

Dr. Marlene's NATURAL HEALTH CONNECTIONS

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The 30-Day Thyroid Restoration Protocol

Thyroid function declines with age, but you can reverse it and recover memory, motivation, energy, and overall good health.

Do you feel you're getting old because you don't have the urge to get out and do things you used to love? Maybe you find yourself spending more and more time in front of the TV because you're too tired to do anything else. Or maybe you're concerned about your memory not being as sharp as it used to be.

Rather than "getting old," these and many other issues could be a sign that your thyroid is underperforming. Low thyroid, technically called "hypothyroid," is much more common than you might think, and it's often missed in medical check-ups.

It's estimated that between 40 and 60 percent of people with thyroid issues are not aware of their condition. But based on my experience, this is likely a low estimate.

Western medicine is designed mostly to treat diseases once they've developed, so statistics reflect disease — thyroid disease in this case. But low thyroid is not always considered a disease, despite symptoms that can

be debilitating. Consequently, many cases wouldn't be on the radar of a medical statistician.

In my practice, I aim to help my patients restore optimum thyroid function, which routinely gives them a new lease on life. Some of my patients were unaware that their thyroid was under par when they first came to see me. In other cases, they had been diagnosed with low thyroid and prescribed medication that didn't resolve their symptoms or caused adverse effects, or they simply didn't want to take drugs for the rest of their lives and were seeking an alternative solution.

Weight Gain and Brain Drain

I find that many people are aware that low thyroid slows down metabolism and can lead to or contribute to weight gain but are surprised by its effect on their thinking. It's easy to overlook the fact that the metabolic slowdown also slows down brain function.

One of my low-thyroid patients



was less concerned about needing to lose weight than the mental troubles she was having. In her fifties, she had a challenging management position that required quick thinking. But she was having a lot of trouble focusing at work and knew something was wrong.

After taking a combination of herbs (see page 8: *The 30-Day Thyroid Restoration Protocol*), she regained her ability to focus, was more alert, had more energy, and started to lose weight. Blood tests

showed that her thyroid hormone levels had dramatically improved.

Lack of Motivation

Another one of my patients had been diagnosed with low thyroid but did not want to take medication. She didn't have a weight problem. In fact, she was skinny.

At the age of 60, she was living in a pleasant retirement community where there were lots of recreational and social activities. But she just didn't want to do anything — not even read a book — and watching TV became her default activity.

This patient was experiencing complete exhaustion, total lack of motivation, and an absolute inability to think. The closest way to describe it would be brain slowness, rather than brain fog. If you've ever experienced either of these, you know what I mean.

The thyroid influences metabolism in all cells. When the metabolism of brain cells slows down, thinking becomes difficult. It's a deep brain fatigue that makes people unable to function, and it's really common with low thyroid.

In addition to feeling tired all the time, this patient was less able to remember things, didn't want to focus on anything because her brain was struggling, was cold all the time, and felt sluggish.

What Was Wrong

This patient's blood tests showed that her thyroid was critically low. However, medication in the past had caused bad side effects without providing any relief, and she hadn't taken any for a long time. The symptoms kept getting worse and worse and by the time

she first saw me, they had become extremely debilitating.

Following my advice, she took certain minerals and a thyroid supplement, which I'll describe in detail in a moment. And less than two months later, she was feeling better, beginning to go for walks, and participating in some enjoyable activities in her community. In this case, two months was a very short time to start truly relieving years of suffering.

Tests showed that her thyroid level was in a range that's considered normal in conventional medicine, and it continues to improve. We're working toward getting her levels into an optimal range — significantly better than "normal."

Small Gland with Big Impact

As you can imagine, the patients I just described experienced improvements that were truly life-changing. And they aren't alone. I've had many patients in similar situations, and they all recovered — without drugs.

In many cases, I've had patients who had never given their thyroid any thought but were suffering from some of the symptoms I've described, and tests showed that they had low thyroid. Treating it with herbs, minerals, and/or thyroid supplements, depending on the situation, resolved the problem and significantly improved their lives.

To put things in context, there can be other causes of some of the low-thyroid symptoms I've described. You can be chronically tired because you aren't getting enough sleep and you may be unaware of being sleep-deprived because it feels "normal." Your

Dr. Marlene's NATURAL HEALTH CONNECTIONS

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body can be overwhelmed by toxins. Your diet can be wreaking havoc on your energy levels and causing weight gain or making weight loss impossible.

Sometimes, there’s a combination of factors. To learn more about how these work and what you can do to be at your best, see *Related to This Topic* and read the issues I’ve listed for more information.

Why the Thyroid Is So Powerful

The thyroid is a small, butterfly-shaped gland in the front of your throat, at the base of your neck. Cartilage just above it forms the Adam’s apple. The thyroid is about 2 inches long — relatively small compared to some of your other organs — yet it exerts enormous influence over the state of your whole body.

The thyroid releases hormones that regulate metabolism — meaning the way your body generates and uses energy — and this influences many other functions, including:

- breathing
- body temperature
- heartbeat
- the nervous system
- brain function
- body weight
- muscle strength
- cholesterol levels

Low thyroid also significantly affects risks for some of today’s common, chronic maladies.

Low Thyroid Can Double Risk for Type 2 Diabetes

In people with prediabetes, the risk of developing full-blown diabetes can double if they also have low

Symptoms of Low Thyroid

Symptoms of low thyroid vary from one person to another. For example, although weight gain is common, skinny people can also have a low thyroid. Lack of physical and mental energy are other frequent signs. But because thyroid hormone plays a role in all parts of your body, low thyroid can manifest in many ways, including these:

- | | | |
|---|---|-------------------------------------|
| • Brain fog | • Hair loss | • Puffy feet |
| • Brittle nails | • Hair thinning | • Puffy hands |
| • Cold hands and feet | • Headaches | • Puffy legs |
| • Constipation | • Inability to think | • Reactive hypoglycemia (see below) |
| • Depression | • Joint pain | • Slow heart rate |
| • Difficulty concentrating | • Lack of motivation | • Slow movement |
| • Dry hair | • Loss of the outer third of the eyebrows | • Slow reflexes |
| • Dry skin | • Low libido | • Slow speech |
| • Dry, scaly patches on elbows | • Memory problems | • Slow thinking |
| • Easy bruising | • Menstrual irregularities | • Swollen eyelids |
| • Elevated cholesterol | • Migraines | • Thyroid gland that’s enlarged |
| • Exhaustion | • Morning cramps, especially in the upper arms, thighs, or calves | • Thyroid nodules (see below) |
| • Feeling cold, generally | • Morning stiffness | • Water retention |
| • Feeling mentally tired | • Muscle aches | • Weight gain |
| • Feeling physically tired all the time | • Puffy face | |

What Is Reactive Hypoglycemia?

“Hypoglycemia” is low blood sugar, and “reactive” refers to a change in blood sugar after eating. Normally, blood sugar becomes elevated for a few hours after a meal. With reactive hypoglycemia, it drops within four hours after eating.

For people with diabetes, it can mean that doses of insulin or other diabetes medications need to be adjusted. However, it can also be a sign of low thyroid in both diabetics and otherwise healthy people. Symptoms of reactive hypoglycemia can include:

- | | | |
|-------------|-------------------|--|
| • Fatigue | • Lightheadedness | • Weakness |
| • Anxiety | • Pale skin | • Feeling “hangry” — hungry and angry or irritable |
| • Confusion | • Shakiness | |
| • Hunger | • Sweating | |

What Are Thyroid Nodules?

Thyroid disease was once recognized only by the appearance of a goiter: an enlarged thyroid gland that is visible as a large lump in the front of the throat. Now, we know that there can be much smaller growths on the thyroid gland, and these are referred to as nodules.

Thyroid nodules can be so small that they aren’t noticeable unless a doctor does a thorough physical check of your thyroid gland.

thyroid. Having prediabetes means that blood sugar is elevated but not high enough to be diagnosed as diabetes.

A Dutch study that lasted nearly 8 years looked at more than 8,000 people whose average age was 65. The markers they tracked included blood sugar and thyroid hormone levels.¹

These researchers found that even if thyroid levels were considered normal, but were at the low end of normal, they increased risk for diabetes. (See *How Thyroid Tests Can Hide Low Thyroid* on the next page.) The risk was greatest among those whose blood sugar was already elevated.

Low thyroid means having low metabolism. This means the cells don't need as much "food" in the form of blood sugar. So, the sugar stays in the bloodstream instead of going into cells. And then, you have higher levels of blood sugar — hence prediabetes and diabetes.

Unfortunately, there is no screening for thyroid issues in the routine diagnosis or treatment of prediabetes or diabetes. For people who already have diabetes, low thyroid makes blood-sugar levels more difficult to manage.

Low Thyroid Raises Harmful Cholesterol

Studies show that low thyroid increases risk for heart disease. It leads to higher levels of harmful LDL cholesterol and increases the odds of today's most common form of heart disease: plaque forming in arteries, or atherosclerosis.²

This is how it works: Remember that low thyroid slows down metabolism throughout the body. The liver is the organ that clears

out harmful LDL cholesterol so that it can be excreted. When metabolism in the liver is slow, it can't perform its clearing function fast enough, and levels of "bad" LDL cholesterol rise.

The research shows that this happens even when thyroid is in the lower ranges of what's considered "normal" in conventional Western medicine. In other words, a "normal" thyroid may not be working well enough to keep cholesterol at healthy levels. But if you get your thyroid functioning at an optimal level — better than today's "normal" — it may bring cholesterol to healthy levels without cholesterol-lowering statin drugs, or with lower drug dosages.

Low thyroid is also one reason for muscle aches and weakness that are a common side effect of statins. Correcting low thyroid function can eliminate those side effects, if not the need for the drugs.³

Common Causes of Low Thyroid

Crash weight-loss diets, toxins, stress, and lack of essential thyroid

nutrients all depress thyroid function, and a combination does even more damage. Under stress, our bodies produce extra cortisol, the fight-or-flight hormone, and its elevated levels disrupt other hormones, including thyroid.⁴

Managing the stress is the only way to deal with it. However, having a well-nourished thyroid will lessen the impact of stress.

Before I describe the essential thyroid nutrients, I want to give you an understanding of how crash diets and toxins impact the thyroid. If you have a sense of the bigger picture, my thyroid restoration protocol will make more sense and will be easier to follow.

Weight-Loss Diets Depress Metabolism

Do you remember the TV show, *The Biggest Loser*? Contestants lost dramatic amounts of weight by following an extreme diet and exercise program. But guess what? Of 14 "biggest losers," all but one regained weight during the 6 years following the contest, and four of them became heavier

Related to This Topic

These are some earlier issues of this newsletter that address related issues:

Related Topic	Volume	Issue	Title
Sleep	2	2	The 10-Minute Sleep Solution
Toxins	1	7	The 21-Day Energy Restoration Plan
A Healthy Diet	1	8	The Guide to Healthy Eating
Weight	2	1	10 Reasons Why You Gain Weight and Can't Lose It
Cholesterol	1	4	When Statin Drugs Can Harm You More than Cholesterol
Zinc	2	1	Zinc for Cold Relief and More (page 8)

Access these online by logging in to www.NaturalHealthConnections.com.

than they were before beginning the TV regimen.

This data isn't rumor or supposition but comes from a study by the National Institutes of Health. Researchers also found that all the contestants had significantly reduced metabolism as a result of the extreme diet.⁵

The number of calories they naturally burned per day was between 200 and 800 less than before the diet, because their thyroid hormones levels were significantly lower. This makes it very difficult to avoid weight regain.

While extreme diets don't work, it's quite possible to lose weight and keep it off without depressing your thyroid and metabolism. If yo-yo weight-loss diets are in your past, see *Related to This Topic* for earlier newsletter issues that explain how to lose weight the right way. And keep reading for a simple protocol to restore thyroid function.

Chemicals Harm the Thyroid

Chemicals in our food, water, and household products interfere with many of our hormones, including the thyroid. They impair hormone production and/or prevent hormones from being used by various tissues. Such chemicals include pesticides; triclosan in antibacterial products; and fire retardants in rugs, furniture, and other objects around us.⁶

It's a good idea to avoid unnecessary exposure to chemicals — eat organic food and use non-toxic household products, as much as possible. But you can't avoid all toxins, and I'm not suggesting that you live in a sterilized bubble. There are easier, practical ways to protect yourself.

How Thyroid Tests Can Hide Low Thyroid

The basic medical test for thyroid function is TSH, short for "thyroid stimulating hormone." This is an indirect measure of thyroid hormones. TSH doesn't regulate metabolism but helps detect whether the thyroid is working properly.

TSH is secreted by the pituitary gland, a small organ that's located below the brain and behind the sinus cavities. It tells the thyroid to produce the thyroid hormones that drive metabolism.

Elevated TSH indicates low levels of the thyroid hormones that regulate your metabolism. If you compared it to the gauges on the dashboard of your car, TSH is a bit like your gas gauge telling you to fill the tank.

How Thyroid Hormones Work

When things are working properly and TSH goes up, the thyroid produces two thyroid hormones that regulate your metabolism: T4 (thyroxine) and T3 (triiodothyronine). Of these two hormones, only the T3 is an active form that can be used by your body. The T4 is an inactive form that must be converted into T3 in the liver and other tissues.

Where Things Can Go Wrong

About 80 percent of the hormones produced by the thyroid are the inactive T4, and only 20 percent are active T3, so there's quite a bit of conversion that needs to occur for your metabolism to function well. That conversion process can malfunction, and a TSH test won't detect it.

If you have plenty of the inactive T4, the TSH level will go down, as though your thyroid hormones are just fine. But if your levels of the active T3 are low, you'll have symptoms of low thyroid because your body can't use the inactive T4.

There's also another possible testing problem: Thyroid tests use blood, and blood levels may be in a good range but levels of the hormones in tissues may be too low.

These are some reasons why, by itself, a TSH test is not an accurate measure of thyroid function and many people who have symptoms of low thyroid are told that there's nothing wrong. More detailed testing can help to identify problems.

The Difference between "Normal" and Optimal

There's a big difference between not having a full-blown disease and optimal health. Our medical system mostly targets disease, so thyroid tests can be "normal" while you feel far from your best, or even have debilitating symptoms. You want to be in an optimal range.

Here are some numbers that show different ranges of key thyroid blood test results:

Lab Test	"Normal" Range	Optimal Range	Units of Measure
TSH	0.45–4.50	1.0–2.5	uIU/L (milli-international units per liter)
T4	4.5–12	6–12	ug/dL (micrograms per deciliter)
Free T4	0.82–1.77	1.2–1.3	pg/mL (picograms per milliliter)
Free T3	2–4.4	3.2–3.3	pg/mL (picograms per milliliter)

These are not the only tests that can be done, but they are important ones. Health professionals who aim to get thyroid function into an optimal range may use additional tests to examine problems in more detail.

The Worst Chemicals

Among the endless array of chemicals, there are a few that are especially harmful to the thyroid: fluoride, chlorine, and bromine, also referred to as bromide or bromate. These are in a family of chemicals called “halides.”⁷

Halides are chemically similar to iodine, a mineral that is essential for thyroid function. Iodine is also a member of the halide family, but it is the only beneficial halide.

The thyroid can’t function without iodine, much like we can’t live without water. When we ingest the other halides — fluoride, chlorine, or bromine — they attach to thyroid receptors in place of iodine and block thyroid function.

We ingest the harmful halides in many ways: fluoride in water and toothpaste; chlorine in the shower and in swimming pools; and bromine in water, foods, and drinks. If you’re not familiar with bromine, it’s widely used in commercial flours, as potassium bromate, to make dough more elastic. It’s also in fast food, sodas, and some pesticides, especially those used on strawberries that are not organic.

The Iodine Solution

Iodine makes it possible for you to have a healthy thyroid while living in the real world — not a bubble. If you have sufficient iodine, it will be absorbed by your thyroid and will nourish it, and the other, harmful halides won’t be able to get into the thyroid as easily.

After being discovered in 1811, iodine became the treatment for goiters — abnormal enlargements of the thyroid — and was called a “universal medicine.” In the early 1900s, it was used for virtually

any condition, including colds, bronchitis, other respiratory illnesses, paralysis, asthma, gout, gangrene, ulcers, spine and joint disorders, lupus, and burns.

In the 20th century, it also became apparent that when pregnant women lacked iodine, babies’ brains didn’t develop normally. The name for the condition, which is no longer used and is considered derogatory, was “cretinism.” Today, we would call it a mental disability caused by thyroid deficiency.

Once antibiotics and other drugs were invented, iodine disappeared from common medical use, other than as a topical application to sterilize surgical sites.

Lack of Iodine in Our Diets

The problem is, our diets typically don’t contain enough iodine and the shortfall is not generally recognized or addressed. The Recommended Daily Allowance, or RDA, set by the government for

iodine is 150 micrograms (mcg) for adults. This is designed only to prevent goiters, which usually develop in cases of significant iodine shortfall and are a sign of disease. But it isn’t enough to support a truly healthy thyroid.

Iodine is added to ordinary table salt but sea salts, while considered healthy, don’t typically contain iodine. The amount of iodine in table salt isn’t enough to meet daily requirements, and most of the salt we eat is in processed foods that don’t contain added iodine.

Today’s thyroids suffer from the combination of low iodine in our diets and a lot of exposure to the halides — fluoride, chloride, and bromine — that block the thyroid from using what little iodine we do consume.

How Much Iodine Is Enough?

Beyond the RDA to prevent goiter, there is no medical consensus for

About Dr. Marlene

Dr. Marlene Merritt’s passion for natural medicine is fueled by her drive to help others, and her own experience of overcoming a debilitating heart condition, diagnosed at the age of 20. A competitive cross-country cyclist at the time, she suddenly began experiencing severe chest pains. Forced to quit the sport, she suffered from extreme fatigue and constant pain for another 15 years, despite doing everything that conventional, Western medical doctors told her to do.

And then, the tide turned. A physician trained in naturopathic healing recommended a whole-food vitamin E supplement. A week after starting the supplement regimen, her energy began to return, and the pain began to disappear.

Dr. Marlene is a Doctor of Oriental Medicine, has a Master’s in Nutrition, and is an Applied Clinical Nutritionist. She is Board Certified in Bariatric Counseling, and certified in the Bredesen MEND Protocol,[™] a groundbreaking method of reversing Alzheimer’s disease. She sees patients at the Merritt Wellness Centers in Austin, Texas, and Santa Fe, New Mexico, trains health practitioners nationwide, and is the author of *Smart Blood Sugar* and *The Blood Pressure Solution*.



how much iodine an individual needs for optimum thyroid function. But history shows that the average intake of iodine used to be much higher than it is today.⁸ And some studies have used very high doses of iodine to treat low thyroid under medical supervision.

In addition to being essential for thyroid function, iodine acts as an antioxidant and helps to prevent cancer, especially breast and prostate cancer. It enhances the body's natural ability to kill abnormal cells, a process called "apoptosis." It also reduces non-cancerous growths in breast and prostate tissues.

In Japan, people who eat a lot of seaweed — the richest food source of iodine — routinely consume very large amounts of iodine. And they have lower rates of breast and prostate cancer than we do.

Here's the catch: Because iodine is so critically needed by the thyroid, the iodine you consume will first be used by the thyroid. Only when the thyroid is fully "fed" will iodine be used by other tissues. According to research so far, a reasonable daily amount of iodine to fulfill these needs is about 3 milligrams,⁹ an amount I recommend for a healthy thyroid.

Why Too Much Iodine Can Cause Side Effects

When a low thyroid slows down metabolism, the body's natural detoxification systems slow down, and more toxins accumulate in tissues. Taking high doses of iodine, which restore metabolism, can lead to these toxins being released very quickly — faster than your body can eliminate them. And this can cause side effects.

In my experience, taking 3 milligrams of iodine daily does not cause problems for most people. If there does seem to be a reaction, taking a lower daily dose and gradually increasing it to 3 milligrams will solve the problem.

There is an exception: If you have Hashimoto's disease, which is an autoimmune condition that leads to low thyroid, I don't recommend iodine supplements. But in this case, you can get some iodine from a daily seaweed snack, such as one single-serving packet a day.

Hashimoto's and Iodine

In Hashimoto's disease, the immune system is attacking the thyroid. Among experts, there are conflicting opinions about how iodine affects Hashimoto's. There is evidence that low levels of iodine predispose people to develop Hashimoto's, yet high doses of iodine make people with Hashimoto's feel worse.

I look for causes of health conditions, rather than just treating symptoms. When I have a patient with Hashimoto's, I put on my detective hat to identify the underlying causes of a misguided immune system — that's a separate topic that I'll address in future newsletters.

Meanwhile, the thyroid of someone with Hashimoto's still needs the right nutrients. I've looked at all the related data and have had many patients with this condition. I've found that getting some iodine from food, such as seaweed, and other minerals and herbs that I'll describe in a moment, will improve thyroid function and make people with Hashimoto's feel better.

Herbs and Other Essential Minerals

In addition to iodine, three other minerals are also essential for production of thyroid hormones and conversion to the active T3 form: zinc, selenium, and iron. Of these, I've found that zinc is often the one in shortest supply and needs to be supplemented. See *Related to This Topic* for an earlier newsletter issue with more details on how to use zinc.

Zinc helps the thyroid to make T4 and makes it easier for T3 to be absorbed. Selenium and iron are both essential for conversion of the T4 hormones to the active T3 form. Both these minerals also help protect the thyroid against damage from toxins.

Many herbs can also enhance thyroid function. The top two I recommend are bacopa and ashwagandha.

Bacopa (*Bacopa monniera*) enhances your internal production of antioxidants, which helps to reduce harm from toxins, and increases the production of the T4 thyroid hormone. Most studies have used 300 mg daily of a standardized bacopa extract.¹⁰

Ashwagandha (*Withania somnifera*) has an anti-stress and balancing effect on the whole body. For the thyroid, it enhances levels of both T4 and T3 hormones at a daily dose of 600 mg of a standardized ashwagandha root extract.¹¹

Glandular Thyroid Supplements

Thyroid drugs provide only the T4, inactive form of thyroid hormone, and they don't always help. Even though they raise levels of T4, the hormone may not be adequately

converted to T3, and this may cause side effects. Glandular thyroid supplements — which are desiccated, sterilized animal thyroid glands — contain both the T4 and the active T3 hormones and are considered by many to be a natural alternative to thyroid drugs.

Glandular thyroid supplements

in higher doses are available only by prescription, but lower-dose versions are available over the counter as dietary supplements. If taking iodine, the other minerals, and herbs doesn't resolve a low thyroid, I recommend adding a glandular thyroid supplement: 1 capsule, once or twice a day.

If you take these for 7 to 10 days and experience no improvement, add a third capsule. However, if you feel hyper or experience heart palpitations, reduce the dose or take only the minerals and herbs.

Glandular supplements are replacing some of the thyroid hormones your body should be making. Iodine, other minerals, and herbs work differently: They help your body make its own thyroid hormones and convert them to the usable form.

What to Do

To turn all this information into practical steps, I've created a 30-day protocol for low thyroid. It should put you on the path to restoring thyroid function, resolving the related symptoms, and experiencing a healthier, more vibrant, more enjoyable life.

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The 30-Day Thyroid Restoration Protocol

If you know or suspect you have low thyroid, you should feel better within 30 days by following this protocol. And then, keep taking the supplements for additional improvement. Be patient, as restoring optimal thyroid function is a gradual process.

How to Choose Iodine Supplements

Iodine supplements are available wherever dietary supplements are sold. They come in pills and liquids. Choose whichever type you prefer to take. Some supplements are labelled "Kelp," because kelp is a rich source of iodine, but the supplements should always state how much iodine is in a serving.

Amounts per serving may be listed in micrograms (mcg) or milligrams (mg). There are 1,000 micrograms in a milligram. For example: 3,000 micrograms equal 3 milligrams.

If you prefer a liquid, make sure you are getting liquid iodine that is a dietary supplement. Some iodine is designed to be used on the skin to sterilize cuts and abrasions. You should never ingest this type through your mouth.

A word of caution: If you have Hashimoto's disease, omit the iodine supplements but have a single-serving packet of a seaweed snack daily to get some iodine. And take the other supplements.

If you take iodine supplements and feel worse, you may have undiagnosed Hashimoto's, and you should get tested for it. If test results are positive, work with a practitioner who looks for the underlying causes of autoimmune disease.

Here's a snapshot of the supplements to take:

- Iodine: 3 mg (3,000 mcg) daily.
- Zinc: 20 mg daily plus 2 mg copper (taking extra zinc without copper on an ongoing basis can lead to a copper deficiency).
- Selenium: Eat 4 or 5 Brazil nuts daily or get between 55 and 300 mcg in a supplement.
- Iron: Get the daily recommended amount from food and/or supplements: 18 mg daily for women up to the age of 50 and 8 mg daily for men and women over 50.
- Bacopa: 300 mg daily of a standardized extract.
- Ashwagandha: 600 mg daily of a standardized extract.

If needed: Glandular thyroid supplement: 1 capsule, once or twice a day.

This protocol is designed only for low thyroid. If you have other thyroid conditions, see a practitioner who is well versed in treating these.



Is Your Coffee Too Acidic?

Your heart's "burning," your stomach feels sour and it seems like stomach acid is climbing up your esophagus like a fireman climbing up a burning building except...he doesn't have a hose to put out that fire.

Ever feel that way? If you're like me, coffee is your favorite beverage in the world. It's how I get my day started, and I don't feel complete until I get my morning joe. It's one of those simple joys in life we look forward to...

Here's the problem though, ever since I got older, most coffee brands sour my stomach. Not only does it upset my belly, but then there are times when I'm running to the restroom.

And honestly... I tough it out simply because I love having my coffee.

But, as always, nature has the last laugh. The body really lets you know when it doesn't want a certain food or beverage.

Until one day after hours of research, I discovered something: IF coffee is grown a certain way, then it won't irritate your stomach lining.

But, as it turns out; low acid coffees tend NOT to have much flavor. Most are described as "bland." And that's pointless. You might as well drink water.

After scavenging the WORLD looking for a coffee bean I could drink, I ran across a little farm in a national preserve in the mountains of Nicaragua. It was here that I had the best darn cup of coffee I'd ever had in my life.

The funny part? It didn't hurt my belly or my teeth for that matter.

It was truly, "low acid coffee"—and not mixed with some external substance. Just good, clean, pure, coffee.

So good you can drink it black, and it tastes delicious! It's called **Lifeboost Coffee**.

It has a smooth chocolate richness, a dark caramel sweetness, and a hint of fruity aromas (think apple and berries).

I'm not the only one who thinks so...

"I love coffee, but I hate heartburn. With this coffee that is not an issue, thank goodness, because it tastes and smells so good." — Rhonda S.

Try Lifeboost Coffee Today
SimpleGutFix.com/coffee



What Makes Lifeboost Coffee Healthy?

- Certified Organic
- Certified Kosher
- Non GMO
- Pesticide Free
- Bird Friendly
- Shade Grown
- Mountain Grown
- Over A Mile Above Sea Level
- Carefully Hand Picked
- Specialty Bean
- Single Origin
- Small Batch Roasted
- Patron Sponsors of Rainforest Trust
- Fair Trade
- Chemical Free
- 3rd Party Tested for Mycotoxins and Mold
- Low Acid
- Stomach Friendly
- Teeth Friendly

"Life Boost Coffee is more than just drinking coffee - it's an experience that no one should miss. It's smooth with no bitter aftertaste and it's delightfully pleasant. I'm glad Lifeboost Coffee found me." — Everet K.

"This coffee is great tasting!! Best so far!!" — Edward, T.

"Love the product and you certainly can taste the difference." — Gay M.



The Deadliest Food: Ultra-Processed

We all know that fresh foods — real vegetables, meats, fish, and such — are better for you than processed versions, such as fast food and packaged food with long lists of ingredients that you can't pronounce. But some processed food is especially unhealthy — even deadly.

Food scientists have coined a new word: “ultra-processed.” This category of food contains a variety of ingredients that have the most harmful effect. It includes most fast food, sodas, packaged breads and buns, ready-made pies, pizzas, pasta dishes, instant noodles, burgers, poultry and fish nuggets, meat and chicken extracts, sausages, sauce mixes, hot dogs, soups, nutrition bars, desserts, cake mixes, snacks, and candy.

Recent European studies tracked diets and health of about 125,000 people for 10 years. They found that habitually eating ultra-processed food significantly increased the odds of heart disease, stroke, and early death.

In this country, researchers at the National Institutes of Health tested the effect of ultra-processed food on eating habits and weight. They found that these foods literally provoke overeating and weight gain. People in the study spontaneously ate about 500 calories more per day when they were given ultra-processed food, compared to unprocessed food.¹

What to Look for on Labels

Ultra-processed foods typically contain many ingredients. The aim is to hide the unpleasant taste of low-quality food, to produce profits for manufacturers, and to make you want to eat more.

Long ingredient lists are the biggest clue. And if you're in doubt about an ingredient, ask yourself if you would ever use it when preparing fresh foods, or if you could even buy it in a supermarket.

In addition to chemicals with hard-to-pronounce names, these are examples of ingredients in ultra-processed foods:



- Dyes and artificial colors
- Artificial flavors
- Artificial sweeteners
- Hydrogenated oil
- Hydrolyzed protein
- Casein
- Lactose
- Gluten
- Soy protein isolate
- Maltodextrin
- Invert sugar
- High fructose corn syrup
- Additives that are “anti-caking”

Ideally, you prepare food from scratch. But if you can't always do that, look for short ingredient lists without chemicals or other unnatural additives.

Shocking Hospital Hazard

In U.S. hospitals, one in three patients is at risk for malnutrition, which increases risk of death, according to a study that analyzed nearly 10,000 adults staying in 245 hospitals.² Among patients with cancer or infectious diseases, the risk is even greater: In the study, close to half such patients suffered from malnutrition. Only one in ten patients who were not eating their food were given a nutrition supplement.

If someone you care about is not eating while in a hospital, you might consider bringing them a liquid meal replacement — ideally one that's described as a “medical food.” But make sure their doctor doesn't object.

Dentists Overdo Antibiotics

During some dental procedures, bacteria can be released into the bloodstream, possibly causing infection in a diseased heart or in a prosthetic joint. As a preventive measure, dentists may prescribe antibiotics before the procedure — but the drugs are overused.³

A study of more than 91,000 patients who received such preventive antibiotics found that they were unnecessary in more than 80 percent of cases, because dentists didn't always follow the most recent prescribing guidelines. In addition to contributing to antibiotic resistance, the drugs can cause side effects such as nausea, vomiting, heartburn, or joint pain.

1 Hall, K.D., et al. Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain: An Inpatient Randomized Controlled Trial of Ad Libitum Food Intake.” *Cell Metab.* 2019 May 16.

2 Sauer, A.C., et al. “Prevalence of Malnutrition Risk and the Impact of Nutrition Risk on Hospital Outcomes: Results From nutritionDay in the U.S.” *JPEN J Parenter Enteral Nutr.* 2019 Jan 22.

3 Suda, K.J., et al. “Assessment of the Appropriateness of Antibiotic Prescriptions for Infection Prophylaxis Before Dental Procedures, 2011 to 2015.” *JAMA Netw Open.* 2019 May 31;2(5):e193909.

Get Back Out There...

STOP LETTING FATIGUE AND LOW-ENERGY ROB YOU OF THE ACTIVITIES YOU ENJOY!

Do you feel drained all the time, unable to do the things you love because you have no energy and no motivation?

Do you feel tired and run down... like you're running on empty, even when you get plenty of sleep?

If you're not living the active, fun-filled life, you were meant to live, please pay close attention: You can now get your energy back, boost your mental clarity, calm your nerves and enjoy all-day endurance that will make your life fun again!

That's why I'm excited to introduce the safe and natural energy booster designed for people just like you...

It's called, **ActivAdapt Energy Drink Mix**.

There's truly nothing else quite like it on the market today because one of its ingredients has been proven in a double-blind study to increase energy by 107% within 60 minutes. And even better, this caffeine-free boost of energy lasted 5 hours WITHOUT increasing heart rate or blood pressure!

ActivAdapt is an easy to use drink mix that contains 6 powerful nutrients to help you regain your energy, strength, and stamina:

EnXtra is a brand-new, patent-pending extract from *Alpinia Galanga*, a plant in the ginger family. It's a safe, natural energy-boosting compound that boosts energy levels by 107% and lasts 5 hours!

Rhodiola Root Extract boosts energy levels by increasing ATP, the "energy molecule" inside your cells. Rhodiola has been used by astronauts and military personnel to increase energy levels, boost alertness and sharpen mental focus during long missions.

Schizandra Berry increases endurance and working capacity under stress. Researchers have also found it enhances your reflexes and mental sharpness while calming you down if you're feeling anxious.

Ginseng is well studied for boosting brain function and short-term memory while promoting calmness. A new analysis published last year confirms it also reduces fatigue after exercise and physical activities.

Matcha extract is from a special form of green tea loaded with EGCG, a potent antioxidant that helps flush dangerous toxins from the body—while its amino acids promote a state of relaxation and well-being.

Palatinose is unique because it provides your body with a slow, steady release of energy with no spike in blood sugar—which helps keep insulin levels low. It delivers more energy and increases fat burning.

Here's how **ActivAdapt** works...

Simply add one scoop to water, stir, and it dissolves quickly and easily.

It's caffeine-free and only contains 20 calories. You'll notice a substantial change in your physical and mental energy almost immediately after you drink it... with no jitters, no increased heart rate, no blood sugar spikes, and absolutely no crash.

ActivAdapt is ideal if you want to regain your energy and feel more vibrant and alive than you have in years...

- More physical energy, strength, and stamina
- Increased mental energy and focus
- Greater concentration and better moods
- Deeper, more restorative sleep
- Lower levels of the stress hormone cortisol
- Enhanced weight control, and fewer sugar and carb cravings

It's time to get back out there and start enjoying the activities you've always loved—and with the help of **ActivAdapt**, it's never been easier. Boost your energy levels, bust stress, banish brain fog, and stop fatigue, while increasing your concentration, attention, and mood.

**Get Your Bottle of
ActivAdapt Today and
Start Living the Life You
Were Meant to Live!**



Get ActivAdapt Today!
www.GetActivAdapt.com/NHC2

Q&A

Q: I took antibiotics for the flu over a month ago and have since had repeated yeast infections and a diagnosis of bacterial vaginitis. Do you have any suggestions for treatment with diet or supplements? — Kathleen M-B.

A: Antibiotics kill beneficial bacteria as well as harmful ones, and the result is a bacterial imbalance that leads to infection. Left uncorrected, it can persist for years. The bacteria in the digestive system influence the bacteria in other parts of the body, including the vagina. Because of this gut-vagina connection, certain foods and supplements can make a big difference.

Two things will help: Replenishing beneficial bacteria that were destroyed by antibiotics, and restoring healthy levels of acidity, or pH, in both your gut and vagina. Low levels of acidity allow bad bugs to thrive, whereas beneficial bacteria thrive in a more acidic environment.

To replenish beneficial bacteria, you can take probiotic supplements. Choose a product with a variety of probiotics, with 4 to 5 billion CFUs (colony forming units) per serving.

In addition, I recommend eating fermented foods — an excellent source of probiotics. They include sauerkraut and pickles made with live cultures, kimchi (fermented vegetables eaten as a condiment), and kombucha, a fermented black or green tea. Eat a little each day,

such as 1 to 2 tablespoons of sauerkraut.

To restore healthy acidity levels, I recommend taking a supplement of betaine hydrochloride with pepsin, which will increase levels of stomach acid and help increase acidity in the vagina. I once had a patient who took this supplement to relieve heartburn, and as a side benefit her recurring vaginal infections disappeared.

On supplement labels, hydrochloride is often listed as “HCL” or “HCl,” the last letter being a lower-case “L.” Pepsin is a beneficial digestive enzyme. Take the HCL supplement right before or with each meal.

Many people balk at the idea of increasing acidity in the stomach, but the acid is necessary and beneficial. Lack of stomach acid contributes to infections, digestive issues, and other problems. For more detailed information about stomach acid, I suggest looking at Volume 1, Issue 6, of this newsletter, *The 6-Minute Heartburn Remedy*.

Q: I am 5 feet 10 inches tall and weigh 270 pounds, and I have diabetes. Can you suggest some foods that are good for me and will help me lose weight?

— Jerome M.

A: The best foods are fresh ones — such as real vegetables, real meat and fish, real eggs — rather than processed ones that come in packages or from fast-food chains. The processed ones are overloaded with starchy and/or sugary carbohydrates and don’t deliver much in the way of vitamins,

minerals, healthy protein, healthy fats, or fiber — which you need.

Assuming you’re referring to type 2 diabetes, it develops largely from years of eating far too much starch and sugar and drinking too many sugary beverages. Yet, we’re surrounded by convenient versions of such foods, wherever we go.

I know that transitioning to “real food” can be challenging, so I developed a plan that’s realistic and practical as a way of eating for the long haul. That is the way you can lose weight, keep it off, and regain good health. I describe it in Volume 1, Issue 8, of this newsletter: *The Guide to Healthy Eating*. In addition, Volume 2, Issue 1, *10 Reasons Why You Gain Weight and Can’t Lose It*, covers how to overcome some common weight-loss barriers. You can find these issues by logging in at www.NaturalHealthConnections.com.

Do you have a question for Dr. Marlene?

Send your health-related questions to drmarlene@naturalhealthconnections.com. Please include your first name and the initial of your last name. Although she cannot answer each question directly, Dr. Marlene will select a few in each newsletter and will address other questions and concerns in articles in future issues. Answers are intended for educational purposes only and should not be viewed as medical advice. If you need help with your subscription or have questions about Primal Health supplements, email support@primalhealthlp.com or call 877-300-7849.