# Thyroid Overview

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I'd like to share a great resource with you. I was privileged to be a part of a panel of professionals on a podcast giving an overview of Biotics' thyroid products. I'm sure you are familiar with some of the products in Biotics' thyroid category, but I guarantee there are a few that escape your attention. Biotics has the greatest specificity of any professional company. They give you the opportunity to individualize therapy like no other company. I was thrilled to hear some of the clinical pearls that were shared especially the rationale and dosage recommendations. You can see the link to the right to listen.

As I listened to the replay, I realized 3 key points should have been mentioned. The first is... if your patients are not having the success you normally expect with your protocols, consider taking thyroid supplements an hour before morning coffee or at least an hour away from food. Several researchers have found that coffee can inhibit the effects of thyroid support.

Not Getting Results With Your Thyroid Protocol?

Consider THESE 3 Key Points
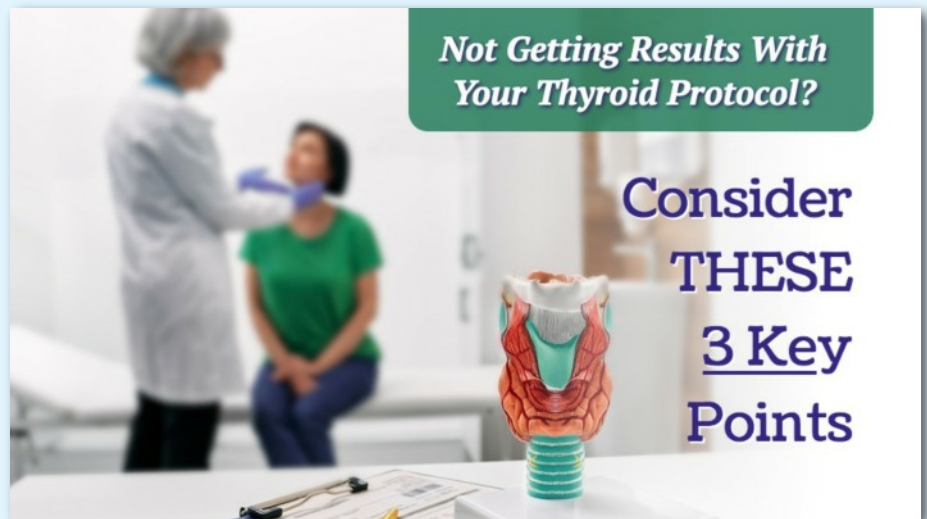
Next… when giving iodine, remember that other halogens will be displaced. The body accumulates fluorine and bromine if iodine is deficient. They are sitting in iodine receptor sites, and when you add iodine, those metals will come out, and the body must detoxify them. So, if your patient is drinking tap water, consider supplementing iodine slowly. In other words, start with a lower dose and increase over time. Fluorine and bromine disrupt enzymes and display free radical behavior.

Finally, Dr. Broda Barnes used 1 grain or 60 mg and added 1/2 grain or 30 mg every month until the patient recovers. That's a lot of thyroid. Dr. Starr, author of Hypothyroidism Type 2, agreed that higher doses are often necessary to achieve optimal results, at least temporarily. He also found that sometimes the recommendation of desiccated porcine thyroid made patients worse. This may happen to patients with severe allergies, chemical sensitivities, and chronic pain. These were the patients that needed the therapy the most, and yet due to toxins and nutrient deficiencies, patients would have an aggravation of symptoms. He reduced the dose and instigated a detox to reduce toxic burden. He knew en-

vironmental toxins interfere with thyroid as well as other hormonal functions.

If the receptor sites of the cell are already full or blocked, then the body may signal a heightened or alarmed state. The detox reaction will free receptor sites and enhance cellular function. With several patients, I have seen low levels of free T3 as part of their clinical picture. When they do a detox, I've seen free T3 levels returned, not only to normal but to their optimal levels. In the past, we have recommended the NutriClear Plus program, and I am still a huge fan. 15 days of lifestyle changes really starts the wellness ball rolling. However, Dr. Devaki Berskson developed a product called Receptor Detox for that very purpose. She studied with the scientists that discovered estrogen receptor alpha and estrogen receptor beta. Her mentors always said it doesn't matter how much of a

given hormone is in blood, saliva, or urine. If the receptor sites are blocked, the hormone can't signal. So, if you are not getting results on a given thyroid protocol, consider a detox as Dr. Starr suggested and follow up with Receptor Detox, 2 bid for a week, then 1 bid.

You can see a link to the right to watch an interview she did with us discussing Receptor Detox. I've also added a link that summarizes lab tests and symptoms that will help you assess thyroid health. Future podcasts will address other conditions such as cardiovascular and gut issues. So, stay tuned for future podcasts. I know you will enjoy them. I know I enjoyed being a part of the team. They provide a lot of clinical information in condensed form.

Thanks for taking the time to join me. I look forward to being with you again next Tuesday.