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THE OFFICIAL INTRODUCTION TO

The HealthiLifer™
Program For Longevity in Robust Good Health™

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The HealthiLifer^{IP}
Program For Longevity in Robust Good Health
is a Four-Step Program.

Step Four

is to accurately diagnose, and effectively treat,

Hypothyroidism

You May Be A Victim And Not Know It

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Your Thyroid Gland

Your thyroid gland is located at the root of your neck, in front and at the sides of your windpipe. It is about the size of two coins, one-and-a-half-inches (3.75 cm) in diameter, lying side by side. The thyroid gland is not noticeable unless it is abnormally enlarged.

The thyroid gland is an *endocrine gland*, meaning it is a gland of 'internal secretion' because it pours its secretions directly into blood vessels that run through its substance. Its secretion is a *hormone* called *thyroxin.*

Once thyroxin enters your blood stream, it reaches all cells in your body and increases their rate of metabolic (i.e. life-maintenance) activity.

Functions of Your Thyroid Gland

Your thyroid gland functions by means of the hormone, thyroxin, which it produces.

1. *Thyroxin controls the tempo of activity of every cell in your body.* Complete removal of the thyroid gland in rabbits causes a reduction in the general metabolic rate (i.e. the tempo of bodily activity) within a week, and by the third week, the metabolic rate is down to 60 - 65% of normal. This is the same low rate that is observed in severe hypothyroidism (low thyroid function) in man.

2. *Thyroxin controls your body temperature.* On cold days, a normally functioning thyroid gland increases your metabolic rate by producing more thyroxin, which results in the 'burning of more fuel', to maintain your body temperature at the normal level in spite of the cold. On warm days, it does the opposite. This fluctuation in thyroid gland activity is characteristic - even for glands with diminished activity. If your thyroid gland operates below full capacity, you will be unduly sensitive to the cold. Are you?

3. *Thyroxin increases your body's resistance to disease.* Normal levels of thyroid function will increase your resistance to diseases of all kinds. If you catch colds and 'flu rather easily, your thyroid function is probably low. Do you?

4. *Normal levels of thyroid function will slow down your aging process and tend to keep you 'younger' than your true age.* When thyroid function is very low in an unborn baby, that baby is born a *cretin.* A cretin is a tiny baby who fails to grow as any normal child would. Such a baby grows very slowly and looks like an old person. He or she dies of old age while still a child. As cretinism amply illustrates, diminished thyroid function allows old age to arrive too soon and premature death inevitably follows.

Hypothyroidism

Hypothyroidism is a term that means 'low thyroid function'. When severe hypothyroidism occurs in an adult, we see the picture of a severe disease, called *myxedema,* with which most medical doctors associate low thyroid function.

The usual picture is that of a slow-moving individual with heavy facial features, huddled in blankets in the middle of a summer day, looking older than his or her years. The slowed movements and coldness are due to the reduced metabolic rate. The heavy, old-looking features are due to the accumulation of mucopolysaccharides (starch-like substances) in the skin. This classic picture is uncommon; myxedema is a rare disease.

Severe hypothyroidism is rare indeed. However, mild and moderate hypothyroidism is quite another matter. A great many cases of mild to moderate hypothyroidism exist in the general population but, since most doctors think of hypothyroidism only when they see the severe disease, myxedema, the vast majority of these cases goes undiagnosed and therefore untreated.

Any doctor, who wishes to increase his or her chances of recognizing mild or moderate hypothyroidism, must possess what has been described as 'a high index of suspicion'. In other words, if he or she does not look for it, he or she will miss it.

It is the rare medical doctor who suspects hypothyroidism when a patient consults him or her with the signs and symptoms of the mild or moderate disease. It is unclear why this is so. It may be because hypothyroidism is not a medically 'glamorous' disease like, say, ischemic cardiovascular disease, subarachnoid hemorrhage, ovarian cancer, amyotrophic lateral sclerosis or AIDS.

To make matters worse, the biochemical tests performed on blood samples for the diagnosis of hypothyroidism, long considered reliable, are quite unreliable. Because of unwarranted reliance on these unreliable blood tests, many of the few doctors who had suspected hypothyroidism in the first place go on to declare many individuals, who are truly hypothyroid, normal. Such people with 'biologically false negative' results are therefore denied thyroid treatment on the wrong conclusion that they have normal thyroid function. Their doctors, like so many clerks, have become paper-shufflers. They allow their patients to suffer severe health set-backs, premature aging and, quite possibly, premature death. You could be one of these unfortunate many.

A study in 1976 AD (4-24 MSD) indicated that 40% of all Americans were hypothyroid. It was then estimated that the percentage would have risen to 50% by 1986 AD (4-14 MSD). You can see in this rapid increase in its occurrence that, with hypothyroidism, we are dealing not with just an epidemic but with a pandemic, one so common that many doctors - and even patients themselves - now accept its many manifestations as within the range of normal! That is a pity indeed. Fortunately, no

matter for how long hypothyroidism has been neglected, it always responds to treatment.

According to a report titled *The Amazing Prevalence of Hypothyroidism in the General Population,* published in THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION, an examination of 'apparently healthy' individuals revealed the amazing fact that 55% of females and 45% of males were hypothyroid. *That* is half the population!

It means that you have a 50% chance of being hypothyroid. It also means that if there is someone else in the room with you right now, one of you is probably hypothyroid and needs (and will benefit from) treatment. The fact that you may be 'apparently healthy' means nothing.

The improvement in the general level of health and well-being will be nothing short of dramatic if the hypothyroid population is identified and treated. Fortunately, the treatment is relatively inexpensive and always effective. For the individual involved, the difference in the quality of life could be like walking from total darkness into broad daylight.

The tendency to hypothyroidism, like diabetes mellitus, is inherited. But if you happen to have normal thyroid function, it does not mean that other members of your family also have normal thyroid function. It is important to find out what the true situation is and take treatment where necessary. Speaking of diabetes, many of the serious complications of diabetes such as blindness, kidney damage and so on are, in fact, manifestations of the blood vessel damage usually caused by hypothyroidism. It is essential, therefore, that every diabetic, whether on tablets or on insulin injections (and every so-called pre-diabetic, and everyone suffering from hypoglycemic attacks) be immediately checked for hypothyroidism. 'Brittle diabetes' becomes easier to treat when the accompanying hypothyroidism is corrected.

Hypothyroidism will lower your resistance to:	
a	bacterial diseases, e.g. tuberculosis, typhoid fever, boils, etc.
b	degenerative diseases, e.g. blood vessel damage (like atherosclerosis leading to angina pectoris, heart attacks, strokes, etc.) and emphysema, and
c	viral diseases, e.g. colds and 'flu, herpes, and cancer of various types, etc.

Hypothyroidism may announce its presence by way of any combination of the signs and symptoms listed below. These should make your doctor suspect hypothyroidism. See if you have any of them.

Signs and Symptoms of Hypothyroidism

1	Proneness to infections	2	Low energy
3	Dry skin	4	Coarse skin
5	Lethargy	6	Slow speech
7	Swelling of eyelids	8	Feeling cold easily
9	Decreased sweating	10	Sensation of ‘pins and needles’
11	Thick tongue	12	Coarseness of hair
13	Fineness of hair	14	Loss of hair
15	Heart enlargement	16	Impaired memory
17	Bluish discoloration of skin	18	Gain in weight
19	Swelling of face	20	Pallor of lips
21	Labored or difficult breathing	22	Swelling of feet
23	Hoarseness	24	Loss of appetite
25	Slowed mental activity	26	Excessive menstruation
27	Deafness	28	Emotional instability
29	Poor heart sounds	30	Pain over the heart
31	Poor vision	32	Painful menstruation
33	Delayed menarche	34	Insomnia
35	Hallucinations	36	Headaches
37	Cold skin	38	Dizziness
39	Loss of weight	40	Palpitations
41	Choking sensation	42	Pallor of skin
43	Brittle nails	44	Constipation
45	Difficulty in swallowing	46	Depression
47	Muscle weakness	48	Muscle Pain
49	Joint pain	50	Heat intolerance
51	Nervousness	52	Slow movements
53	Increased need of sleep	54	Infertility

In view of the serious effects of hypothyroidism, it is prudent to take steps to ensure that your own thyroid function is normal. To do otherwise would be unwise.

LONGEVITY

There are three areas of the world where longevity is marked and seems to come naturally. In these areas, normal thyroid function is the rule. The areas are:

a	The Caucasus Mountains of Southern Russia,
b	The Land of Hunza in the Karakoram Range in Kashmir, and
c	The Andes Mountains in Ecuador (Vilcabamba).

The population in these three areas lives much longer, in much better health, than other people elsewhere. A number of different reasons have been advanced for this phenomenon of unusual health and longevity, but it is noteworthy that in those populations normal thyroid function is the rule.

Thyroxin protects cells from the effects of wear and tear thereby effectively slowing down their aging process, keeping them in excellent health. Normal thyroxin levels should translate naturally into 'extended youthfulness' for you and for anyone else whose thyroxin levels are normal.

It is important to note that thyroid function decreases with age. Therefore those who lived most of their lives with normal thyroid function could become hypothyroid with age. Because of this decline in thyroid activity, a great deal of treatable manifestations of hypothyroidism are attributed to 'old age' and left untreated. That results in unnecessary pain and suffering and in preventable shortening of life. You, who now have the good fortune of discovering the HealthiLifer℠ Robust-Longevity Program℠, should relax in the certain knowledge that this preventable tragedy need not befall you or your family and friends.

The Increasing Frequency of Hypothyroidism

As stated earlier on, the frequency of hypothyroidism in the population is increasing quite rapidly. Why is this? The amazing reason is that there are really two kinds of people:-

a	Those with normal thyroid function, said to be *euthyroid*, and
b	Those with low thyroid function, said to be *hypothyroid*.

In the days before deadly diseases like tuberculosis and diphtheria were conquered with chemotherapy and antibiotics, the hypothyroid group died in childhood because

they were more prone to infections of all kinds than the euthyroid group. It is rather alarming that tuberculosis is making a dreadful comeback again, with its causative organism developing resistance to the medications that were so successful in its treatment (and control) years ago. Without identification and treatment of the hypothyroid for their hypothyroidism, a devastating tuberculosis epidemic could be in the offing.

As tuberculosis and other deadly diseases were brought under control with effective chemotherapeutic and antibiotic treatment, the hypothyroid group survived and therefore their numbers in the population increased. They lived long enough also to have children who inherited their tendency to hypothyroidism. Many of these children were also hypothyroid but survived for the same reasons their parents did. Because of this increased survival, the number of hypothyroid individuals in the population has continued to increase.

The hypothyroid group (which has been correctly called the 'new population' now lives long enough to die from the later manifestations of hypothyroidism, such as **atherosclerosis**, the blood vessel disease, **emphysema** (the lethal lung disease), and **cancer** (the virus-caused disease).

Many believe that atherosclerosis is caused by cholesterol in the diet and therefore that the reduction of cholesterol in the diet will prevent its occurrence. It is not quite that simple. There is convincing evidence that atherosclerosis is largely precipitated by low thyroid function, influenced by the deficiency of certain B vitamins. Rabbits fed large quantities of cholesterol do not develop atherosclerosis unless they were also made hypothyroid.

Restoration of thyroid function to normal levels and the correction of the vitamin deficiency have been observed to cause healing of the diseased blood vessels.

An appropriate dose of correctly-formulated vitamins and minerals, taken as recommended, will correct any vitamin deficiency. Thyroid tablets, available by your doctor's prescription, will correct your hypothyroidism.

Your Rapid Aging Can Be Slowed Down, Stopped, or Reversed

The speeding-up of the aging process that occurs because of hypothyroidism can be marked. Yet it is entirely preventable, and can be reversed to a remarkable degree.

Today, 125 million Americans, the hypothyroid population, are aging too rapidly from this cause alone. They look years older than they have to. They live with 'old age problems' they do not have to live with. The men suffer needlessly from treatable sexual weakness. These victims live a life of diminished vitality even though all they have is an easily treatable condition. Are you one of them?

The Common Problem of 'Low Energy'

There are many, apparently healthy individuals who wake up in the morning, after a full night's sleep, feeling tired. They find it hard to get out of bed. They have to struggle to get through their daily routine, and they find they have to push themselves harder in order to accomplish things that used to be easy to do. For such people, just getting started has become a problem.

These people may think it is old age moving in fast on them. But it is not. Our bodies are not built to fall apart that fast. These people are suffering from the common condition of 'low energy' or 'chronic fatigue'. Are you one of them?

While there could be a variety of causes, hypothyroidism as a possible cause must be ruled out by proper testing. If it is the cause, and if you receive the treatment you need, you will feel the gratifying difference.

Are You Hypothyroid?

And now for the most important question in this section of this book: Are you hypothyroid? Everything discussed in this section will take on new - and extraordinarily important - meaning for you if you are hypothyroid. Within that possibility lies the promise that the rest of your life could be lived on a higher (and much healthier) plane. But even if you are euthyroid, people close to you could be hypothyroid. How can you tell?

You can find out whether or not you have low thyroid function by carrying out the simple test described below.

This test is based on the fact that your thyroid gland controls your body temperature through its control of your metabolic rate. When your metabolic rate is higher, your body temperature is higher (as when you exercise) and when your metabolic rate is lower (as when you are sleeping), your body temperature is lower. A resting, body temperature, called *basal temperature,* that is *too* low is *a reliable sign of hypothyroidism.*

The only equipment you need to carry out the test is a regular **clinical thermometer**. This is easily available at any drugstore or pharmacy and costs about 2 dollars. Ask for the thermometer by using the descriptive term, 'clinical'. Be sure the one you buy reads in degrees Fahrenheit (not degrees Celsius). With it, you will determine your basal temperature.

The basal temperature has been found to be more accurate than the much more expensive and complicated blood tests on which many doctors still rely for the diagnosis of hypothyroidism. These tests, PBI, T3, T4, or serum cholesterol are quite unreliable as a means of making a firm diagnosis of hypothyroidism.

The basal temperature is much more accurate as an indicator of hypothyroidism than the BMR (basal metabolic rate) the determination of which is inconvenient, time-consuming and expensive.

In addition to its low cost, convenience and accuracy in the diagnosis of hypothyroidism, your basal temperature is also a simple and reliable tool for monitoring thyroid treatment, in order to prevent over-treatment.

How To Make Your Own Diagnosis

Procedure For Determining Your Basal Temperature

This is the step by step procedure for determining your basal temperature. Because of the importance of the results you will obtain from this test, you are encouraged to do it carefully, following the following seven-step instructions exactly.

Step 1. Shake the thermometer vigorously to bring its marker column below 94 degrees Fahrenheit.

Step 2. Keep the thermometer at your bedside when you go to sleep.

Step 3. When you awake in the morning, go to the bathroom to empty your bladder so that you can be comfortable. Return immediately to bed and take your temperature with the thermometer by inserting its bulb deep into your armpit. Note: **your armpit**, not your mouth or anywhere else.

Step 4. Leave the thermometer in your armpit for 10 minutes, by the clock. Not *about* 10 minutes; 10 minutes *exactly!*

Step 5. Read the thermometer.

Step 6. Record the reading, the time and the date.

Step 7. **Repeat the above procedure the very next night and morning.**

The basal temperature can be taken any morning by a male or any female who has not yet started to menstruate (i.e. has not reached menarche) or who has reached menopause. But in menstruating-age women, the basal temperature must be taken only on the **second** and **third mornings of the menstrual flow**. This is because the basal temperature goes up and down with the menstrual cycle.

Interpretation of Test Results

Take your record of your temperature readings to your doctor so that he or she will interpret your result, and tell you if your thyroid function is normal or low. You may find it advisable to show this Report to him or her.

If your doctor does not recognize the absolute diagnostic value of the basal temperature in hypothyroidism, that would suggest that he or she is not sufficiently aware of the problem of mild or moderate hypothyroidism.

In that case, you should e-mail your reading to chenaxmajesty@yahoo.com and ask for guidance. When you do, you will receive instructions on how to make your own interpretation.

As a medical doctor, I urge you to determine the level of your thyroid function without delay. If you are hypothyroid, great benefits await you. Therefore, check your basal temperature as soon as possible in order not to delay needed treatment, if you are hypothyroid. The sooner you begin treatment, the sooner you will achieve the gratifying results that you must receive. Delay only allows a treatable condition to cause you unnecessary suffering.

How To Monitor Your Own Progress

You should follow the same temperature-taking procedure when you monitor your progress under treatment with thyroid tablets. You will damage your thyroid gland, if you take *excessive* doses of thyroid tablets over an extended period of time. If you damage your thyroid gland through over-treatment, it will no longer be able to respond to the varying needs of your body by varying its output of thyroxin. *Basal temperature monitoring is therefore essential; during treatment, you must check your basal temperature, at least, once every month.*

After you and your doctor have established the correct dosage of thyroid tablets, you may reduce your basal temperature readings to once every two months.

If you have a cold or other febrile illness, the temperature readings you obtain will **not** be reliable, whether for initial diagnosis or for purposes of monitoring your treatment.

In the case of children who are too young to hold a thermometer in their armpits for 10 minutes, take the basal temperature by inserting the thermometer in their rectum. For such children, you should, of course, use a **rectal** clinical thermometer. Be sure to report this choice of thermometer location when you report your temperature. The choice of location is significant because the range of normal is different when the temperature is taken in the rectum.

Excess Weight and Hypothyroidism

Many believe that since thyroid hormone increases the metabolic rate, the overweight could burn off their excess fat by taking thyroid tablets. Because of this belief, some doctors have tried to treat excess weight with thyroid tablets.

This belief is wrong and the treatment based on it is both ineffective and possibly dangerous. If you are euthyroid and overweight, you do not need thyroid tablets: they could damage your healthy thyroid gland. If you are overweight and *hypothyroid,* you need thyroid tablets specifically to correct your hypothyroidism. You will have to deal with your excess weight as a separate situation.

Hypothyroidism is not (except in very rare cases) the cause of overweight; therefore the control of excess weight does not lie, as some people think, in the treatment of hypothyroidism.

The End