

Abstract

Image Awareness Wellness Institute Health Letter

Low Thyroid

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Autopsies in Graz, Austria suggest that low thyroid makes individuals susceptible to infectious disease when they are young. If these individuals survive to adulthood they become susceptible to heart disease.

Dietary cholesterol does not appear to be strongly associated with heart disease, unless the cholesterol is oxidized or rancid. Elevated cholesterol is associated, however, with low thyroid function. This correlation is strong enough that historically elevated cholesterol levels were suggested as a diagnostic sign for low thyroid function.

Low thyroid function appears to be quite common. One major contributor is the widespread addition of fluoride to water supplies and its use in foods, medications, and dental care products. Fluoride and bromine are powerful antagonists of iodine, the most important mineral for proper thyroid function. Often all that is needed to improve low thyroid function is an increased intake of iodine.

Those who require thyroid hormone would be wise to supplement with a package of nutrients such as the Sports 30. Thyroid hormone dramatically increases metabolic rate which means that the body will burn through more nutrients than it otherwise would. One contributor to low thyroid function is insufficient intake of the nutrients necessary to maintain a higher metabolic rate. In other words, thyroid hormone production is down regulated in order to preserve nutrient reserves.

Dr. Broda Barnes suggested measuring the temperature under the arm first thing in the morning to determine if thyroid function was low. A temperature below about 97.8 may indicate low thyroid. Medical testing for low thyroid function is often inaccurate unless a complete thyroid panel is conducted.

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