separate your antacids and your thyroid medication by 2 to 4 hours. This will probably not work with long lasting antacids but perhaps a switch to hydrochloric acid will make your antacids unnecessary.

A recent study published in JAMA found that if you have been taking antacids for more than a year you have a 44% increased risk of breaking your hip. **Long-term there is a better solution. Avoid antacids!** See my article entitled, “Your Antacids are Killing You”. If you are taking antacids, first fix your digestive system with the use of hydrochloric acid and digestive enzymes. If you have been suffering from any chronic illness and no one seems to have an answer, I believe the following recommendations can improve your existing condition 50% to 100% over a three month period. Start today by adding a natural thyroid support formula to your supplement regimen. Take 1, 10 grain betaine hydrochloric acid (HCl) capsule after each meal. If you feel a warming sensation in your stomach it’s possible that you don’t need the HCL or just take it at your main meal. Also avoid all dairy and gluten products. A high percentage of the population is intolerant to dairy and gluten containing grains. I have seen some amazing results when people abstain from dairy and gluten products. Dairy contains casein and grains contain gluten. Both are proteins that are extremely difficult for the majority of us to digest. However, be diligent when abstaining from dairy and gluten because just one meal or a snack containing either one can have lingering effects that may last up to six weeks. You owe it to yourself to try the Thyroid Support formula and the diet revisions. You may be blessed with some amazing health benefits. In fact, include the whole family on these diet changes. This and other excellent formulations can be found in health food stores everywhere.

From the Book by Dr. David Brownstein, M.D.

**IODINE**

Why You Need It
Why You Can’t Live Without It 3rd edition

“It still astounds me how much misinformation there is about iodine. This occurs with physicians and lay people alike. The ‘wives tale’ that we get enough iodine in iodized salt has been parroted for over 50 years. This ‘wives tale’ is false. The research is clear, iodized salt is a poor source of iodide as it is not bioavailable for the body.

Iodine deficiency is widespread. Conventional medicine has failed to understand this fact. However, with increased research, the truth will come out. It has to. There is no alternative physiology or alternative biochemistry. Science does not lie. Iodine deficiency does occur in today’s world and it is occurring at very high levels.

Correcting iodine deficiency has proven to have many positive health benefits. Ensuring adequate iodine levels helps prevent and treat autoimmune illnesses, thyroid disorders, cancer and other conditions. This book will educate the reader on the benefits of the remarkable nutrient iodine.”

For more information on Dr. David Brownstein’s work go to www.drbrownstein.com
Are You Hypothyroid?

Very few topics I write about bring more response than the subject of low thyroid function. If you have never considered yourself as having low thyroid but do not feel 100% at your best, you might want to consider these simple questions.

- Aching muscles?
- Are you always fatigued or exhausted?
- Are you irritable or impatient?
- Are your hands and feet usually cold?
- Do you often feel depressed or anxious?
- Is your hair coarse, dry, and lifeless?
- Is your skin dry?
- Loss of libido?
- Gaining weight easily without eating more?
- Do you have insomnia?
- Slow heartbeat?
- Are you losing your enthusiasm for life?
- Are you listless, forgetful and anti-social?

Low functioning thyroids are common in both male and female although I believe from my experience that females are far more apt to have hypothyroidism than males. The most serious problem is that many doctors rely completely on a blood test that is grossly inaccurate and overlooks a majority of low thyroid function diagnoses. Let’s start with what the thyroid is and what its functions are. The thyroid is a butterfly shaped gland which lies at the base of the throat. Thyroxine (T4) is the hormone secreted by the thyroid and it converts into triiodothyronine (T3) as needed to control the body’s metabolic rate. If the body produces too little thyroxine, many of its normal chemical processes slow down, a condition known as hypothyroidism (low thyroid). It has long been known that in the absence of iodine the thyroid will begin to swell producing what is called a goiter. In most areas of the United States, there is little iodine in the soil and therefore little in the food consumed. We also have what we call the goiter belt because so many of the residents developed goiters. A famous physician, Dr. Broda Barnes, studied hypothyroidism his entire life at the Rush Medical Center in Chicago and was considered the world expert on thyroid function. Based on his clinical studies, he had openly criticized the criteria for diagnosing hypothyroidism. His contention was that it actually was quite prevalent even in the presence of “normal” T4 levels. Therefore, doctors testing for blood levels of T4 found adequate levels of this hormone so naturally ruled out hypothyroidism. Dr. Barnes claimed that adequate iodine was not only necessary for the production of T4 but also for the conversion of T4 to T3, the active hormone.

The initial phases of low thyroid may not show obvious symptoms for years. In most instances, the symptoms are indicative of a stress or emotional crisis and patients are commonly referred to a psychiatrist who will routinely offer a psychiatric diagnosis. Unfortunately, in many cases of hypothyroidism, doctors fall back on the catchall diagnoses of stress, anxiety or depression (because these are symptoms of the real disease) and overlook the root cause of these symptoms. Let me emphasize the fact that low thyroid is potentially very serious and can alter personality significantly, completely taking away one’s enjoyment of life and eventually lead to depression, anxiety and anti-social behavior. Such a critical condition is considered all too casually by many professionals when it has been estimated that 70% of females and 50% of males experience hypothyroidism (low thyroid). The thyroid regulates the complete metabolic function of the body and an imbalance of its hormone can produce skin disorders, irregular heartbeat, congestive heart failure, high blood pressure, muscle dysfunction, gastrointestinal disturbances, mental confusion, severe depression, decreased libido, extreme

Subscribe to a free weekly health newsletter at www.TerryTalksNutrition.com
fatigue and a most terminal, apathy. I think you are getting the idea. The thyroid very definitely affects how you feel and how you relate to life in general. Yes, your thyroid is that important! From Dr. Barnes’ research, the real problem lies in the way hypothyroidism is diagnosed. Hormone readings of TSH (Thyroid Stimulating Hormone), thyroxine levels and other blood parameters may lead one to believe you are in the “normal” range when the normal range may be far too broad. A test initiated by Dr. Broda Barnes, considered to be one of the premier experts on thyroid, is a far better test with the added convenience of being able to perform it at home. The procedure is as follows:

• Take a non-digital thermometer and place it on your bedside table
• In the morning upon wakening without getting out of bed, place the thermometer in your armpit and hold arm close to body for 10 minutes
• Read temperature and record (menstruating females should wait for ovulation to cease)
• Repeat procedure each day for three days

Normal is 97.8 degrees Fahrenheit. Anything under 97.8 is varying degrees of hypothyroidism. The lower it is the worse the condition. It is not unusual to find readings as low as 96 degrees.

Drug Treatment Protocol

When physicians diagnose hypothyroidism they usually prescribe Levothyroxine (Synthroid, Levoxyl, Levothroid), a pharmaceutical drug which mimics the thyroid hormone T4. It is their contention that if the body has enough T4 it will manufacture T3 in adequate proportion, a fact that is not true. They also have a negative attitude toward natural thyroid extract (Armour) because they believe it is not stable and gives unreliable results. Natural whole thyroid is derived from dehydrated porcine (pork) thyroid and contains all the thyroid hormones including T3 and T4. Usually only one tablet per day is needed. Continue this until the underarm temperature test becomes normal (97.8-98.2 degrees). Many holistic doctors prefer this form of thyroid (natural Armour Thyroid) supplementation. This form of thyroid can only be obtained from your physician because it is classified as a prescription drug. It is the most compatible form with your body’s metabolic function and I would recommend that you find a physician that will prescribe it for you. You will find it worth the search.

Iodine

Let me share with you what I have learned from holistic physicians and several medical seminars on thyroid function as to what is the proper natural approach to low thyroid function. Iodine is to the thyroid what calcium is to the bone. It is very common that a deficiency of iodine can cause hypothyroidism. It is estimated that over 300 million people worldwide have chronic goiters because the soil is deficient in iodine, and therefore, they consume very little iodine. Without iodine the thyroid swells under the influence of the Thyroid Stimulating Hormone produced by the pituitary and therefore causing a goiter.

The Controversy of Iodine

Now let’s discuss the controversial part of iodine therapy. In medical schools in the mid 1900’s, iodine was literally considered a magic medicine. The Nobel Laureate, Dr. Albert Szent Gyorgi, the physician who discovered vitamin C writes, “When I was a medical student, iodine in the form of KI was the universal medicine. Nobody knew what it did but it did something and did something good. We students used to sum up the situation in this little rhyme, if ye don’t know where, what and why, prescribe ye then K&I.” It was always used for infections and for pneumonia and bronchitis. Lack of it was considered to be the cause of mental slowness. Even today, iodine deficiency is considered to be the most common cause of preventable brain damage in the world. But in the 1940’s, a single paper written by two researchers completely changed the way we use iodine. This poorly documented paper gave the impression that iodine use was not only archaic but not necessary and could even be dangerous, citing hyperthyroidism as a side effect. Almost overnight the use of iodine in medicine was stopped and in its place we have a fear of one of the most important and critical nutrients in our diet. Iodine costs just pennies a day. With the advent of modern drugs in the 1940’s and 1950’s could the profits realized by the drug companies have a bearing on discrediting the use of iodine for hypothyroidism?

Iodine is also the missing link in fibrocystic breast disease. Several
studies indicate that adequate iodine supplementation reversed this condition within a few months. It is interesting to note that Japanese women living the traditional lifestyle and eating traditional foods will often consume 50-80 mg of iodine daily and their low daily intake would be in the 15 mgs range. The Japanese women have the lowest rate of breast cancer in the world and that is where the controversy really comes. Although iodine is considered a supplement, the suggested daily intake is only 150 mcgs with apparently no basis or reason for such a low dosage. It is universally accepted that up to 1 gram (1,000,000 micrograms) of iodine is needed to reach a toxic level and then the toxic symptoms would recede as the dosage is reduced.

I became interested in iodine therapy several years ago when I attended a medical conference on the thyroid. There I met several very interesting doctors who were using iodine quite successfully as a treatment for a variety of disorders. From the conversations I had with the doctors, I learned of an iodine supplement which could benefit everyone who may have need of a higher functional level of iodine. Most doctors recommend 50-60 mgs of iodine from kelp and potassium iodide and 400 mgs of tyrosine. One of the physicians had been using in his clinical practice that amount of iodine for over six years and was very pleased with the response not only on his patients but also on himself.

If you feel you are deficient in iodine, you might consider a two-month supplement program with this powerful but inexpensive nutrient.

**Tyrosine**

Not only do we need adequate levels of iodine far greater than scientists previously thought, but without the important amino acid, tyrosine, there would be no hormone function and the adrenals would also be severely affected. To produce the hormone, thyroxine, iodine and tyrosine must be present either through the diet or dietary supplements. Low thyroidism is the result of the lack of adequate iodine and an amino acid, tyrosine, which are at the root of the problem. This is an amino acid which is absolutely necessary for the body to produce thyroid (as well as noradrenaline and dopamine) hormones. It is impossible to have a well functioning thyroid without sufficient quantities of tyrosine either in the diet or through supplementation. Tyrosine also is an excellent stress reliever and an excellent natural treatment for depression.

This is a brief summary of the excellent benefits of iodine and tyrosine to reverse hypothyroidism and its associated disorders. However, it is a subject in which a book should be written as to how a simple and effective means of literally self treating a common condition so often overlooked as a cause of many and varied symptoms. When you are using Armour Thyroid and/or iodine you will experience wonderful benefits. Many holistic physicians are recommending an iodine formulation containing 30 mgs of iodine per 2 capsules with 400 mgs of L-Tyrosine. I truly believe everyone can benefit significantly from using the iodine – tyrosine complex. Dr. David Brownstein explains in his book, *Iodine, Why You Need it and Why You Can’t Live Without it*, not only do we need iodine for the thyroid but iodine is found in every cell of the body. From the research of the medical experts in complementary medicine, their consensus is that we can maintain normal healthy cell function throughout our body but particularly in the breast, prostate, ovaries and heart. Your whole life and personality will change once you begin iodine therapy. You will see changes within several weeks, but be patient; to fully restore the thyroid and its metabolic function may take 3-6 months for many people. Remember, you may have been low thyroid all your life. If your mom had low thyroid, more than likely you have had low thyroid since birth, so be patient. Rome was not built in a day.

**Special Note**

If you are taking antacids such as that little purple pill, Nexium, for acid reflux, be especially careful. Your thyroid medication may not work. There are many dangers to the use of antacids when in reality you probably need a simple supplementation of hydrochloric acid. Antacids do not solve heartburn problems but they can interfere with the digestion of proteins, B vitamins and most minerals. The point I want to make here is of the danger of antacids interfering with the absorption of your thyroid medication and increasing your risk of a broken hip. You just don’t need hydrochloric acid for utilization of proteins and minerals but HCl is required to utilize your thyroid medication. If you are taking any form of antacid you are essentially reducing stomach acid which is required to absorb thyroxine (T4). Italian researchers discovered that people with low stomach acid secretion and taking the prescription Thyroxine required 22% to 34% more thyroid hormone than those with normal secretions. It probably is a good idea to