Is Your Thyroid Thriving?

Jacobus Hollewijn

PART 1: Getting to the Root Cause of HYPOTHYROIDISM

One of the most confusing and undiagnosed disorders many people, especially women, are dealing with is hypothyroidism, i.e., an under-active thyroid. This endocrine gland is located at the base of the neck below the Adam's apple and in front of the voice box. The thyroid has the very important function of secreting hormones that contains two substances (T3 and T4) that control metabolic activity in every cell of the body. This means the rate at which our body's tissues will use up oxygen and produce waste materials.

The thyroid is also seen as the body's thermostat, keeping the body's temperature at the right level. This is essential because so many bodily functions only happen optimally at a certain temperature. When your thyroid is not thriving you just won't feel your chipper self. There are different connecting links that often cause debilitating symptoms, creating daily misery for those suffering from this disorder.

Symptoms include fatigue, apathy, depression, anxiety, weight gain, sleep disorders, constipation, high cholesterol, carpel tunnel syndrome, sensitivity to heat and cold, goiter, low libido, bad circulation to the body's extremities causing cold hands and feet, PMS-related symptoms, insomnia, recurring infections, hoarse voice, hair loss, dry hair, loss of the outer part of one's eyebrows, brittle nails, and lowered immunity.

If you have any one or a combination of these symptoms you may want to check on something else as well: do you have a low body temperature when you wake-up in the morning? This may sound strange, because most of us are cozy under our blankets. However, try the following test: put a body-thermometer on your nightstand, when you go to sleep. As soon as you wake up, and before you move or say a word to anyone, grab that thermometer and take your temperature. Do this for five mornings in a row, and write down the numbers. If you are lower than 97.7°F, that could very well be an indication of a low thyroid.

So, why is the thyroid under-producing? There are a myriad of reasons, including stress, iodine deficiency, pregnancy, radiation treatments, inactivity, as well as an imbalance between different hormones in the body. These hormones are estrogen and progesterone (i.e. estrogen dominance), and/or an imbalance between the hormones DHEA (dehydroepiandrosterone) and cortisol (hydrocortisone). In this case, we talk more about a cortisol dominance. DHEA is produced in the adrenal glands. Cortisol is produced in the adrenal cortex.

Another root cause of the under-active thyroid could be possible problems of the pituitary gland in the brain, which produces Thyroid Stimulating Hormone (TSH), needed to help the thyroid produce its active hormone. This hormone is composed of two different substances T3 (triiodothyronine) and T4 (thyroxine). Of these two, thyroxine is the most prevalent. An excess of thyroid hormone speeds up our metabolism, which is called hyperthyroidism. A deficiency of thyroid hormone slows down our metabolism, which is called hypothyroidism. Because the body is always striving for balance, the pituitary gland will produce more TSH when the thyroid is under-productive; and it will produce less TSH when the thyroid is over-productive. New research has stirred a controversy in how to read these TSH levels in a comprehensive blood test. Most MD's will say that levels are normal between 0.5 and 4.95, whereas ND's will say that numbers below 0.3 and above 2.0 are abnormal. My hunch is that when your TSH is above 2.0,

chances are high you are dealing with hypothyroid symptoms, as mentioned above.

Next time, I'll dig a little deeper into female symptoms related to estrogen dominance, and another root cause problem: Hashimoto's disorder. ■

NLND Health Pearl # 2. *Jacobus is not a doctor and does not intent to diagnose, treat or cure any disorder. The information is based on self-study, interviewing experts on his weekly 3-hour Sunday-morning Radio Show, "Gesundheit! With Jacobus," running from 7–10 am on AM 1450-KMMS, and on feedback received from retail customers visiting his dietary supplements store, Gesundheit! Nutrition Center, at 2855 N. 19th Ave., Ste. N, in Bozeman (585-4668). If in doubt, please visit a professional of your own choice and/or educate yourself with available published materials.*

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Holy Cow! What Was That?

My Story of Dr Miller's Holy Tea

Testimonials by Christine Shull, as told to Barbara Thomas

Holy cow, what was that? That's how I feel—and what I ask myself in the bathroom—now that I'm using Dr. Miller's Holy Tea! I used to suffer from stomach pain for a long time. I could hardly eat anything without hurting. I tried colon cleanses, food enzymes, and castor-oil packs. I visited a doctor who did ultrasound. I did two gall bladder flushes, but I was still in pain. After just three weeks of using Dr. Miller's Holy Tea, I ate a jumbo hot dog fully loaded and unbelievably, there was NO after-pain! Now all my stomach pains are gone.

I may feel some slight discomfort before a "movement," but I know now that this tea is cleaning something else out. I have been using Holy Tea for a couple of months now, with many great successes. I have expelled things I could hardly believe. Because this tea works mainly though the colon, one may mistakenly think it is ONLY a colon cleanse, but Holy Tea is a TOTAL-BODY CLEANSE! It cleans out your organs, your blood, your tissue and colon, and much more.

When I started on the Holy Tea, I began seeing things hit the porcelain that I have never seen before. Such as: Large stools, small, white, rice-like creatures, hard, dark, and smelly old pellets, black stringy stuff, and green gallstones. But the last things I saw were unrecognizable to me. So I called the one-and-only Dr. Miller himself, and asked him to explain the several, ivory-colored, hard and waxy, tear-drop shaped pieces that were nearly 1/8" thick. "That, my dear," he said, "was cholesterol—the very thing people die young from!" Now, I have lost four inches from around my mid-section. I call this WEIGHT LOSS through DETOX! Holy cow! I was carrying all that stuff around with me!

This is a powerful but mild-tasting and gentle-acting tea that is made up of five herbs: Persimmon Leaf, Malva Leaf, Holy Thistle, Marshmallow, and Blessed Thistle, that have been used effectively for 20 years on thousands of Dr. Miller's clients. So I feel safe in saying it is a proven product. If you look up these herbs on my web site, or elsewhere on the Internet, you'll learn of their time-honored properties, and their beneficial, detoxing effects.

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