

# HELP!...

# My Thyroid

# Hates Me!

## *Inside This Report You'll Discover...*

- ❖ The Most Common Causes of Thyroid Problems.
- ❖ How To Tell If You Might Have A Thyroid Condition.
- ❖ Why Some Thyroid Conditions Are Reversible.
- ❖ New Support Protocols For Thyroid Dysfunction.
- ❖ Why You May Not Need Medication At All.
- ❖ The Different Types Of Thyroid Conditions And Their Symptoms.
- ❖ Complete Testing For Thyroid Disorders.

I want to thank you for taking the time to read this thyroid report, and I want you to know that you've made a very wise decision to look at alternative ways to help your condition. What you learn in this report will give you real answers to your health problems and greatly add to your quality of life!

I know that many of you've been looking for answers, and are probably very frustrated that you feel so bad and can't get any real help. I had a lady come in to see me who sat in my office in tears telling me how terrible she felt. No energy... Weight gain... Depression... Headaches... Brain Fog. Her life was a wreck! She had been to her regular doctor and two specialists. They told her that all of her lab tests were normal...there was nothing wrong with her. They advised her to see a psychiatrist. She was so excited and hopeful to hear about our integrative approach to thyroid problems.

It's very important to note that in order for natural, alternative care to work for you, you need to:

1. Think outside the box
  - a. What you're doing now is not working. If you keep on doing what you've been doing, you're going to keep getting what you got.
2. Take *personal* responsibility for your health.
  - a. If you think that you'll wait for a pharmaceutical company, insurance company, or the government to give you the answer to good health, then be prepared for a VERY long wait. It may sound a bit harsh, but they really don't care if you're having a good day.

Now, why should you listen to me? Well, I live and breathe this stuff 365 days a year. I just love what functional medicine can do for *serious* people looking for *serious* answers. My name is Dr. Stephen Moleski and I am Board Certified in Integrative Medicine. Based on my extensive training, I use a different approach to thyroid disorders. But first, let me give you some background...

I have been in practice for over 37 years, and am the director of Infinity Health. I am a graduate of the American Functional Neurology Institute, and have a Fellowship in Applied Spinal Biomechanical Engineering. I have spent thousands of hours in post-doctorate education to stay up to date on the latest developments in the natural healthcare fields. You can visit my website at [www.infinityhealth.us](http://www.infinityhealth.us) to find out more, or give us a call at 850-878-5636.

I'm intimately familiar with natural protocols for chronic conditions using what I know about neurology, physiology, and how to get people better without using medication.

Now, just what makes this healthcare approach work? The answer is really quite simple...

**The human body is an awesome creation that can heal itself of anything... yes, *anything!***

I'm sure you've heard of instances where even cancer was healed naturally. What modern medicine doesn't know about the capacity for the human body to heal could fill volumes!

Oh, and here's another important point:

## **We do not treat a diagnosis...We correct body function!**

Chronic conditions are due to chronic stress ...

Our bodies are beat down by stressors over the years. Chemical, physical, and emotional stresses cause our bodies to break down and to malfunction. Basically, we get unhealthy... and when unhealthy, the body expresses symptoms!

Some 20 million Americans are affected by thyroid disorders...that is 1 in 13 people! And more than half of those people are unaware they have a thyroid problem because it frequently goes undiagnosed...until it gets severe. According to the National Women's Health Information Center, 1 in 8 women will experience a thyroid disorder during their lifetime.

After studying about thyroid disorders, I realized how poorly diagnosed and treated thyroid conditions are. I also noticed a disturbing trend in the current treatment approach for these conditions, which I'll reveal in a moment...

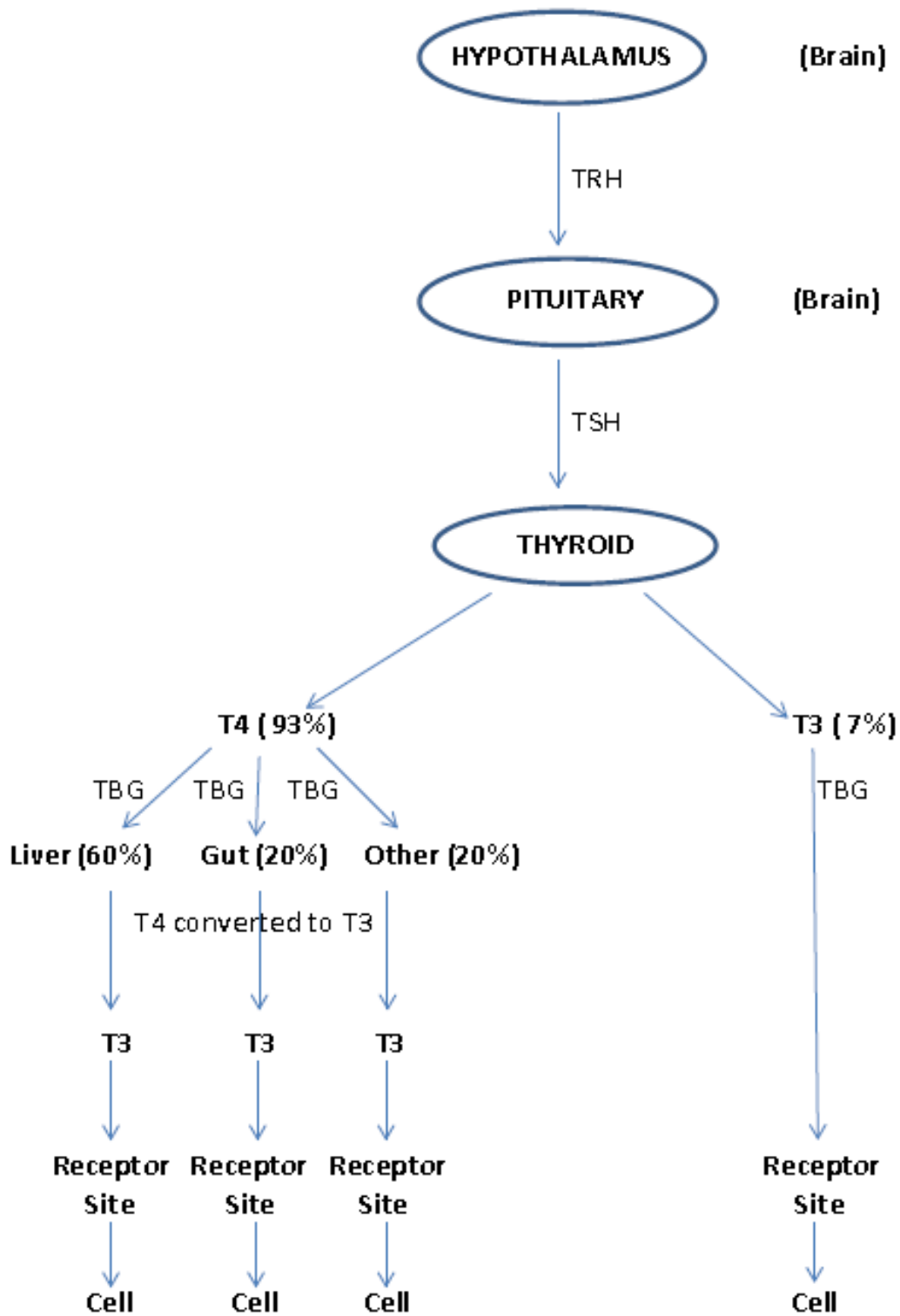
### **First, let's learn more about how the thyroid works...**

In healthy people, the thyroid makes two hormones, T3 and T4. These hormones have important actions throughout the body. Most importantly, they regulate many aspects of our metabolism, affecting how many calories we burn, how warm we feel, how much we weigh...and our general well-being.

### **In short, the thyroid "runs" our metabolism... It's literally the "gas pedal" of the body.**

Thyroid hormones also have direct effects on most organs, including the heart, which beats faster and harder under the influence of increased thyroid hormones (this is why heart problems can often accompany chronic thyroid problems).

Take a moment to look over the diagram on the next page, and then continue on to page 5 for continued description of the flow chart.



The hypothalamus is in the brain and releases a hormone called Thyrotropin Releasing Hormone (TRH). The TRH then signals the pituitary gland to release Thyroid Stimulating Hormone (TSH). The hypothalamus and the pituitary gland are affected by stress, caffeine, inflammation, and poor diet. The TSH goes to the thyroid and stimulates the production of T4 and T3.

T3 is the more biologically active hormone (more important for cellular function), and, in fact, most of T4 (93%) is converted to T3 in the body's peripheral tissues. So T4 is just a precursor for the more active hormone, T3.

Iodine is the primary element of T3 and T4 (T3 contains three iodine molecules and T4 contains four iodine molecules, respectively). This makes iodine essential to the production of these two important thyroid hormones.

The thyroid releases T4 (93%) and T3 (7%). They are then transported through the body by Thyroid Binding Globulin (TBG). TBG is affected by hormones and blood sugar problems. 60% of T4 goes to the liver, 20% of T4 goes to the gastrointestinal tract, and 20% of T4 goes to the peripheral tissues.

The T4 then needs to be broken down into the active form of T3.

One of the problems in some thyroid disorders is that you may have trouble converting T4 to T3 in your tissues (have you been checked for this?). This conversion process is affected by stress and abnormal cortisol levels. This can create a deficiency of T3, disrupting the body's ability to properly regulate metabolism...leading to specific symptoms.

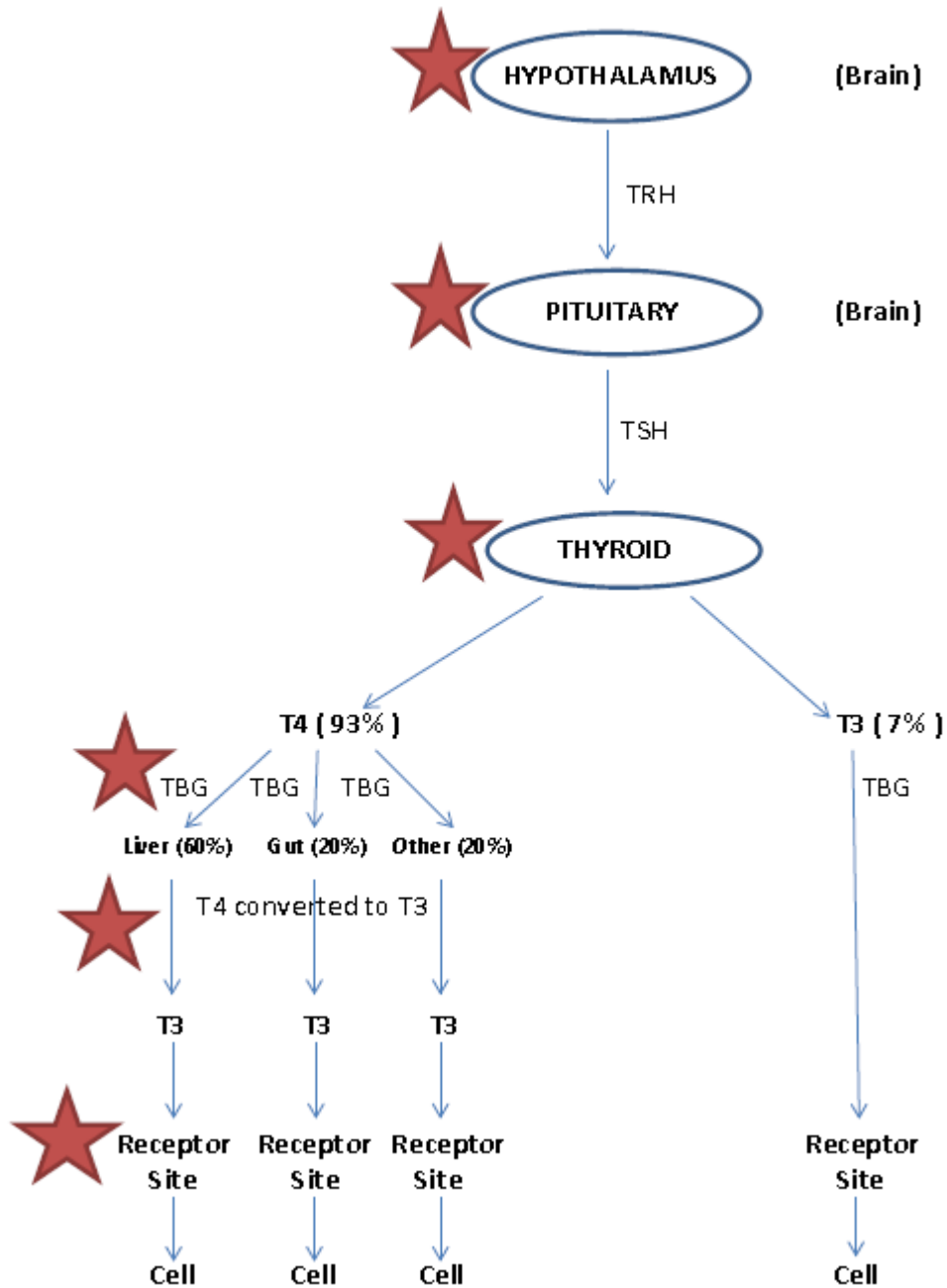
One of the controversial aspects of the most common thyroid medication, Synthroid, is that it is only T4. If you have difficulty converting T4 to T3 (Synthroid is a *synthetic* form of T4) then this medication is not as effective in relieving thyroid symptoms.

The T3 then must adhere to the T3 receptor site on the cell in order to gain entrance into the cell. Increased cortisol and homocysteine levels can affect this receptor site area.

You can see from this physiological description that there are many areas that can break down in the process of getting T3 into the cell. There can be a problem with the hypothalamus interfering with the production of TRH. There could be a problem with the pituitary interfering with the production of TSH. (Interesting that the only test typically run for thyroid dysfunction doesn't actually test the thyroid. It tests a hormone secreted from the pituitary)

There can actually be a problem with the thyroid not being able to make T3 and T4. Beyond the thyroid, there could be a problem with the liver, interfering with the conversion of T4 into T3. There can be a problem with the gastrointestinal tract, interfering with the conversion of T4 into T3. There could also be a problem with the peripheral tissues not being able to convert T4 into T3.

It is also possible to have a problem at the receptor site itself.



This diagram has stars pointing out the different areas that can break down and be the causes your thyroid problem. If your problem is only with the thyroid itself, then you are the type of person who does very well on thyroid medications. If, however, you are the type of person who is always adjusting medications, and/or still suffer from thyroid symptoms, then you can bet that your problem is not with the thyroid gland.

The other “star” areas need to be evaluated and supported.

Before we go any further, let's cover the three primary types of thyroid conditions:

#1: Hypothyroidism

#2: Hyperthyroidism or Grave's

#3: Hashimoto's Thyroiditis

### Hypothyroidism (slow thyroid) Symptoms

- ✓ Do you feel fatigued, tired or sluggish?
- ✓ Do you have cold feet and/or hands?
- ✓ Do you require excessive amounts of sleep to function?
- ✓ Do you gain weight easily or have difficulty losing weight?
- ✓ Do you have difficult or infrequent bowel movements (constipation)?
- ✓ Are you depressed?
- ✓ Do you lack motivation?
- ✓ Do you suffer from morning headaches that wear off as the day progresses?
- ✓ Do you suffer from thinning hair or excessive hair falling out?
- ✓ Do you suffer from dryness of the skin and/or scalp?
- ✓ Do you suffer from mental sluggishness?

**Hypothyroidism is a condition in which the body lacks sufficient thyroid hormones.** Since the main purpose of thyroid hormones is to "run the body's metabolism," it is logical that people with this condition will have symptoms associated with a slow metabolism.

Millions of Americans have this more common medical condition...and it often goes undetected in the early stages. Were you told that your blood test results were "normal" and yet you continue to have symptoms?

### Hyperthyroidism/Grave's Disease (fast thyroid) Symptoms

- ✓ Do you experience heart palpitations?
- ✓ Do you suffer from inward trembling?
- ✓ Do you have an increased pulse even at rest?
- ✓ Are you nervous and/or emotional?
- ✓ Do you suffer from insomnia?
- ✓ Do you experience night sweats?
- ✓ Do you have difficulty gaining weight?

Hyperthyroidism is the medical term to describe an over-production of thyroid hormones. Although this condition is less common, it can precede a slowing down of the thyroid. It's usually easier to treat, though.

## Hashimoto's Thyroiditis

Hashimoto's Thyroiditis is a condition in which the body's immune system attacks the thyroid gland (this is an auto-immune disorder).

It is diagnosed by checking for thyroid antibodies (TPO & TGB) and gluten antibodies.

Patients suffering from Hashimoto's Thyroiditis will experience symptoms of hypothyroidism AND hyperthyroidism...MEANING they will experience some or ALL of the above symptoms.

Since the thyroid gland controls the body's metabolism, it can affect all of the systems of the body, such as the digestive tract, liver, gall bladder, hormones, cholesterol, brain (via neurotransmitters), adrenal glands, breasts, ovaries, and heart.

### **THIS IS EXACTLY WHY YOUR THYROID NEEDS TO FUNCTION AT ITS OPTIMAL LEVEL**

Now, back to that disturbing trend I observed concerning the treatment of thyroid conditions...the disturbing trend: most thyroid sufferers are treated exactly the same!

This really bothers me because I understand from my knowledge of neurology that no two people react the same...especially with endocrine dysfunction.

### **Then why are all thyroid sufferers treated the same?**

Did you know that there are MANY different blood tests that can be analyzed in order to determine exactly how your thyroid is affected? Most doctors just use the same old blood tests and never bother checking beyond those.

**We CAN support your thyroid function naturally, and you may not need any medication at all.**

DON'T get me wrong, **I am NOT here to tell you to stop taking your current medications.** We will work alongside your medical doctor to help get your body functioning better again. All prescription decisions are made by your medical doctor.



We use very specific blood tests, which may include any or all of the following:

- **Thyroid Stimulating Hormone (TSH):** the message sent from a gland in the brain (pituitary) to the thyroid
- **Free T3:** an important hormone produced by the thyroid gland, considered to be the more biologically active hormone of the thyroid
- **Free T4:** another important hormone produced by the thyroid gland
- **Thyroid Antibodies (TGB & TPO):** checked in suspected cases of autoimmune thyroid disorders (see below)
- **Reverse T3:** this is a wayward (or “reverse”) version of T3 and causes problems
- **Total T4:** this is a reflection of how much total T4 hormone there is in the blood
- **Free Thyroxine Index (FTI):** this is an estimate of how much thyroxine is in the blood
- **Resin T3 Uptake:** this test measures the unsaturated binding sites on the thyroid proteins
- **Complete Metabolic Profile (CMP):** checks electrolytes, blood sugar, and other markers that can indicate any disturbances in physiology
- **Lipid Panel:** cholesterol, LDL, HDL, etc. because these can be related to endocrine dysfunction
- **Complete Blood Count (CBC) w/differential:** this checks your white blood cells, red blood cells, and so forth as well as a specific breakdown of certain white cells that can indicate an often-overlooked pattern of endocrine change

We ALSO test to see if you have an autoimmune disease. An autoimmune disease is where your immune system attacks a particular area of the body (like the thyroid, for instance), so we test for specific thyroid antibodies to determine if YOU suffer from an autoimmune thyroid disease.

We can also check for gluten antibodies, myelin (fatty sheath around the nerves) antibodies, and cerebellar (back part of the brain controlling balance, coordinated movement, and spinal muscles) antibodies.

Additionally we can test your adrenal glands (small glands on top of the kidneys) via a Adrenal Stress Profile (ASP), as many thyroid sufferers also suffer from adrenal problems.

## **Have you EVER been checked for any thyroid antibodies or had an ASP?**

We will enter your blood work into our *Functional Blood Chemistry Analysis* database to determine which nutrients are best suited to help your SPECIFIC thyroid *malfunction*.

This will facilitate a more complete and rapid recovery from your thyroid condition.

Remember:

NO TWO THYROID PATIENTS ARE ALIKE,  
SO NOT ALL THYROID PATIENTS SHOULD EVER BE TREATED ALIKE!

Based on your PERSONAL blood chemistry, we can quickly determine which nutritional products will benefit you the most and get you on the road to recovery.

WHEN NUTRITIONAL SUPPLEMENT RECOMMENDATIONS ARE NOT BASED ON YOUR CURRENT BLOOD WORK, THEY ARE MOST OFTEN INACCURATE!

YOUR SPECIFIC CONDITION MUST BE ANALYZED VIA YOUR BLOOD CHEMISTRY RESULTS IN ORDER TO MAKE EFFECTIVE NUTRITIONAL RECOMMENDATIONS!

**So let's start with what makes my office completely DIFFERENT from any doctor that you have seen...**

### **#1: COMPLETE FUNCTIONAL NEUROLOGIC TESTING:**

In Dr. Datis Kharrazian's best selling thyroid book, *Why Do I Still Have My Thyroid Symptoms When My Lab Tests Are Normal?*, he states on p. 172... "The brain is saturated with thyroid receptors. Healthy thyroid function is integral to healthy brain function. Brain health and sufficiency of the neurotransmitters serotonin and dopamine are important for thyroid function." This is why it is very important to treat you neurologically. **Remember that your hypothalamus and your pituitary gland are in your brain.** They need to function properly!

**OXYGEN...** your brain and nervous system need TWO things to survive: FUEL and ACTIVATION. Activation comes from the treatment examples that are listed below. Fuel comes in the form of OXYGEN and glucose. You get the glucose from the food that you eat, which is why it is important to eat a healthy diet. **AS YOU AGE, YOUR ABILITY TO UTILIZE OXYGEN DECREASES.** If you don't have oxygen available for your brain and nervous system, most likely, no treatment will work!

**AUDITORY STIMULATION...**listening to sound in one ear will stimulate the opposite side of the brain and increase impulses which will help the brain to be more balanced and work better.

**OLFACTORY STIMULATION...**smelling different scents will stimulate the brain. Your sight, sound, taste, and touch all travel through a sensory area of your brain called the thalamus. **SMELL GOES DIRECTLY TO THE BRAIN.** Again, this will help the brain to function better.

**CALORICS...** warm water in the ear will stimulate the semicircular canals in your ear and fire the vestibular nerve back to your cerebellum. The cerebellum fires to the brain, the brain fires to the lower brainstem, and your lower brainstem slows down the upper brainstem.

It's all about natural ways to stimulate your brain to be more balanced and function better.

## **#2: COMPLETE METABOLIC TESTING:**

1. Have you been specifically checked for an autoimmune disorder or Hashimoto's Disease? There are two parts to your immune system, TH1 and TH2. IF one of these parts is dominant, you could have an autoimmune disorder. An autoimmune disorder is where your immune system is attacking your body, causing your thyroid condition.

The first part, called our "T"-Helper 1 System (TH-1 System), is our immediate immune response system. It is responsible for an immediate attack against foreign invaders like bacteria, viruses, mold, fungi, or parasites. The cells involved in the TH-1 system are called macrophages, natural killer cells, and cytotoxic T-Cells. It is our front line defense.

The other part of our immune system is our T-Helper 2 (TH-2) system. It involves the production of antibodies to "tag" onto invaders so our TH-1 system can more easily destroy the invaders. It is our B cells that are responsible for producing the antibodies.

The balance between these two sides of our immune system is very important to look at with many thyroid patients. IF one of these parts is dominant, you could have an autoimmune disorder.

An autoimmune disorder is where your immune system is attacking your body and it could be causing your thyroid problems. You are just about guaranteed to fail using medications alone. WHY? 90% of the time the primary mechanism of thyroid dysfunction is your immune system attacking your thyroid, which is also known as an autoimmune attack. Medications alone do nothing to slow or stop the autoimmune attack. Since the autoimmune mechanism is the most common cause of hypothyroidism in the United States, you would think that it is commonly screened for by ALL doctors.

**Unfortunately, it is rarely, if ever, checked.** The reason? Mainstream medical care treats thyroid problems with medications. Why run extra tests if you are not going to alter the treatment based on the test results?

**AUTOIMMUNE CONDITIONS TRUMP EVERYTHING.  
THEY MUST BE HANDLED FIRST  
OR YOU WILL NEVER GET BETTER!**

2. Have you been specifically checked for any food sensitivities? **Each time that you eat a food that you are sensitive to, such as gluten (wheat, barley, rye, and oats), dairy, eggs, soy or yeast, it can cause your immune system to attack your thyroid. THESE 5 FOODS COULD BE SLOWLY KILLING YOU AND YOU DON'T EVEN KNOW IT BECAUSE YOU HAVE NOT BEEN TESTED!**

**3. Have you ever had a COMPLETE thyroid panel blood test done? Your thyroid CONTROLS your body metabolism, so if you suffer from diabetes...IT MUST BE THOROUGHLY CHECKED! I'm not talking about a simple test for TSH (thyroid stimulating hormone). I am talking about the COMPLETE BATTERY OF THYROID TESTS which includes Total T4 (TT4), Free T4 (FT4), Free T3, Free Thyroxine Index (FTI), Resin T3 Uptake, Reverse T3, Thyroid Binding Globulin and the thyroid antibodies...TPO and TGB!**

Your THYROID is EXTREMELY important and needs to be checked! Did you know that many doctors consider TSH levels from .45 to 4.5 to be "normal." Optimal or "functional" TSH levels should be 1.8 to 3.0. What is YOUR TSH level? If it is not 1.8 to 3.0, have you had the FULL battery of thyroid tests? Has it ever been checked?

4. Have you ever had your adrenal glands checked? Your adrenal glands are your "stress" glands and they are VERY IMPORTANT in successfully treating your thyroid! An Adrenal Stress Profile (ASP) needs to be run on you, which will check your cortisol levels at 8 am, noon, 4 pm and 10 pm.

5. Have you been checked for functional blood disorders such as anemia? Anemia simply means you ARE NOT going to get oxygen to your tissues. There are different kinds of anemia, such as iron, B12, folic acid, etc. We can test for each one. Anemia is VERY important to find and correct. Without oxygen available for your brain and nervous system, most likely, no treatment will work! No supplement will work. No nutritional program will work.

If you are male have you ever been evaluated for Andropause?

If you are female has your doctor ever ordered an expanded female hormone panel?

**HORMONE LEVELS ARE VERY IMPORTANT  
IN CONTROLLING THYROID CONDITIONS!**

**If you answered "NO" to any or all of these questions,  
then there is a good chance that  
your thyroid condition has not been evaluated as fully as possible!**

**THESE TESTS NEED TO BE RUN ON YOU  
TO GET TO THE BOTTOM OF YOUR THYROID PROBLEM!**

# How Are We Going To Help Your Thyroid Condition?

- **Find**, through your lab tests, the antigens or **causes** of dysregulation.
- **Remove** those causes through specific dietary changes.
- **Repair** your damaged tissues with specific nutritional supplements.
- **Balance** your immune system with specific nutrients and vitamins.
- **Find**, through neurological tests, **imbalances** in brain function.
- **Improve** your brain function with brain-based therapies.

## What Makes Our Office Different?



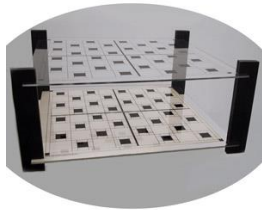
**We will leave NO STONE unturned to determine the *exact cause* of your condition!**

# MYTH BUSTERS

There are many myths out there that hold people back from getting better:

## 1. “I’M TOO OLD”

- Years ago, I had a man come into my office with low back pain. He limped in with his wife by his side. He was 93 years old, and she was 94. They had been married for 77 years. He accused her of “robbing the cradle”. After treatment, they went up to the front desk, and I advised him to make a follow-up visit the next week. He said that he couldn’t come in that week because he had no time available. Then, she pulled out this big day planner and opened it up. Much to our surprise, there was something written in on every time slot during the day! He really did have an active lifestyle! On Friday mornings, he would go down to the Senior Center and play “double level chess”! He was certainly enjoying a great quality of life!



I thought to myself then that I wanted to be like him when I get to 93! Don’t sell yourself short. Life is precious! Your body can heal, and tomorrow can be better!

## 2. “IT’S GENETIC”

- This can be a cop-out! There is a whole new field of medical study called epigenetics. They are finding that we can now turn genes on and off. It is possible to stop genes from expressing themselves. Now that’s an example of great breakthroughs in modern medical research! Also, consider that you “inherit” eating habits and lifestyles from your parents and grandparents. It may, therefore, not “be in your genes”.

## 3. “LEARN TO LIVE WITH IT”

- This is advice given based on the acute care model and yesterday’s knowledge. There have been *huge* advances in diagnostic approaches to chronic conditions. There are new tests and support protocols now available that can find the *hidden cause* of your chronic thyroid problem.

**These myths are just myths...and that’s all they are!**

Don’t let them hold you back...your tomorrow can be brighter!

What would it be like for you to feel years younger and more vibrant again?

# Integrative/Functional Medicine Is Getting Popular!



## Complementary and Integrative Medicine

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**Dr. Oz**

## Functional Medicine

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## Cleveland Clinic's Center for Integrative Medicine

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## UF Health Integrative Medicine – Executive Health

## **At this point ask yourself the following questions:**

- #1: How have my thyroid symptoms affected my job, relationships, finances, family, and other activities?**
- #2: What has it cost me in time, money, happiness, and sleep?**
- #3: What will my life look like in the next one to three years if my thyroid problem is not taken care of?**

## **Here's What To Do Next...**

Call my office at **850-878-5636** and tell my staff that you are interested in setting up a **CONSULTATION** to discuss alternative treatments for your thyroid condition.

Our office is located at 1960-A Buford Blvd., Tallahassee, FL 32308.

Sincerely,

Dr. Stephen Moleski, DC, BCIM

Board certification is through the American Association of Integrative Medicine.

The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by the Florida Board of Chiropractic Medicine.