



Holladay Physical Medicine

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This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

Thyroid Disease

- There are two forms of thyroid disease: genetic and autoimmune. The autoimmune thyroid imbalance comes in two forms: hypothyroidism and hyperthyroidism. Hypothyroidism (Hashimoto's Thyroiditis) is the name given to a slow or inactive thyroid gland. Hyperthyroidism (Graves' disease) is just the opposite. The gland is hyperactive and spits out the hormones consistently.

Some professionals---both physicians and researchers---believe that the autoimmune form develops from the absence or abundance of iodine. Both conditions are triggered by stress. These thyroidisms have shown links to [post traumatic stress disorder](#) (PTSD) when doctors discovered that stress alters hormone levels in the system.

Hypothyroid Symptoms

- Symptoms of a thyroid imbalance are quite subtle and often overlooked and could even go untreated. The prescription for weight gain with inability to lose weight is usually a trip to the nutritionist for diet counseling (which will not help). Treatment for sleeping lengthy periods without reaching restorative sleep levels is usually a trip to the sleep lab (snoring, maybe...).

The sluggishness, fatigue and shortness of breath leads to a psychiatrist's couch for treatment of depression. None of these professionals draw blood to determine hormone levels. Endocrinology is the branch of medicine that would treat hypothyroid patients.

A blood lab analysis could reveal imbalance in the thyroid hormone counts, which affects the function of other systems in the body. Hypothyroidism responds to hormone replacement treatment, as will the other system imbalances.

Hyperthyroid Symptoms

- These symptoms are not so subtle, yet they are usually unrecognized and undertreated. Weight loss, [hair loss](#), changes in vision and a warranted case of anxiety are all draining on the "vanity gene." Insomnia and fatigue are incompatible symptoms. However,

palpitations and rapid heartbeat means cardiac health is at risk from being on high-octane hormones.

Hyperthyroid is not common. The term refers to an excessive amount of thyroid hormones circulating through our many body systems. An [eye doctor](#), dermatologist and sleep lab might become diagnostic tools once again. This patient might even visit with a cardiologist. It would be rare for any of these professionals to do a blood draw specifically for the thyroid. The endocrinologist would be the professional of choice for these patients, also.

Iodine Deficiency

- Diet profoundly influences the function of the thyroid hormone. Oddly, the country that has the highest incidence of thyroid imbalance leading to disease is the United States Japan.

Diets high in refined carbohydrates, bromine, fluorine, or chlorine (halogens or halides) result in slow thyroid function. The gland is unable to release the required amount of hormones when needed. Those halides listed above are found in bleached flour and fluoridated water. Alternately, diets high in seafood play a role in preventing thyroid imbalance and disease. Those halides particularly compete with a binding site or absorption site with iodine. A diet rich in naturally occurring iodine will prevent toxicity from those halogens.

The Japanese diet is rich in seafood, which is high in iodine. Japan has the lowest incidence of diabetes in the world. The American diet is based on very little available iodine. When it was once put in regular table salt, that is rare nowadays and the once popular salt free diet has created a dietary deficiency.

Supplementing the diet with iodine must be done by a trained physician as the increase of iodine will cause release of other halogens stored in body fat. Symptoms of a thyroid storm (the heart rate, blood pressure and body temperature can become uncontrollable high) may arise and patients often seek emergency room treatment for these symptoms. Care must be taken if this is occurring from detoxification which it most often does. Halogen detoxification may last for months if dietary iodine is continued. Although this may be healthy in the long run, caution is indicated and more gradual dosages are to be considered.

Genetic Links

- If Graves' disease and Hashimoto's Thyroiditis are genetic, there must be a gene with the code for each one. Links must exist between the genome and the disease. Everything points to a relationship between these forms of thyroid imbalance, especially if other family members have the disorder or the symptoms.

Graves' disease has antibodies that piggyback onto the T4 enzyme. Antibodies keep the enzyme active. Current treatment is aimed at suppressing or removing the thyroid to correct the situation.

The opposite occurs with Hashimoto's Thyroiditis. This process remains the same with a different result. In this case, the enzyme blocks the function of this gland and eventually leads to thyroid destruction. Thyroid hormone replacement is the current treatment for Hashimoto's Thyroiditis.

Both researchers and medical professionals continue the genetic search hoping that someday they will be able to identify and correct thyroid imbalance at its source. No one is willing to settle for treatment if a correction is available.

PREMISE

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page www.holladayphysicalmedicine.com_Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

USE OF PRESCRIPTION DRUGS

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

SUPPLEMENTATION:

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable

form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

GENERAL DAILY SUPPLEMENTS

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

SPECIFIC FOR THIS CONDITION

- Thytrophin
- Prolamine Iodine Plus
- Symplex F or M
- Trace Minerals B12
- Cataplex F
- Magnesium Lactate
- Hypothalmex

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

EXERCISE

Begin a daily walking routine of 1 minute on the first day. Add 1 minute each day until you are at 45 minutes of continuous walking. Make this a specific time and walking around stores, work or home does not count.

MAINTENANCE:

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

OTHER INFORMATION:

We offer a wide variety of health information at our web site.

www.holladayphysicalmedicine.com All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.