
SCIO – Spinal energetic flux with multiple disorders of the vertebral corpuses, more evident in the lumbar region. Tissue dystrophy of the left lower limb.

Thermo-IR- emphasizes thermic asymmetry with higher thermic gradient in the lower part of thigh and shank and diminished dimensions. A difference between Li 2 and Li 1 can be noticed at the level of the thighs.

Patient has been manifesting recurrent pains for over 2 years and, obviously, dysfunctionalities in the left side.

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<td>Li1: Max</td>
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</tr>
<tr>
<td>Li2: Max</td>
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The aura is composed of seven fields within and outside the body. Each field called a density represents a specific energy range, corresponding to color, light, and sound. When densities are clear, energy moves freely through the body, unifying the physical body, the subtle body, and the causal body with a person’s higher consciousness.

Interpretation of Photo one: Indigo Blue on the outside area indicates an old soul...many past lives...full of wisdom and this is the time to complete one’s mission because of the wisdom and experiences of past lives. The colors Rose and Fusia are signs of unconditional love and compassion. White throughout the entire aura is the connection with spirituality and the spirit world. The shaded areas above the head are signs of self-doubt. There is much love but a strong need to have confidence in one’s own abilities with this power.

Photo 2: After SCIO (Quantum Bio Feedback) The SCIO energetically cleanses and repairs by mending the Aura if it is ripped or torn, and then adjusts frequencies within the corresponding Auras fields that strengthens and provides protection. Aura Cleansing Cactus is used for cleansing and regeneration of the aura and the astral body. White Angelica is used to ward off bombardment of negative energy, increase the Aura, and for strength and protection. The golden arch over the top is the energy of the Christ Consciousness. An entity appears on both sides of the person. The one on the left is Golden with green...transformation of the Christ consciousness...The turquoise blue and white entity on the left side is about a message of the need to be in service (blue) and the focus is on the service mixed with spirituality (white). The fact that there are entities on both sides confirms the opportunity to complete one’s mission in this life and this person has support from higher beings who have come to help. There is green in the heart chakra and is mixed with purple as well. The transformation of the heart with the purple color is of the highest vibration of spirituality such as seen on Easter when the priests celebrate the Ascension he wears purple. All colors of the second photo are higher levels of vibration and show a shift from the first photo of love but with self doubt...to the golden, purple and transformational greens.
Desiré is the Professor Emeritus of IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

Since 1995 IMUNE has been offering medical education in a variety of subjects to defend and perpetuate Natural Medicine. There are many small minded people being driven by the SINthetic chemical companies to destroy Natural Medicine as a viable choice in Medicine. IMUNE has offices in Switzerland, Mexico, Dubai, Budapest, England, and the British Virgin Islands. The small petty minded picayune minions of the chemical companies constantly attack with their anal retentive biased short sided views. We must fight for freedom of choice and especially freedom of choice on medicine.