

Fat and Fatigued?

Thyroid Dysfunction

Could it be the reason why?

7 steps, 60 days, 5-15lbs - Guaranteed

Presented by Dr. Mary Starr Carter

the Total Wellness Doc

www.thetotalwellnessdoc.com

DISCLAIMER

This information is for educational purposes only. If you have a current health condition or feel you might please talk to your health care provider or seek competent medical advise.

WHY ARE WE FAT AND FATIGUED ?



A Special Thanks to:

Dr. Sherry Vienciek

Annette Landers

All my patients

Your Answers to the number one Setback to Weight Loss?

<http://www.thetotalwellnessdoc.com/what-is-your-biggest-setback-to-losing-weight>

This Webinar is for

Can't lose these 5-10lbs

Keep gaining weight every year

Keep gaining weight with each baby

No matter what I do I can't lose weight

I'm in a Plateau

This Webinar is for

Tired all the time

Feel like your brain is missing

Struggling to get pregnant or miscarriaging

You have tried a lot of things and maybe get
a little better but it doesn't last

TONIGHT YOU WILL FIND OUT WHY

What will you Learn Tonight?

Endocrine System

The Thyroid Gland

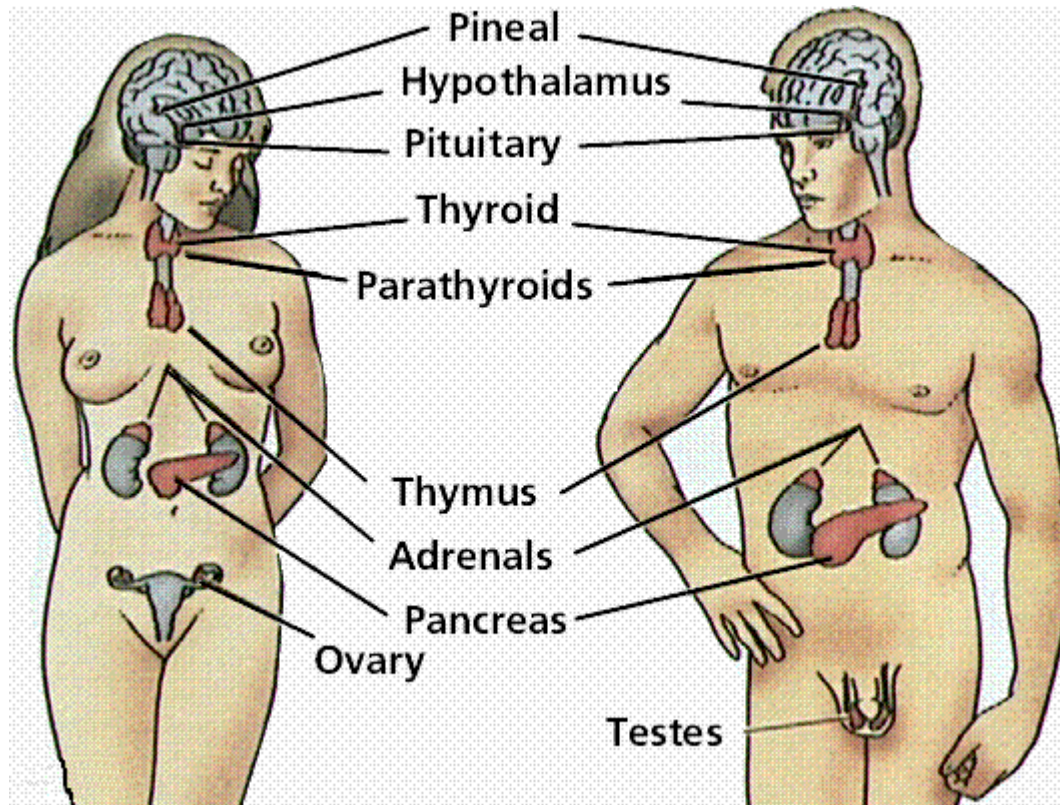
**Why Doctors Mis-Diagnose Thyroid
Dysfunction**

Thyroid Diseases

Do you have Dysfunction?

**7 Simple Steps to Weight Release and
Improved health**

Your Body's Endocrine System

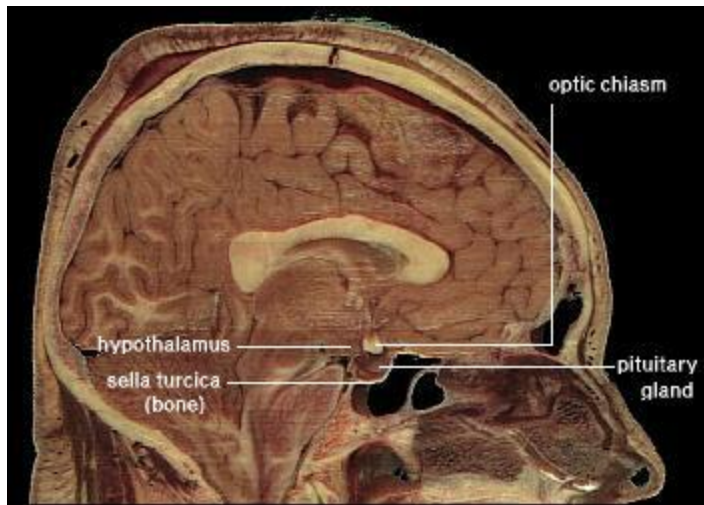


Hypothalamus, Pituitary, Thyroid Gland, and Adrenal Glands



WORK TOGETHER LIKE A SYMPHONY

HYPOTHALAMUS



The hypothalamus is a bridge between your nervous system and endocrine system. It synthesizes and secretes certain neurohormones that cause the inhibition or secretion of pituitary hormones.

The hypothalamus controls body temperature, hunger, thirst, fatigue, sleep, and circadian cycles.

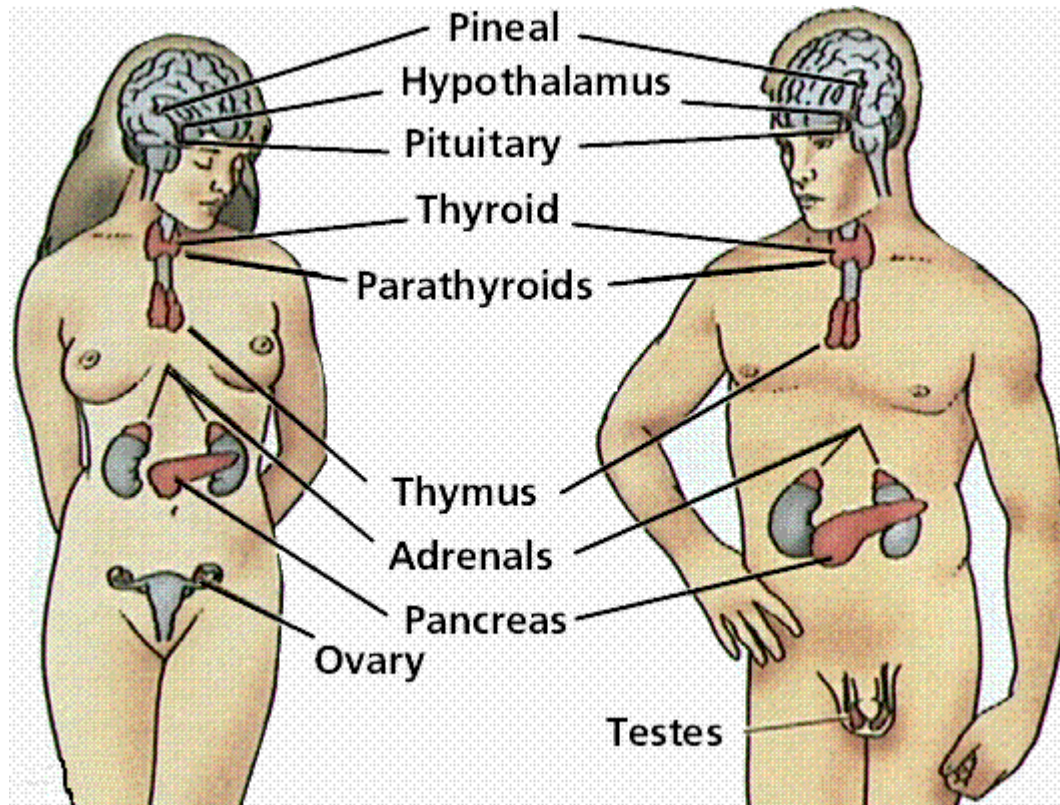
Pituitary Gland

Known as the Master Gland but it is controlled and connected to the Hypothalamus

The size of a pea

Dr. Dan Purser MD – damage is more common than once believed

THE ADRENAL GLANDS



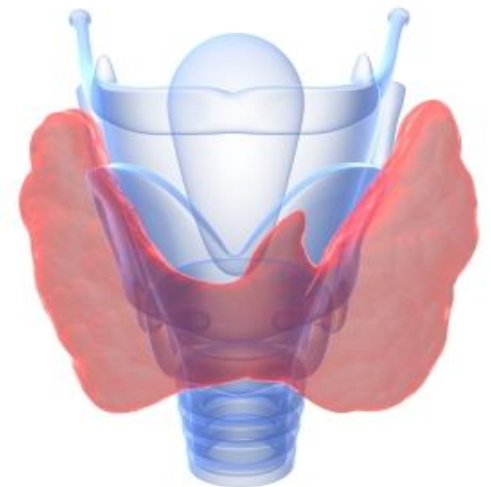
The Hypothalamic- Pituitary- Adrenal Axis HPA axis

is a complex set of direct influences and feedback interactions among the hypothalamus, the pituitary gland and the adrenal glands.

Controls reactions to **stress** and regulates many body processes, including digestion, the immune system, mood and emotions, sexuality, and energy storage and expenditure

The Thyroid

- For a small gland, the thyroid packs a punch. This small butterfly-shaped gland found in the neck just below the Adam's apple influences every organ, tissue, and cell in the body. It controls our metabolism.



Metabolism refers to all the processes of the body that use or convert energy

Breathing

Circulating blood

Controlling body temperature

Contracting muscles

Digesting food

Eliminating waste

Functioning of your brain and nerves

Cortisol from your Adrenals directly affects the brain and hypothalamus function

Hypothalamus produces TRH
TRH stimulates Pituitary to secrete TSH
TSH stimulates the Thyroid to produce
T4 (thyroxine) and T4 is converted to T3
T3 is the hormone that goes into the cell
T3 affects the rate of metabolism
T3 also affects brain function

T3 and T4 are synthesized from both iodine
and tyrosine

Blood tests for thyroid dysfunction are very much an estimation therefore many tests are inaccurate.

Blood tests look at TSH and T4 and not how much thyroid hormone is getting into the cells.

Additionally some doctors do not believe there is any dysfunction unless the TSH is .5 to 4.5/5.0 but the American Association of Clinical Endocrinologists, recommend dysfunction is present if TSH levels are below .3 or above 3.0.

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Thyroid Dysfunction

- More than 20 million Americans suffer from either an overactive or an underactive thyroid gland. As many as half the cases of thyroid disease in the United States go undiagnosed.

WHY ARE SO MANY MISDIAGNOSED ?

WHY IS MY DOCTOR NOT FINDING ANY DYSFUNCTION?



HERE are some of the possible reasons.

The proper tests were not ordered

The doctor is using older values of norm.

They are looking for disease you are experiencing
dysfunction

The body is compensating -You are not in failure yet.

Medication side effects Stress

Everyone is not the same Foods

THE BEST DIAGNOSIS COME FROM A COMBINATION OF FACTORS

Proper Tests

Symptoms

Temperature Testing

Physical Signs of Thyroid Dysfunction

- Hair loss Infertility High Cholesterol
- Dry, brittle, lackluster hair
- Dry, flaky, or rough-feeling skin
- Sensitivity to cold, especially in the extremities
- Muscle cramps and aches. Frequency may vary.
- Lowered immune system
- Panic Attacks Paraesthesia

- **Memory loss or mental 'fog'**
- Constipation
- Weight gain or difficulty losing weight while on a reduced calorie and exercise program
- Abnormal menstrual cycle (for women)
- irregular heart rate slow or fast or fluttering
- Decreased libido (for both sexes)

Hypoglycemia

Decreased libido (for both sexes)

Depression

Irritability

Feelings of hopelessness, worthlessness or
uselessness

Exhaustion despite having slept

Swelling of the Thyroid or a Goiter

Tickle in your throat or constant clearing of the throat

Body Temperature lower than 97.8

Cold hands and feet

Body Temperature problems

Alternative Testing for Thyroid Dysfunction

- More accurate way of testing the Thyroid is by measuring body temperature.
- Heat = Temperature = Metabolism
- 98.6 degrees Normal Metabolism and Normal Body Temperature
- 97.8 or below = Low Temperature = Low Metabolism = LOW THYROID Hormone

HOW CAN YOU TEST YOUR THYROID AT HOME?



Basal Thermometer or Mercury Thermometer : shake it down at night. First thing in the morning before getting out of bed put under your armpit for 10 minutes and write down reading. Do this for 7 days. Then take the average of those 7 days.

Digital Thermometer: 1-2 hrs after you get up in the morning. Don't eat or drink anything for 5 minutes before you take your temperature by mouth under tongue. Take temperatures for 7 days. Then take the average for those 7 days.

If the average reading is below 97.8 degrees F you have LOW THYROID.

Temperatures should not be taken during the first 3 days of your period. (your temperature is slightly higher during this time)

How can you test your Iodine levels at home?

How to Self-Test for an Iodine Deficiency

1. Dip a cotton ball into USP Tincture of Iodine. (You can get iodine at the drugstore for under \$1.)
2. Paint a 2 inch circle of iodine on your soft skin, like the inner part of your thigh or upper arm.
3. Wait. -- If the yellowish stain disappears in less than an hour (other practitioners say 4 hrs -12 hrs); it means your body is lacking crucial iodine and has soaked it up. If the stain remains for more than four hours, you iodine levels are fine.

The Different Kinds of Thyroid Dysfunction and Disease

Hashimoto's thyroiditis

Post Partum Thyroiditis

Graves Disease

Hypothyroidism

Hashimoto's thyroiditis

is an autoimmune disease in which the thyroid gland is destroyed

Hashimoto's thyroiditis very often results in hypothyroidism with bouts of hyperthyroidism.

Antibodies against thyroid peroxidase and thyroglobulin cause the destruction. The disease is detected by looking for these antibodies in the blood

Hashimoto's Thyroiditis

This condition is many times misdiagnosed as depression, PMS, Fibromyalgia, Chronic Fatigue Syndrome, or an anxiety disorder.

According to Dr. Sherry Vienciek she uses TSH, T4 Free T3, Antibody testing of thyroid peroxidase and thyroglobulin to rule out Hashimoto's

Anti TPO and TgAb
along with symptoms are best indicators

WHO GET'S HASHIMOTO'S

Those who are genetically predisposed
And have

High iodine intake, **Selenium deficiency**,
Smokers or those exposed to smoke,
certain drugs, infectious diseases, Chronic
Fatigue Syndrome, Diabetes, Adrenal
Insufficiency and certain drugs have all
been implicated in the development of
autoimmune thyroid disease

Traditional Treatment of Hashimoto's Disease

Nothing if TSH and T4 normal

Thyroid Replacement for life

Levothyroxine or Dessicated Thyroid Extract

Postpartum Thyroiditis

Postpartum thyroiditis is a phenomenon observed following pregnancy that may involve hypo or hyper thyroidism. It affects about 5% of all women within a year after giving birth. Phasing from hyper to hypo and then will return to normal or become hypo.

GRAVE'S DISEASE



is an autoimmune disease where the thyroid is overactive, producing an excessive amount of thyroid hormones .

Symptoms also include goiter, 25% protruding eyes, swelling above the tibia, some other symptoms include hypertension and heart arrhythmias

Hypothyroidism

- 1) **Thyroid is the problem** In primary hypothyroidism, T occurs when TSH levels are above 3.0 or T4 is not converting to T3 or T3 is not getting into the cells
- 2) **Pituitary is not producing TSH**
- 3) **Hypothalamus is not producing Thyrotropic Releasing hormone which causes the pituitary to produce TSH.**

Sub-clinical Hypothyroidism

Subclinical hypothyroidism occurs when TSH levels are elevated but thyroxine T4 and T3 levels are normal. TSH usually increases when T4 and T3 levels drop. TSH prompts the thyroid gland to make more hormone.

American Association of Clinical Endocrinologists, recommend dysfunction is present if TSH levels are below .3 or above 3.0

Causes of Thyroid Dysfunction

- Females, especially over the age of 35, are prone to developing thyroid dysfunction.
- Obese people and individuals with a family history of hypothyroidism and/or other autoimmune diseases are also at risk.

* Therefore it is very important to have adrenal support as well

STRESS - When exposed to stress, adrenal gland function is reduced. Once the adrenal glands have been compromised they can no longer support the Thyroid and then Thyroid function goes down.

Those with low adrenal function who increase thyroid medicines or switch from synthetic medicine to a natural Thyroid hormone can experience anxiety, hot flashes, heart palpitations. The reason is because the adrenals can not support the increase in metabolism.

WANT TO LOSE WEIGHT

YOU MUST IMPROVE YOUR ADRENAL
FUNCTION BEFORE YOU CAN IMPROVE
YOUR METABOLISM

Immune System Disorder – WHY?

Remember Infection lowers Metabolism

- Chronic Fatigue
- Rheumatoid Arthritis
- Lupus
- Herpes Virus

LIVER DYSFUNCTION

When the liver is compromised it can disrupt the conversion of thyroid hormone.

Many chronic illness clients and Fibromyalgia usually are several medications that stress and compromise the liver.

A congested Liver may have to malfunction 75% before showing up on blood tests.

GI Dysfunction

- 25% of function of the Thyroid originates in the GUT
- T4 converts to T3 in the gut. This conversion needs a healthy digestive tract to function properly.
- Overgrowth of yeast, use of antibiotics, steroids, a stomach bug, Over the Counter NSAIDS (aspirin, tylenol, Ibuprofen) can all deplete the healthy flora needed in the gut for this Thyroid conversion.
- Many people with Chronic illness, Fibromyalgia, or Chronic Fatigue do not have healthy gut flora because of long term use of medications, bacteria overgrowth, or yeast overgrowth.

Mercury Amalgams



Dr. Sherry says you can not heal the Thyroid
with Mercury in your mouth

CHLORINE AND FLOURIDE



Other stuff

Electro magnetic radiation

Microwaves

Smoking

Sulfa drugs and anti-histamines

Certain Foods

In Functional Medicine They will treat
Root Causes first before just giving
Thyroid Replacement hormones

or in places like the Fibromyalgia
Clinics they will treat symptoms to get
you feeling better and then work on
Roots

WHERE To START ---- SIMPLE

- 1) Do you have Symptoms of Thyroid Dysfunction?
- 2) What is your body temperature and Iodine readings?
- 3) Get tested

SEVEN SIMPLE
EASY STEPS YOU CAN DO
TODAY TO START TO
SUPPORT YOUR
THYROID AND LOSE
WEIGHT ?

#1: NINGXIA RED

Strengthens your Immune System

High in Selenium

Fights Free Radicals

Proteins that feed the brain

Reduces Cravings for Sugar

Gives you energy

How much a day?



Theresa 4 oz of NingXia Red
May – Jan 30 lbs

Sally Sims Weight Release, Energy Return and
Eyesight improved 75lbs

ENDOFLEX Essential oil

Balance and support
the endocrine system
including adrenals, pituitary,
and thyroid.

Improves Metabolism.

Topically apply of thyroid, adrenals, liver,
pancreas. 10 Drops by mouth per day 2,2 2, 2



Eliminate Chlorine by using Shower filters and Filters for Water



NO FLOURIDE TOOTHPASTE



- Avoid using perfumes and perfume body lotions especially on neck area



- Sleep & Your Hypothalamus

- No TV
- No Computer
- No light
- Lavender
- RutaVala
- Peace and Calming



De-STRESS



Support your Brain
Joy and Believe



Exercise and Movement Therapy for the Thyroid

Any level of fitness

Develop some Interval Training for yourself
20 minutes 4 times a week
Levels 5-10

Strength Training 20 minutes 3 times a week

Money Back Guarantee – 6 weeks

1) NingXia Red 4 -6 oz a day

2) EndoFlex

3) Chlorine Filters

4) Fluoride Free 5) Perfume Free

6) Sleep support and regimen

7) De-stress oil regimen

8) Exercise Regimen

Additional Steps

Thyromin and Endogize – nutrition for your thyroid, pituitary and adrenals , Ultra Young+

Raindrop and Neuro-auricular therapy

The Cleansing Trio- Simple Colon Cleansing
Liver Cleansing

Heal the Gut

Reduce and Eliminate Sugar and Caffeine

Reduce and Eliminate Stress

Deal with the Junk in the Trunk

Young Living's Nutritional Protocol for Thyroid Support

Thyromin – balances body temperature and
prevents fatigue

Cleansing Trio

Endo Gize

Multigreens (enhances Thyromin)

Young Living's Protocol for Hyperthyroidism

Endoflex Sulfurzyme

Equal parts of lemongrass and myrrh or
myrrh and spruce on Vitaflex points and
Adam's Apple

Young Living's Protocol for Hypothyroidism

Endoflex Clove Spearmint Peppermint

Apply Lemongrass with any of these oils and
apply to Vitaflex points and Adam's apple

Thyromin Supplement

YOUR NEXT STEP

Get the proper Tests

Start a Step at a time or
Jump in with all 8 Steps

Order your NingXia Red, Endoflex, Sleep Support and Stress Relief by calling our office at 1888-351-6850 or Visit www.orderoils.com

Resources

Dr. Dan Prusser Real Fibromyalgia Rx

Dr. Leanne Deardeuff Inner Transformations
with Essential oils

Reference Guide for Essential oils Connie
and Alan Higley