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Thyroid Imbalance:

So the Doctor Says Your Thyroid is Normal! What now?

The thyroid is suppressed by fluoride and chlorine, alcohol, cigarettes, coffee, trans-fatty acids, (all vegetable cooking oils), elevated estrogen levels, X-rays and stress, not to mention the loss of other endocrine glands such as the ovaries. Hypothyroidism is a very common symptom in today's world; in fact, Dr. Bernard Jensen said that virtually everyone in America over 60 probably needs thyroid support. According to Dr. Stephen E. Langer "even a seemingly slight deficiency in thyroid hormone can cause an incredible number and variety of sabotaging physical, emotional and mental ailments."

The early stages of hypothyroidism do not show up in blood tests and are marked by decreased energy and depression. The next stage is marked by fatigue, dry skin, constipation, cold extremities, and some mental hassles such as poor memory and concentration, irritability and lethargy or slowness. The final and most advanced stage shows up in the blood tests as a measurable deficiency in the circulating thyroid hormone. Remember, hypothyroidism is marked by coldness, fatigue, lowered immunity and depression and according to Dr. Broda Barnes, an expert in thyroid disorders - **over two thirds of hypothyroids do not show up in blood tests.**

Iodine is crucial for thyroid function, so getting enough iodine in the system is important. It is also important for the pH of the saliva to stay in the narrow zone of 6.3-6.6 so that the body can uptake iodine from natural sources. Many people need herbal formulas and additional iodine to regain their energy and their thyroid function.

WOMEN: Vaginal infections, candida, lowered libido, poor complexion, acne, eczema, psoriasis, dry skin, flooding periods, fibroids, cysts, infertility, miscarriages, toxemia of pregnancy, P.M.T., sore breasts, edema, irritability, post partum depression, increased incidence of breast cancer, excess estrogen levels, cold hands and feet and cold personality. Depression and other signs of mental imbalance are strong indicators that the thyroid isn't working properly,

CHILDREN: Dr Broda Barnes, author of the classic book, "Hypothyroid, the Unsuspecting Illness" states, "I have seen many children who suffered from repeated colds, followed by complications such as tonsillitis, sinusitis, ear and mastoid infections, who needed repeated antibiotics and went right on getting new infections until their hypothyroid was treated."

DETECTING HYPOTHYROID. Clinical tests that have some degree of accuracy are

1. Basal Temperature tests
2. Muscle testing

3.. Iridology

4. Some of the newer blood tests

5. Observing symptoms and demonstrating results.

THYROID SUPPORT: Taking the nutritional factors into account, consider some of these:

Thyroid Balancing Formulas: THY (Dulse*, Willow (White)*, Irish Moss*) and Cell Salts (Arrow Root*, Bladderwrack*, Irish Moss*, Kelp (Atlantic)*

Thyroid Activators: Thyroid Activator and Thyroid Support (Natures Sunshine), Blue Boy Hair Tonic and Blue Boy Poke Root Formulas; Blue Boy Black Walnut Formula

Black Walnut is an inland source of iodine.

Shoulder Stands for 3 minutes per day will massage the thyroid and restore function.

Always support adrenals when working on the thyroid: Ginseng, Licorice, Gotu Kola, Hawthorne Berries and Parsley, Adrenal Formula (Natures Sunshine) and ADR (Good Herbs)

If the adrenals are out too, you might have these symptoms as well:

- * Excess mood responses from eating carbohydrates such as pasta, sugars - hypoglycemia
- * Chronic infections
- * Low blood pressure
- * Chronic allergies
- * Tired but wired feeling... Poor sleep
- * Low stamina for stress
- * Dry unhealthy skin, excess pigmentation
- * A sense of aging prematurely
- * Chronic inflammatory responses in the body - body pain
- * Irritability - chronic
- * Low energy, feeling of burn out