

THYROID POWER: 10 STEPS TO TOTAL HEALTH

by Richard L Shames, MD, and Karilee Halo Shames, RN, PhD^a

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In certain parts of the world, lack of adequate iodine in the diet is still a primary cause of thyroid deficiency seen in the form of goiter or chronic enlargement of the thyroid gland. Under these circumstances the gland undergoes abnormal growth in an effort to produce enough vitally needed thyroid hormone, which the body must have to survive. In regions of endemic fluorosis with low iodine intake, thyroid deficiency and goiter are sometimes more frequent than in nonfluorotic regions with similar low iodine intake.¹ But where iodine intake is in the recommended range, it has been reported that there is no consistent or significant association between endemic fluorosis and low thyroid and goiter.^{2,3}

Today, in most developed countries, lack of iodine is not a problem, thanks to the widespread availability and use of iodized salt. Nevertheless, low thyroid function or hypothyroidism has become a major health problem in countries like the United States, where it affects about ten percent of the population overall and even more among persons over age 50. In 1999 the T-4 thyroid hormone thyroxine in the form of Synthroid became the nation's top-selling prescription medication. Unfortunately, as the authors of this book point out, low thyroid is often unsuspected and goes untreated. And when the symptoms are recognized and diagnosed, optimal treatment is not always undertaken because laboratory tests frequently fail to indicate how serious the condition might be since the range for "normal" is often so broad.

Well versed in individualized medical care, the authors are strong advocates of holistic medicine. Richard Shames is a graduate of Harvard College and the University of Pennsylvania Medical School. His wife, Karilee Shames, is a clinical specialist and researcher in psychiatric and holistic nursing. Together they have developed a strong program to identify and treat patients with low thyroid function, contending that our modern exposure to hormone disrupters and antagonists, including fluoride, plays a key role in causing various degrees of hypothyroidism to be so pervasive. In their view and that of many others, autoimmune disorders, which are increasingly more common, lie at the heart of many low thyroid conditions.

That fluoride can depress thyroid function was amply demonstrated years ago when it was used to treat patients with hyperthyroidism or an overactive

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thyroid gland, most successfully by transdermal absorption from very dilute solutions of hydrofluoric acid.⁴ Other research has shown that regular fluoride intake in the range of 5 mg/day, which is now common with water fluoridation, can reversibly inhibit normal thyroid activity, even with a good diet.⁵ As one who personally experienced this very phenomenon, I know only too well how real it can be. Even thyroid extract was of little benefit until I stopped drinking silicofluoridated tap water, at which point the morning fatigue, aching joints, excessive thirst, gastrointestinal distress, and other symptoms soon disappeared without further thyroid medication.

For their part, the authors offer a practical program for diagnosing and dealing with low thyroid function. They explain in detail what types of laboratory tests are available and how helpful they can be if used properly and how misleading they can be if they are not. They have seen many patients with co-existing disorders and allergies which, when treated, also alleviate a hypothyroid condition. At the same time, they emphasize that there are still many unknowns and that seldom are two cases ever the same.

This is a very useful book and is one of the few that recognizes the importance fluoride can play in suppressing normal thyroid activity. One error to be noted is on pp. 294-5, where the suggested daily supplements for selenium and chromium should be 100-200 µg/day, not 100-200 mg/day.

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Thyroid Power can help you determine whether you're one of the millions who suffer from low thyroid. It discusses food, vitamins, and natural remedies that support thyroid health; explains how to avoid environmental and emotional triggers; and offers . Related links to Thyroid Power: Ten Steps to Total Health By Richard Shames, Karilee H. Shames EBOOK : <https://sites.google.com/site/qrcpunyrubbish87pdi/free-download-social-anxiety-and-shyness-ultimate-guide-techniques-to-overcome-stress-achieve-self-est-ebook> <https://sites.google.com/site/1izimperfectsynergxpe/-natural-birth-stories-the> 3 Ways to Support Your Thyroid Health. Regardless of whether you have hyperthyroid or hypothyroid issues, there are some basic thyroid wellness protocols that can help you feel your best. 1. Medical Support. Having the right doctor is the most important step in managing your thyroid health. Unfortunately, not all doctors are thyroid experts, and many still approach thyroid treatment from the most basic approach. As such, people with hypothyroid or hyperthyroid issues can often go years without realizing that their problems are caused by autoimmune antibodies. By understanding how to ask the ri

Dr. recommended Thyroid Power: Great for your library! This book is a must if you care about your overall health and well being. Very informative with excellent references and other reading material to back up any claims or information. By reading Thyroid Power you understand exactly how the thyroid works with your body. Thyroid Power can help you determine whether you're one of the millions who suffer from low thyroid. It discusses food, vitamins, and natural remedies that support thyroid health; explains how to avoid environmental and emotional triggers; and offers tips from thyroid support groups. By following this clear 10-step program and working with your health practitioner, you can channel the incredible power of your thyroid into greater health and well-being. About the Author. Richard L. Shames, M.D., is a graduate of Harvard College and the University of Pennsylvania Medical School. Thyroid Power can help you determine whether you're one of the millions who suffer from low thyroid. It discusses food, vitamins, and natural remedies that support thyroid health; explains how to avoid environmental and emotional triggers. We finally both read this book and discovered many of the truths that are not learned or stressed in medical school re: autoimmune diseases. Her antibody levels were OFF THE CHART and after a trial of multiple different medication regimens, she is now feeling better on Armour Thyroid. READ THIS BOOK or GIVE IT AS A GIFT to anyone who may be ill with thyroid problems or need a "NON-SANCTIONED" alternative approach! It opened MY eyes! Bravo and thanks to the authors! One of the "10 Steps to Total Health" involves finding a therapeutic balance/dosage of medication. This is a pretty major step that is heavily reliant on finding a doctor willing to work with the patient. Cooperation with primary care/specialist physicians can be difficult and this is totally beyond the control of the sufferer. Thyroid Power by Richard Shames. Since I have thyroid problems I am always reading or searching ways to keep my thyroid under control. This book has very good advice to those with thyroid problems or anyone who may be searching for some health answers about the thyroid. Foods to avoid, how it affects other parts of the body along with what to talk to your doctor about testing for the thyroid and medications, etc.