

## **Symptoms of Hypothyroidism**

Insufficient Thyroid Hormone causes bodily functions to slow down. The symptoms of Hypothyroidism are subtle and gradual and may be mistaken for Depression. Facial expressions become dull, the voice hoarse and the speech slow, eyelids droop and the eyes and face become puffy and swollen. Many people with Hypothyroidism gain weight, become constipated and are unable to tolerate cold. The hair becomes sparse, coarse, dry, scaly and thick. Many people develop Carpal Tunnel Syndrome which makes the hands tingle or hurt. The pulse may slow, the palms and soles appear slightly orange (carotenemia) and the side part of the eyebrows slowly falls out. Some people, especially older people may appear confused, forgetful, or demented - signs that can easily be mistaken for Alzheimer's Disease or other forms of dementia.

If untreated, Hypothyroidism can eventually cause Anemia, Low Body Temperature, and Heart Failure. This situation may progress to confusion, stupor or coma (Myxedema Coma) a life threatening complication in which breathing slows, the person has seizures and blood flow to the Brain decreases. Myxedema Coma can be triggered by exposure to cold as well as by an infection, trauma and drugs such as sedatives and tranquilizers that depress Brain function.

Other drugs such as Sulfa and Antihistamines are known to aggravate this problem.

### **Thyroid Self-Test:**

To test yourself for an under active Thyroid, keep an Electronic Thermometer by your bed at night. When you wake up in the morning, place the thermometer in your armpit and hold it there for about 10 minutes. Keep still and quiet. Any movement of the body can upset your temperature reading. Temperature of the Body rises when you begin moving around. A temperature of 97.5°F. or lower is indicative of an under active Thyroid. Keep a Temperature log for five days. Menstruating women should perform test on 2nd, 3rd & 4th day of menstruation. Menopausal women or women with irregular periods can check on any day.

If your readings are consistently low, consult your Health Care provider.

## **Symptoms of Stealth Hypothyroidism**

Some times the Free T3, Free T4 and Ultrasensitive TSH Hormone levels check out to be OK, but the body still manifests all the symptoms of Hypothyroidism - especially the early morning temperatures are consistently below 97.5° F. sometimes even as low as 95° F or lower and one begins to wonder if something is wrong with the Thermometer. What is the explanation for this ? The phenomenon is know as Estrogen Dominance.

## **Estrogen Dominance & Thyroid Function**

Estrogen causes food calories to be stored as fat. Thyroid Hormone causes fat calories to be turned into usable energy. Thyroid Hormone and Estrogen therefore have opposing actions.

Estrogen dominance inhibits Thyroid action and lowers the rate of metabolism of the Body. Natural Progesterone inhibits Estrogen action.

The symptoms of Hypothyroidism may also occur because of Estrogen Dominance (deficiency of Progesterone). Hypothyroidism, which results in weight gain and a host of other symptoms, can be corrected by the presence of Natural Progesterone in the body. Natural Progesterone levels can be enhanced in the body by supplementation of the diet with Herbal Dietary Supplement Wild Yam during the perimenopausal years and once corrected can be easily maintained by increasing the intake of Protein rich Food in the Diet - 2 bowls of Mung Sprouts per day is adequate in most cases to continue maintaining your Body in a Hormonally Balanced state. To increase Progesterone levels during the Menopausal years, topical application of Progest Gel containing Bioidentical Progesterone Hormone is recommended..

Many other presumed Thyroid dysfunctions (like falling hair, water retention, loss of memory, dry skin) and Autoimmune Disorders are actually caused by Estrogen Dominance.

The crucial nutrient for Thyroid Hormone synthesis in the body is Iodine. Herbal Dietary Supplements like Kelp are a rich source of natural Iodine. Natural Iodine along with Tyrosine an amino acid can help the Thyroid manufacture normal levels of Hormone T3 and T4. In the presence of adequate levels of Natural Progesterone, Estrogen Dominance will disappear and the Thyroid Gland / Body will begin functioning normally i.e. the symptoms of weight gain will disappear.

Kelp along with Tyrosine (and Wild Yam / Progest Gel in cases of Estrogen Dominance) can therefore increase the Rate of Metabolism of the body and result in corresponding Weight & Body Dimension reduction. Weight & Body Dimensions reduced in this manner have no rebound effect and you do not have to be on the Program for ever and for ever.

## Administration of Tyrosine

The Body has approximately 28 different Amino Acids, some of which are obtained from the Protein rich food you eat and others are manufactured within the body itself from adequate reserve of Proteins and Nitrogen.

If your diet lacks adequate level of Proteins, you will end up having an Amino Acid / Nitrogen deficiency. This can also happen if your Calorie / Food intake is restricted in which case Proteins will automatically be in short supply.

The use of Tyrosine (Forte) as a Dietary Supplement raises the production of Thyroid Hormones in the body. These in turn increase the Rate of Metabolism which raises the Body Temperature back to normal levels of 98.0°F to 98.4°F.

The effect of Tyrosine can be determined by monitoring your Basal Body Temperature, as per the procedure given in my earlier Circular to you.

When Tyrosine raises the Body Temperature, it infers that your Body is not able to manufacture adequate quantities of it along with other Amino Acids. The reason can be that, in these days of "Enlightened Eating Habits" (pun intended) you have reduced your calorie intake to such low levels that you inadvertently landed up in a state of Protein Deficiency creating a Nutritional Imbalance in your Body.

## Protein Deficiency

How can a Protein Imbalance be corrected without too much increase in calorie intake? The solution is found in Mung Beans and Mung Sprouts. Mung Beans when sprouted have 2.5 times (30 gms) of Protein compared to Wheat (12 gms) and 4.0 times compared to Unpolished Brown Rice (8 gms) for every 100 gms you eat.

	Mung Beans	Mung Sprouts	Wheat	Rice (Polished)
<b>Protein*</b>	24.0	30.0	12.1	6.8
<b>Carbohydrate*</b>	59.9		69.4	78.2
<b>Fats*</b>	1.2		1.7	0.5
<b>Calories*</b>	348.0	300.0	341.0	345.0
<b>Calories / Protein gm</b>	14.5	10.0	28.2	50.7

\* Per 100 gms. The Recommended Daily Allowance (RDA) for Proteins is 45 gms. for people without any Protein deficiency

The choice would be therefore to incorporate Mung Beans / Mung Sprouts in your diet in a very serious way. I recommend a daily intake of two 100 gms bowls of Mung Sprouts. Mung Sprouts are the obvious choice as it has the least amount of Calories i.e. 10 calories per gram of Protein.

Incorporating Protein rich Foods like Thallipeat, Methkuth and Protein Rich preparations will help you to maintain adequate Proteins and Nitrogen balance in your Body. It will allow the body to produce its own Amino Acids including Tyrosine.

So how long should you use Tyrosine(Forte)? My answer is, it should not take you more than 2 months to increase Protein Rich foods and phase out Oral supplementation of Tyrosine from your life.

Hypothyroidism is also associated with Anemia and extremely low Blood Pressure (Systolic of 90 and Diastolic of 60 is commonly encountered). You can also monitor your progress by watching your Blood Pressure and Basal Body Temperature go up.

## **Self Inflicted Hypothyroidism**

When you first begin putting on weight, you use your "Intellect" to cut down on the food you are eating. When there is a shortage of food, the body uses its intellect to slow down the Rate Of Metabolism to conserve the dwindling supply of calories coming from your meager diet. The Rate of Metabolism is slowed down by reducing the levels of Thyroid Hormones in the Body. As the Rate of Metabolism lowers, you begin to put on more weight and you also cut down on food intake thinking you will slow down weight gain. This is a vicious cycle that repeats over and over again. The rate of weight gain rising with each cycle of cutting down of calorie intake.

Believe me, this is a true nightmare that millions of women are living through - with probably no help in sight.

Dieting over prolonged and extended periods can permanently reprogram the Thyroid into low gear. Now the rate at which you begin putting on weight is alarming (1 Kg / 2 lbs per month) and you think you have a Thyroid Problem. Little realizing that you might have created it with your "Superior Intellect". So you go and get your T3, T4 and TSH levels checked and satisfy yourself that nature has indeed bestowed a Thyroid Problem in your life. Now you think you were Smart in the first place to have suspected you have a Thyroid Problem and the tests have "proved" you right.

The truth of the matter is that your "Superior Intellect" inflicted Hypothyroidism in your life. The deeper truth is that you don't have a Thyroid malfunction but a Protein Deficiency. So much for your T3, T4 and TSH Test Report and our ability to interpret it and correct the situation. The truth of the matter is that your body does not have adequate reserves of Proteins and Nitrogen to produce its own Amino Acids like Tyrosine and other Essential and Non Essential Amino Acids. Remember, there are approximately 28 Amino Acids, that work synergistically together to keep the Body in balance.

From the above, it is now clear to you that, to decrease weight, you must begin to eat right. The trick to reducing weight is to actually increase food intake to normal levels, so that your Body has adequate levels of Proteins and Nitrogen reserves, to increase your Rate of Metabolism.

This now brings me to the topic of "[Positive Weight Release / Hormonal Sliming](#)" and "Why a Woman's Body is not designed for Dieting" or "Why Women should not Diet"

Sounds unbelievable doesn't it ? Well, let me tell you one more secret - 95% women who "think" they have a Weight Problem, do not have one, they always have a Hormonal Imbalance.

## **Dietary Recommendations for person with Hypothyroidism**

Include in your diet apricots, dates, egg yolk, molasses, parsley, potatoes, prunes, raw seeds, and whole grains. Eat fish or chicken and raw milk and cheese.

Omit these foods entirely: Brussels sprouts, cabbage, kale, mustard greens, peaches, pears, radishes, spinach, and turnips. These foods further suppress Thyroid functions.

Begin moderate exercise program such as walking or yoga. Exercise is very important to help enhance Thyroid function, increase rate of metabolism and raise body temperature. Brisk walking for 30 to 60 minutes daily will be found beneficial.

Avoid fluoride (including that found in toothpaste and tap water) and chlorine (also found in tap water). Chlorine and fluoride block iodine receptors in the Thyroid gland resulting in reduced iodine-containing hormone production and finally in Hypothyroidism.

Tyrosine is an amino acid required by the body to help manufacture Thyroid Hormones from Iodine. Take Tyrosine (Forte) / AppetiteX twice a day on empty stomach half hour before Breakfast and before Lunch. Do not take with Milk. Take other Nutritional Supplementation like Vitamin - A (Forte), Vitamin - C, Vitamin - E and B-Complex (Forte) to assist in boosting the production of Thyroid Hormones in the body. Eat Protein rich foods (preferably Vegetarian) like Thallipeat, Methkuth, Sesame Seeds / Chutney, Tahini daily to exceed the Recommended Daily Allowance of 45 gm for Proteins.

Natural Thyroid Extract Supplements from Health Food Stores are found beneficial to raise Basal Body Temperatures.

Apply ThyroidCare Blend 2 to 3 times a day to the Thyroid Gland. This will help regulate Thyroid function. Leave on overnight for best results.

HypoThyroCare and Gentian (Forte) are Herbal Dietary Supplements which helps to regulate the function of the Thyroid Gland.

The Bitters of Digestive Aid Herbal Dietary Supplements when placed on the tongue help stimulate the Endocrine System of which the Thyroid is a part.

Avoid Sulfa and Antihistamines which aggravate this problem.

Increase intake of Organic Calcium Supplements like Super Calcium and Osteo-Pak Fortified with Organic Calcium and other supporting nutrients..

Basal Temperature Measurement:

Check if early morning Basal Body Temperature is below 97.5° F. to confirm Hypothyroidism. Leave Thermometer in armpit for 10 minutes to register highest possible temperature. Menstruating women should perform test on 2nd, 3rd & 4th day of menstruation. Menopausal women or women with irregular periods can check on any day.

In case of Low Basal Temperature, Copper, Zinc and Iodine levels should be checked and corrected.

Other links which have information on this subject: