

Thyroid Dysfunction By Jim Jenks

Last November, we were privileged to attend a lecture in Reno, NV, hosted by DSD International who provide licensed professionals with Biotics Supplements in our area. Our speaker was Harry Eidenier, a Bio Chemist and contemporary of people like Dr. George Goodheart, who created Standard Process.

This information is provided for citizens to work more closely with their health care professionals and not intended to diagnose, treat or prevent disease.

The topic was on the thyroid gland. We learned a great deal about thyroid problems and how to work with our health care professionals about them.

Hyperthyroid is an overactive thyroid and is VERY SERIOUS.

- Thyroid hyper function is when the thyroid is over producing and can cause rapid heart beat. This is a serious condition and can cause death, so be very careful in dealing with it. If not balanced in a short time, 30 days max, seek medical help. If taking iodine or iodine sources, give very small amounts. Foods including millet and the cabbage family will help slow thyroid function down.

Hypothyroid is an underactive thyroid and is very common.

- Most medical thyroid tests do not go far enough to tell if there is just a thyroid deficiency or a pituitary deficiency or both. T-3 is the most important thyroid hormone production item. The most complete thyroid test would then be for Free T-3 and Total T-3. These two are more diagnostically reliable than just the normal T-3 Uptake test.
- Symptoms and subjectivity: obesity, decreased temperature, sensitivity to cold, scaly or dry skin, tinnitus, reduced blood pressure (could include pituitary also), impaired hearing, constipation, loss of outside portion of the eyebrows, waking with a headache that wears off during the day, depression, muscle cramps, premature gray hair, type 1 diabetes, red hair, myxedema, left handed, B-12/Folate anemia, Dysbiosis, drugs (dilantin, tegretol, lithium), Iodine containing drugs (too many to list), Bromide, chlorine, fluoride, antidepressants, red dye #3, PCB/PBB, coal pollution, pyridines, mineral deficiency (selenium, iodine, zinc, or iron), too much cortisol and/or estrogen reduces conversion of T-4 to T-3.
- Conclusion: Symptoms and Free T-3 and Total T-3. together are the best way to determine if a problem is secondary or primary thyroid low function. Note: just one or the other is not enough.

The following are added notes from Dr. Eidenier's long clinical and lab experience:

1. Hashimoto's Disease is mostly involved with hypothyroid function. 90% of Hashimoto's people are gluten sensitive.

2. Breast and ovarian/uterine tissue concentrate iodine at similar rates as the thyroid. This is the reason most thyroid problems are found in females.
3. Vegans are frequently iodine and B-12 deficient.
4. Unresponsive anterior pituitary hypo-function is often due to a metal toxicity, especially mercury or aluminum.
5. Sleep apnea can often be blamed on primary thyroid hypo-function.
6. Bread baked commercially generally contains bromide as well as hotel hot tubs, which would inhibit the absorbing of iodine.
7. Difficult problems going undiagnosed on the right side of the body are often undiagnosed thyroid problems. Left side could be undiagnosed pituitary problems.
8. Iodine sensitivity can be caused by a blocked parotid gland.
9. Sufficient T-3 must be present to facilitate the conversion of carotenoids to vitamin A. Several cofactors must be present also, including zinc, B vitamins and iron.
10. T-3 is required for the production of progesterone.
11. Low progesterone will often be present with low testosterone and low free testosterone for both male and female.
12. Thyroid hypo function can be the cause of the increase in homocysteine levels per clinical evidence.
13. One possible option for inability to conceive is a thyroid hypo function.
14. Serum iodine tests are not accurate because iodine trapped in the thyroid follicular cells is generally 30 to 100 times higher than circulating in the plasma. Urinary iodine excretion tests are the more reliable for iodine need.
15. Iodine internally and topically will reduce breast pain.
16. Iodine deficiency during pregnancy can be a cause of ADD/ADHA in the child.
17. Studies have shown that iodine supplementation reduces the formation of breast lesions.
18. Sub-clinical primary or secondary thyroid hypo function is associated with a 360 percent increase in the prevalence of heart disease.
19. Pendrin's syndrome. Hypothyroidism can cause deafness due to abnormal chloride transport to the inner ear.
20. Insufficient T-3 can result in thyroid hypo function and thus decreased calcium uptake and decreased bone ossification and other functions.

Natural herbal sources of iodine are Kelp, Irish Moss, Black Walnut and combinations like Thyroid Support and/or Thyroid Activator. As free iodine in the soil is water soluble, the sea plants are the best natural source. A few other herbs have very minor amounts.

Reference: Iodine, Why You Need It - Why You Can't Live Without It. David Brownstein, M.D.