

# Revitalizing Your Hormones- Thyroid

**Sheboygan Natural Health Series**

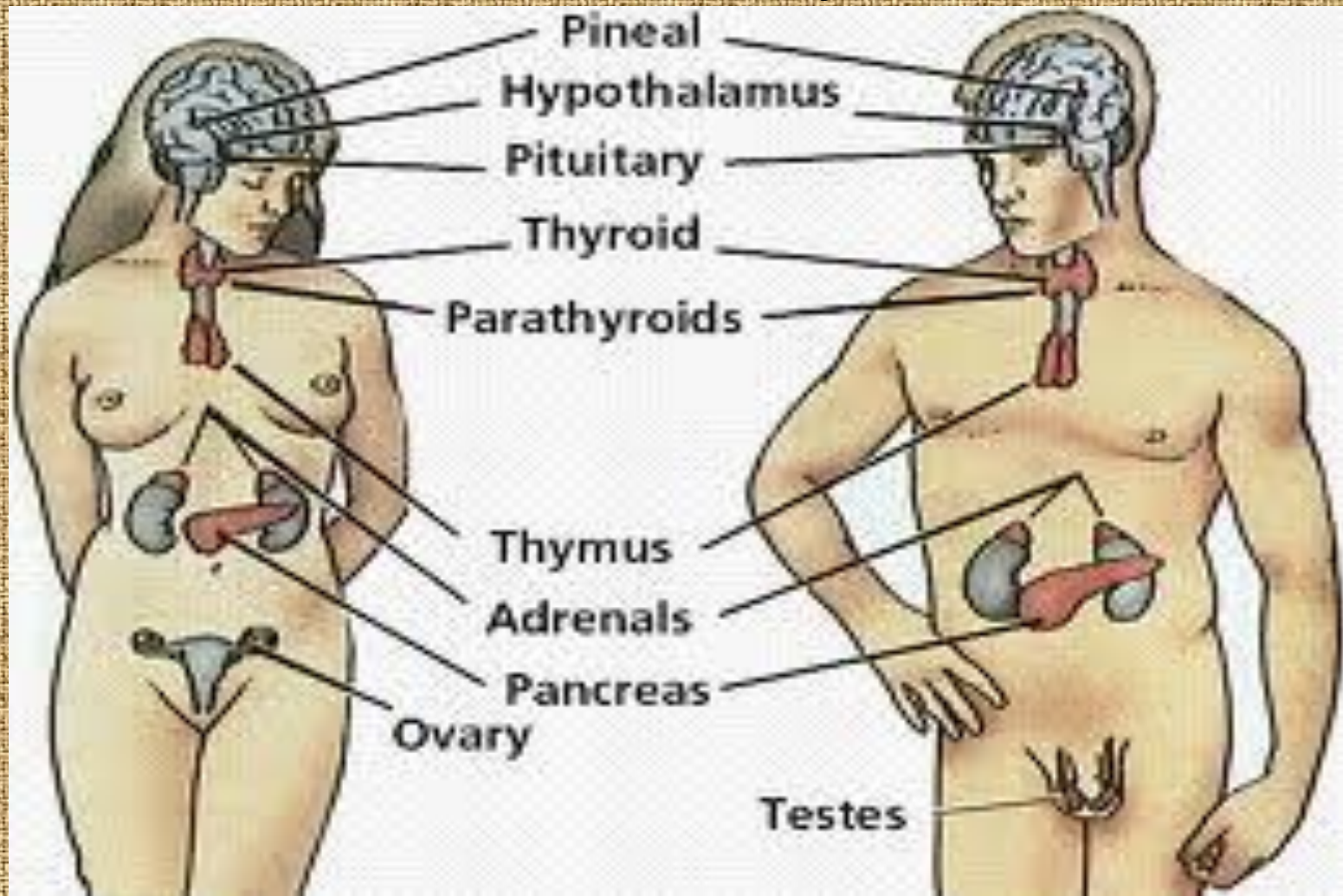
Presenter:

Claudia Bricks, N.D.

# What We'll Learn . . .

- Endocrine System Overview
- Thyroid Gland- In Health & Disease
- Real live personal example of natural healing
- How to Keep It All Working Well
  - Tissue Cleansing
  - Diet, Hydration, & Exercise
  - Taking care of emotions
  - Using Chinese Element Theory

# Endocrine System

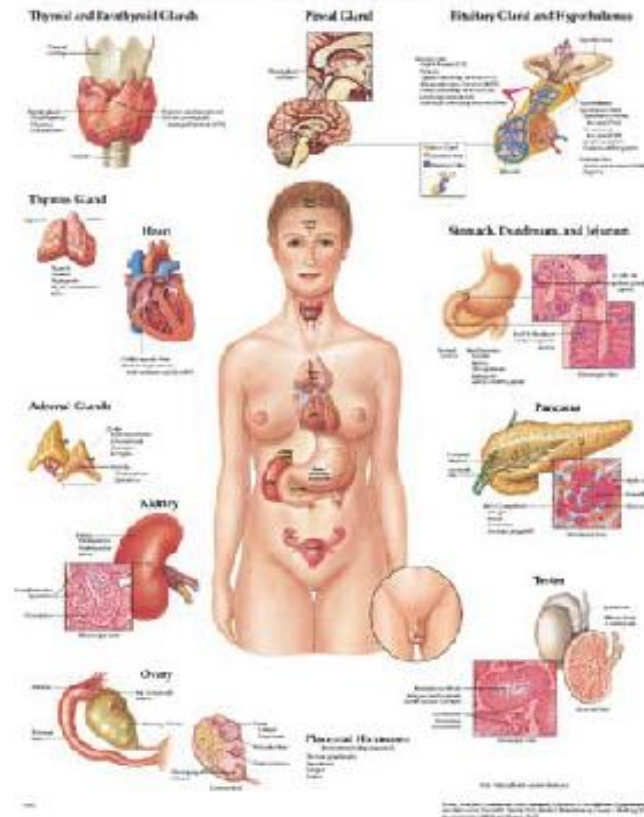


3 Types of Hormones are produced by Endocrine System: Steroids, Peptides & Amines  
Cholesterol is needed to form Steroids; Amino acids for Peptides and Amines.

[www.emc.maricopa.edu/faculty/farabee/biobk/biobookendocr.html](http://www.emc.maricopa.edu/faculty/farabee/biobk/biobookendocr.html)



# The Endocrine System



# The Small but Mighty Thyroid Gland

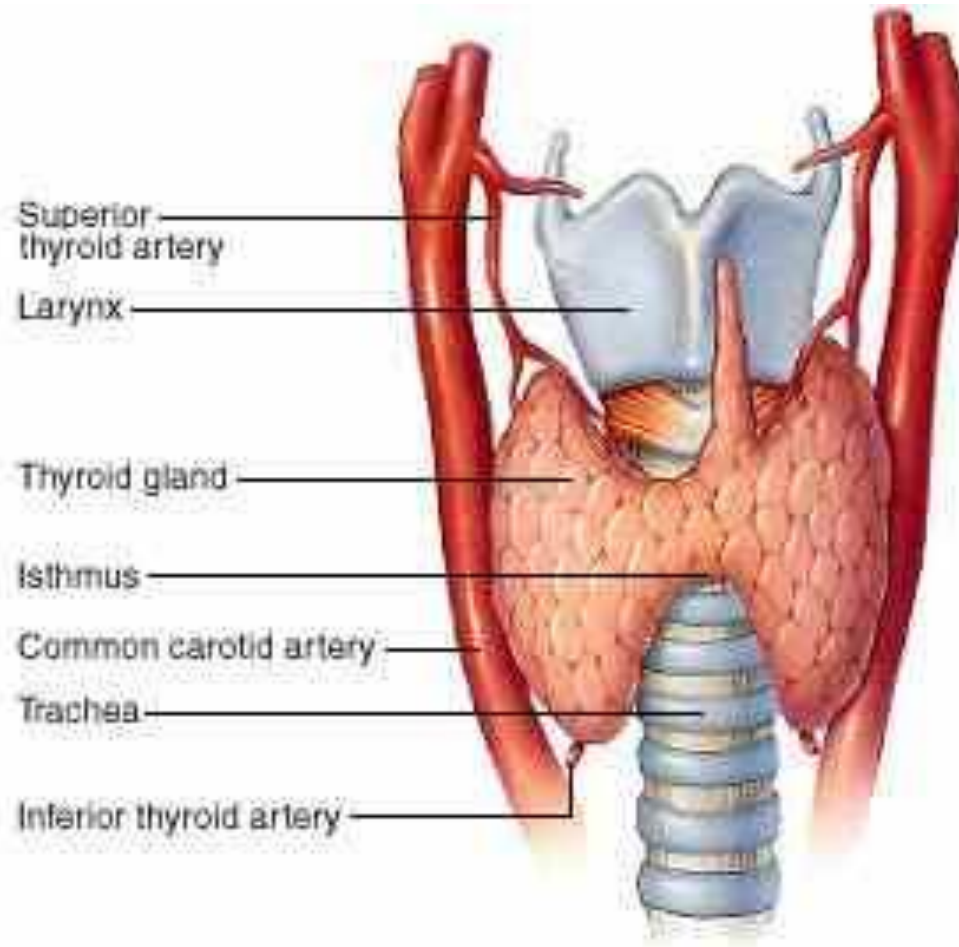
- Major player in the Endocrine system
- Generates Hormones essential for health at all stages of life
- Nearly all body cells are targets for thyroid hormones
- Promotes digestion and secretion of digestive juices
- Often the cause of hormone imbalance- thyroid disease/conditions are very common

# Location of the Thyroid



Sits over the Adam's apple and regulates metabolism  
Generates hormones essential for growth and health in all  
stages of life.

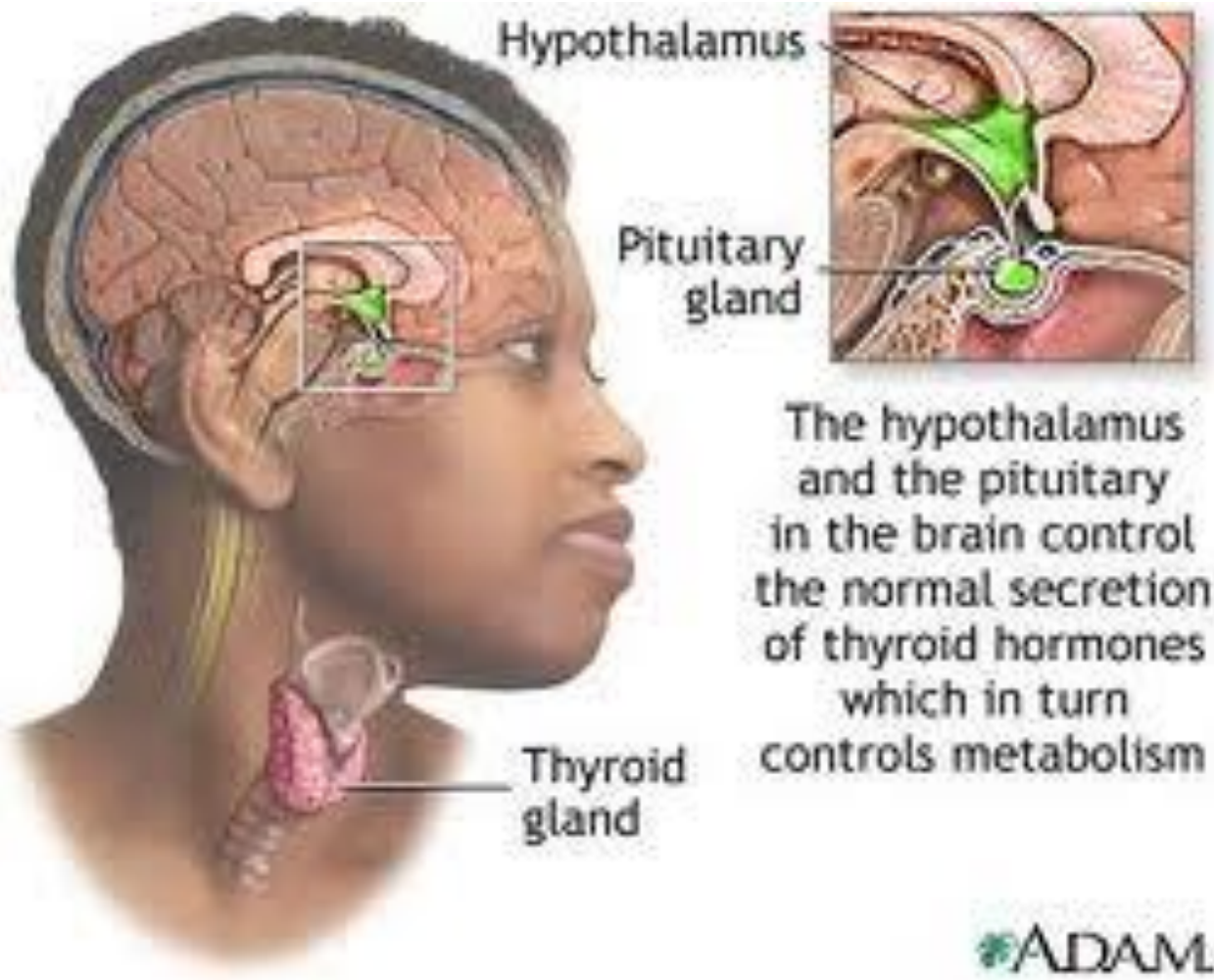
# The Amazing Thyroid Gland



Millions of  
Follicles within  
Thyroid make  
hormones used  
by every cell in  
body  
-Inside Follicle,  
Thyroglobulin  
Protein binds  
with Iodine to  
make T4 & T3  
hormones that  
go to blood  
stream

<http://video.about.com/thyroid/Thyroglobulin-Protein.htm>

# Brain & Thyroid Connection





# Vocabulary Words

- **Thyroiditis**- Inflammation of Thyroid Gland- Hashimoto's, Hyper. ↑ & Hypo. ↓ Thyroidism
- **TRH**-Thyrotropin Releasing Hormone- Hypothal.
- **TSH**-Thyroid Stimulating Hormone-Pituitary
- **T3** (Triiodothyronine)- Most Potent/Active Thy. Hormone
- **T4** (Thyroxine)-Most Prevalent, Needs to be Converted- to T3
- **Thyroid Peroxidase**- (TPO) Enzyme in thyroid gland- Iodine. Auto Antibodies (TPOAb) attack thyroid
- **Free T4 & T3**- Unbound Thyroid hormones tells how well body utilizes T3 & T4. Do Blood Test

# What Does the Thyroid do?

- The Thyroid is the Gas and Brake pedal of your body. When you need heat, it revs up. When you need to cool down or slow down, it does that, too.
- Main job- to put out thyroid hormones, a pair of chemicals that float through the blood-stream to control metabolism- the burning of energy in body.  
Hormones: T3 & T4
- Thyroid needs Pituitary Gland to tell it how much Thyroid Hormone to produce. It controls the thyroid with TSH, or *thyroid stimulating hormone*. TSH tells thyroid how much hormone the body needs
- Pituitary needs the Hypothalamus in brain to receive messages from the body.

<http://housecalldoctor.quickanddirtytips.com/what-does-the-thyroid-do.aspx>

# What Does Thyroid do? Cont'd

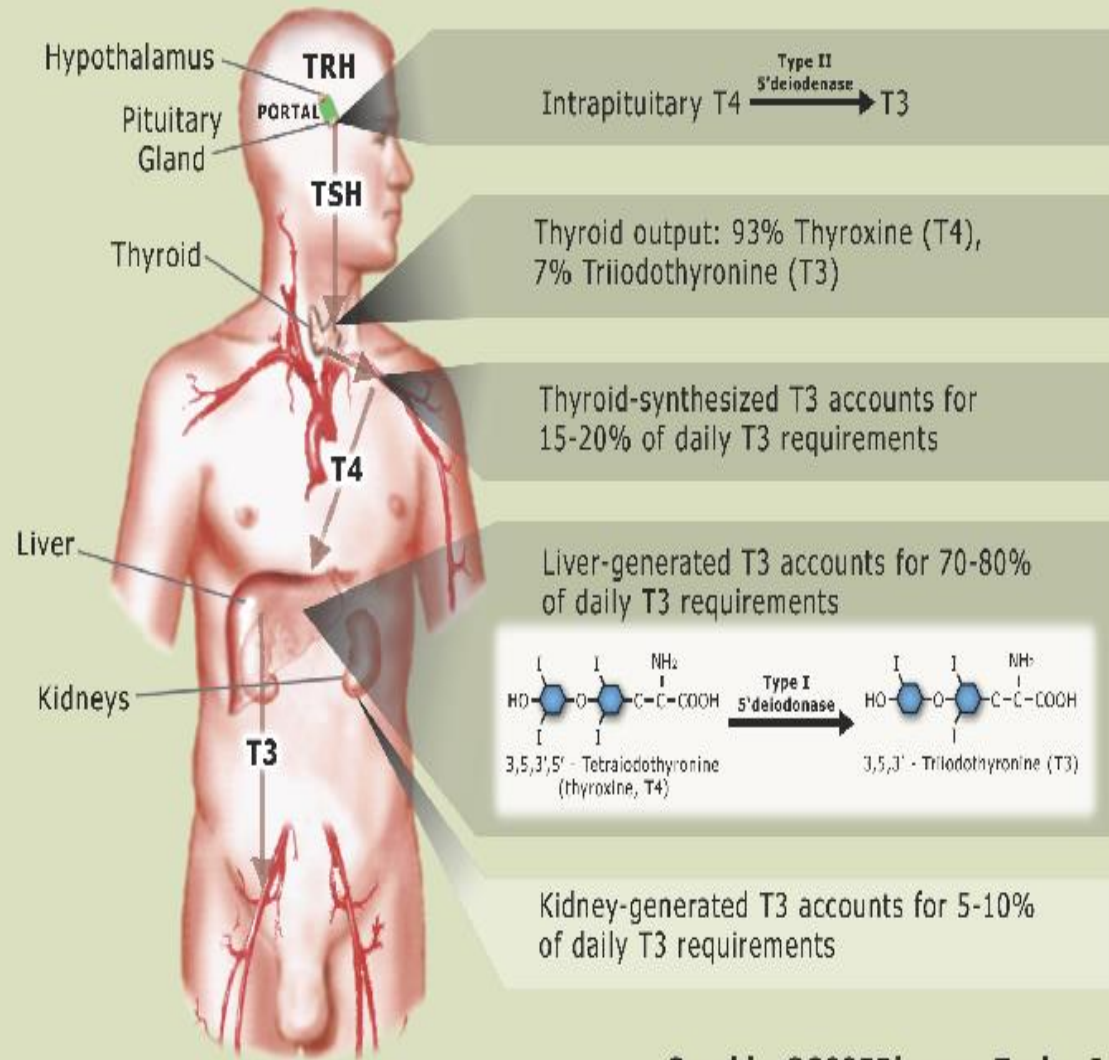
- In Thyroid- TSH stimulates enzyme Thyroid Peroxidase (TPO) to use Iodine to create T4 & T3 hormones
- T3 (Triiodothyronine) most active form needed/used by body. Only 7% made in thyroid. Has 3 molecules of Iodine
- T4 (Thyroxine)- 4 molecules of Iodine- 93% made in Thyroid, but must be converted to T3 before body can use it. Healthy Liver does this- 60%.
- T4 uses enzyme- tetra/ido/thy/ro/nine 5' deiodinase to remove 1 molecule of Iodine to make T3
- 20% of thyroid activity depends on healthy gut flora

# How the Thyroid Hormones Work

- The Thyroid and its hormones control metabolism like a car's Carburetor controls gas to engine.
- Body needs energy for heart, lungs, kidneys, etc. and to keep warm/cool
- Low Thyroid hormones makes body burn less energy; high levels make it burn more.
- Problem: when it doesn't do what it's supposed to. It's VERY complex! (see next slide)



## Simplified Thyroid Axis Feedback Loop



Graphics©2005Diagnos-Techs, Inc.

Notes:

# Common Thyroid Disease/Conditions

## **Hashimoto's Disease-**

autoimmune disorder that destroys thyroid tissue- It is most common cause of Hypothyroidism

**Hyperthyroidism-** Over-active thyroid- rapid heart rate, muscles shake, lose wt.-- can lead to Grave's Disease.

**Hypothyroidism-** Under-active thyroid- slower heart rate, fatigue and gain wt.

Not making enough hormones to control metabolism well.



Enlarged Thyroid- Goiter

# Symptoms of Hypothyroidism

- ☐ Puffy face & swollen eyelids
- ☐ Dry Skin and Hair
- ☐ Cold Hands and Feet
- ☐ Tendency to gain weight
- ☐ Irregular periods
- ☐ Constipation
- ☐ Muscle & Joint pain
- ☐ Fatigue or Low Energy
- ☐ Morning Stiffness
- ☐ Slowness or Sleepiness
- ☐ Depression
- ☐ Poor Memory and/or Concentration
- ☐ Frequent Infections
- ☐ Sensitivity to Cold
- ☐ Neurotic Behavior
- ☐ Headaches/Migraines
- ☐ Eczema
- ☐ Psoriasis

# Contributing Factors for Hypothyroidism

- Poor Liver function
- Poor Gut function
- Sluggish Pituitary
- Too many thyroid- binding proteins in bloodstream
- Immune dysfunction
- Iodine deficiency (prevalent in China & India)

Why Do I STILL Have Thyroid Symptoms When My Lab Tests are Normal?

Datis, Kharrazian, D.C.    [www.thyroid360.com](http://www.thyroid360.com)



# Symptoms of Hyperthyroidism

- ☐ Thin Face
- ☐ Oily Skin and Hair
- ☐ Hair Loss
- ☐ Warm Hands and Feet
- ☐ Trembling Fingers
- ☐ Rapid Heartbeat
- ☐ Wt. Loss w/ muscle weakness
- ☐ Fatigue w/muscle weak.
- ☐ Sleep Disorders
- ☐ Insomnia
- ☐ Nervousness
- ☐ Anxiety
- ☐ Overheating
- ☐ Diarrhea
- ☐ Quick Heart Palpitations
- ☐ Menstrual Disorders

Avoid all stimulants, i.e. caffeine, chocolate, sugar, seaweed.  
Take 50mg. of Vit B Complex 2x's per day

# Dr. Dale's Causes of Thyroiditis

- Mercury, lead and other heavy metals
- Vaccinations
- Emotions- like Confusion, Paranoia, Anxiety.  
Corresponding beliefs can cause the disease
- Genetics/Epigenetics (Heritable changes that are caused by other factors than DNA. Nature vs. Nurture)
- Pesticides, Chemicals, Drugs, Medications, Cell Phone Usage, Radiation (Nuclear, EMF, Cell Towers)
- PCB's Fungicides, Organo-Chlorine insecticides
- Specific Drugs, (Amiodarone, Anti-Convulsants, Salsalate)

# Christine's Thyroid Story



**Christine Waterbury February, 2012**  
**Thyroid Tumor**





**Christine Waterbury March 11, 2012  
With Trachea & MIRSA**



**Christine Waterbury March 14, 2012**  
**Can leave hospital soon. Yeah!**





**Christine Waterbury March 29, 2012**



**Christine Waterbury March 24, 2012**

# What to Do About Hypothyroidism

- Diet- Avoid all Junk, or Processed Foods, Sugar
- Eat foods rich in B vitamins, such as quinoa, brown rice, lentils, whole-wheat pasta (if you are not allergic), fortified cereals, bananas, chicken/turkey, salmon, baked potatoes and spinach. B vitamins help body use food to make energy.

Read more: <http://www.livestrong.com/article/151973-hypothyroidism-diet/#ixzz29oJJJxc>

- Get enough rest- Body heals at night
- Do some cleanses to get things cleared out so Thyroid can heal. Liver/Gallbladder/Kidney cleanses

# Revitalizing Drink to Balance Hormones

- 1 medium-sized carrot
- 1 medium-sized beet
- Dandelion Greens
- Kale & Cucumber
- Collard Greens
- Parsley & Celery
- A Little Ginger Root
- ½ Apple
- Use Organic as often as possible to reduce toxins
- Drink 8 oz. of this every day for 1 month
- Omit apple, carrot, and beet if blood sugar probs.
- For Three Months-  
Avoid Fried Foods, Trans Fat, Yeast, Chocolate, Alcohol, Sodas, Refined Sugars, Art. Sweeteners, Caffeine, All Dairy, Shellfish, Gluten, Soy/Tofu, Cakes & Candies, Non-Organic Meat & Poultry, Food Preservatives



# Endocrine Rebuilding Diet

- Eat bare minimum of animal protein
- For Protein use Organic Beans, Brown Rice, Tempeh, Wild Fish, Homemade Seed and Nut Milks
- Use Live/Raw Foods as often as possible. They contain natural, Vits, minerals, & enzymes to help with your digestion
- Proper Food Combining: Do Not combine eggs or other proteins with Carbohydrates such as bread or fruit.
- Rather than Soy, eat Edamame- whole steamed soybeans
- The only Gluten Free grains are Rice and Corn

## Other Tips:

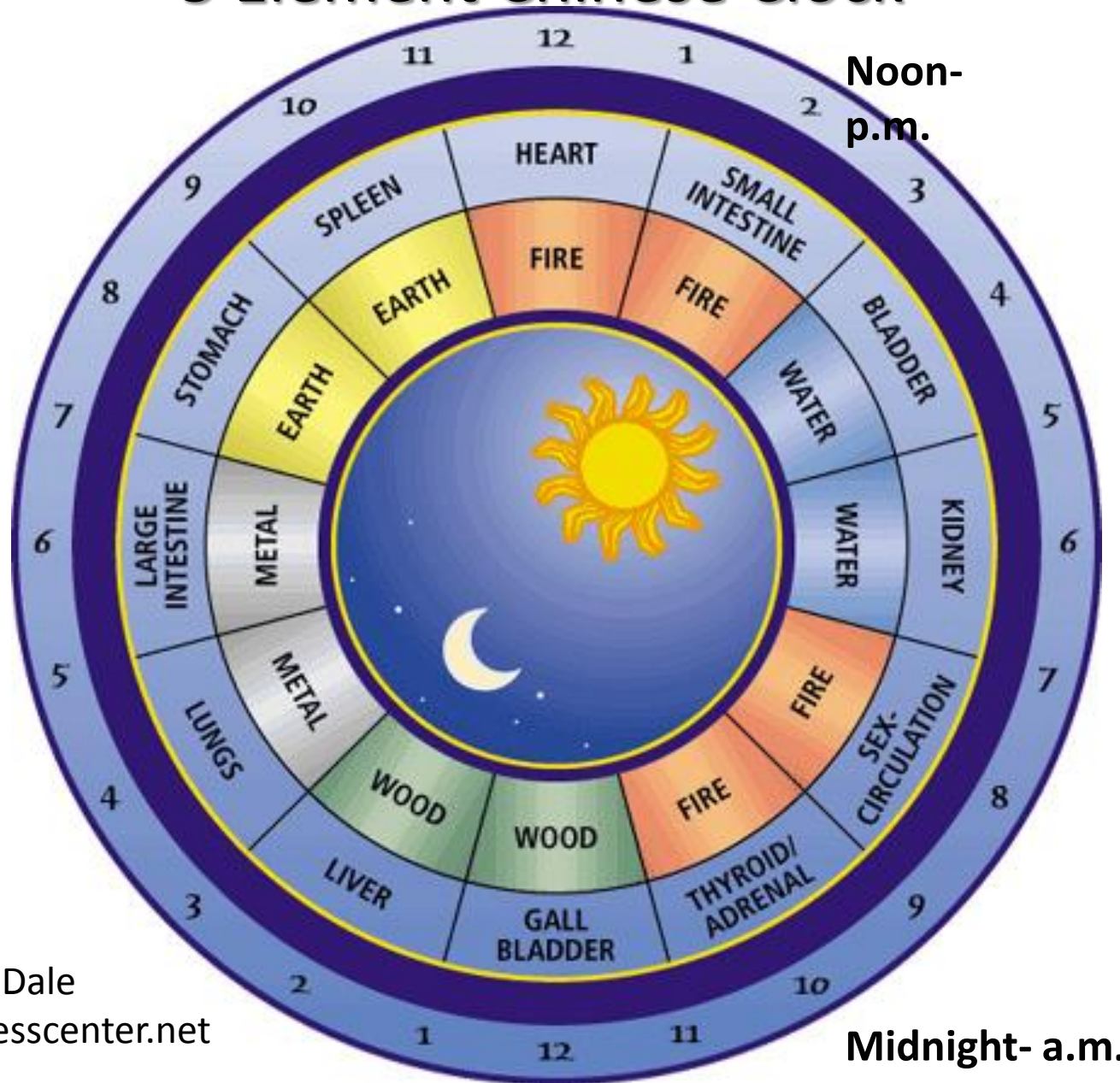
- Daily Sauna
- Colonics or Enemas
- Drinking 2 oz. Wheat Grass Juice- 5 days/week
- 8- 8oz. Glasses of good, pure water daily
- Walk out of doors every day
- Cleanse Liver/Gallbladder/Kidneys
- Can drink Teeccino as a coffee substitute
- Try Coconut Water, (not milk). It's the juice inside the coconut. Eat Coconut, too.
- Don't use Microwave ovens

# Barnes- Basal Body Temperature Test

- Use a Basal, non-mercury Thermometer- Shake down and place at bedside
- In A.M-put thermometer under arm- 10 mins. Do Not get up or move. Keep next to skin
- Record Temp. every day for 10 days
- Possibly more accurate than TSH Blood Tests
- Normal Range- 97.8 – 98.2. Below that might indicate low functioning thyroid.

BBT- Dr. Broda Barnes, M.D. Hypothyroidism: The Unsuspected Illness

# 5 Element Chinese Clock



# Neuro-Emotional Remedies

13 Homeopathic remedies formulated by Dr. Theresa Dale, a Registered Homeopath.

She believes:

- Every ache, pain, and illness/disease symptom has an emotional component at its root that needs to be treated.
- Resisted emotions create an electromagnetic energy field pattern stored at the cellular level in the body.
- Neuro-Emotional Remedies are Homeopathic

# Chinese 5 Elements- Organs & Emotions

## **FIRE**

- ❖ **Heart:** Shock, Excessive Joy/Guilt
- ❖ **Sm. Intest.:** Vulnerable
- ❖ **Thyroid/Adrenals:** Confusion
- ❖ **Male:** Unresponsive
- ❖ **Female:** Unresponsive

## **Metal**

- ❖ **Lg. Intestine:** Stuck
- ❖ **Lung:** Grief

## **Earth**

- ❖ **Spleen/Pancreas:** Low Self-Esteem
- ❖ **Stomach-** Disgust/Despair

## **Water**

- ❖ **Bladder:** Irritated
- ❖ **Kidney:** Fear

## **Wood**

- ❖ **Gall Bladder:** Resentment
- ❖ **Liver:** Anger



THE FIVE ELEMENTS	
REMEDY NUMBER	 FIRE
#3	HEART: SHOCK/EXCESSIVE JOY/GUILT
#8	SMALL INTESTINE: VULNERABLE
#11	THYROID/ADRENALS: CONFUSION
#12	MALE: UNRESPONSIVE
#13	FEMALE: UNRESPONSIVE
REMEDY NUMBER	 METAL
#5	LARGE INTESTINE: STUCK
#7	LUNG: GRIEF
REMEDY NUMBER	 EARTH
#9	SPLEEN/PANCREAS: LOW SELF-ESTEEM
#10	STOMACH: DISGUST/DESPAIR
REMEDY NUMBER	 WATER
#1	BLADDER: IRRITATED
#4	KIDNEY: FEAR
REMEDY NUMBER	 WOOD
#2	GALL BLADDER: RESENTMENT
#6	LIVER: ANGER

## Neuro-Emotional Remedies

- The 24 hour 5 Element Chinese Clock with its corresponding organ, emotion and meridian gets to the emotional root of the health issue
- Increased circulation and drainage are needed to detoxify and rejuvenate any organ or gland to release corresponding emotions.

# References

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