You Can Beat Thyroid Disorders Naturally!

The Ultimate Guide Using Natural Protocols!

Dr. Michael L. Johnson
You can beat thyroid disorders...NATURALLY!

BUT...

Every thyroid disorder patient is different.

Therefore, every thyroid protocol must be different!

You are as unique as the marks on your thumb print; the genes that complete your DNA picture or the optic biometrics that identify you!

Forensic science has been using this knowledge for years.

Biotechnology also talks about cellular medicine.

It’s time for doctors to apply the same principles of uniqueness of personalized health care to thyroid care.

You can beat thyroid disorders using natural protocols – at an individual level! I have personally done it!

This book will show you how!
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Preface

I had just ordered lunch and I had started reading the paper when all of a sudden, I felt really strange. It was this weird feeling that I had never felt before and within minutes it seemed as if I was losing the vision in my left eye. The next thing I knew, I felt as if I were going to vomit so I ran to the men’s room as fast as I could get there. The second that I got into the stall, I proceeded to projectile vomit all over the place. It wasn’t pretty. After vomiting for several minutes, I cleaned myself up, paid for my meal and headed back to my office. I immediately called a physician friend to schedule an appointment because I was convinced that I was either having stroke or I was suffering from a brain tumor. Following an MRI the next day, it was confirmed that it wasn’t a stroke or a brain tumor, I was suffering from migraine headaches. Little did I know it at that time but this was the start of my own “journey to health.” Unfortunately, I suffered with SEVERE migraine headaches for nine long years! These were “knock-down, drag-out, projectile vomiting” migraines. The migraine would start with the “prodome” phase in which I would begin to feel a funny sensation, then I would start to lose vision in my left eye and within 10-15 minutes, I was suffering from a full-blown migraine attack. If I was at the office working with patients, I would have to excuse myself, run
downstairs, vomit, clean myself up and go back and work with the patients. I would be honest and tell the patient what was happening to which they would invariably ask…”Can’t you fix yourself?” “I wish that I could” was my answer until a former associate turned me on to Dr. Frederick Carrick. Dr. Carrick is the country’s leading Chiropractic Neurologist and chiropractic’s only neurological fellow. He incorporated the Carrick Institute in Cape Canaveral, FL to teach other doctors (M.D.s, D.O.s, and D.C.s) his cutting-edge neurological protocols. As a direct result of following Dr. Carrick’s protocols, I have not suffered from a migraine headache since August 1998. At that time, I thought that my chronic health issues were behind me. Unfortunately, it would take a few years but there was more to come. In 2006, I had been going through some personal challenges and I was beginning to feel extremely fatigued. I had felt this type of fatigue once before and it was successfully addressed by discovering that I was suffering from sleep apnea. I ordered a C-PAP machine for myself and the issue was resolved. Initially, I thought that I might need a new C-PAP or another sleep study but both were normal so I struggled through the day with extreme fatigue. Occasionally, I would start taking cat-naps to temporarily relieve my fatigue during my lunch hour. I had just started my consulting program for doctors and I thought that I was simply overworking myself between my office, my family and the consulting. I went on like this for a couple of years until I attended a seminar on blood chemistry as it related to functional medicine. Functional medicine addresses the whole person, not
just an isolated set of symptoms.”  I would go a bit further and define functional medicine as a combination of both western (lab tests) and Chinese or eastern medicine (use of supplements and herbs).

When I returned to my office after the seminar, I ran a complete blood panel on myself and I FINALLY found the answers that I was looking for in regards to my fatigue. I was suffering from Hashimoto’s thyroiditis. My TPO antibodies were 471 when the functional normal was 0-10. In addition to Hashimoto’s, a year later, I found that I was suffering from early-stage MS. You see, Hashimoto’s is an autoimmune disorder in which the patient’s immune system is attacking their thyroid but just because a patient’s immune system is attacking one area of their body doesn’t mean that it cannot or will not attack another area. In my case, it was attacking the myelin sheath around the nerves too. I went on to run lab tests on my entire family and I found out that my wife and my two daughters also suffered from an autoimmune thyroid and other autoimmune conditions. As it turned out, even one of our cats, Buster, has a thyroid condition so we are at “thyroid family” so to speak.

When I discovered that not only myself but my family was suffering from multiple autoimmune conditions, the next leg of my successful healing (I am stressing SUCCESSFUL!!) journey began and it is that journey that I am sharing with you in this book. This book is a labor of love because I have found the answers in helping my own thyroid dilemma, as well as, helping
my family and thousands of patients with their thyroid disorders. Prepare to embark on a journey that will empower your train of thinking, enlighten you about your thyroid condition, and ultimately beat your thyroid disorder...NATURALLY!

My very best to you!

Dr. Michael L. Johnson, Board Certified Chiropractic Neurologist

(DISCLAIMER: The information contained in this book is not a substitute for professional medical advice and care. The reader should seek a certified health care provider. The information provided in this book has not been reviewed or evaluated by the F.D.A. This book is not intended to diagnose, treat, cure or prevent any disease.)
You Can Beat Thyroid Disorders...NATURALLY!

First, allow me to give you some of my history... My name is Dr. Michael L. Johnson and I am a Board Certified Chiropractic Neurologist. My wife, Michele, and I have five wonderful kids, two cats, and a dog (yes, the animals are a part of the family). I started my practice in Appleton, WI in 1983 and I teach chiropractors and medical doctors from all over the country how to address chronic condition patients. To date, over 2500 doctors have been through my program and you can go to www.lifechangingcare.com to see how some of them use my protocols. As the founder and Director of the National Thyroid Institute (www.nationalthyroidinstitute.org), I have helped thousands of thyroid suffers lead healthier, happier lives. I also help patients with a host of other chronic conditions such as fibromyalgia, autoimmune disorders, seizure disorders, IBS, ADHD/ADD/ASD/Dyslexia, insomnia, fertility problems, migraines, vertigo, diabetes, chronic pain syndromes, stroke recovery and dementia/Alzheimer’s.

I am going to be right up front with you, there are people out there (other doctors, patient advocates, etc.) that DO NOT like the fact that I address chronic conditions and teach other doctors how to do so. As a result, they don’t have very nice things to say about me. If I feel that it is an outright lie,
as is one case in point, I will file a lawsuit. I am here to help chronic condition patients. That is my goal and my mission!

I feel that medicine does a fantastic job when it comes to acute conditions; a broken bone, heart attacks, and strokes but when it comes to chronic health conditions including thyroid disorders, in my opinion, they are lost! I know, I know, it sounds like I am a “cure all” but I am not! I don’t “cure” anything, I work with the innate intelligence of the body to allow it to heal. As you are reading this page, you are not telling your liver how to function, or your stomach or your pancreas or any other organ of your body. It is the innate intelligence or wisdom of the body that is performing those functions. The “life force” so to speak and if you dropped dead this instant, all of the cells of your body would be there, all of the fluids in your body would be there but something is missing. “That something” is the LIFE FORCE of the body and THAT is what I work with day in and day out in my practice.

What exactly do I do? My purpose with ANY chronic condition, including thyroid disorders, is three-fold. I want to increase the function of the patient’s immune system, decrease their inflammation and detoxify their body! That’s it, no “cure all,” only a sound healing principle which I will explain in detail to you throughout the course of this book. This isn’t just another “thyroid book,” it’s a book on HEALING YOUR BODY USING NATURAL PROTOCOLS! This book is the result of my own successful quest
to heal my Hashimoto’s thyroiditis! I know what doesn’t work and more importantly, what DOES WORK!

In my first book, *What Do You Do When The Medications Don’t Work? -- A Non-Drug Treatment of Dizziness, Migraine Headaches, Fibromyalgia, and Other Chronic Conditions*, I mapped out the intricate relationship between the human brain and the diseases that have plagued mankind forever such as migraines, chronic fatigue syndrome, fibromyalgia, vertigo and other conditions that need to be addressed. Be on the lookout for another one of my upcoming books, *You Can Beat Fibromyalgia...Naturally!* Many, if not all, fibromyalgia sufferers also suffer with a thyroid disorder. My fibromyalgia book will be released in the spring of 2013 and there are more books to come because when I get into the “writing mood,” words start to fly. I will tell you that I do not actually “write” books as in putting pen to paper, I dictate books. I dictate, I have the dictation transcribed, edit them and then, re-dictate until the project is completed. This is how I can write a book in a month or two and it is how I am currently writing this book. I am literally speaking to you right now.

As stated, my extensive experience in my particular field has allowed me to guide over 2500 doctors across the nation as a teacher, counselor and coach. **These are some of the top doctors in the country, the best of the best!** *The Neuro-Metabolic Super Group* (www.lifechangingcare.com) is also one of my endeavors in which the greatest minds in the healthcare industry
congregate to come up with innovative ways to heal and help patients with chronic illnesses to live healthier and happier lives. In fact, this is the staple ideology for all the clinics that are in my program. Our goal, as a group, is to help chronic condition patients that were not able to get help anywhere else.

Some of these patients have been to 15 to 20 different doctors before they find help with one of the doctors in our group!

Their insight and knowledge have allowed me to enhance my vision and make my clinic in Appleton stand out as one of the best healthcare centers in the world. That’s right; we get patients from all over the world that come to our little clinic and I am able to help countless others that are unable to make to our clinic via Skype or the telephone. I want to have a maximum impact on as many people as possible, I want to provide a ton of information that will help patients achieve maximum health and I want to reinvent patient’s lives! This is why my JOHNSON METHOD (2.0) is considered to be the best and fastest developing health support, training and mentoring program in the country.

By merging successful clinical practice with the latest and most innovative, revolutionary, healthcare breakthroughs, we have created a group that is dedicated in ensuring that each patient receives the best care possible!
You Are NOT Your Thyroid Disorder!

Your thyroid disorder is NOT you and YOU are not your thyroid disorder! It DOES NOT and should not define who you are because you are Ed, Linda, Melissa, Barb, Al, or Ben. I have to say this because over the years, I have seen so many thyroid and other chronic condition patients “buy” into their disorder so much that it becomes their identity. You are NOT hypothyroid, Grave’s Disease, Hashimoto’s, lupus, RA, scleroderma, or any of the other chronic health conditions out there! Your illness is not you, you are you! Grave’s Disease, Hashimoto’s, hypothyroid, RA, lupus, scleroderma, etc. are just names. You have symptoms and even though you will always have to manage your condition, your symptoms can and will be relieved.
Symptoms of Thyroid Disorders

Perhaps this is the first book that you have read on thyroid disorders and you are not even sure if you have a thyroid problem or you continue to struggle with chronic thyroid symptoms day in and day out even when you are taking medications? Let’s take a quick look at the symptoms....

**Symptoms of Hypothyroidism**

#1: Fatigue, tired, or sluggish?
#2: Cold feet and/or hands?
#3: Do you require excessive amounts of sleep to function?
#4: Do you gain weight easily?
#5: Do you have difficult or infrequent bowel movements?
#6: Are you depressed? Do you suffer from depression?
#7: Lack of motivation?
#8: Do you suffer from morning headaches that wear off as the day progresses?
#9: Do you suffer from thinning hair or excessive hair falling out?
#10: Do you suffer from dryness of the skin and/or scalp?
#11: Do you suffer from mental sluggishness?
**Symptoms of Hyperthyroidism**

#1: Do you suffer from heart palpitations?
#2: Do you suffer from inward trembling?
#3: Do you have an increased pulse even at rest?
#4: Are you nervous and emotional?
#5: Do you suffer from insomnia?
#6: Do you suffer from night sweats?
#7: Do you have difficulty gaining weight?

**Hashimoto’s Thyroiditis** is an autoimmune disorder in which the patient’s immune system attacks the thyroid. Patient’s that suffer from Hashimoto’s experience some or all of the above symptoms. In 1998, *The Journal of Metabolic and Endocrine Disorders* stated that 90% of hypothyroidism is caused by an autoimmune thyroid. That’s correct, 90%!!! *The Journal of Metabolic and Endocrine Disorders* is the “bible” of thyroid disorders, yet, most physicians completely ignore this fact let alone recognize that a patient’s immune system can attack the thyroid gland. Physicians fail to recognize it because their treatment protocol does not change whether the patients is autoimmune or not! Again, autoimmune thyroid or Hashimoto’s thyroiditis means that your immune system is attacking your thyroid. How do you stop your immune system from attacking your thyroid? As I mentioned previously, you need to detoxify your body, decrease inflammation in your body and increase the
function of your immune system. How do I know? I had to heal myself and my family before I could heal others!
How Your Thyroid Works...

Your thyroid “runs” your body’s metabolism. It is the “gas pedal” of your body. As a result, every cell in your body has a receptor site for thyroid hormones. These hormones are responsible for the most basic aspects of bodily functions which impacts all of the major systems of the body. Thyroid hormone directly acts on your brain, your G.I. tract, your cardiovascular system, bone metabolism, red blood cell metabolism, gall bladder and liver function, steroid hormone production, glucose metabolism, lipid and cholesterol metabolism, protein metabolism and body temperature regulation. I once heard someone say that you can think of the thyroid as the central gear in a sophisticated engine. If that gear breaks, the entire engine goes down with it! That is how important it is to your health that your thyroid is functioning at 100%!

The hypothalamus of the brain releases TRH (thyroid releasing hormone) which causes the pituitary to release TSH (thyroid stimulating hormone) which causes the thyroid to use iodine, magnesium, zinc, and TPO (thyroid peroxidase) to make 7% T3 and 93% T4. Thyroid binding globulin (TGB) transports T4 to the liver, stomach and peripheral tissues where the liver converts 65% of T4 to T3, 20% of T4 is converted to T3S and T3AC (inactive
form) which is then converted to T3 in the gastrointestinal tract. The other 15% of T4 goes to reverse T3 (inactive).
Thyroid Lab Markers

A complete thyroid panel includes the nine blood tests. The problem is that the vast majority of physicians will only run the thyroid stimulating hormone or TSH test. They will not run a complete thyroid panel because they do not feel that it is necessary. They do not feel that it is necessary because it will not change their treatment which is prescribing T4 or perhaps in a few instances they will prescribe T3. You have a thyroid condition and you feel like crap even while you are faithfully taking your thyroid medication, wouldn’t you want to know everything about your thyroid?

Please note that these reference ranges are taken from Functional Medicine University or F.M.U. F.M.U. is headed by Dr. Ronald Grasanti and it is one of the leading educators of doctors in functional medicine throughout the country. I have referred hundreds of doctors to F.M.U. because I strongly feel that they have some of best educational programs in the country. Every single doctor that I have referred to F.M.U. has told me that it was one of the best programs that they have taken as a professional. There are other function values out there which are slightly different but personally, I like F.M.U.’s values the best.
Here is a list of the tests:

TSH, FT4, FT3, TT4, FTI, Resin T3 Uptake, Reverse T3, TPO and TGB

Antibodies

**TSH:** Thyroid Stimulating Hormone (TSH) is also called thyrotropin. The pituitary gland releases TSH after the hypothalamus releases TRH (thyrotropin-releasing-hormone). This is the most common marker used by M.D.s to assess thyroid function. TSH levels increase when the T4 levels drop, and the TSH falls when T4 levels increase.

A TSH test alone does not consider overall thyroid metabolism, H.P.A. feedback loops, or autoimmune factors that are identified by thyroid antibody testing.

A high TSH with or without changes in T4 or T3 is diagnostic to determine hypothyroidism. If the thyroid is not making enough T4 the pituitary will pump out TSH to stimulate its production.

A low TSH is used to determine hyperthyroid activity. If the thyroid is overactive, such as in Grave’s disease, the antibodies bind to active thyrotropin (TSH) receptors on the thyroid cells and stimulate T4 production without the influence of TSH.

Some antibodies may inhibit thyroid function by inactivating instead of stimulating thyrotropin receptors. This is called an autoimmune
hypothyroid. These patterns will demonstrate a hypothyroid pattern (elevated TSH) with elevated thyroid antibodies.

**TSH Laboratory Reference Range:** 0.35 – 5.5 (varies from one lab to another). There are new ranges released in 2012 but many labs still continue to use the old ranges.

**TSH Functional or Optimal Reference Range:** 1.5 to 3.0

**Total Thyroxine (TT4):** The TT4 test measures both bound and unbound thyroxine levels. TT4 does not give the activity of T4 when measured alone. This test is best completed with a T3 uptake.

**TT4 Laboratory Reference Range:** 5.4-11.5 ug/d

**TT4 Functional or Optimal Reference Range:** 5-12 ug/d

**Free Thyroxine Index (FTI):** As stated earlier, the total thyroxine and the T3 uptake must be used together to calculate the FTI. The FTI is measured by multiplying the TT4 levels by the T3 uptake levels. The result is the FTI and it determines the amount of active T4 available.

**FTI Laboratory Reference Range:** 4.6 – 10.9 mg/dl

**FTI Functional or Optimal Reference Range:** 1.3 to 4.8 mg/dl
Free Thyroxine (FT4): The free thyroxine test is used to measure the amount of free or active T4 in the blood.

FT4 laboratory range is 0.7 to 1.53 ng/dL.

FT4 optimal range is .8 to 2.2 mg/dL.

Resin T3 Uptake: The resin T3 uptake measures the amount of sites for active (unbound) T3 to bind with thyroxine binding proteins.

Resin T3 Uptake laboratory range is 24 to 39 md/ml

Resin T3 Uptake functional or optimal range is 27 to 37 md/dl.

Free Triiodothyroxine (FT3): This test measures the free T3 hormone levels. This test is rarely completed in traditional endocrinology. It is typically only used in a situation when a patient has hyperthyroid, yet the FT4 levels are normal. The FT3 test is the best marker for measuring the amount of active thyroid hormones available for the thyroid receptor sites.

FT3 laboratory range is 260 to 480 pg/mL.

FT3 functional or optimal range is 230 to 420 pg/mL.
**Reverse T3 (rT3):** This test measures the amount of reverse T3 that is produced. The production of rT3 typically takes place in cases of extreme stress, such as major trauma, surgery or severe chronic stress.

**Reverse T3 laboratory range is 90 to 350 pg/ml.**

**Reverse T3 functional or optimal range is 95 to 345 pg/ml.**

**Thyroid Antibodies (TPO and TGB):** Thyroid auto-antibodies indicate that the body’s immune system is attacking itself. Production of thyroid auto-antibodies may create a hypothyroid or a hyperthyroid state.

Some antibodies attach to the TSH receptors but do not cause a response; therefore, the patient will complain of low thyroid symptoms. However, the serum TSH may not be altered.

Lab range for TPO and/or TGB antibody test = 0-30

Optimal TPO and TGB levels in my opinion = 0-10.
Why Are There So Many Thyroid Patients?

Estimates on the number of thyroid patients vary widely but there are tens of millions (most estimates put it at 25 million) of thyroid patients that have been diagnosed and many millions more that are undiagnosed.

So why are there so many thyroid patients? I will give you my opinion and you can judge for yourself.

The first reason that I feel that there are so many thyroid patients is toxins. For the past 60 years, toxins have been invading our lives and we pay very little attention to the invasion. Think about it, there are chemicals in our carpets, bedding, clothing, cleaning products, personal care products, and plastic bottles (who ever heard of BPA until recently?). There are hormones in our meat and dairy products and fluoride in our drinking water and toothpaste. There is aluminum in our antiperspirants and many packaged goods, and pesticides in our fruits, vegetables, and on our lawns.

Second on the list of the reason why so many suffer from thyroid disorders is radiation. We receive radiation from medical and dental x-rays, airplanes when we fly, our microwave ovens and radiation from the thousands of cell towers around the country.
Finally, there are GMO and hybridized foods that have entered our diet without our consent. With all of these strikes against us, I am amazed that EVERYONE isn’t suffering from some type of thyroid disorder! Since the thyroid runs the body’s metabolism, perhaps there are many more people suffering than have been guesstimated to date!
Why Isn’t My Medical Doctor Helping ME??

I’ll tell you why your medical doctor is not helping you and it is my honest opinion. The reason that your M.D. isn’t helping you is because the vast majority of medical physicians think that thyroid patients are crazy! “All that those women need is some Synthroid but they keep coming back to me with their multiple complaints and frankly, after a while, I just stop listening!” That is what one family practice physician told me privately over drinks at our local country club.

In my opinion, this attitude sums up how most medical physicians feel about thyroid patients. Notice that I say “most” physicians and not “all” physicians because there are some GREAT physicians out there. I am good friends with a number of medical doctors, some of them are my best friends, so you may have to take the time and “interview” a number of doctors to find the doctor that’s right for you.

Second, 90% of hypothyroidism is caused by an autoimmune thyroid or Hashimoto’s so you don’t just have “a thyroid problem,” you have an IMMUNE SYSTEM PROBLEM. In my opinion, physicians are clueless when it comes to addressing an “immune system problem.” They have no idea
how to calm down the immune system and stop it from attacking your thyroid. All that they can do is prescribe T4 and/or T3 medications and that alone will not address that autoimmune disorder. They are lost in a lost world!

On the other side of the coin is where a thyroid patient has been taking nutritional supplements that were recommended by their M.D., a chiropractor, a naturopath or a certified nutritionist and the supplements are not working! That is because the supplements that the patient is taking are most likely synthetic or contains excipients. I address these two issues in detail later on as it is a very important issue to me because I was taking nutritional supplements in the past that were not working and in one case, they were actually making me WORSE! Unfortunately, I was recommending these same nutritional supplements to my patients and they were not responding either! It doesn’t make any sense to me to take supplements that don’t work and actually makes the patient worse! This is NOT GOOD and yet, I see it happening all of the time.

So what is a thyroid patient to do? You have to find a doctor or clinician that will get to the cause and most importantly, once they get to the cause, they use all natural protocols!
Getting to the CAUSE of your thyroid disorder

The first question you might ask is, “How do you help thyroid disorder patients with natural protocols?” – By getting to the cause! You HAVE to get to the CAUSE because this is where the M.D. has failed and why you are reading this book searching for answers! You really need to get down to the nitty-gritty. So what is the cause? That is the question that you should be asking. The cause is a poor or improperly functioning immune system, inflammation and increased toxins within the body. Again, and you will see me keep going back to it, 90% of hypothyroidism is caused by an autoimmune thyroid. The patient’s thyroid is being attacked by their immune system. This is why so many thyroid patients are taking medication but they STILL feel horrible. Even IF you have had your thyroid removed, you can STILL feel terrible because you just didn’t have a “thyroid problem,” you also had an immune system problem!

How do you know if you are suffering from Hashimoto’s? A simple blood test will tell you. By ordering both TPO and TGB antibodies, a patient will know if their immune system is attacking their thyroid. You can also order a specific test from Cyrex Labs (Array #5) that will tell you all of the different parts of your body that are being attacked by your immune system. The problem is that the vast majority of physicians will not run these blood tests because they are clueless when it comes to treating a patient with an autoimmune condition like Hashimoto’s.
Basically, there is two parts to your immune system, TH1 and TH2, and they have to balance. I say “basically” because there is a bit more to it but I will not bore you with medical mumbo-jumbo and put you to sleep. You can easily research it on the internet. There are what my good friend, Dr. Andy Barlow of Tupelo, MS, calls “health-breakers” that must be addressed and I will cover all of the health breakers: inflammation; autoimmune disorders; glucose problems, blood glucose; anemia that contribute to this imbalance in depth later in the book. The bottom line is that you want to balance your immune system. The vast majority of thyroid patients have an unbalanced immune system. Their immune system is not functioning, it is not working. This extensive book is going to give all the information, links, tools, and guidance in beating thyroid disorders utilizing natural protocols.
What does “using natural protocols” actually mean?

In this book, I use fundamentals that center around diet, avoiding various chemicals, toxins, hazardous environments, and advancing holistic and natural protocols that have been proven to promote a better way of life. When any thyroid disorder (hypothyroid, hyperthyroid or Hashimoto’s) is involved, there are many areas that patients need to familiarize with and be prepared to tackle all aspects of their disease; whether it be a significant diet change, thorough blood work, and/or an open mind to alternative methods to heal their bodies.
How Did I Develop a Thyroid Disorder?

Thyroid disorders are a chronic illness.
Your body has been sick for years and now you have a new diagnosis...you have a THYROID DISORDER, whether it’s hypothyroid, hyperthyroid or Hashimoto’s!

But...what causes hypothyroid, hyperthyroid or Hashimoto’s?

Did you ever wonder WHY your body developed a thyroid disorder?

Did you ever wonder WHY you were “healthy” and the next thing that you know, you started getting fatigued, your hair started falling out, you couldn’t lose weight, you were depressed, your skin was dry, you couldn’t sleep or you started to suffer from any of the other multitude of thyroid symptoms?

Thyroid disorders don’t fall out of the sky and hit a patient on the head! There has to be a cause, there has to be a reason!

I will tell you why your body developed a thyroid disorder and it is my opinion, why the body develops ANY chronic health condition. The answer is BAD GENES! You expressed a bad gene! In the vast majority of cases, your body expressed an autoimmune gene, your immune system started attacking your thyroid and you were diagnosed with a thyroid disorder.
How do you express “bad genes” like an “autoimmune gene?” You express “bad genes” by depleting your methyl groups. A methyl group is a hydrocarbon group that allows the cells of your body to use the food or nutrients that you consume on a daily basis. So you had depleted your methyl groups and you eventually had a toxin, strong EMF, hormone replacement therapy (estrogen in females and testosterone in men) or extremely stressful situation trigger the “bad gene.”

What helps create methyl groups? Hydrochloric acid (HCL) or stomach acid allows your body to create methyl groups. HCL breaks food down but by itself, it cannot methylate a cell. HCL needs a buffer in the form of potassium. Potassium added to HCL creates tri-methyl glycine and it is the tri-methyl glycine that adds three methyl groups to each cell. Eighty percent of your immune system is in your gut which is WHY it is VITAL for you to have proper amounts of stomach acid or HCL!

Methyl groups are extremely important for normal cell replication at the level of the DNA. They turn genes “on” and “off.” Whenever you have depleted methyl groups, bad genes that cause autoimmune conditions or even cancer, like oncogenes, are turned “on” and good genes that prevent autoimmune conditions or cancer, like tumor-suppressor genes, are turned “off.”
Methyl groups are also vital for liver detoxification, your body’s ability to use protein (aka. Protein synthesis), decreasing inflammation by controlling homocysteine metabolism, and good mental health via neurotransmitter synthesis (especially the “feel good” neurotransmitter, dopamine).

Inadequate methylation capacity can lead to birth defects, depression, cognitive decline, a host of other diseases including an autoimmune condition like Hashimoto’s thyroiditis and….CANCER!

We will get into the details of methyl groups and methylation in future chapters, but the bottom line...you NEED an abundance of methyl groups to be healthy! THAT is a must!!
The BIG THREE!

Whenever I think of the “BIG THREE,” I always think of the big three automakers...Ford, GM and Chrysler.

When it comes to your health, there is an entirely different “big three” and they are **EXTREMELY IMPORTANT** in your thyroid battle! I call them the “BIG THREE HEALTH THIEVES!”

What are the BIG THREE HEALTH THIEVES?

*Inflammation!*

*Toxins!*

*Decreased immune response!*

If you are going to get healthy and live a long and happy life, you NEED to address these three health thieves IMMEDIATELY!

What causes massive inflammation, toxicity and a decreased immune response? **There are four components and ALL FOUR SUPPRESS the immune system, cause toxicity and inflammation...**
Cause #1 of massive inflammation, toxicity and decreased immune response:

ACIDITY!

What is the cause of body acidity? The answer is very simple, a poor diet, toxins, heavy metals, electro-magnetic pollution, dental infections and negative emotions.

YOU HAVE TO BE ALKALINE FOR YOUR BODY TO HEAL!! Yes, I am yelling because it is THAT important. So let me say it again...YOU HAVE TO BE ALKALINE TO HEAL!

Your body pH has to be between 6.4-7.0! If your body pH is over 7.0, that is NOT GOOD! Again...Over 7.0 = NOT GOOD!!! Why? Because if your pH is over 7.0 your body is leeching the minerals (calcium, magnesium and other trace minerals) out of your blood and the minute that we start correcting the problem your pH will crash to 4.5 to 5.0. I have seen it happen with patients time and time again!

How do you test to see if you are alkaline? You have to test your first morning urine pH after 5 a.m. You can order pH test strips from our site, www.drjsupplements.com, and check your first morning pH daily for a period of at least two weeks. It has
to be the first morning urine pH after 5 a.m. because you are checking the body’s metabolism. There are doctors that check salivary pH which is not as accurate as the urine pH because the salivary pH has not metabolized through the body. Just about EVERY thyroid patient that I have come in contact with is acidic! Does that tell you anything?

When you’re acidic, your body leaches minerals out of your bone to buffer your blood! These minerals, calcium, magnesium and trace minerals are VERY IMPORTANT to the thyroid patient because cells of your body need to accept the thyroid hormone, T3, and they cannot accept T3 without an ample supply of minerals. What amazes me is that there are so many medical doctors chasing symptoms by prescribing T4 and T3 medications instead of getting to the CAUSE by addressing the patient’s acidity and low minerals which suppresses T4 and T3. Many doctors, including some “thyroid experts,” miss this fact completely! There are days that I feel like screaming…”HELLO! IS ANYBODY LISTENING? IS THERE ANYBODY STUDYING ON HOW TO ACTUALLY HELP THYROID PATIENTS?” T4 conversion to T3 is dependent on the mineral zinc and low levels of selenium will cause inactivity of T3. Should one take handfuls of zinc and selenium? NO! You should get it from the food that you eat! Beef, lamb, veal, crab, shrimp, scallops, oysters, turkey, pumpkin, yogurt, peanuts, sesame and squash seeds all contain high levels of zinc. Tuna, cod, halibut, sardines, shrimp, salmon, beef, turkey, and lamb are all high in selenium. Instead of taking
handfuls of the medications T3 and T4, why not let good food be a part of your healing process?

When you are acidic, you are at greater risk for heavy metal toxicity which in turn causes a downward spiral of free radicals!

Being acidic creates a welcoming environment for viruses and bacteria to flourish!

If you have noticed that you are more susceptible to more colds and flu, this is one of the reasons WHY!

**How does one become more alkaline?**

Change your diet! STOP eating junk! NOW! There is no such thing as “junk food,” there is food and there is junk. Eat more organic vegetables, lean grass-fed, organic meat, wild fish and game and a limited amount of organic fruits. Preferably, eat only stone fruits or fruits with a pit in it like a peach or plum because they are lower on the glycemic index. Berries (raspberries, strawberries, blackberries and blueberries) are also low on the glycemic index.

Eat more organic vegetables and drink fresh-squeezed, organic vegetable juice!
Drink good, high-quality water! Avoid tap water as it is full of chemicals.

**Take high quality, natural, live-source supplements!**

I only recommend supplements from Premier Research Labs (PRL) for reasons that I will cover in a bit but these four supplements are called the “pH Quartet!”

**Coral Legend**

**Aloe Pro**

**Aloe Mannan**

**Vit D...D3**

The pH Quartet will help your body become more alkaline and they should be taken daily for the rest of your life because you are going to have to manage your immune system function as long as you are on the planet. Again, you can order these supplements along with the pH test strips at [www.drjsupplements.com](http://www.drjsupplements.com). If you have difficulty increasing your pH even after changing your diet and supplementation, it could be that you are suffering from an infection or your parathyroid gland is not working. I cover both of these conditions in future chapter.

The problem is that there is an over-abundance of POOR, CHEAP NUTRITIONAL SUPPLEMENTS on the market!!!
In the October 2012 issue of Consumer Reports the front cover screams…”10 Surprising Dangers of Vitamins and Supplements! How You Can Protect Your Family!” Even Consumer Reports knows this fact and they are attempting to spread the word!

Poor quality synthetic vitamins are everywhere! For example, the majority of B Vitamins are derived from coal tar! That’s right they are derived from petroleum by-products and they actually harm your liver and gall bladder instead of helping it! Much of the Vitamin D on the market is solvent extracted from sheep’s wool. WHY would you want to take a Vitamin D product where they used a chemical solvent to extract it from sheep’s wool?

Many thyroid patients are taking Vitamin C or they “think” they are taking Vitamin C when what they are actually taking is ascorbic acid. The TRUE definition of Vitamin C is that it cures scurvy. All of us learned this fact in grade school BUT ascorbic acid DOES NOT cure scurvy so it is NOT true Vitamin C! As a side note, ascorbic acid is in many processed foods.

Some synthetic vitamins contain organo-phosphates. Organo-phosphates are pesticides! Pesticides deplete the liver’s ability to detoxify the body!

Avoid nutritional supplements that contain animal glandulars because you are exposed to everything that the animal was exposed to including hormones, antibiotics and other drugs, pesticides in the feed, etc.
Please avoid anything that says “Enriched!” because it’s rock iron! Since the 1940’s white flour has been “enriched” with iron ore or a rock form of iron. They pulverize the iron ore and add it to white flour. The rock form of iron accumulates in your liver and as a result, your liver is unable to detoxify your body. Pasta, bagels, cereals, crackers, pancakes, waffles, rolls, buns, etc. all contain rock forms of iron via white flour. If you go to www.youtube.com and type in “Magnetic Cornflakes,” you will see someone take a bowl of water, pour in corn flakes cereal and then take a magnet to the corn flakes. There is so much rock iron in the corn flakes that they follow the magnet. Amazing! Amazing because millions of Americans are consuming rock iron via white flour on a daily basis and they have been their entire lives...40, 50, 60 or 70 years!

Why would you want to take any of these products or give them to your family? Is any wonder that if you took supplements like these that you would not respond?

You, or someone that you love, has a serious illness and that is why you are reading this book, please do not add insult to injury by consuming synthetic nutritional supplements! This is WHY I only use nutritional products from Premier Research Labs or PRL! Nutritional supplements from PRL are natural, LIVE-SOURCE supplements and they test on to all four polarities!
Synthetic nutritional supplements can actually cause free radicals and excitotoxins and they are full of chemicals that cause xenoestrogens! I will discuss xenoestrogens in a bit but free radicals and excitotoxins cause massive inflammation, toxicity and a decreased immune response.

Let me give you an example...

I told you to avoid anything that says...”Enriched!” because it’s rock iron and I said that ascorbic Acid is NOT Vitamin C! Keep in mind that ascorbic acid is in many processed and junk foods!

When ascorbic acid is consumed with iron “enriched” food, the iron can cause the oxidation of the ascorbic acid and it forms dehydroascorbic acid, a free radical, pro-oxidant that is dangerous to the brain’s neurons!

That’s just ONE example, here’s another...

Tyrosine is made by the combination of iron and phenylalanine.

Rock iron accumulation (from consuming “enriched” foods like white flour, cereal, pasta, bagels, etc.) signals liver not to absorb more iron so it can’t make tyrosine. You need tyrosine to make thyroxine (T4) or adrenaline.

Every cell in your body has a receptor for thyroid hormone and thyroxine or T4 is converted to thyroid hormone or T3 in your liver, stomach and peripheral tissues. If you don’t have iron, your body will not make tyrosine
and therefore, not make T4 so you will not have enough and you will have thyroid symptoms like extreme fatigue, cold hands and feet, dry skin, cognitive loss, weight gain, hair loss, anxiety, etc.

Your body will also not be able to make adrenaline and it is adrenaline that holds magnesium in the blood. Magnesium is important for proper bone formation, it maintains normal muscle function, it releases energy from muscle storage, it regulates body temperature, and absorption of calcium. (Remember you NEED calcium and other trace minerals to become alkaline!)

Cause #2 of massive inflammation, toxicity and decrease immune response:

FREE RADICALS AND EXCITOTOXINS!

Long before a thyroid disorder is diagnosed, the affected individual has typically been exposed to a varied host of heavy metals, toxic chemicals and/or inadequate nutrition which leads to free radicals and excitotoxins.

FREE RADICALS

Free Radicals damage the mitochondrial DNA of the cell! This is the POWERHOUSE of the cell so free radicals alter the cell energy level.

What causes of free radical damage?
#1: Poor Diet...

Consuming trans-fatty acids and hydrogenated oils (aka. junk oils) contributes to free radicals, as does a diet high in refined sugar, white flour and white salt. I call these three, refined sugar, flour and salt, WHITE DEATH! The widespread use of hydrogenated oils or trans-fatty acids in our food has been shown to reduce cell membrane fluidity (the ability of the cell membrane to protect the cell) which makes the cell much more permeable to bacteria, viruses and cancer. Just as a side note, canola oil is a BAD OIL! It is rapeseed oil! Do not use it or consume it. You can use it for polishing your furniture but that’s about it!

Food sensitivities can also lead to free radicals and many thyroid patients are sensitive or reactive to gluten, dairy, and soy to name a few.

#2: Toxic chemicals...

Toxic chemicals come from hormones in meat and dairy products along with pesticides in fruits and vegetables. In addition, there are a large amount of chemicals that we humans come into contact with on a daily basis which I covered at the beginning of this book in explaining why there are so many thyroid patients.
#3: Heavy metals...

Your body can pick up heavy metals from a variety of sources such as mercury amalgams and nickel dental crowns, aluminum in antiperspirants, deodorants, and packaged foods. Mercury can be in food because mercury fumigants are used in warehouses that store wheat, fruits and vegetables. You can even get trace amounts of heavy metals from tap water.

Let me just say a few more things about antiperspirants and deodorants. Do you know that there are other toxic chemicals besides aluminum in your antiperspirant and deodorants? Antiperspirants and deodorants also contain parabens which can disrupt hormone balance, triclosan which is a pesticide, propylene glycol that has been shown to damage the heart, liver and central nervous system and finally, phthalates which are linked to a higher risk of birth defects. Please go to your local health food store and get an all-natural deodorant. I use a deodorant called *Spring Fresh* from Nature’s Gate that I picked up at my local health food store and I love it!

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**LIPID PEROXIDATION**

Another result of free radical activity is lipid peroxidation which can yield the toxic compound, 4-hydroxynonenal (4-HNE). 4-hydroxynonenal can
increase the neurofibrillary tangles as seen in Alzheimer’s disease. 4-HNE is a compound that reacts with a protein and is a major player in the type of neurodegeneration seen in Alzheimer’s disease, Parkinson’s disease and ALS. 4-HNE can rapidly inactivate glutathione reductase (the B2-dependent form), which is a key protective antioxidant.

LDL (low density lipoproteins) and HDL (high density lipoproteins) both exist in the brain BUT only LDL is a transporter of cholesterol and phospholipids to the central nervous system. Cholesterol and phospholipids are important for “nerve conductivity” or in other words, they help increase the nerve firing. Both HDL and LDL can be readily oxidized in the presence of inorganic iron such as found in “enriched” white flour products. Oxidized LDL can induce cell death which closely parallels the cell deaths seen in excitotoxicity. Buildup of oxidized LDL represents a possible link to ALS and other neurodegenerative diseases. Oxidized HDL can also cause neuronal death. In Alzheimer’s disease as well as Parkinson’s disease and ALS, we also see an increase in disordered protein transporters which can be triggered by viral infection, mercury exposure, oxidative stress and/or hereditary S.O.D. (super oxide dismutase) mutants.

In every single cell of the body, both the cell nucleus and the mitochondrial DNA are vulnerable to free radical damage. As a matter of fact,
mitochondrial DNA is 10 times more sensitive to free radical damage.

The good news is that this extreme vulnerability of mitochondrial DNA can be protected by targeted nutraceutical agents! The most profound of which is DHLA (dihydrolipoic acid), the reduced form of alpha lipoic acid, which is now available in stable form for the first time in history. DHLA promotes a dramatic increase in cellular ATP (energy) and quenches every known free radical (both RNS and ROS species) that can occur in living tissue. The best source of DHLA that I have found is Neuro-ND from Premier Research Labs (PRL) and it is available at our nutrition site, www.drjsupplements.com.

**EXCITOToXINS**

Excitotoxins are neurotransmitters which can cause cell death when their actions are prolonged. Excitotoxins are compounds such as glutamate (monosodium glutamate or MSG and tons of MSG is used in restaurant food so be careful dining out!), aspartate or aspartame (i.e., NutraSweet) and homocysteine. Excitotoxins cause premature cell death by initiating the P53 gene.

Increased glutamate levels can stimulate the microglia (a CNS immune cell) to produce more cytokines than normal and to release stored glutamate and quinolinic acid, both excitotoxins.
The microglia can also convert tryptophan to the excitotoxin, quinolinic acid. Therefore, tryptophan supplements should not be given to patients with any chronic condition. Microglial cells activated by Beta-amyloid can release protein kinase C, and thus prolong inflammation. Microglial cells can also release large amounts of glutamate and stimulate the release of inflammatory arachidonic acid. This degenerative process can feed upon itself, destroying massive amounts of neuronal tissue. In addition, the amount of Amyloid-beta peptides are increased, hydrogen peroxide levels are increased and as a result, excitotoxicity is increased.

When aluminum is bound to excitotoxins glutamate and/or aspartate, it’s entry into your brain is significantly elevated. Once in the brain, aluminum increases iron-induced free radical activity!

Here are two references for that last statement...


I have 182 other references if you are interested and they all come from a paper published by Dr. Robert Marshall entitled,

*The Overlooked Role of Chronic Infection in Neurodegeneration and Its Reversal Using Nutraceutical Agents*

*By Robert J. Marshall, PhD, CCN, DACBN*

Updated Version; Originally Published in *Nutrition Perspectives:*

*The Journal of the Council on Nutrition of the American Chiropractic Association,*


Dr. Marshall is the country’s leading metabolic and nutritional specialist and he is also the founder and CEO of Premier Research Labs. Please go to www.youcanbeatthyroiddisorders.com to review this paper. It is an incredible body of work!
Cause #3 of massive inflammation, toxicity and decrease immune response:

INFECTION!

Infections are HUGE problems with thyroid patients! You can get infections from dental work. Root canals are literally hotels for bacteria and viruses!

You could have a gut infection such as parasites, mycoplasms, biofilms, H.Pyloriother or other bacteria! I see gut infections all of the time with thyroid patients. You could have an organ infection such as a liver fluke. I have found that a very high level of thyroid patients suffer from liver flukes. I personally suffered with liver flukes but I was able to eliminate them with proper nutritional protocols.

Please keep in mind that if you are suffering with an infection, your urine pH will never get back into the normal range of 6.4 to 7.0 unless the infection is successfully addressed! This is SO IMPORTANT and yet, many doctors miss this vital concept.
Here is a picture of a dental infection that was under a crown.
Please keep in mind that the patient was asymptomatic or they had NO SYMPTOMS!

You need to address your dental Issues! We can address the infections very effectively with a dental mud pack or perhaps, Neem oil and Neem bark. If those protocols are unsuccessful, our office will refer the patient to a natural dentist. Please go to www.noamalgam.com for further research on the subject of mercury amalgam fillings and if you are looking for a good dentist, I only recommend dentists that are certified from the International Academy of Oral Medicine and Toxicology or IAOMT. Please go to IAOMT.ORG to find a certified dentist near you.

Since we are discussing heavy metal exposure like mercury, nickel, aluminum and other heavy metals, think of your mouth and let’s say you
that you have mercury amalgams and nickel crown which are two dissimilar metals. Your mouth is a salt or saline solution. Well, two dissimilar metals in a saline solution is a battery and studies have shown that this “battery” in your mouth causes the mercury to leach out of the amalgam 80 times FASTER! PLEASE, GET YOUR AMALGAM FILLINGS REMOVED BY A CERTIFIED IAOMT DENTIST!

Here’s another mercury contaminant...grains and produce!

Do you know that they use mercury fumigants to control pests in buildings that store grains and produce? This is yet another reason why you need to eat organic!

Finally, eat fish in moderation due to the mercury content. Tuna, Swordfish, and Orange Rough all contain trace amounts of mercury which can accumulate over time.

The bottom line is that you need to avoid heavy metal toxins because they are slowly killing you.
THE PARATHYROID GLAND

The thyroid and parathyroid work hand-in-hand. The major function of the parathyroid gland is to maintain the body’s calcium level! So it BUFFERS the blood! If your parathyroid isn’t working, guess what? YOUR BLOOD WILL NOT BE BUFFERED AND YOU WILL BE ACIDIC!!!

PLUS...The parathyroid is the MOST sensitive organ of the body for heavy metal toxins! The parathyroid protects you from heavy metal exposure!

The problem is that NO ONE is addressing the parathyroid gland and it’s disorders! Not one “thyroid expert” that I am aware of is addressing the parathyroid!
What is the #1 nutrient needed to support the parathyroid? Green Tea-ND! Take a teaspoon of Green Tea-ND in a 16-20 oz. water bottle and sip it slowly throughout the day for maximum parathyroid support.

**Cause #4 of massive inflammation, toxicity and decrease immune response:**  **Autoimmunity!**

What does that mean? It means your immune system is attacking your body!

How do you stop your immune system from attacking your body? By doing everything that I have been telling you to do up to this point, decrease inflammation, detoxify the body and build up the immune system.

**Balance your Immune System!**

Your immune system is a veritable battleground. You may think that nothing can breach it, but you are wrong. Once its defenses are breached, your immune system can run rampant and attack your thyroid. How does this happen? It’s simple. There are a number of causes that can initiate your
immune system to attack your body such as food reactivity in which the patient is reactive to certain foods (ex. Gluten, dairy, soy) and they may not even know it. Chronic surges in insulin as a result of a diet high in refine carbohydrates, an increase in your body’s stress hormone, cortisol, or hormone imbalances created by taking testosterone in men or estrogen or birth control pills in women can create immune system imbalances that could trigger an autoimmune attack. Many female patients have related to me that their problems started following a pregnancy and it makes perfect sense to me because in the third trimester of pregnancy, a female becomes TH2 dominant and postpartum, they become TH1 dominant. Finally, gastrointestinal infections such as H. pylori, mycoplasms, biofilms, parasites or dybosis (more bad bacteria in the gut than good bacteria) can cause an autoimmune response or your immune system to attack your body. If you have a strong immune system, these problems will be nipped in the bud. If not, you need to start addressing it as soon as possible because we need to increase your immune response, decrease the inflammation in your body and detoxify your body so you have your best chance at healing! I can help you, but the sooner you start; the better!
Balance TH1 and TH2!

There are two parts to your immune system: TH1 and TH2. Both of them have to work together and be in balance in order to prevent diseases from taking over. To put it in simple, understandable terms, TH1 is like the “Pac Man” of the body, it runs around gobbling up all of the bad guys. TH2 makes antibodies and he is the guy that goes around putting name tags on all of the bad guys so the “Pac Man” can gobble them up. The problem is that autoimmune thyroid patients have an unbalanced immune system. In other words, the thyroid patient’s immune system is not working or functioning the way it’s supposed to work. A dysfunctional immune system can easily translate into this auto-immune disease. An auto-immune disease is when your immune system starts attacking your body, in this case, your thyroid. Once your immune system starts attacking one area of your body, like your thyroid, over time it starts to attack other areas of your body. The TH1 and TH2 immune systems of the body are out of balance in the autoimmune patient. When the body comes under attack, it uses the helper T-cells to produce the right form of cytokines - but if one type becomes dominant, it provides the ideal breeding ground for such diseases to manifest.
This is where these helper T-cells come into play. When faced by pathogens (micro bacterium that can cause diseases) these work in unison to prevent them from wreaking havoc.

However, in case of severe allergies or auto immune diseases, they can go out of balance. First, a bit about the TH1 and TH2 system, also known as T-lymphocytes, they are responsible for producing cytokines or hormonal messengers that trigger biological effects that can protect the body against debilitating diseases. These comprise of primarily two types named TH1 and TH2. TH1 produces pro-inflammatory response while the latter, TH2, produces anti-inflammatory responses but encourage allergic reactions.

TH1 actually produces inflammation that is capable of eliminating intracellular parasites (viruses and some bacteria). However (get ready for this), they can also CAUSE an autoimmune response or allergies at the same time. In other words, they are actually capable of developing certain organ specific auto immune diseases!

This is where TH2 cytokines come into the picture. Since their job is to perform anti-inflammatory actions, they can
extracellular pathogens (which are bacteria residing outside cells). These also produce a severe allergic response within the body at the same time. If for instance, you are suffering from asthma or other allergies that means your body is probably producing more TH2 cytokines than it can handle.

In a balanced or well-functioning immune system, the helper T-cells produce both TH1 and TH2 cytokines in specific amounts. Sounds easy, right? Wrong! Why do you think chronic conditions are so hard to address? Once your immune system goes haywire, it’s extremely difficult to balance it out once again.
Want to Increase Your Immune System Function?

Increase Your Vitamin D Intake...TODAY!

The immune system benefits of vitamin D and its derivatives have long been studied, and more and more research is presented every year on how vital Vitamin D is in supporting overall health. Along with massive benefits for your immune system, Vitamin D is very important for your teeth, bones, brain, and arteries. There are 5 forms of Vitamin D (D1-D5) and the latest research has proven that Vitamin D3 is the most beneficial form of Vitamin D. For instance, Vitamin D3 (also known as cholecalciferol), has been discovered to be extremely effective against the growth of cancer cells. This remarkable discovery was a joint endeavor between researchers at VHIO (Vall d’Hebron Institute of Oncology) and CSIC-UAB (Albert Sols Institute of Biomedical Research). Apparently, they discovered that one of this vitamin’s receptors was capable of slowing down the production of colon cancer cells.

How? During their research, they discovered that a vital protein in the carcinogenic process of this type of cancer could be slowed down if it came in contact with this vitamin. Known as beta-catenin, this protein is typically found in intestinal epithelial cells, where it promotes growth during the
transformation of the tumor. In other words, the tumor will eventually become malignant if the protein is allowed to build up in the cancer cells.

This is where vitamin D comes to the rescue. If your diet contains an abundance of vitamin D, your potential tumor will have fewer chances of turning malignant. How? Vitamin D actually prevents the protein from stimulating cell growth by stunting the chain of events that can result in the formation of tumors!

The research was done on both mice and human colon cancer cells in which the former were administered vitamin D in different stages of colon cancer.

It was discovered that the mice that were not given VDR, or vitamin D receptors, produced larger tumors as compared to those with VDR. In the researcher’s words, it was discovered that this vitamin did not necessarily “cure” cancer, rather it interrupted the process necessary for the growth of tumors.

Similar results were observed in testing the vitamin on human colon cancer cells. In fact, scientists also discovered that in the absence of VDR, two-thirds of aggressive colon cancer tumors produced high concentrations of
beta-catenin. These discoveries tell us that vitamin D is highly effective in nipping all kinds of cancers in the bud!

If you live in a cold climate, chances are that you are vitamin D deficient, and you are a prime candidate for contracting cancer. Why? You are not getting enough sunlight! Yes, your body can produce Vitamin D from sunlight which is the best way to obtain it. Get out in the sun and enrich your diet with this vital vitamin before the VDR in your system runs out completely! Get the two Vitamin D blood tests done, 25-OHD and 125-OHD, and supplement with Vitamin D3 if needed. I have found ALL of the chronic condition patients that I have worked with in the past are low in Vitamin D. I like to see the “optimal” Vitamin D level around the high-end of normal which is 80-100 ng/ml. I am constantly amazed at how o I see many a chronic condition patient’s Vitamin D levels at 10-25. These patients are living a slow death!

The key is to never forget that your body can produce Vitamin D naturally if your cholesterol levels are normal and your liver, kidneys, and gut are all functioning normally.

Yes, it’s true! Cholesterol is actually good for you! When sunlight comes into contact with your skin, it actually converts cholesterol into
Vitamin D. Our bodies are starved of this key vitamin due to an image-conscious society that has deliberately blinded itself to its own health requirements.

In other words, many of us are depriving ourselves of vitamins that can actually make us healthier and prevent cancer from taking hold of our bodies. I can’t stress it enough, if you have any chronic health condition, your vitamin D level should be up around 80-100 ng/ml. However, taking just any vitamin D will not help! There are many Vitamin D supplements that are synthetic meaning that they are solvent extracted from sheep’s wool. How will you know which ones benefit you? Easy: you want a natural, live-source Vitamin D supplement - this is why I only recommend D3 from Premier Research Labs (PRL) and it is available at www.drjsupplements.com. I take it myself as does my family.

Some of the latest research on Vitamin D and thyroid disorders comes from the paper published January, 10, 2013 in the journal Thyroid Research and Practice. The article was titled, Vitamin D and Thyroid: Autoimmunity and Cancer from Drs. D. Dutta and S. Ghosh.

The paper stated, "Low levels of 25(OH)D along with elevated levels of 1,25(OH)2D has been documented in several autoimmune disorders. It has
been suggested that VDR dysregulation resulting from infections or disease results in decreased CYP24 activity resulting in increased 1,25(OH)2D levels which in turn result in decreased 25(OH)D levels as a result of the physiologic negative feedback." and... "Lower serum 1,25(OH)2D but not 25(OH)D has been documented in patients with thyroid cancer as compared with normal individuals.” Again, this is the latest research!

Keep in mind that sedentary lifestyle will not help you! If you haven’t seen the sun in years, it’s time to get off that couch and head outside. I am amazed at how many chronic condition patients have not seen the sun in years, so much so that they look like ghosts.

You need to bask in those rays for at least a half an hour each day to get a decent amount of vitamin D for your body. This way, instead of popping pills, you can absorb all the vitamin D you need naturally.

It is extremely unfortunate that M.D.s have created this panic in the public’s perception that if they are out in the sun for 10 seconds, they will contract skin cancer. In my opinion, you will NOT get skin cancer if you expose
Yourself to 20-30 minutes of daily sunlight without sunscreen. Why don’t you want to use sunscreen? Because it contains a massive amount of chemicals and your skin is the largest organ of the body! Plus, all those sunscreens you use liberally over every inch of your body may protect your skin from ‘harmful’ UV rays, but those chemicals inside the sunscreen can cause your cells to go haywire. If you insist on using a sunscreen, please go to a natural health food store and get some natural sunscreen! The natural sunscreen that I like best is from a company called Alba Botanica. Trust me folks, you will probably die of other types of cancer if you stay indoors and don’t allow your body to make its own Vitamin D!

Vitamin D is a fat and in order for your body to absorb Vitamin D, you need bile. Bile is produced in the liver and stored in the gall bladder so you need to have your gall bladder working at 100%, please see my explanation of the function of the gall bladder later in this book.

Finally, please remember to take only LIVE-SOURCE, NATURAL Vitamin D! Avoid the synthetic source Vitamin D that is solvent-extracted from sheep’s wool! Keep as many chemicals out of your body as possible.
The Five Main Categories

There are five categories that I check with each patient:

- Chemicals/Nutrition
- EMFs ~ Electromagnetic fields (artificial and natural)
- Emotional State Of Mind
- Structural or neurological abnormalities
- Blood Work/Labs – Testing the body entirely!

With the chemical aspect this could also pertain to one’s nutritional intake. We truly are what we eat; this has a major impact on our immune system and how well our bodies can fight off disease.

EMFs were once thought of as paranoia of modern technology, but if you really sit and think about it we are exposed to this every day for long periods of time. Your cell phone, Wi-Fi, at the grocery store as they scan your goods, that detector at the airport; not to mention our own bodies are electric conductors as well.

Your emotional state of mind may have the biggest impact on beating your thyroid disorder; positive affirmations, positive thoughts, and the will to actually beating a disease really does begin with our thought process.

Imagine starting your day thinking negative thoughts; I am sad, I am too tired to even think, and I am not even going to even try for it will surely end badly. This can have a damaging effect on your entire nervous system.
However, if you begin each day with a positive affirmation such as, I am up for even the greatest challenge for I know I will overcome it. Or, I am feeling a little tired today, better get that walk in today. Always look at a problem or issue as a new opportunity for you to endure, this can make all the difference when battling thyroid disorders. Studies have shown that cancer patients facing stage 4 in their diagnosis that use positive affirmations are more likely to survive than those cancer patients who are diagnosed early with negative thoughts.

When a patient is dealing with some kind of limitation in their structural movement, there are other alternatives rather than the usual prescribed medications that really only mask the pain. There are other more effective methods that heal the ailment rather than subdue the systems. Applied kinesiology, or muscle testing, can really pinpoint the core issue. I regularly use muscle testing to learn which vital organs are under distress, and then implement various supplements and techniques that realign the body’s natural rhythm. These series of tests helps us categorize which issues need to be addressed first.

Lastly, lab tests and complete blood panels are needed to offer a complete assessment of the patient. This is my biggest concern with many other doctors, many of them do not use complete blood work, and in fact, they tell their patient that they do not need all these tests. Hello?!?!?! You Have CHRONIC Health Condition, you have a thyroid disorder and you need a complete blood chemistry, CBC that breaks down the red and white blood
cells, a complete thyroid panel, and a complete lipid panel. If anything, write these tests down, hand it over to your doctor, and except nothing less.

**The Exam Begins....**

My examination of a patient begins the minute I meet the patient. In Chinese medicine, facial features can tell a lot about what is going on with the patient’s health. For example, if I notice that the patient has dark circles or puffiness underneath their eyes, there is a good chance that they may suffer from a kidney issue. If there is a wrinkle between the eyebrows or around the eyebrows, the patient may suffer from a liver problem. Issues on the cheeks could mean an issue with the lungs and anything going on above the eyebrows could me a problem with the gall bladder.

The color of the face is also important. A whitened face could mean low lung function, a red hue could be heart issues, a slightly green hue could mean decreased liver function and a darkened hue, low kidney function.

Please note that I would NEVER make a diagnosis based on reading the patient’s face because everything that I see would be confirmed with lab testing.
Getting Tested....

Throughout this book, I will cover many terms regarding the types of tests you should be acquiring from your doctor. You need testing done to find out exactly what nutrients are going to help you heal. You need complete blood work! You need a complete metabolic panel, a CBC with auto differential, a complete lipid panel, and a complete thyroid panel, not just T4, or TSH, or Free T3; thyroid drives your metabolism.

You need sensitivity/reactivity testing from Cyrex Labs. If you go to www.cyrexlabs.com, you are going to see different arrays. You need Array #2-#5; Array #2 is going to show you your gut function. Did you know that 80% of your immune system is in your gut? You need a healthy, strong immune system to allow your body to heal. You need to be checked for gluten reactivity, not just sensitivity. I talk about it in my main video on www.drjnaturalcancersupport.com, and you need to check for cross reactive foods. You need to be checked to see if you are sensitive to corn, rice, potato, other grains, dairy, soy, chicken, and/or egg. If you are reactive, you are not going to heal properly. Does that make sense to anybody? You are going to hear me say that a lot, because to me, it is common sense. You
need maximum healing potential because YOU HAVE A CHRONIC THYROID DISORDER!

You need to check your adrenal glands. The specific test is called an ASI (Adrenal Stress Index). Your adrenal glands are your stress glands and you need to check their function. Finally, you need the organic acid test. That test is going to look at fatty acid metabolism, carbohydrate metabolism, energy markers, B-complex markers, methylation cofactors and a number of other panels. You need thorough testing and then, based on thorough testing you need nutritional support to allow your body to achieve maximum healing potential.

The above tests are just a tip of the thyroid testing “iceberg.” But this is just to give you an idea just how important it is to understand and be aware of all the necessary tests that you need to find out exactly what is going on within your body.

Here is the complete list:

- Complete Metabolic Panel, not a basic metabolic panel. Too many M.D.s get lazy or they practice in the HMO model which is to do as little as possible. You have a thyroid disorder and you need as much information as POSSIBLE! Makes sense...right?
✓ A complete thyroid panel which needs to include TSH, Free T3, Free T4, Total T4, Free Thyroxine Index, Resin T3 Uptake, TPO and TGB antibodies, TBG and Reverse T3. You NEED to know as much about your thyroid gland as possible and ALL of these blood tests will tell you!

✓ A complete lipid panel and a CBC with auto differential which breaks down the white and red blood cells.

✓ The Cyrex testing (www.cyrexlabs.com) for gluten reactivity, gut function, cross-reactive foods and other parts of your body that your immune system could be attacking.

✓ An ASI (Adrenal Stress Index) which checks your adrenal glands. Your adrenal glands are your “stress glands.”

✓ A 2105 stool microbial test looking to see if you have parasites or h-pylori or fungi or mold in your gut.

✓ An Organic acid test which tests for carbohydrate metabolism, fatty acid metabolism, energy production markers, and detoxification markers to name a few.
Of all of the testing mentioned, my feeling is that the blood work is most essential if the patient has limited funds. The other tests are not as important as getting the correct blood chemistry labs. Please ask your physician or health care provider to run all of the tests because you want to know as much about your problem as possible. **All of the testing needed is listed in one of the links at**

[www.youcanbeatthyroiddisorders.com](http://www.youcanbeatthyroiddisorders.com).
Detoxify Your Liver... NOW!

If you suffer from a thyroid disorder and you are serious about healing, you HAVE to detoxify your liver! Think about it for a minute – 65% of T4 is converted to T3 in your liver! In addition, you have most likely been consuming white flour containing rock forms of iron for the majority of your life which has clogged your liver function. Throw in all of the junk food, caffeine, and alcohol that you have consumed throughout your lifetime and it is amazing that your liver is STILL WORKING! The liver performs the following functions: It creates bile; it excretes bilirubin, cholesterol, hormones and drugs; it metabolizes fats, proteins and carbohydrates; it is important for enzyme activation; it stores glycogen, vitamins, and minerals for energy; it is important in the synthesis of plasma proteins, such as albumin and other clotting factors; and it detoxifies and purifies your blood! White flour is “enriched” with rock forms of iron. That’s correct, they literally take iron ore, pulverize it, and add it to white flour. Tyrosine is made up of phenylalanine and iron. Rock forms of iron signals the liver NOT to absorb more iron so it cannot make tyrosine. You need tyrosine to make thyroxine (T4) and adrenaline. If your liver is not functioning, you WILL NOT heal! Yes, it’s THAT simple! Not only is your liver important in the
production of T4 but if you suffer from problems with your serum iron levels, total iron binding capacity, ferritin, transferrin, cholesterol, Vitamin A deficiency or B12, you have a LIVER PROBLEM!

A Vitamin A deficiency slows the thyroid hormone response inside the cell. How do you know if you have a Vitamin A deficiency? If you suffer from liver issues, you have night vision difficulties, or you have been found to be iron deficient.

As a side note, since tyrosine is used to make adrenaline, you should know that adrenaline holds magnesium in the blood. Magnesium is important for proper bone formation, maintaining normal muscle function, releasing energy from muscle storage, regulating body temperature, and proper absorption of calcium.

How do you know if you have a problem with your liver? You can check your blood work for the liver enzymes ALT and AST. You want your liver enzymes in the functional or optimal range of 10-25 and not the lab range of 10-40 (some labs even go as high as 10-60!)

There are three great fixes that I use with all of my patients that present with liver issues: coffee enemas, Max B-ND and Liver-ND. All three work spectacularly well to increase the function of the liver. The coffee enemas and Liver-ND detoxify the liver, while the Max B-ND helps to restore essential B vitamins.
The Importance of a Healthy Gut

The GI tract contributes to one’s health in many ways. The function of the gut goes far beyond processing food, absorbing nutrients, and fluid. The gut also regulates major epithelial and immune functions. The intestinal epithelium acts as a barrier to the external environment contained within the lumen, or the central cavity of the gut. It also transports solutes for nutrition and immunological surveillance, meaning the immune system can recognize and remove malignant cells that can arise in the gut.

Detoxification is my primary focus with any new patients for this exact reason: if your gut is not functioning to its full potential, then the rest of any type of integrative therapy cannot really work. The removal of internal toxins and built-up metabolic waste material is essential to restoring health in any type of disease. It is the cornerstone in successful alternative cancer treatments. We need to test your gut function to understand any underlying issues that are prohibiting healthy gut function.
The HCL Factor

Hydrochloric acid (HCL) serves many functions for a healthy stomach. It is considered the primary digestive juice that breaks down proteins to prepare them for conversion into vital nutrients for the whole body. HCL also acts as a protective barrier, killing any harmful micro-organisms in the food we consume. If we consume acid-forming foods or engage in acid-forming activity, the production of stomach acid will use up considerable amounts of the acid-forming material. Once the stomach acid is combined with a consumed substance, it is neutralized further down the intestinal canal, ultimately to the colon. This is a perfect example of why doing multiple coffee enemas is vital to a healthy gut.

If the stomach is not producing enough HCL, it can potentially lead to the digestive system hosting various immune disturbances as I mentioned above. Patients who consult their doctor for stomach or intestinal problems will most likely be prescribed a stomach acid-blocking medication, failing to properly diagnose the underlying cause. Remember that many thyroid patients, and chronic condition patients in general, suffer from low stomach acid. This is why testing needs to be thorough, especially because the symptoms of an over and under-production of stomach acid can be the same.

One way to check your levels for proper stomach acid function is to check your blood work. BUN, phosphorus, serum protein, albumin and globulin
levels will give you of indication if you are suffering from hypochlorhydria or low stomach acid. You can also check your pH balance. The prime range for your body’s pH balance is 6.4 to 7.0. You should check this first thing in the morning using pH ion balance test strips, available from Premier Research Labs. Those with low stomach acid need to have a more alkaline-based diet: increase your vegetables, take the proper supplements (as defined in this book), and avoid all “enriched” foods.

**Just Because It’s Natural...**

*doesn’t mean it’s good for you!*

**ALKALIZED WATER IS ONE OF MY biggest pet peeves when it comes to natural protocols!** The problem with thyroid patients is that they do not have enough stomach acid and drinking alkalized water decreases the acid in your stomach! You need MORE stomach acid or HCL to create methyl groups, help to drain your lymphatic system and hold water in the large intestine, NOT LESS!! Many of the systems that recommend this type of protocol are not only expensive, but in my opinion, they are simply Multi-Level Marketing (MLM) promotions to make the up line person more money.

There are natural nutrients that can make your condition worse! That is what I’m trying to get across with this book. This is why I’m taking the time into creating a series of videos to show you all natural options. To let you
know that it needs to be scientifically based to get your maximum positive effect; to achieve maximum healing potential!

Many patients will tell me, “Help me live a better, longer, happier life!” That’s exactly what I am attempting to do, I am here to help you not just survive but thrive.

Again, I do NOT cure thyroid disorders, or treat thyroid disorders, but understand that you are not going to heal unless your immune system is functioning at its maximum potential, you have decreased inflammation and you have detoxified your body. It is my opinion that there is no “cure” for thyroid disorders or any chronic condition. There is no “treatment” for thyroid because it is your own body that does the healing! Your body has the innate ability to heal.

**The Importance of Methyl Groups**

Methylation is the biochemical process in which chemicals are added to proteins, DNA, and other molecules to keep your body properly functioning. These chemicals include folic acid, methionine (a protein-based amino acid), vitamin B12 and B6, all of which decrease the risk of breast, colon, and pancreatic cancer. For example, your body uses methionine to adhere to your body’s proteins and DNA. This in turn produces a product known as homocysteine, which needs to join with methyl-related nutrients to convert
back to methionine. If this process does not occur, it can increase the risk of certain diseases, cancer being one of them.

Methylation is the biochemical reaction responsible for the transfer of one-carbon molecules. This chemical reaction is a crucial step in many important biochemical pathways, and it is dependent on essential nutrients to act as cofactors. Altered methylation reactions have been associated with elevated homocysteine — inflammation is what we are talking about here — as well as dementia, depression, comprised Phase II detoxification, birth defects, and others. DNA is protected and stabilized via methylation. Methylation creates glutathione which protects us from free radical damage. Glutathione is very important for detoxification, though if you have thyroid cancer you do not want to be taking glutathione. Glutathione causes cells to erupt and you don’t want that if you suffer from thyroid cancer. There are other nutritional protocols to promote methylation rather than taking glutathione.

Diet plays a key role in producing methyl groups. Too much caffeine, sugar, alcohol, and processed foods may prevent your body from absorbing methyl-related nutrients. Poor diet and excess sugar increases inflammation as well as homocysteine, C-reactive protein, and uric acid. Poor quality meats and vegetables are often deficient in $B_{12}$ and folate are another reason why you want to eat organically.
The Gall Bladder

The gall bladder stores and concentrates bile from the liver and releases it into the small intestine to further digest food, especially fats. I have observed that just about everyone over the age of 40 has trouble with their gall bladder. Bile has two major functions in the body:

#1: It breaks down the fats that you eat so that your body can utilize them. Without adequate bile, you do not metabolize your fats well which can result in a deficiency of the fat-soluble vitamins (A, D, E, and K). You may also have problems digesting essential fatty acids that are vital to good health. Other symptoms of decreased bile metabolism would be belching after a fatty meal, difficulty utilizing calcium, dry skin, and peeling on the soles of your feet.

#2: Bile is a VERY powerful anti-oxidant! It helps in removing toxins from the liver. The liver filters toxins (bacteria, viruses, drugs, and/or other foreign substances) and sends them out via the bile. A healthy liver produces about a quart and a half of bile daily. If a patient has a gall bladder problem, they would do well to cleanse their liver and bowel via organic coffee enemas!
Keep in mind that the vitamin B6 keeps the bile salts in suspension in the gall bladder, and high stress, birth control and hormone replacement therapy all drastically reduce levels of B6. If you do not have adequate amounts of B6, you will not absorb fats because the bile salts are not in suspension. Remember that Vitamin D is NOT a vitamin, it is a hormone, A FAT, and if your gall bladder is not working, you will not absorb Vitamin D! Finally, if you have difficulty falling asleep, it is because your gall bladder is not working.
The Adrenal Glands

The adrenal glands are small, triangular glands located on top of both kidneys. An adrenal gland is made of two parts---the outer region, called the adrenal cortex, and the inner region, called the adrenal medulla.

The adrenal glands work interactively with the hypothalamus and the pituitary gland. For the adrenal glands to produce corticosteroid hormones, the hypothalamus produces corticotrophin. Corticotropin causes the release of hormones from the pituitary gland. In turn, the pituitary gland produces corticotrophin hormones that stimulate the adrenal glands. Then the adrenal glands make and release corticosteroid hormones. One of the main functions of corticosteroid hormone is to reduce inflammation.

The two parts of the adrenal glands perform very separate functions.

The Adrenal Cortex

The adrenal cortex secretes hormones that have an effect on the body’s metabolism, on chemicals in the blood, and on specific body characteristics. The adrenal cortex secretes corticosteroids and other hormones directly into the bloodstream. The hormones produced by the adrenal cortex include hydrocortisone (cortisol) which helps to control the body’s use of...
fats, carbohydrates and proteins; **corticosterone** which with hydrocortisone, suppresses inflammation and affects the immune system; **aldosterone** which regulates the level of sodium excreted into the urine thereby maintaining blood volume and blood pressure; and finally, **androgenic steroids** or androgen hormones which are converted elsewhere in the body (ovaries in women and testes in men) to female (estrogen) and male (androgen) hormones.

**The Adrenal Medulla**

The adrenal medulla, the inner part of the adrenal gland, is not essential to life but helps a person cope with emotional and physical stress. The adrenal medulla secretes epinephrine (aka. Adrenaline) and norepinephrine (aka. Noradrenaline). Epinephrine (adrenaline) is important for bone formation, normal muscle function, releasing energy from muscle storage, regulating body temperature and for the proper absorption of calcium (it helps you stay alkaline). You need epinephrine (adrenaline) to hold magnesium in the blood. This is a VERY IMPORTANT FACT that many practitioners miss with their patients. Low magnesium at the neuron (nerve cell) can lead to the production of protein kinase C2 which will increase inflammatory arachidonic acid! If your adrenal glands are not working and you do not have sufficient magnesium, you will most likely suffer from chronic muscle cramping and pain.
Norepinephrine (noradrenaline) has strong vasoconstrictive effects which increases blood pressure and affects smooth muscle, the metabolic process and cardiac output.

Symptoms of adrenal stress include fatigue, headaches, grogginess or inability to awake in the morning, craving sweets, dizziness, feeling bloated, feeling shaky and lightheadedness. Long standing adrenal stress can increase thyroid binding protein activity which prevents thyroid hormone from entering the cell, impedes the production of T4 to T3, causes cells to lose their sensitivity to thyroid hormone and weakens the immune system. As a side note, I have noticed over the years of practice that chronic depression is usually associated with adrenal gland dysfunction.

The adrenal glands need ALL of the following to work properly...

--Good, high quality water

--Good, high quality salt like Pink Salt from PRL

--B-vitamins that are natural and live-source such as PRL’s Max B-ND

--Vitamin C that is natural and live-source, NOT ascorbic acid

--The removal of adrenal “killers” like caffeine, alcohol and sugar.

--Five or more hours of continuous sleep. The patient is not getting up to go to the bathroom every 3-4 hours.
Exercise is extremely important for adrenal health. Start exercising today by simply taking a 20-30 minute walk. Eventually work up to walking longer or possibly look into joining a fitness center. One of the BEST things that I have done for my health is to join a health club. I attend a variety of classes at my club but the one that I like the best is called “TRX.” It is training using your own body weight and straps. I know that it sounds crazy but Google it and you will see exactly what I mean, it’s a great workout!

I use Max B-ND, Vitamin C, AdrenaVen and/or Adaptogen R3 to help support the adrenals.
Inflammation – The Silent Killer

Inflammation in your body is like taking a blowtorch to your thyroid gland. Inflammation destroys the normal function of the body. Inflammation in your body can be measured in the blood by checking C-Reactive Protein (C-RP) levels, homocysteine levels, uric acid levels and cortisol levels. Inflammation can be generated in response to a toxic or nutritionally deficient diet. When the inflammation markers are increased in the blood, they are linked to massive neurodegeneration, meaning that your brain and nerves start to degenerate.

In Alzheimer’s disease and other neurodegenerative disorders, there is a significant increase in inflammation marker levels in the body. Since C-RP, homocysteine, uric acid and cortisol are powerful excitotoxins, elevated levels have been found to make symptoms of Alzheimer’s disease worse! The metabolic breakdown components of these inflammation markers alter the NMDA (N-methyl-D-aspartate) receptor sites, leading to multiple negative effects which include free radicals and an inflammatory cascade. Remember that HCL is vital to form methyl groups and methyl groups are very important for keeping inflammation marker levels low in the body!
The Thyroid-Brain Connection

Your brain controls every bodily function and since the thyroid runs your body’s metabolism, it is saturated with thyroid hormone receptor sites. Thyroid hormones enter brain cells to keep them active so they can promote good memory and mental alertness. Remember that a part of your brain called the hypothalamus initiates thyroid function by releasing TRH or thyroid releasing hormone. This is why “brain fog” can be one of the symptoms of thyroid disorders.

Brain cells “talk” to one another via brain chemicals called neurotransmitters. There are 4 major neurotransmitters in your brain, serotonin, dopamine, GABA (gamma-amino butyric acid) and acetylcholine or ACH.

Serotonin is the neurotransmitter that is important for mood, digestion (there is more serotonin produced in your gut than in your brain), sleep and sexuality. If you are depressed, paranoid, feeling overwhelmed, lost pleasure in things that you enjoyed in the past and are unable to achieve restful or REM sleep, you could be suffering from a serotonin deficiency.
Dopamine is the “feel good” neurotransmitter as it plays a key role in the “pleasure centers” of the brain. This is why substance abuse in any form (drugs, nicotine, caffeine, & sugar) may increase dopamine levels initially but will lead to an overall deficiency of dopamine over time. Chronic dopamine deficiency over a long period of time could lead to Parkinson’s disease. Dopamine is important for pleasurable reward, movement, behavior and cognition, attention, and learning. Dopamine is very important in thyroid disorder patients because it stimulates the hypothalamus in the brain to release TRH or thyroid releasing hormone.

GABA is important because it inhibits or slows down nerve transmission in the brain which calms nervous activity. GABA also increases HGH or Human Growth Hormone levels in the body which helps in anti-aging. If you are suffering from anxiety attacks, feel dread or doom, feel restless, have problems turning your mind “off,” and/or suffer from feelings of inner tension, you probably have a GABA deficiency.

Acetylcholine (ACH) is important to help the brain send nerve impulses or messages to contract large muscles and it sends nerve impulses to the heart to lessen contraction. ACH is very important for memory and low levels of ACH has been noted in Alzheimer’s disease and dementia.
If you suffer from memory lapses or loss, lack of comprehension, trouble calculating numbers or a general slower mental response, you could be suffering from an ACH deficiency.

What’s the answer if you suffer from any or all neurotransmitter deficiencies? The first thing that I like to do is decrease inflammation in the brain and gut because there is a gut/brain connection. There have been numerous controlled, doubled-blinded, randomized studies proving the gut/brain connection so I like to recommend natural anti-inflammatories that work and will not result in increasing toxins in the body. I usually recommend CoCurcumin from Ayush Herbs along with Liver-ND and Inflamma-ND from Premier Research Labs. I have found that one or all of these products in combination work extremely well to decrease inflammation in the body. Once I have decreased the inflammation, I recommend Tranquinol and Noni from PRL to help re-establish and increase neurotransmitters naturally.
Hormones and Your Thyroid

Hormone replacement therapy is big business!!!

There are all kinds of synthetic and "bio-identical" creams, pills, potions and lotions, along with birth control pills, hormone replacement therapy (estrogen in females and testosterone in males and including thyroid hormone replacement), that can cause total chaos in body.

When using exogenous hormones (meaning outside of the body, such as creams), you are flooding your body with an unnatural amount of hormones. This can cause several upsets in the body.

One thing that happens is the receptor site for that hormone on the cells becomes less active for self-protection. This is NOT good because thyroid hormones cannot get into the cells, even though there is an abundant supply of thyroid hormone in the bloodstream. If this person is on thyroid medication, they will still be having symptoms of hypothyroidism.

The brain has a feedback loop on hormonal activity in the body. If the brain senses that there is not enough of a particular hormone, it tells the glands to make more and if it senses there is too much of a particular hormone, it
sends a message to slow down the production of this hormone. If a person uses a hormone cream or pills, the brain gets the message no hormones are needed and the communication between the brain and the gland slows down or even becomes dormant. Finally, it shuts down completely and the gland atrophies and is useless. When this happens, the hormone cream and pills become necessary for the rest of your life. This includes the prolonged use of thyroid hormones.

Hormone creams can cause excessive amounts of hormone to accumulate in body fat, particularly if you are overweight or obese.

The liver is then under tremendous stress to break down these hormones so they can be eliminated. This causes the liver to slow down and become unhealthy. This is a big health risk, especially in the case of estrogen. If the liver can’t break down these hormones, instead of being eliminated, they go back into the bloodstream and become toxic to the body, especially estrogen. Poor liver function causes high cholesterol, problems with anemia and iron, B-Vitamin absorption problems, inflammation, and poor immunity.

Too much estrogen can lead to breast cancer, endometriosis, premenstrual syndrome, fibrocystic breasts, ovarian cysts, cervical dysplasia, endometrial cancer, prostate carcinoma, and hyperplasia.

In addition, if a healthcare provider orders hormone tests for a person taking exogenous hormones, the results can show a hormone deficiency.
This is because these tests only measure the natural hormones the body is making. They do not measure synthetic hormones. Also, the use of hormonal creams and pills does inhibit the production of natural hormones, causing them to be low.

So, the excessive use of hormonal creams and pills has created symptoms of hormone deficiency AND the laboratory test has confirmed that deficiency. Now, your doctor is going to prescribe even higher doses of hormones. This works with thyroid hormones, too so it’s a crazy, viscous, downward cycle.

If a person's thyroid function is destroyed, synthetic thyroid hormone is needed. This is also true of pre and postmenopausal women who have lost the ability to make estrogen.

You can restore healthy function by detoxifying your body of excess and synthetic hormones. This is really important for healthy thyroid function. The first thing that I like to do is address the patient’s liver and gut function. I want to make sure that their liver enzymes (ALT and AST) are within the normal functional range (10-26) and if not, I recommend nutritional support in the form of Max B-ND, Liver-ND and/or HepatoVen from Premier Research Labs. I also strongly recommend that this patient start doing coffee enemas asap to detoxify their liver. Usually, once the liver is successfully addressed, the hormone issue resolves itself (again, getting to the cause) but if it doesn’t, that is when I will start to address the specific
hormonal needs of the patient by using specific lab tests and supplement accordingly. The KEY for me is to get to the cause which is usually the liver and work up from there.

**PCOS or polycystic ovarian syndrome**

PCOS is a combination of three problems: a blood sugar problem (insulin resistance where the fasting blood glucose level is 101-126), a hormone problem and an autoimmune problem. PCOS has been linked to Hashimoto’s thyroiditis in the literature. The first thing that I want to do with a patient suffering from PCOS is address their insulin resistance with diet modifications and nutritional supplementation. Next, I want to calm down there immune system and stop it from attacking their body by eliminating immune system triggers and supplements. Finally, I want to again look at addressing their liver dysfunction to clear any hormonal issues. I know PCOS very well since one of my daughter’s suffers with it. Fortunately, we have been successfully addressing it with her. The only problem is that she is teaching in Japan so I don’t get to check her as often as I would like to check her.

**Xenoestrogens**
Xenoestrogens are chemicals that mimic estrogen and thus, compromise normal hormonal function. They compete with estrogen on the estrogen receptor sites of the cell. Studies have proven that xenoestrogens cause cancer! Xenoestrogens are caused by a multitude of chemicals such as hormones in meat and dairy products, pesticides in fruits and vegetables, pesticides and herbicides on our lawns, commercial soaps and detergents, fabric softeners, coffee (a very heavily pesticide-sprayed crop), plastics, and synthetic nutritional substances. This is why my family and I only use products (nutritional supplements, soaps, coffee, and other household goods) from Premier Research Labs (PRL). All PRL products have been tested safe!
The Importance of COFFEE ENEMAS!

If you or a loved one suffers from ANY chronic health condition including thyroid disorders, you NEED to detoxify your liver. One of the best natural protocols for detoxifying your liver is a coffee enema! Coffee enemas are a key part of the Gerson Method. I have found that it’s best to do coffee enemas using organic blond roast coffee. I use coffee enemas myself because I suffer from early-stage MS and Hashimoto’s thyroiditis. If I can do them, you can too!


Make sure to purchase whole bean organic blonde roast coffee and grind it the same day you use it. If you grind it beforehand, all that potent goodness will be lost through oxidation. Trust me, EVERY LITTLE THING COUNTS WHEN YOU HAVE A CHRONIC HEALTH CONDITION! EVERYTHING!! I only use Premier Research Labs (PRL) organic, blond roast coffee and it is available at www.drjsupplements.com.
(NOTE FROM DR. JOHNSON... coffee is one of the most heavily pesticide- and herbicide-sprayed crops, so it is VITAL to use organic coffee! We only recommend Premier Research Labs organic coffee for coffee enemas and we only use organic olive oil as a lubricant for the insertion tube!)

This is subject may not be an easy one to read; however, as I have stated above, coffee enemas are vital to detoxifying your internal organs, especially your liver!

So why in the world would someone want to take coffee in an enema form? After studying Dr. Max Gerson’s coffee enema protocols, I do daily coffee enemas. Once I started doing them, I quickly saw the benefits of coffee enemas.

Coffee Enemas Can:

- Clean and heal the colon.
- Detoxify the liver and colon and help to rebuild the liver.
- Reduce many types of pain via liver detoxification.
- Help eliminate many parasites with the addition of a natural anti-parasitic supplement.
- Reduce and eliminate many symptoms of general toxicity. Since toxicity is the cause of dozens of common symptoms from arthritis to cancer, coffee enemas help with many, if not most diseases and
conditions.
- Help with depression, cognition, confusion, and anxiety.
- Increase mental clarity, improve energy levels, increase joy and happiness, improve digestion, reduce anger, and more.

I have recommended coffee enemas to every one of my patients and to ALL of the doctors in my consulting group. I have yet to hear about horrible side effects of any kind, although the procedure can be somewhat inconvenient, especially at first. Most people get used to it very quickly. The coffee enema is simple, very safe when done properly, highly effective, able to be done in the privacy of your home, and relatively inexpensive. Remember that coffee is the most heavily sprayed crop besides grapes, so you have to make sure to use organic coffee and distilled water.

THE HISTORY OF THE COFFEE ENEMA

The coffee bean and plant have been part of herbal medicine, folk medicine, and shamanic healing for thousands of years. It is particularly well understood by the native tribes of South America, where coffee began to be cultivated many thousands of years ago.

It was known as a potent liver remedy and given particularly to the elderly and to those who were infirm, or ill, in the liver. As we continue into the 21st century, just about everyone has a toxic liver due to the standard American diet (aka. S.A.D). In addition, there has been an increased use of toxic metals and toxic chemicals throughout the country.
Enemas are mentioned in the biblical Dead Sea Scrolls. The Essene Gospel Of Peace, Book 1 is a small book that was rediscovered by the eminent biblical scholar, Edmond Bordeaux Szekely. He found it in the Vatican library and translated it into English in 1937. The text below is from the famed Dead Sea Scrolls, manuscripts that describe the healing miracles of Jesus, which were only discovered in the twentieth century near the Dead Sea. This text discusses how Jesus healed people using simple methods such as food, water, air and sunshine. The following is a quote from pages 15 and 16:

“Think not that it is sufficient that the angel of water embrace you outwards only. I tell you truly, the uncleanness within is greater by much than the uncleanness without. And he who cleanses himself without, but within remains unclean, is like to tombs that outwards are painted fair, but are within full of all manner of horrible unclean things and abominations.

“So I tell you truly, suffer the angel of water to baptize you also within, that you may become free from all your past sins, and that within likewise you may become as pure as the river’s foam sporting in the sunlight.

“Seek, therefore, a large trailing gourd, having a stalk the length of a man; take out its inwards and fill it with water from the river which the
sun has warmed. Hang it upon the branch of a tree, and kneel upon the ground before the angel of water, and suffer the end of the stalk of the trailing gourd to enter your hinder parts, which the water may flow through all your bowels.

“Afterwards, rest kneeling on the ground before the angel of water and pray to the living God that he will forgive you all of your past sins, and pray to the angel of water that he will free your body from every uncleanness and disease.

“Then let the water run out from your body, that it may carry away from within it all the unclean and evil-smelling things of Satan. And you shall see with your eyes and smell with your nose all the abominations and unclean things which defiled the temple of your body; even all the sins which abode in your body, tormenting you with all manner of pains. I tell you truly, baptism with water frees you from all of these.”

The coffee enema may have been first used in modern Western nations as a pain reliever and a fever regulator (yes, it lowers high fevers!). As the story goes, during World War I, nurses kept coffee pots on the stove all day long. Battle surgeons and others drank it to stay awake while working horrendously long hours. Enema bags hung around as some patients needed help moving their bowels.
Pain medications were in short supply. Doctors were forced to save the pain drugs for surgical procedures, with little or none for follow-up after surgery. When surgical patients woke up from operations without the benefit of further morphine injections, they would scream in pain and agony from the surgery. They were also constipated from the anesthesia drugs.

Then one day a nurse was preparing an enema for constipation. Instead of fetching water for the enema, she accidentally dumped some cool coffee into the patient’s enema bag, undid the release clamp, and into the patient it flowed. "I'm not in so much pain," the poor soldier said. The nurse took notice, and thus began the use of coffee enemas to help control pain.”

Up until about 1965, the coffee enema procedure was listed in the Merck Manual which is used as a handbook by physicians all over the world.

The man who popularized coffee enemas more than any other in modern times was Max Gerson, MD, author of *A Cancer Therapy - Results of 50 Cases*. I first learned about Dr. Gerson’s protocols from a good friend of mine, Dr. Kevin Connors. Dr. Gerson pioneered nutritional therapy for cancer and other diseases with amazing results. His therapy combined coffee enemas with a special vegetarian-based diet, organic vegetable juices and a few other nutritional supplements. The enemas were an important part of the therapy. He found that to heal his patients of cancer, he had to stop their pain medication because it damaged their already-weak livers.
Gerson recommended up to 5 coffee enemas per day which would stop the pain without a need for drugs. They also enabled the body to absorb and digest tumor tissue and eliminate it safely, an important stumbling block in natural cancer treatments. More recently, William Donald Kelley, DDS recommended coffee enemas extensively in his metabolic cancer therapy. He wrote about their benefits and importance in a small book entitled: *One Answer to Cancer*.

**WHAT IS A COFFEE ENEMA?**

The coffee enema is a coffee implant and a retention enema. This means that one implants or applies the coffee into the colon and retains the coffee mixture for 12-21 minutes. It takes 3 minutes for the liver to filter all of the blood in the body, so you want at least 4-7 full cycles, and more if possible. I have retained the coffee in my colon for over 45 minutes but I usually keep it to 12-15 minutes because frankly, I have other things to attend to during the course of a day.

A coffee enema is an ancient herbal hydrotherapy procedure. It consists of filling an enema bag or enema bucket (I recommend an enema bucket) with a mixture of about 4 to 5 cups of filtered or distilled water, and 3 to 4 tablespoons of coffee that has been brought to a boil and set on low heat for up to 12-15 minutes. One filters the coffee grounds, using cheese cloth, before putting the liquid in the enema bag or bucket. One then places this
mixture in the colon and retains it for about 12-15 minutes. At this time, the liquid is expelled into the toilet.

I recommend inserting the standard enema tip into the rectum lubricated with a little organic olive oil, and then implanting the coffee, usually while lying on one’s RIGHT SIDE since the liver is located on the right side. Some, however, suggest using a 30-inch flexible rubber colon tube connected to the enema tip. One first inserts the colon tube all the way into the rectum, and then attaches the enema tip to the protruding end of the colon tube. I still say, stick with the standard enema tip as I have tried both methods and feel that the latter works the best. **DO NOT use petroleum jelly or some other toxin to lubricate the enema tip!** You do not want to be adding more toxins into your system!

For best results, massage the colon during the procedure for an enhanced mechanical cleansing effect of the enema. This is particularly excellent when first beginning to do coffee enemas, as it helps break up colonies of parasites, impacted fecal matter, and helps empty and clean out what are called ‘pockets’ in the colon.

For therapeutic purposes, the procedure should be repeated at least daily, and up to about three times each day for at least several years to clean up the colon, detoxify the liver and help heal the entire body.
While Dr. Max Gerson, MD insisted upon the coffee enema every four hours or 5 times daily for at least two years using three tablespoons of coffee in each enema, this much seems a little drastic, and does not appear to be necessary when the procedure is combined with a properly-designed nutritional program. I recommend doing at least one coffee enema per day. If you can do more, great - if not, great, at least you did one.

**HOW THE COFFEE RETENTION ENEMA WORKS**

While coffee is not ideal when digested the usual way, there are some very beneficial herbal properties of coffee when taken rectally.

- **An astringent.** Coffee acts as an astringent, meaning it peels off the top layer of skin or mucous membrane. This is helpful for healing, as the top layer of skin or mucous membrane is often ready to come off anyway, and is loaded with toxins. So it is like cleaning the surface layer of the mucous membrane of the colon and the liver. Remember, your skin is the largest organ of your body - keep it healthy!

- **A choleretic.** Coffee used rectally is a choleretic, a substance that increases bile flow. While other agents classed as choleretics increase bile flow from the liver, they do little to enhance detoxifying enzyme systems, and they do not ensure the passage of bile from the intestines out the rectum. Bile is normally reabsorbed up to 9 or 10 times before working its way out the intestines in feces. The enzyme-enhancing ability of the coffee enema is unique among choleretics. Because the coffee enema does not allow as much reabsorption of toxic bile by the liver across the gut wall, it is a powerful means of detoxifying the bloodstream through existing enzyme systems in the liver and small bowel. Clinical practice has shown coffee enemas to be well tolerated by patients when used as frequently as every four
hours. The coffee enema may be classed as one of the only repeatable, non-reabsorbed, and effective choleretics in the medical literature.

- **Enhancement of liver detoxification systems and glutathione production.** These are other general effects of coffee enemas that are explained in more detail below.

- **Anti-oxidant effects.** Coffee contains powerful anti-oxidants. These are particularly helpful for the liver, which is highly subject to oxidant damage. Unlike common antioxidants such as vitamin C, alpha lipoic acid, selenium, zinc, and vitamins A and E, the antioxidants in coffee are far more yang, in Chinese medical terminology. This is a great advantage today because our bodies are already too yin, and adding more yin antioxidants makes the problem much worse. Someday, doctors who recommend antioxidants will realize this problem with all anti-oxidant nutrients and will stop recommending so many of them, perhaps recommending the coffee enema instead.

  **Reducing the need for antioxidants.** Nutritional balancing and coffee retention enemas also reduce the need for antioxidants because they can remove the oxidant sources. This is far better than giving antioxidants. The oxidant sources are oxidized minerals including iron, copper, manganese and aluminum, among others.

- **Palmitic acids.** In the late 1970s and early 1980s, researchers in the lab of Lee Wattenberg identified salts of palmitic acids (kahweol and cafestol palmitate) in coffee as potent enhancers of glutathione S-transferase, a major detoxification system that catalyzes the binding of a vast variety of electrophiles from the blood stream to the sulfhydryl group of glutathione. Because the reactive ultimate carcinogenic forms of chemicals are electrophiles, the glutathione S-transferase system must be regarded as an important mechanism for carcinogen detoxification.
“In mice, this system is enhanced 600% in the liver and 700% in the small bowel when coffee beans are added to their diet. Because this system in lab models is close, if not directly analogous to that of humans, a parallel stimulation by coffee of glutathione S-transferase in humans is probable.”

Dr. Gerson, the major proponent of the coffee enema in the Western world, wrote that:

“Heubner and Meyer of Gottingen University, Germany had shown in animal models that rectal administration of caffeine would dilate bile ducts and promote bile flow. The introduction of a quart of coffee solution into the colon will dilute portal blood and subsequently, the bile.”

- **Theophylline and theobromine**, major constituents of coffee, dilate blood vessels and counter inflammation of the gut. The palmitates of coffee enhance glutathione S-transferase which is responsible for the removal of many toxic radicals from serum. Finally, the fluid of the enema itself stimulates the visceral nervous system, promoting peristalsis and the transit of diluted toxic bile from the duodenum out through the rectum.

- **Caffeine effects.** These are complex. Caffeine is a central nervous stimulant, but a mild one, relatively speaking, and not as toxic as most stimulants. This stimulating action upon the sympathetic branch of the autonomic nervous system helps “wake up” the body in some way that appears to be quite beneficial, when coffee is used in this manner.

- **Dilation of the bile ducts.** The editors of Physiological Chemistry and Physics stated, “Caffeine enemas cause dilation of bile ducts, which
facilitates excretion of toxic cancer breakdown products by the liver and dialysis of toxic products from blood across the colonic wall.”

EFFECTS UPON THE COLON

The colon is one of the most diseased organs of the body in many people today. Everyone needs to pay attention to this. The reasons are quite simple. They include:

1. Eating sweets, including all sugars, fruits and juices. These can feed yeasts and other pathological organisms.

2. Eating poor-quality food low in fiber and foods containing additives, preservatives, pesticides, and other chemicals that damage the intestines.

3. Improper eating habits and low levels of digestive enzymes in the upper intestines. These cause partially digested proteins and starches to end up in the colon, where they either rot or ferment. This causes the production of extremely toxic chemicals such as skatol, indol, cadaverine and others. Most people know about these from their foul odors, gas and bloating, all of which are harmful.

4. Extreme overuse of antibiotics. These damage and often destroy the normal flora in the colon.

5. Use of many other medical drugs and over-the-counter remedies. Most of them are toxic to the intestinal tract to some degree.

6. Ignoring the call of nature to empty the bowels.
7. Hurried lifestyles, with fear and nervous tension. These negative emotions often affect the functioning of the colon.

8. The presence of infection in the colon. Common ones include yeasts, parasites such as roundworms, and others.

9. Fruit-eating, sadly, is one of the biggest causes of colon problems today, in part because it allows the growth of yeasts in the intestines, and because it is yin, which expands the colon and impairs its activity.

THE MECHANICAL EFFECTS OF ENEMAS AND COLONIC IRRIGATION

The enema mechanically washes out the colon, removing many toxic chemicals, and often nests of parasites, bacteria, etc.

Enemas also stimulate the colon slightly by dilating it a little, and often by altering its temperature somewhat – either making it a little hotter or a little colder.

Another result is to increase peristalsis and cause the colon to become active, emptying its contents more completely.

Repeated enemas, especially accompanied by colon massage, helps remove impacted feces, which is common. Certain food items, especially white, refined flour, can turn hard in the colon and stick to its walls. Repeated enemas also help clean out so-called ‘pockets’ or diverticula in the colon.
These are slight expansions or dilations in the wall of the colon that trap food particles and bacteria and often harbor parasitic organisms.

**TONING THE MUSCULATURE OF THE COLON**

Another effect of the coffee enema, when done properly, is to tone the muscles of the colon wall. I often hear comments that coffee enemas will cause dependency, constipation, and a flaccid colon. The exact opposite is true, when done correctly and combined with a complete nutritional balancing program. Most cases of constipation clear up.

**TYPE OF DIET CONSUMED WITH COFFEE ENEMAS**

In my opinion, the coffee retention enema must be combined with a diet high in raw and lightly cooked vegetables, limited fruits, no other sweets, and no wheat or gluten.

We also find that eating animal flesh is quite important. A few supplementary nutrients must be used to rebuild the body. Also, one must drink between 2 and 3 quarts of distilled, spring or carbon-only filtered water each day. When this is done, along with a healthful lifestyle and plenty of rest, the coffee enema is an excellent way to rebuild the colon wall and tone the colon musculature, which is often just full of toxins.
COFFEE ENEMAS VS. COLONIC IRRIGATION

These are very different procedures, and both can be useful at times. The main difference is the amount of water used.

Colonic irrigation involves placing up to several gallons of filtered water in the colon and massaging the colon to loosen impacted fecal material. Then one empties the water and repeats the procedure a number of times, usually for about an hour. It is usually performed by a trained colon hydrotherapist and costs between $50-100. A special machine is used with a special enema tip that remains inserted for the entire colonic.

Some colon hydrotherapists add ozone, probiotics, or even coffee to the colonic irrigation water, but most use just plain water, which works well for the purpose intended. The therapist usually massages the colon when the water is inside to help it reach all the pockets and areas of the colon. A typical coffee enema involves two to four cups of water, is done at home daily, and does not require a skilled practitioner.

The advantages of colonic irrigation is that it may clean out an impacted colon and parasitic infestation much faster, since much more water is used. This is extremely helpful when the colon is very diseased or constipation is longstanding, but only for a series of 5 to 10 of them – no more.

A major disadvantages of colonic irrigation is that repeated sessions can make the body too yin in Chinese medical terms, by introducing too much
water into the colon. For this reason, ideally one must limit colonic irrigation to a series of 10 or so per year; although, more are not that harmful.

Other problems are its cost, time required, and perhaps some slight removal of intestinal flora, and perhaps electrolyte imbalances due to the large volume of water used. SO DO NOT DO DAILY OR EVEN WEEKLY COLONIC IRRIGATIONS.

In my experience, coffee enemas do not pose these problems, and can be repeated several times daily for years without any adverse effects.

**THE DIFFERENCE FROM DRINKING COFFEE**

The intestine has two circulatory systems attached to it. One system supplies the intestines with blood for maintenance of the intestinal tissues, and the other system is called the portal system. It is a critical body system that draws all of the absorbed nutrients from the intestines and sends them directly to the liver.

When you eat food, it does not go directly into the bloodstream. Nutrients are absorbed in the mouth, esophagus, and stomach and small intestine. All the rest of the nutrients go into the portal system and then go to the liver, not the general bloodstream. Here, the nutrients are further processed by the liver before entering the main bloodstream.
When coffee is introduced into the colon, it is absorbed directly into the liver through the colon wall. Coffee has a special affinity for the liver, and moving it there from the colon is very different than sending it to the liver by drinking it. When coffee is ingested by mouth, it is digested mainly by the stomach acids, and most of its herbal medicine properties are destroyed.

Coffee taken by mouth is not good because you are dehydrating your body. For every 8 oz. of coffee that you consume, it takes an additional 32 oz. of high quality water to re-hydrate your body. Plus, coffee is the most heavily sprayed crops, and chemically laden tap water is most likely used to make the coffee. If you must drink coffee, please limit it to once a week or a couple of times per month. That is what I do and if I can do it, so can you!

**ISN’T CAFFEINE HARMFUL?**

Caffeine is not that toxic, and it is easily removed from the body after the coffee retention enema is completed. Roasting the coffee bean and boiling the coffee for 10-12 minutes reduces its caffeine content slightly. I do not recommend doing coffee enemas with decaffeinated coffee because most are toxic with chemicals and not effective because of the lack of caffeine. Performing a coffee enema causes a slight buzz in some people, but not an extreme reaction.
Occasionally, a person cannot tolerate the caffeine in even a small amount of coffee used in an enema. In these people, it interferes with sleep and causes nervousness and irritability. These people can usually begin with just a pinch of coffee and work up slowly as their tolerance builds. Rarely, a person cannot tolerate any caffeine at all, and cannot do coffee enemas for this reason. Do not do a coffee enema after 5 pm in the afternoon.

Avoid strong coffees, as too much caffeine is not helpful for the body at all, and just acts as a CNS stimulant. For this reason, the recent habit in the West of drinking very strong coffees such as cappuccinos, espressos, and lattes is extremely harmful. The habit derives from the old Turkish style of making coffee so strong it is almost like drinking mud. Those who do this are not healthy, and the caffeine and other toxins in the coffee build up in the liver and elsewhere, damaging health. The nervous system eventually is ruined by this habit.

Coffee taken orally cannot have the same effect as a coffee enema. Drinking coffee virtually insures that one will reabsorb toxic bile because the dialysis (flushing effect) does not occur. The coffee mixes with foods, diluting its effect, and most of the medicinal properties are destroyed in the stomach. A small amount of the medicinal properties are absorbed directly in the mouth, but otherwise they are wasted.
THE BENEFITS OF COFFEE ENEMAS

The benefits of the coffee enema are many. Introducing some water and coffee into the colon on a regular basis helps to remove toxins from the walls of the colon and prevent the buildup of toxins in these tissues.

There are many other remarkable and interesting benefits, including:

- Coffee negates many harmful vibrations or frequencies of illness in the body. This unusual trait of coffee, not shared by any other herbs or remedies, is very well known in the science of homeopathy. Patients are often told by homeopathic practitioners never to drink coffee, as it can negate the effects of many vibrational remedies, of which homeopathy is an example. This is a very important reason for using coffee enemas, although it is somewhat esoteric. The coffee seems able to clear a wide range of harmful subtle energies in the human system in a way that no other plant or animal substance can do. Repeated use of the coffee implant clears these vibrational frequencies at deeper and deeper levels each time the procedure is used. These energies definitely affect our health, though they are quite subtle.

- There is an increased alkalinity in the intestinal tract due to enhanced bile flow. This is important because bile has many antiseptic, anti-parasitic, anti-infective, and digestive functions. Increasing the alkalinity of the small intestine makes it much less hospitable for parasites. Bile also helps destroy many other types of infections in the small intestines.

- Reduced toxicity in the body through the elimination of retained fecal matter that usually putrefies, rots, or ferments.

- Coffee has a strong affinity for and astringent action upon the colon.
and colonic mucosa. This property has been discussed above.

* Improved digestion. This is due to enhanced bile flow, and less harmful micro-organisms and parasites in the intestines, and perhaps other mechanisms such as alkalizing the small bowel.

* Enemas, in general, and the coffee enema in particular, can help stimulate, balance, and clear many reflex points that run from the colon segments to every organ and tissue of the body. This is not well known, but is true. An excellent description with diagrams and other fascinating information about these reflexes is found in the textbook, *The Science And Practice of Iridology* by Dr. Bernard Jensen.

* In acupuncture terms, coffee enemas enhance liver meridian activity and balance the large intestine meridian. Technically, introducing water and coffee into the colon weakens or inhibits the large intestine meridian. This tends to enhance the liver meridian, according to acupuncture theory. Commonly, the liver is weak and the large intestine meridian is overstimulated or overactive due to the presence of toxins in the large bowel. Even if it is not overactive, the effect of the coffee enema, in terms of acupuncture meridians, is to enhance the energy of the liver/gall bladder meridian to some degree.

* Coffee contains a form of selenium needed by almost everyone today. Few foods contain this particular necessary compound, which is not well-absorbed by mouth, but is better absorbed through the rectum. From our observations, this is a primary reason for the enzymatic activity of coffee upon liver detoxification pathways.

* Coffee also contains a small amount of an important zinc compound which is better absorbed rectally than by mouth.

* A healthy colon is quite amazing in its ability to absorb nutrients while filtering out and protecting the body from toxic substances, some of
which are produced in the small and large intestine. This is the reason why drinking coffee is somewhat toxic, but coffee used in an enema is much less so. In fact, we have seen no toxicity from repeated coffee retention enemas, while those who drink coffee regularly always exhibit some toxicity from the beverage.

• Retaining this enema for 15 minutes or so forces one’s attention downward. Two reasons for this are: 1) the presence of a significant amount of water in the colon, and 2) keeping the anal sphincter shut tightly. Focusing downward and moving energy downward toward the pelvic floor and feet is extremely therapeutic. It assists with grounding and centering, but it does much more than this. It is a powerful healing method all by itself; this is a complex topic described in a separate article on this website entitled Downward Energy And Healing.

• The Yang effect. Most people’s bodies today are too yin, in Chinese medical terms, especially those who are old or infirm. Yin means cold, expanded, and usually means ill. A problem with many drugs, natural remedies, vitamins, herbs, and procedures such as surgery is that they make the body even more yin. In contrast, coffee is a more yang substance, even though it grows in tropical climates.

It becomes much more yang when roasted thoroughly, boiled and simmered for 10-12 minutes only. This also gets rid of some of the caffeine, a yin substance (although some caffeine appears necessary for the desired effects). This is a great advantage of this procedure over other herbal, natural, and medical methods for cleansing the liver and colon.

The cumulative effect of daily coffee enemas is definitely a yang or warming effect on most everyone, and this is extremely important today to regain and maintain health. The yang effect is due to a combination of the nutritional benefits of coffee and the removal of
yin toxins, such as toxic metals and toxic chemicals, from the body.

- **Sympathetic relaxation.** Coffee enemas can cause relaxation of the sympathetic nervous system. Many people report this, and it may seem odd, since coffee contains caffeine, which is a stimulant. Possible reasons for relaxation of the sympathetic nervous system include: 1) stimulation of two important parasympathetic organs, the liver and the large intestine, 2) nutrients in the coffee, 3) removal of irritating toxins from the body rapidly and thoroughly, 4) more subtle mechanisms that affect the nerve feedback in a way that inhibits the sympathetic nerves, and 5) downward motion of energy.

- **Increased glutathione activity.** The compounds kahweol and cafestol found in coffee enhance glutathione S-transferase activity in the liver. This enzyme assists liver detoxification that neutralizes and helps remove a large variety of toxic compounds.

- **Improved hydration.** While it may seem minor, this can be a major benefit of coffee retention enemas, as many people are quite dehydrated today. Reasons for this dehydration include: 1) not drinking enough water, 2) drinking incorrect types of water such as reverse osmosis water, which does not appear to hydrate the body well, and 3) ingesting substances that tend to dehydrate the body, including all sugars, fruit, caffeine and alcohol. The addition of several cups of water in the enema improves hydration, which also greatly improves detoxification of the body and overall health.

- **Improved root energy center activity.** When one does a coffee enema, one must lock the root chakra, also called the first energy center. This is done by tightening the anal sphincter, which is necessary to retain the coffee solution. It is known in yoga and other ancient texts that locking the root chakra greatly helps to circulate etheric or subtle chi energies in the body. While this is subtle, some people can feel the benefit from this practice.
• Yeast elimination from the colon is another great benefit from coffee enemas, but this requires repeated enemas and perhaps more water. This is a wonderful benefit for some people whose colons are full of yeast. For this to occur, one must do several coffee enemas back to back, putting in a total of about 2 quarts of water into the colon. It helps to rub the colon area of the abdomen vigorously to get the water to penetrate into the pockets of the colon to dislodge the yeast organisms. Adding some crushed garlic to the enema water may help this a little by a chemical mechanism.

• A form of quiet discipline and a concentration exercise is highly recommended when performing the coffee enema. This may seem odd, but just lying down and holding the anal sphincter closed for 15 or so minutes is a form of concentration exercise that teaches discipline, relaxation, coordination, and other mental traits that are helpful for most people.

Dr. Peter Lechner, who conducted a trial of the Gerson cancer therapy in the post-surgical treatment of metastasized colorectal cancers under the aegis of the Landeskrankenhaus of Graz, Austria, reported in 1984,

“Coffee enemas have a definite effect on the colon which can be observed with an endoscope.”

**BASIC GUIDELINES FOR COFFEE ENEMAS**

**How many?**

Dr. Max Gerson recommended the coffee enema up to 5 times daily, or every four hours, for severely ill patients with cancer and other conditions. His patients continued them for up to several years with apparently no ill effects. However, this appears to be much more than most people need. I
usually suggest one, two, or even three coffee enemas per day to assist detoxification and to enhance liver activity.

Three enemas daily may be taken safely, especially if one is going through a healing reaction during which the body is attempting to remove large amounts of a toxin or a very toxic substance such as cadmium. At these times, an extra coffee enema or two can control symptoms such as headaches, intestinal upset, rashes and other symptoms. It can also calm one down and make the healing reaction move along faster and more safely, as well.

**How Long Do I Do Them?**

For best results, a program of coffee enemas should be carried on for at least a year, and preferably for much longer. Many people have continued to take them for 10 years or more daily, without any problem whatsoever.

Thus, while some health authorities warn that coffee enemas can cause dependency, damage the intestinal flora, or have other harmful effects, when they are done properly I have seen literally NO negative effects from them. The key is to do them as I suggest and not deviate at all.

**When is the best time of the day to do the enemas?**

You can do a coffee enema at any time of the day. I usually recommend it before 5 pm because if done close to bedtime, it might interfere with sleep, due to the caffeine. However, if one feels ill during the night with a
headache, for example, I have suggested doing a coffee enema, after which some clients report being able to sleep through the night. This will really take some observation and documentation on your part to determine the effects at different times of day.

Also, it is important in some cases, but not all, to have a bowel movement, even a small one, before your coffee enema. This is just to make it easier to retain the coffee for 12-15 minutes or so. To have a bowel movement first thing in the morning, you may need to drink some warm water or eat a few nuts, seeds, or other food. Otherwise, you may need to do a quick plain water enema to wash out the large intestine before you do your coffee retention enema. Some people do not find it necessary at all to have a bowel movement before doing their coffee enema.

**Where is the best the place to do the enemas?**

The first and most important thing is to make yourself comfortable. The bathroom is the easiest place, plus you will likely be less disturbed. We have a heated tile floor in our bathroom and I like to turn the heat up high when I am doing my coffee enema. I lay a towel on the floor and after inserting the tube, I lie on my right side with a few towels under my head as a pillow. In the beginning, you may want to spread a couple of towels on the bathroom floor, as you might experience a slight accident with coffee spurting out. I find lying on a folded towel is the best way to prevent unexpected accidents.
You will want the room to be warm as this makes the mind and muscle relax much easier. Some people like to do their enema lying comfortably in a large bathtub, as then they don’t worry about leakage or accidents.

To help keep the coffee in, you may place a washrag or small towel over the anal area. Most people find this unnecessary, but it will help if you have a weak anal sphincter.

If you are giving an enema to a child, the easiest way is often to place the child on his stomach on the bed, with a few towels or a bed pan underneath to catch any leaks. Use plenty of organic olive oil on the enema tip to make it slide in easily. Twist the enema tip as you insert it, as this can make it slide in much easier. After implanting the coffee in the rectum, place a rag or small towel tightly against the rectum to hold the coffee inside.

The key to doing a successful enema is to RELAX. As I stated above, it may take a few practice runs to find the easiest and most comfortable way for you. Some patients will watch T.V, others may breathe deeply and focus on what the body is doing, a mental exercise that promotes healing. Just do not try to get up and walk around, as gravity will come into play.

**SOME CAUTIONS TO KNOW WITH COFFEE ENEMAS**

When done properly, coffee enemas do not cause habituation, constipation, or any rectal problems. They might appear to cause constipation in some
cases, but often this is because the fecal matter is removed daily, so there is less need for bowel movements. In 30 years of clinical practice, I have not seen any significant negative effects of coffee enemas. However, observe the following cautions.

1.) Irritation of the colon. If this occurs, you may add about one to two tablespoons of aloe vera juice to the coffee mixture. This will often take care of this problem.

2.) Hemorrhoids, anal or rectal fissures, a damaged anal sphincter, and rectal prolapse. These conditions, if severe, can make coffee enemas somewhat painful. In my experience, mild cases of hemorrhoids are not a problem, and often they eventually go away, just use plenty of lubricant on the enema tip, and be careful. Severe hemorrhoids can make coffee enemas impossible and may need medical attention.

Anal and rectal fissures can usually be healed quite easily with a nutritional balancing program and the following procedure. Run about 2 inches of very hot water into a bath tub. Add 4 pounds of Epsom salts to the water, and mix it thoroughly with your hand. Now sit in the bath water for about 20 minutes. Only your buttocks need to be in contact with the hot bath water. Repeat this procedure daily for several weeks or as long as it takes to heal the fissures.

If the anal sphincter is damaged, the coffee enema may be a little painful. You will need to place a rag or small towel over the rectum to keep the coffee inside. It helps to put a pillow under your buttocks to elevate them a little, so the coffee naturally flows downhill into the colon. See above if the coffee causes rectal or colonic irritation.

Rectal prolapse is uncommon, and it may improve due to the use of coffee enemas. It may not interfere, although if it is severe, it may require surgical correction.
A possible remedy if the methods above do not work is to first insert a well-lubricated colon tube into the rectum so that the coffee and water will be released far away from fissures or hemorrhoids. A colon tube is usually a 30-inch soft rubber tube that is available on the internet. This will help in some cases.

3.) Problems retaining the coffee enema. A small number of people are unable to retain even a cup of water for the required 15 minutes. If you have this problem, be sure to first clean out the colon with a quick plain water enema. This often helps a lot. Another idea is to try retaining it for 10 minutes, which is probably adequate. Also, you may begin using less coffee or less water in these cases. Retain the small amount for as long as possible, and then insert more, retaining that amount for as long as possible as well. Some authorities suggest using a little blackstrap molasses in the enema with the coffee, but do not cook the molasses.

4.) Most people who cannot tolerate caffeine well are able to do coffee enemas without difficulty. It is best for everyone to begin with a very small amount of coffee to see how you react. In almost all cases, it will be tolerated well; however, very few clients cannot tolerate any caffeine at all, and thus are unable to use coffee enemas. I have not tried offering them decaffeinated coffee, but it might work, though not quite as well as regular ground coffee. Note that some decaffeinated coffee still contains a small amount of caffeine. While caffeine is a mild toxin, in the enema it seems to have a different effect of stimulating bile release. This is very beneficial and well worth the slight rush that some people feel from the procedure.

5.) Rarely, a person is allergic to coffee. However, sensitivity to drinking coffee does not necessarily mean you cannot tolerate a coffee enema because most food sensitivities are due to a “leaky gut”, or damaged stomach and intestinal lining. This does not necessarily affect the
colon, so I suggest trying an enema even if you cannot tolerate coffee orally. Try using a small amount of coffee first; if you cannot do coffee enemas, do the rest of your nutritional balancing program, and then try the coffee in a few months. Often, food sensitivities go away with a properly designed nutritional balancing program.

6.) Coffee enemas occasionally leave a person feeling somewhat toxic, waterlogged, or weak. The feeling is usually due to stirring up large amounts of toxic material, some of which may be reabsorbed during the procedure, causing an ill feeling. The feeling can also be due simply to activating the liver, colon or other organs, or the removal of parasites and yeast organisms. This usually passes quickly afterwards; a second coffee enema immediately or in a few hours often helps. Another idea is to do a thorough foot reflexology session, which helps rebalance and calm the body.

Using too much water could cause a waterlogged feeling, as the body will absorb some water from the enema. Weakness with a coffee enema is usually due to a decrease in blood sugar, which always seems to occur to some degree. In this case, be sure to eat something before doing your enema, such as a few blue corn chips, some almond butter, or a few nuts or seeds. This will sustain your blood sugar and avoid this problem.

7.) A few people report digestive upset after a coffee enema. This may be a direct detoxification effect, but it usually passes quickly. An excellent preventive or remedy is to rub the feet for several minutes each, especially the second and third toes – all around these toes. This is a reflexology method that seems to relieve this discomfort in most, if not all cases.

8.) A coffee enema often will lower the blood sugar; this can cause some weakness and shakiness. Eating a small amount of food before the enema, or just after doing the enema, generally relieves the situation.
This could be some plain yogurt, nuts, a few organic blue tortilla chips, or a few leftover vegetables.

9.) Some patients may feel weakening the yin organs and enhancing the liver and kidney energy; these are energetic effects of the coffee enema. This may be one reason why the coffee enema is so helpful for many people. Occasionally, they cause adverse effects of various kinds. A few people have reported worse posture with more kyphosis after an enema; which is temporary in all cases.

***If you are older than 60 or very debilitated or ill, please check with your doctor before doing a coffee enema.

Please note if you are dehydrated, the coffee won’t come out after an enema; instead the liquid will be completely absorbed in the colon. This is alright, although having a bowel movement after the enema cleans the colon even more.

WHICH COFFEE SHOULD YOU USE?

I highly suggest using the coffee from Premier Research Labs that I use. It is available at www.drjsupplements.com. If you choose not to use it, please use an organic coffee. Make sure to grind the coffee fresh before you use it. Again, you want to take every measure to avoid any further toxins from entering your body.

THE COFFEE ENEMA PROCEDURE

While enemas may seem messy or uncomfortable, many patients report that the procedure is very helpful in calming them, removing pain, releasing toxins, and clearing the head that they soon forget the inconvenience.
General notes: This procedure recommends using up to about 2 cups of water in the enema. You may use more, but in my experience, it is not necessary. If you cannot retain the enema well, try using even less water.

Distilled water is generally best for coffee enemas, as it absorbs more of the coffee essence. However, one can use spring water or carbon-only-filtered tap water if distilled water is not available.

Doing two coffee enemas, back to back, is extremely powerful. This is brand new research (2012).

You may retain the enema more than 15 minutes, although I think that 30 minutes is plenty.

**Step 1: Materials**

* Buy a standard 2-quart enema bag, or an enema bucket. We have enema buckets available at www.drjsupplements.com. If you use an enema bag, it should come with a hook or handle to hang up the bag, a hose, an enema tip, and a clamp on the hose. If you use an enema bag, the enema/douche bag combination is a little easier to use.

* Purchase organic, blond-roast regular coffee. Again, I only use and recommend PRL’s coffee as it is strictly organic and it tests “on” to all four polarities. ONLY purchase whole-bean coffee and grind it fresh right before you do the enema. Do not buy instant coffee or decaffeinated coffee. The
lighter blond roast coffee is far superior in my opinion, as it is easier to hold in the colon.

**Step 2: Preparation of coffee**

There are three methods. The “bring to a boil and let simmer for 12-15 minutes” or “coffeemaker” methods are best. The soak or non-boil method is more yin, so it is not quite as good. However, it is fast and perhaps better if you are traveling, as you do not need to boil the coffee.

When beginning coffee enemas, use much less coffee, to make sure you tolerate it well. For example, begin with a half teaspoon of coffee and increase the amount when you are sure you tolerate it well.

**THE BRING TO A BOIL AND SIMMER METHOD**

This is the method that I use and recommend to all of my patients. Place about 1-2 cups of water in a saucepan. I use distilled water, although any decent filtered water will do. If possible, use a non-metallic saucepan such as ceramic, glass or enamel surface.

Add about ½ to two tablespoons of coffee (you can eventually use more), and bring it to a boil.

When the water and coffee begin to boil, turn down the burner, and allow it to simmer for 12 to 15 minutes. Turn off the burner, remove the pan from
the heat, and add about 3 cups of cold water or a little more to cool down the mixture. If you are using an enema bucket, about 1 cup of the coffee will be left in the bottom of the bucket so make sure that you eventually have a total of 5 cups of coffee for your enema. If you are using an enema bag, use 4 cups of coffee because all of it drains from the bag. You may make a larger quantity and use it for several enemas, although fresh is best. To test the temperature of the water, place a finger in it; the mixture should be a comfortably warm temperature. If the water is too hot or very cold, retaining the enema will be more difficult.

COFFEEMAKER OR PERCOLATOR METHOD

Place about 1/2 cup or so of water in a coffee maker, along with 1 teaspoon to 3 tablespoons of coffee, depending your tolerance, and turn the machine on. **When you begin to use coffee enemas, start with a smaller amount of coffee, in case you are sensitive to it.

When the coffee is ready, add at least one cup more water to cool the mixture to body temperature.

NOTE: The coffee made with a coffeemaker will not be quite as strong as with the boil method, so you will need a little more coffee using a coffee maker than if you use the boil method.

I DO NOT RECOMMEND THIS METHOD BECAUSE IF COFFEE FILTERS ARE USED, THEY ARE USUALLY TOXIC.
THE SOAK OR NON-BOIL METHOD

Place one cup of ground coffee in a glass container and add two cups of water to the container. Soak the mixture overnight and then store the liquid in the refrigerator.

When you want to do an enema, place about 2-4 tablespoons of this soaked liquid in your enema bag and add one and a half to two cups of warm water.

This method is not quite as good, as it is more yin and the coffee is weaker. However, if you do not have time to boil the coffee, or are traveling, for example, this method is fast and does not require a coffeemaker.

Step 3: Preparing to take the enema

* Pour the coffee liquid slowly into your enema bag or enema bucket; leaving the grounds behind, or you could strain the coffee liquid through a fine sieve or coffee filter paper into the clean enema bag. However, straining the coffee without contact with a metal screen may be a little better.

* Screw on the top of the enema bag. The enema is now ready.

* Be sure the plastic hose is fastened tightly onto the enema bag/bucket and the thin enema tip is attached to the other end.
* Remove any air from the enema tube by doing the following: Grasp, but do not close the clamp on the hose. Place the enema tip in the sink, and hold up the enema bag slightly above the tip until the water begins to flow out. As soon as it starts flowing, quickly close the clamp; this expels any air in the tube.

* Lubricate the enema tip with a small amount of organic olive oil. Again, I only use and recommend PRL’s organic olive oil. DO NOT use petroleum jelly to lubricate the tip as you do not want any more toxins in your body! (Note: Too much lubrication might cause the tip to fall out of the rectum, creating a mess. Experiment to see how much and what kind of lubrication is best for you).

* If possible, have a bowel movement before doing your enema. This can make it easier to retain the enema. Try eating 4 to 5 almonds or other food (anything other than fruit, fruit juice, or sweets) to initiate a bowel movement prior to the enema. You may do a quick plain water enema to clean the colon before your coffee enema, if you wish.

**Step 4: Taking the enema**

*The position I recommend is lying on one's right side on a towel or mat, on the bathroom floor, in the bath tub, or perhaps in bed with a few towels under you to catch any drips.
* With the clamp closed, place the enema bag on the floor next to you, or hang the bag about one foot above your abdomen.

* Insert the tip gently and slowly. Aim it straight upwards from the legs, not at any angle. Twist or turn the enema tip gently as you insert it, as this can make it slide in much easier. Do this until it goes all the way in. Never leave it half way in – it will not work this way. There are two anal sphincters it must pass through, so the tip must be all the way in.

* Open the clamp and hold or hang the enema bag about one foot above the abdomen. The water may take a few seconds to begin flowing. If the water does not flow, you may gently squeeze the bag or the hose to clear an air bubble. If you develop a cramp, close the hose clamp, turn from side to side and take a few deep breaths. The cramp will usually pass quickly.

* When all the liquid is inside, the bag will become flat; close the clamp. You can leave the tube inserted, or remove it slowly.

* RETAIN THE ENEMA FOR 12-15 MINUTES, if possible, or even up to 30 minutes. Retaining it more than 15 minutes is not necessary, but has an enhanced effect. See below if you have difficulties retaining the enema.

While retaining the enema, you may remain lying on the floor or get up and lie in bed with a towel under your mid-section to protect against leaks. Do
not walk around. I recommend that you relax, meditate, listen to a CD, or perform some other quiet activity.

**Step 5: Finishing up**

* After 12 to 30 minutes, go to the toilet and empty out the water. It is okay if some water remains inside. If water remains inside often, you are likely somewhat dehydrated. In this case, you need to drink more water, or a different kind of water. Avoid all reverse osmosis water. Rubbing your abdomen while sitting on the toilet may help eliminate the water.

* Wash the enema bag and tube thoroughly with soap and water and clean up the toilet or surrounding area with hydrogen peroxide. Hydrogen peroxide is a strong agent used in just about every doctor’s office to prevent the spread of germs.

**Tips for coffee enemas**

* If possible, do the enema after a bowel movement to make it easier to retain the coffee. Some people find that a bowel movement is not necessary, while others like to take a plain water enema first to clean out the colon.

* If intestinal gas is a problem, some stretching or bending exercises before the enema may eliminate the gas.
* It is not essential, but is helpful if the water fills the entire colon. You can ensure this by lying on your back when you first insert the coffee. However, after a few minutes, turn and lie on your right side for about 5 minutes.

* If water will not flow around the entire colon, you may gently massage your abdomen. Some people attach a 30-inch colon tube to the tip of the enema tube, and insert the tube so the water will reach the right side of the colon. I don’t usually recommend this, as it is not usually needed.

**Tips on holding the enema:**

1) Be patient. Practice makes perfect.
2) The water may be too hot or too cold. Be sure the water temperature is comfortable.
3) It may help to place a small pillow or rolled up towel under your buttocks so the water flows downhill into your colon.
4) If trouble continues, try reducing the amount of coffee or add 2 tablespoons of blackstrap molasses to the water.

**Key Things To Remember:**

- After 12 – 15 minutes, void your colon. This is doctor speak for “hit the bathroom”

- Be aware that you will have liquid diarrhea that may repeat itself for three to five minutes with delays in between.

- Repeat once, twice, three times per day.
• Your bowel habits will probably change a bit (not have to go) in the first 24-36 hours after doing an enema. This is normal.

• Many people notice a pleasant sensation having done one. A few may feel cramping afterwards. Either sensation is normal.

I realize that this isn’t a fun topic to talk about, but if you are serious about healing from any thyroid disorder, you have to address your liver since 60% of T4 is converted to T3 in the liver! This is why I shared my personal habits in doing coffee enemas and the common concerns regarding them as well. Organic coffee enemas are VITAL for cleansing your colon and detoxifying your liver.

**Detox your body with the Gerson Method**

The Gerson Method began when Dr. Max Gerson himself was suffering from severe migraine headaches. Dr. Gerson began looking for various protocols that would eliminate his condition. He developed a rigorous diet plan, including 13 glasses of fresh juice a day, multiple coffee enemas (up to 5/day), and an organic vegetarian diet. After Gerson cured himself of his ailments, he began to use his personal regimen on his patients.

Dr. Gerson mainly addressed cancer patients who had tried everything in the book to rid themselves of their condition. He made breakthroughs in treating cancer patients until his death. He even cured Dr. Albert Schweitzer
of ADVANCED diabetes. Dr. Schweitzer was a Nobel Prize winner who had only good things to say about Dr. Gerson.

Gerson started to look into cancer after 1928. That year, a woman came to him asking him to help her cure her own condition. At the time, Gerson had not treated any cancer patients and knew little to nothing about this disease, but he decided to treat the woman after much persistence on her part.

The patient responded so well to the treatment that other cancer patients also started coming to him. Some experienced tumor reduction, while others saw their health improve by leaps and bounds!

Before being exiled from Germany in 1933, Gerson had discovered what I keep saying to my patients: the key to recovery is a HEALTHY LIVER! That’s what coffee enemas are helping you with and that’s EXACTLY what the Gerson therapy will help you with as well! Your liver is your blood FILTER. Detoxifying it will increase your immune RESPONSE and make your body capable of fighting off this and other deadly diseases.

Gerson was also constantly haunted by one thing: why is it that cancer and other degenerative diseases rarely
make an appearance in underdeveloped countries? That’s when he realized that there was one thing we had that those people didn’t: packaged or processed food! In other words, he realized that the human body becomes highly susceptible to degenerative diseases when it’s exposed to UNNATURAL agents.

The way that I see it, if your cancer has spread to stage 2 or 3 and you hold down a job at the same time, you won’t have time to do a full Gerson therapy. Gerson recommends five coffee enemas daily along with thirteen eight ounce glasses of fresh, organic vegetable juice. How many of you can hold down that schedule if you’re struggling to hold down a job? I couldn’t do it myself!

“Stay close to nature and its eternal laws will protect you.”

Now, the ‘Gerson Therapy’ is actually a diet that is capable of balancing our nutritional requirements by flooding our body with 20 pounds of organic fruits and vegetables. Don’t worry. You don’t have to wolf down all that raw stuff. You need to consume its juice for this therapy. As I stated before, the full method requires you to drink about 13 glasses of juice; although, there is a milder version for those who are trying it for the first time.

Remember when we discussed why pH levels are so important for your immune system? Ingesting a large number of raw vegetables and fruits will
help your pH levels remain stable and prevent cancer and other degenerative diseases from setting in.

Your metabolism will also receive a boost. Why? You’ll be getting a dose of essential nutrients by the gallon! Plus, you won’t feel the need to gorge on stuff that can make your cells go haywire such as processed food chock full of nasty toxins!

When we say degenerative diseases slow down the body, we mean that they make it increasingly difficult for us to excrete waste. The Gerson method helps recharge the immune system, heals the liver, detoxes the body of waste and boosts the body’s defense system at the same time!

How? By flooding the body with essential nutrients, oxygenating it and improving metabolism, it enables cells to regenerate at a faster pace.

However, don’t jump on this bandwagon just yet! Downing 13 glasses a day every day is not for everyone. You may not even need it! Sticking with a ‘modified’ or simple version of this therapy will be enough to get your immune system back on track. The very first thing you need to do is eliminate any processed foods and beverage forms.

But remember, even if you’re drinking juice from the time you get up till you go to bed at night, the Gerson method won’t help you if you haven’t gone
through the proper lab tests. If you have low stomach acid, no amount of juice will help you beat this disease! You need to test, test, test.
The Importance of Mud Packs in Healing

Your Thyroid Gland!

Mud Packs are vital in helping thyroid patients heal because they help detoxify the thyroid patient’s body! The only mud packs that I recommend - and use for myself and my family - are the Medi-Body Packs by Premier Research Labs (PRL). I mix the “mud” with specific liquids from PRL too. How do I know which specific liquids to use? TESTING! NO PROTOCOL should ever be used on a thyroid patient (or any chronic condition patient for that matter) without lab or muscle testing, or both! The PRL mud pack generates heat that feels quite soothing to the body since it is comprised of premium clay, peat magma, targeted botanical agents and some cleansing components. You really get what you pay for in the nutritional market, and in my opinion, Premier Reseach Labs or PRL is the best. No artificial ingredients are used in the formula, so PLEASE stop buying junk that makes you regret spending your hard earned money! Look, you get a new body each year anyway. How? Your cells are constantly growing and reproducing at speeds you can only imagine. In other words, old cells die off and are replaced by new cells. You get a new body every year!
That’s right, over the course of a year, your body is completely replaced. So if you are 36, it means you’ve gone through 36 bodies in your lifetime.

Mud packs are also very important in healing interference fields, or IFs. You have probably heard of acupuncture, and in acupuncture they address meridians. You have a heart meridian, a lung meridian, a liver meridian, etc. Traumas, surgeries, scars, blows to the body, piercings, tattoos, and other insults to the human body create interference fields by interfering with the meridians. Interference fields can sedate an organ or cause it to not function at 100%. Common interference fields can sedate the stomach, causing a decreased amount of HCL to be produced, or the liver or kidneys, so the body is unable to detoxify itself. Mud packs help to heal the interference fields. I have yet to see a thyroid patient that does not have multiple interference fields.
**Kinesiology**

Along with lab testing, we use kinesiology or muscle testing in our office to help determine exactly what the patient needs to help them heal as fast as possible. There are specific organ acupuncture points on the body that can be tested via kinesiology to determine if that particular organ needs to be supported. Please keep in mind that I do not ONLY use kinesiology in my practice, as stated, I use various lab test along with kinesiology to determine how the patient can best be helped.

I get hundreds of emails on a weekly basis from people who are desperate to know what they can do to help their specific thyroid condition. By using lab tests AND kinesiology, I can pinpoint the exact issue in your body and help you heal it with alternative/complementary or natural protocols that WORK.

If you consult a natural practitioner, I highly recommend that your doctor should do both lab tests AND kinesiology or muscle tests done on you. They should marry both tests and come to an INFORMED decision to see what’s exactly wrong with you! Then, and only then, can the doctor make the correct decision on which natural protocol will be best for YOU!
By strengthening the immune system, detoxifying your body, and decreasing your inflammation, we can help your body heal and help you with your thyroid battle!

The Web of Physiological Dysfunction!

As I stated in the beginning of this book, thyroid disorder are a chronic illness. Your body has been sick for years; only now do you have this label of “hypothyroid, hyperthyroid, or Hashimoto’s”! You may have been diagnosed with a thyroid disorder last month or a few months ago, but your body has been suffering for years. A number of destructive changes have already taken place inside your body long before you were diagnosed. I call it the “Web of Physiological Dysfunction!” I didn’t come up with that term; I got it from a very good friend of mine, Dr. Andy Barlow, in Tupelo, MS. This web includes abnormal blood glucose levels, poor gut function, anemias, neurotransmitter dysfunction, lymphatic dysfunction, liver and gallbladder dysfunction, fatty acid metabolism dysfunction, energy production dysfunction, EMFs, or electro-magnetic field disturbance, issues with your dental work, and toxicity issues.
Your body, what you have been putting in your body and exposing your body to, and your genetic make-up must be factored into the analysis of the underlining cause. When you do receive a thyroid diagnosis, you will need a fresh start as far as your diet, exercise, and other environmental ailments are concerned. This is going to require you to think outside of the box, and take heed to new and swift changes.

**IODINE...YES or NO?** Iodine is very important in thyroid health because your body uses iodine to make T3 and T4. There are two sides to the iodine fence. There are practitioners that say you should supplement with iodine to improve the health of your thyroid and there are others that are absolutely against it especially if you are autoimmune. My feeling is that they are both correct. Let me explain. The main problem that I see with supplementing with iodine is that the vast majority of it is synthetic and it will DEFINITELY make you worse, especially if you are autoimmune. BUT I have successfully addressed autoimmune patient with supplements like PRL’s Xenostat that contain NATURAL occurring iodine. So my final answer...please stay away from ANY synthetic nutritional supplement including synthetic iodine!
Defeating Insomnia!

When you are sleeping, your body is healing and your pineal gland is producing melatonin which is a very powerful antioxidant. If you suffer from insomnia, you need to address specific organ function and support them nutritionally. If you are unable to fall asleep, usually, it is a problem with your gall bladder. If you have trouble staying asleep and you wake up in the middle of the night and you are unable to fall back to sleep, usually that is a problem with your stomach. If you wake up in the morning extremely groggy or you have difficulty getting out of bed, you have a problem with your adrenal glands. You can find all of the nutritional products to support your gall bladder, stomach and adrenal glands at the end of this book so if you suffer from insomnia, I will tell you that supporting these organs nutritionally really works. How do I know? I used to suffer from insomnia until I started supporting my gall bladder, stomach and adrenals. Yes, I suffered with all three, inability to fall asleep, stay asleep and I would wake up groggy. Finally, as a great general sleep aid, I recommend PRL’s natural-source Melatonin and Tranquinol right before bed.
Avoid Toxic Overload From Your Diet!

I need to reiterate how your diet can either make or break your battle with thyroid disorders. Your body is battling massive inflammation and toxicity and is decreasing its immune response. A major cause of this is autoimmunity. As I have discussed in previous chapters, autoimmunity and 90% of thyroid disorders are one in the same; your body is being attacked by your immune system because of the failure of your system to recognize its own constituent parts. Your diet plays a major role in voiding the toxins, giving your immune system a fighting chance. So, how do you stop your immune system from attacking your body? Decrease inflammation, detoxify the body, and rebuild your immune system. Some common foods may be attacking your body without you being aware of it; this is why a complete lab test needs to be done. If you find you are reactive to gluten, dairy, soy or some other cross-reactive food, this in itself can be a life-altering moment for you. If you are unable to afford the lab tests, I would highly recommend that you eliminate the three major causes of inflammation in the body which are gluten, dairy and soy.
Eliminate Gluten from Your Diet PRONTO!

As mentioned before, gluten is a major source of inflammation, which is exactly what we discover in the majority of chronic condition patients, including thyroid patients. There are three main food items that can cause a severe reaction that will cause massive inflammation in your body and they are gluten, soy and dairy.

The first, gluten, is found in wheat, barley and rye. You would not believe the number of people that are reactive to this food product. In fact, my entire family and I are also gluten REACTIVE. Please note that I didn’t say SENSITIVE. Gluten reactivity is much worse than gluten sensitivity, believe me! It actually means that the patient is highly susceptible to other forms of gluten such as gliadin, agglutinin, glutenin, gluteomorphin and transglutaminase, all of which the vast majority of physicians NEVER test for in any thyroid patient! This is WHY you need all of the tests done!

One of the best books on the adverse effects of gluten on the body is Wheat Belly by William Davis, M.D.
The Dairy Aisle

Dairy is another food item that you have to stay away from if you want to avoid massive inflammation. This fact doesn’t go over too well with the farmers here in Wisconsin (aka. “The Dairy State”). The truth is the truth, and that doesn’t stop me from showing them the blood tests and explaining in black and white that diary is causing massive inflammation in their body. Most of them stay away from the stuff after seeing the results. Non-organic dairy products are mainly produced on industrial farms where the cows are fed food full of pesticides, growth hormones, and antibiotics.

Why? The facilities are so overcrowded that the “farms” are extremely unsanitary. The feed that many large farms use is not even a cow’s natural diet. Cows are herbivores, meaning they only eat grass and herbs; not processed milled corn feed that itself has been doused with pesticides as well. So, those of you who are dairy lovers and have experienced mild or extreme reactions to dairy, whether organic or not, chances are you need to eliminate dairy from your diet.
The Dangers of Soy Products

Soy products are the staple ingredient in all processed foods. Why? Major food industries always are on the lookout for a cheaper, faster product, and soy happens to be spreading in our fields like wildfire because it’s so cheap. Even “all-natural” products will contain some kind of soy filler. A general rule of thumb for maintaining a healthy diet is this: if it does not come from the earth, don’t eat it. In the case of soy, yes, it does come from the earth but it is a major cause of inflammation in the body so avoid it like the plague.

However, FERMENTED soy products are actually beneficial to chronic condition patients. If it is FERMENTED, it’s good for you, if it is not fermented... STAY AWAY!

GO PALEO! I strongly recommend a “paleo diet” to all of my patients which consists of meat, fish, vegetables, fruits, nuts and seeds. There is no grains, dairy, soy, or white potato allowed. I know that a paleo diet sounds restricted but it’s not once you start making changes. Look, you have a SERIOUS illness and it needs to be addressed and if you are SERIOUS about getting well and staying well, it starts with your diet! Just Google “paleo diet” and you will find a wealth of information on it.

Balance your Blood Sugar Levels NOW!
Abnormal blood sugar levels and hypothyroidism are linked by a sluggish pituitary gland function. The pituitary gland directs the hormones and chronic blood sugar swings cause stress to the adrenal gland which then disrupt the function of the pituitary gland, thus affecting thyroid function.

Functionally or optimally, normal blood sugar or glucose levels should be 84 to 100. A fasting blood sugar level of 79 or below is low blood sugar or hypoglycemia, 101 to 126 is insulin resistance and above 127 or higher is diabetes. This is a “fasting” blood test where the patient has had nothing to eat or drink except water for twelve hours. If you are suffering from hypoglycemia, you need to be eating a “healthy” snack every hour or two to keep your blood sugar levels up. I say “healthy” because if you are suffering from cancer, you need to avoid sugar at all costs! No more refined white sugar, aspartame, or even fructose. You need to snack on raw vegetables and/or nuts and seeds. One of my patients suffered from extreme low blood sugar (hypoglycemia) and it was so low that we had her eat organic, raw, unheated, unfiltered honey that is rich in vitamin B content. Raw, unfiltered honey is also good for the liver. We also mixed in some pollen for bioflavonoids to help detoxify her, decrease her inflammation and increase her immune function. Keep in mind, she didn’t consume too much honey, only a couple of teaspoons a day to increase her blood sugar levels.
The bottom line is that you should stop eating ANY type of sugar if your blood sugar is higher than 101. CONTROL those levels before they take over your life! That means no candy, soft drinks, baked goods, cereal, ice cream, jams and jellies, and processed foods. This includes “diet” soft drinks with aspartame and for that matter, fruit juice. Yes, I know that fruit juice is “natural”, but it is still high in sugar. If you must eat fruit (yes, there is sugar in fruit - fructose), only consume berries or stone fruits with a pit such as plums, cherries, or peaches. Stone fruits and berries have the lowest glycemic (sugar) index!

High dietary intake of simple sugars can also lead to glycation of numerous proteins in the cell. Glycation is the process of a protein molecule binding to sugar molecules.

Once combined with sugar, proteins are significantly more vulnerable to free radical damage. AGEs (advanced glycation end products) can then form that interfere with tyrosine and dopamine utilization, leading to massive inflammation, toxicity issues and a decreased immune response. AGEs signal glia cells to produce superoxide and nitric oxide. This combination can then produce the powerful free radical, peroxynitrite, which can worsen cancer by damaging cellular DNA and mitroochondrial DNA. Patients with any type of thyroid diagnosis should not consume foods that contain fructose or refined sugar.
If you eliminate sugar from your diet but you suffer from sugar cravings, I recommend a teaspoon or two of raw, unfiltered, unheated Canadian honey WITH Classic pollen added. It is very important that the honey is raw, unheated and unfiltered so it will be high in bioflavonoids. Bioflavonoids are very important for you’re your liver and your reproductive organs. Max B-ND is another supplement that will help to eliminate the craving. You can get both the honey with pollen and the Max B-ND at www.drjsupplements.com.
The Importance of Good Salt!

Salt is sodium chloride, or NaCl. Your body will use the Cl molecule to make HCL, stomach acid. Remember how vitally important HCL is for your health? HCL creates methyl groups and is important for lymphatic drainage. This is why it is crucial to eat GOOD SALT! Notice how I put that in all caps - GOOD SALT is the key! Avoid the WHITE DEATH: over-heated, over-processed, chemically-laden white salt. You should use Pink Salt instead, which is high in calcium, magnesium and other important trace minerals. These minerals help to keep you alkaline instead of acidic. Even manufacturers of “good” sea salts grind their salt with cheap, inexpensive stainless steel screens that leave nickel residues in the salt. Eating this salt contributes to more heavy metals in your system. Eating good, high quality salt is extremely important for kidney, adrenal, stomach and gall bladder function. As a side note, if you have kids, it is VERY IMPORTANT that they have a good source of salt in their diet like Pink Salt. Pink Salt from PRL is available at www.drjsupplements.com.
DRINK MORE WATER!

Many thyroid patients have been chronically dehydrated for years. If you are suffering from ANY thyroid disorder, you need to drink more water! How much? You need to be drinking at least ½ oz. of water per lb. of body weight. If you weigh 150 lbs., you need to drink at least 75 oz. of good, high quality water per day. My family and I drink distilled water, but you can also drink filtered water. Think about it - your kidneys filter about 2000 liters of blood per day (that is about 528 GALLONS per day, think of 528 gallon milk jugs all lined up), and if you do not drink enough water, your kidneys and adrenals will be unable to function. Water lubricates joints, lessens the burden on your kidneys and liver by removing waste products, carries nutrients and oxygen to cells, helps to dissolve minerals and other nutrients to make them accessible to the body, helps prevent constipation, protects body organs and tissues and it moistens tissues such as the eyes, nose and mouth.

DO NOT drink tap water because it is loaded with chemicals, especially fluoride and chlorine. Stop consuming liquids like coffee, sodas, “energy” drinks, caffeine, and alcohol because they all dehydrate your body. When you are suffering with a thyroid disorder, dehydration is the LAST thing that you want to do to your body!
Fluoride and Chlorine

Fluoride and Chlorine compete with the iodine molecule in the thyroid!

Let me say that again because it is so important... Fluoride and Chlorine compete with the iodine molecule in the thyroid!

Your thyroid runs your metabolism - it is the “gas-pedal” of the body. Your thyroid uses iodine to make thyroid hormones T3 and T4. Fluoride and chlorine COMPETE with iodine in the body. When you have fluoride and chlorine competing with iodine, you end up with thyroid symptoms like fatigue, loss of hair, mental sluggishness, cold hands and feet, weight gain and dryness of the skin. Where do you get fluoride and chlorine? In tap water, toothpaste, pesticides, hair colorings and hair dyes. You can get a great toothpaste that does not contain fluoride at www.drjsupplements.com.
Check out the side effects of fluoride...

--Cancer
--Brain Damage
--Low estrogen and testosterone levels
--Stomach damage
--Joint pain
--Osteoarthritis
--Osteoporosis
--Memory loss
--Lack of motivation
--Inhibited melatonin
--Kidney stones
--Immune impairment
--Infertility
--Attacks thyroid
--Attacks hypothalamus
--Adversely affects circulation
--Damages DNA
--Toxic to brain cells

Stop drinking tap water today!
Thyroid Disorders and Weight Loss

I GUARANTEE YOU that if you follow what I have outlined below, you WILL LOSE WEIGHT! I GUARANTEE IT BECAUSE IT HAS WORKED FOR ME!

Many believe that they have to lose weight to be healthy when in reality, it is EXACT OPPOSITE! You have to be healthy to lose weight! What do I mean? In order for you to lose weight, specific organs in your body have to be functioning properly. Specific organs such as your stomach, liver, adrenal glands, pancreas, ovaries/testes and thyroid have to be working efficiently in order for you to lose weight.

As I have stated, many chronic health condition patients, including thyroid patients, suffer from hypochlorhydria or low stomach acid so they are not digesting the nutrients in their food. Your adrenals have to be healthy so that you can adapt to stressful situations. Your ovaries/testes have to be functioning because they produce important hormones like estrogen, progesterone and testosterone. Your thyroid has to be working in order for your body’s metabolism to function normally. Your liver stores vitamins and is very important in blood sugar regulation along with your pancreas which releases insulin. INSULIN IS THE MAJOR HORMONE THAT MAKES YOU FAT!
Losing weight has NOTHING to do with counting calories and everything to do with your hormones because it’s the hormones that BURN FAT!!!

Here is another HUGE problem that NO ONE is addressing and weight loss gurus ignore...INFLAMMATION!!!! If you are suffering from inflammation, you will not lose weight! How do you know if you have inflammation in your body? A simple blood test will tell you. The next time that you have your physician check your blood work, have them check your C-Reactive Protein (C-RP), homocysteine, uric acid and cortisol levels. If any or all of these markers are high, you have a major problem with inflammation (see my topic on Inflammation on page 66).

Gluten (the protein in wheat), dairy, soy, caffeine, alcohol, refined sugar, and white salt are the biggest causes of inflammation in the body. Not only do they cause inflammation but they trigger insulin.

You have to eliminate anything that contains gluten or wheat such as bagels, breads, cakes, cereals, cookies, crackers, granola, muffins, pretzels, and MSG. If you are serious about losing weight, I feel that you should eliminate all grains including rice for a period of 3-6 months.
Eliminate any dairy (milk, cheese, cottage cheese, yogurt, cream, and ice cream) and soy (yes, the Japanese eat soy BUT it is fermented soy which is good for you!) from your diet. Stop consuming sugar of any kind and if you suffer from sugar cravings you can have a teaspoon or two of raw, unrefined, unheated Canadian honey with classic pollen mixed in. Raw honey is high in bioflavonoids which helps detoxify your liver and supports your reproductive organs. If you STILL suffer with sugar cravings after trying the honey, use gymnema. Gymnema is a woody climbing shrub native to India and Africa. Gymnema has a long history of use in India’s Ayurvedic medicine. The Hindi name, gurmar, means "destroyer of sugar." It contains substances that decrease the absorption of sugar from the intestine. Gymnema may also increase the amount of insulin in the body and increase the growth of cells in the pancreas, which is the place in the body where insulin is made.

Eliminate white salt and start using Pink Salt. Pink Salt is loaded with calcium, magnesium and other trace minerals while white salt is chemical junk. Finally, you have to eliminate caffeine and alcohol. Taking coffee in the form of enemas is fine but stop drinking coffee today! Besides, drinking coffee adversely affects your adrenal glands and thyroid.
If you are not exercising, you need to start NOW! You can start by simply walking for 20-30 minutes/day. Get a pedometer and make it your goal to walk 10,000 steps each and every day! If you don’t have time to exercise, start Burst Training. Burst Training takes only 4 minutes/day. It is where you do any exercise (running, jumping jacks, using an elliptical machine) ALL OUT, as fast as you can for 20 seconds and you rest for 10 seconds. That’s 30 seconds and you do that 8 times in a row or 4 minutes. If you have more time, say an extra 4 minutes/day, you can do it twice in a day. Once in the morning and once in the afternoon but DO SOMETHING. You can Google more information on Burst Training.

SLEEP! You have to sleep to lose weight! When you sleep, HGH or human growth hormone is released in your body and THAT IS WHAT BURNS FAT!!!!!!!! (Please see my topic on Insomnia on page )

EATING: You need to eat 3 meals/day BUT two of those meals should be a shake or smoothie.
Super Food Smoothie/Shake

Here is my personal shake recipe that I love. You can get all of these Super Foods from www.drjsupplements.com

I use a teaspoon of each in a 20 oz. glass (no BPAs) water bottle:

I fill the bottle about half way up with unsweetened coconut milk and then I add...

Colustrum-21
Medi-aminos
Lean Body Whey
Tocotrien Ultra
Nutritional Flakes
Galactan
Lecithin
MCP

There is specific information on all of these products listed at the end of this book. You don’t need to use them all, perhaps just 2-3 will do for you.

There are times that I will add a couple of teaspoons of ORGANIC Chocolate Syrup. It has to be ORGANIC because a lot of chocolate is GMO.

More on meals...

· Each meal should include 1-2 potions of lean protein.
· Eat all the low-glycemic veggies you want, at least 6 servings a day
Low Glycemic Veggies (organic):
Artichokes
Asparagus
Beans & Legumes
Broccoli
Brussels sprouts
Cauliflower
Celery
Cucumbers
Eggplants
Green Beans
Green Peppers
Lettuce
Mushrooms
Spinach
Tomatoes
Zucchini
Higher Glycemic Veggies (Try to limit):

Beets
Carrots
Celery Root
Corn
Parsnips
Peas
Red potatoes
Rutabaga
Sweet potatoes
Turnips
White potatoes
Winter squash
Yams

At this point, you might say...”Hey, I have a thyroid problem and I have read/heard that cruciferous vegetables like broccoli, kale, cabbage, rutabaga, and cauliflower are bad because they are goitergenic (ie. they will cause an enlargement)?”
As previously mentioned, you don’t have anything to worry about if your organs are working! (stomach, liver, pancreas, adrenals, etc.) That is WHY I said in the beginning that you HAVE to be HEALTHY TO LOSE WEIGHT! 😊

Cruciferous vegetables are very high in phytonutrients! They eliminate toxins from the body by providing enzymes to help your liver!

**Kale Smoothie/Shakes**

**Kale Shake #1**

Kale (Vit A, C, and K)

Papaya

Water

**Kale Shake #2**

Kale

Blueberries (other berries)

Banana (pineapple)

Water
Your diet should include 1-2 servings of low-glycemic fruit per day.

**Low Glycemic Fruits: (The best are berries and any fruit with a pit)**

- Apples
- Apricots
- Blackberries
- Blueberries
- Cantaloupes
- Cherries
- Grapefruits
- Nectarines
- Peaches
- Plums
- Raspberries
- Strawberries
Higher Glycemic Fruits (Try to limit/avoid):

- Bananas
- Clementines
- Grapes
- Honeydew
- Oranges
- Papayas
- Pineapples
- Raisins
- Tangerines
- Watermelon
- Dates, dried fruits

Juicing is a NO-NO when attempting to lose weight! You NEED the fiber!!!!

What else do you need?

A small serving of good fat with each meal and snack (Coconut oil is the best!!! Eat 1-2 snacks per day if needed BUT Don't eat after 8pm

- Drink 48-64 oz of water minimum each day
- Have a minimum of 25 grams of fiber a day!
**Good Fats:**

**Coconut oil**

Avocados

Raw Nuts & seeds

Olives/Olive Oil

Peanuts/Oil

Peanut Butter

Almonds

Fish (omega-3...salmon, tuna, etc)

Flaxseed
Set Realistic Goals!

Example Serving Size:

Veggies: ½ cup raw, chopped or cooked. ¾ cup juice. 1 cup raw leafy greens. (organic)

Starches: 1 cup brown rice, potatoes, corn.

Beef/Pork/Lamb: 3 oz (grass feed, organic...hormone free!)

Fish: 5 oz

Poultry: 6 oz

Egg: 2 eggs (organic, free-range)

Fats: 1 tbsp Oil. 5 lg olives, 7 sm olives. 1/8 medium sized avocado. 1 oz of nuts.

Fruits: 1 cup berries. 10 cherries. 1 small peach or apple. 1 medium plum or nectarines. ½ grapefruit.

Things to do:

Eat spicy foods, drink more water, snack on nuts and seeds, eat a big breakfast, eat three meals/day, eat a lighter dinner, eat slowly and chew thoroughly, eliminate MSG/Modified Food Starch/Natural Flavorings.

I feel that one of the best diet books out there is The 7 Principles of Fat Burning by Eric Berg, DC. Get it and read it!
The Role of the Lymphatic System

The lymphatic system is the garbage collection system of the body. The majority of the fluid that is carried by the lymphatic system consists of waste deposits from the cells. Each of us has the same amount of lymph as blood in our body. The only thing difference in the lymphatic system compared to the circulatory system is that it does not have a pump.

Lymph fluid is pumped through the vessels via the contraction of our muscles, our body’s own electro-magnetic field and even breathing. This is one of the many benefits of exercise because it moves lymph. A sluggish or clogged lymphatic system doesn’t allow the body to circulate the fluids and eliminate toxic waste buildup which can decrease the body’s immune function. As a result, there is an increase in swelling, inflammation and pain along with the possibility of contracting other diseases. Think of lymph nodes as small filters that can corner bacteria and prevent other nasty ‘surprises’ from invading your body. If they fail, those nodes may become infected with secondary tumors.
This is why our lymph system is CRITICAL when it comes to purging our body of waste material! It’s also responsible for distributing nutrients to each and every part of our body. How does the lymph system do it? Well, it doesn’t have a pump like the circulatory system’s heart so the lymph system “PUMPS” the lymph through the body when you EXERCISE!

Do you know what all of this means? It means you need to be active and exercise if you want to heal! This is why couch potatoes tend to develop chronic conditions earlier than those who exercise regularly and STICK to a healthy diet!

The lymph (which is basically recycled blood plasma) needs balanced chemistry within its structure to function properly in that system. This is why it needs to be healthy or full of the nutrients to stay fit, which is what a proper pH level can give it.

In order to maintain adequate pH levels, you need to have appropriate amounts of minerals, calcium, magnesium and trace elements in your soft tissues. This is what gives the lymphatic system its fluidity. In other words, balanced lymph chemistry is essential for lymph to transport the minerals needed in the cells in order to re-alkalinize or balance the chemicals in the soft tissue. This in turn allows minerals to remain in the cell solution long enough to reach the cells.
To make this scenario possible, appropriate amounts of HCL need to be supplied by the body so that you can absorb the vital minerals needed to help your lymphatic system.

Lymph is more than just waste, it’s an amalgamation of enzymes, nutrients, sugars, cytokines and other vital chemicals that coat the cells like. As my good friend Dr. Kevin Conners likes to say, lymph is like “a healthy river, needing a constant flow of fresh nourishments,” which prevents our body from turning into a stagnant pond.

Lymph is normally pumped throughout the whole body in lymph vessels as the muscles in your body contract and relax which is why exercise is so important. These vessels also contain check valves that permit the passage of waste in one direction only. If your lymphatic system slows down, it will prevent the circulation of necessary nutrients, thus dulling the response of the immune system at the same time!

Do you know what that means? It means you will be highly susceptible to hidden infections that a strong immune system typically nips in the bud.

Unfortunately, as you grow old, the amount of HCL that your body produces decreases. This decrease is caused by several factors such as eating processed or junk food, using illegal and legal drugs, and excess stress. However, some researchers way back in the 1930’s discovered that this acid is not the only thing necessary to balance lymph chemistry and balance the
minerals needed to alkanilize the tissue. Your body also needs a suitable NATURAL POTASSIUM ACTIVATOR.

When you combine HCL and potassium, you enable your body to create the perfect acid/base balance it needs to balance the lymph chemistry (I know I sound like a broken record, only because of how important this balance is!)

Plus, the perfect HCL-Potassium partnership can actually boost HCL’s effectiveness as a global GERMICIDE. Basically, this means it can hunt out HIDDEN infections, which can turn chronic if they remain undetected.

SO, what have we learned by this? We found out that if your stomach acid is low, HCL supplementation along with potassium synergists can:

1) Balance lymph chemistry by maintaining the medium those minerals need to freely move around the solution and deliver the necessary nutrients required by the body to ward off chronic diseases.

2) Make the immune system active enough to detect hidden infections that can make the pH balance go awry. This usually happens when the minerals in the body abandon their purpose (which is to re-mineralize tissue) and go to fight off those infections instead.
You need to have the right amount of HCL to make that lymph flow smoothly and efficiently, as we have just discussed. When you have too little, nothing you do will make that lymph flow faster!

When you have enough stomach acid in your system, you can form methyl groups easily. This is VITAL. For those of you who aren’t aware, methyl groups allow cells to replicate NORMALLY. In other words, it’s because of methyl groups positively affecting your DNA that you get a NEW BODY every year. Why? As I mentioned before, your body is constantly changing cells. Methyl groups help you form HEALTHY cells. Abnormal or low levels will promote the growth of UNHEALTHY cells. That’s because these actually help our DNA to create new cells.
EMFs!

EMFs or electromagnetic fields are adversely affecting your thyroid!

Every time that you go to the grocery store you are exposed to EMFs, first from the automatic doors opening when you walk into the building and then when the cashier scans your goods at the checkout counter. The problem is that no one in the thyroid community is talking about it!

You need to know about EMFs if you suffer from thyroid disorders. The EMF, or Electromagnetic field, is the movement of electrons. The type of current flowing in your wires is AC, or alternating current. When AC runs through the wires or power lines, it produces an electric and magnetic field. The magnetic field increases as the flow of current increases in the wire or in any electrical devices you have in your home. It is the magnetic field that is most detrimental to your body.

An electromagnetic field is produced when electric and magnetic fields COMBINE. It is the magnetic fields have the ability to penetrate your body and cause the harm! Why do you think that multiple MRIs are harmful to your body? MRI stands for “Magnetic Resonance Imaging!”
Unfortunately, you are exposed to electromagnetic fields wherever you go. You will be surprised to know this, but even if you are miles away from a high voltage power line, you are STILL exposed! Your hair dryer, electric shaver and household appliances can also produce this field.

We had one patient that had an immediate reduction in her symptoms once her house was grounded. It was a night and day difference for her.

Electromagnetic fields can disturb your cell’s normal functions. A number of renowned medical experts have suggested that EMFs are a potential source of cancer. One of them, Dr. David Carpenter from the School of Public Health, State University of New York, claims that the combination of electric and magnetic fields is responsible for more than 30% of cancer in children! Why isn’t that fact on the front page of every newspaper? In my opinion, if a large pharmaceutical company is unable to make money from it, it doesn’t exist!

The EMF issues initially started after a series of articles were published in the New Yorker Magazine in June 1989. At the same time, a large number of related reports were also published in Time magazine, the Wall Street Journal and Business Week. The Department of Energy then accepted the fact that electromagnetic fields do have adverse biological effects. Extensive work proving the effects of EMFs continued through the 1990’s and continues through today.
The bottom line is that a large number of studies revealed at the very least a causal link between EMFs and cancer. The EPA (Environmental Protection Agency) did respond to the findings and revealed that EMFs cannot be rated as a carcinogen until there is a “clear discovery” related to how it causes the condition in the first place. My feeling is this: DON’T WAIT for the EPA’s ruling! How long did it take the government to come out and say that cigarette smoking caused cancer? Get my drift on this one?

You are surrounded by high voltage power lines, and these long cables are connected to massive electrical transformers. The amount of EMF that penetrates your body depends on the configuration of the power station and the condition of the wires. The environment you live in also plays an important role in EMF attraction and damages caused by these changing fields.

If you live in an area that is close to an electric substation, you may be in greater danger.

Most people also overlook the danger of an electric transformer. It’s the metal box you see located on top of poles near your street. That small box has more than 13,000 volts of electricity coursing through it!
Although the field can be quite strong around the transformer, its strength reduces rapidly with distance. So even if you have a transformer near your home, you don’t need to panic. Just measure the field strength in the area to know how exposed you are.

We visit our patients’ homes to get a better idea about the extent of EMFs they are exposed to on a daily basis. This not only helps improve their chances of recovery, but makes them feel more comfortable as well. We also check for the presence of chemicals, environmental toxins and hidden threats (such as fungus and molds). If the patient is a distance patient that lives outside the Appleton area, we can use Google Maps to zero in on their location and check for any power lines or transformers near their home. We can also check www.antennasearch.com to see if there are any towers with EMF radiation that are adversely affecting them. In short, we do not leave any stone unturned that can contribute to a patient’s recovery.

If your home is a source of high EMFs, it is likely that you have faulty wiring or your home is not grounded properly. To be on the safe side, you can call a licensed electrician to check the wires and locate the source of that high magnetic field. Please keep in mind that electrical wires can be dangerous and you should never touch the wires even if the power supply is switched off.
An EMF is not just radiated from electrical wires or power stations, but also your household appliances, electric blankets, computer and water beds. If you are sitting in front of your computer or in a nearby room, you are still exposed to EMFs. Unfortunately, placing screens over the monitor will not shield you completely. What can you do to minimize the risk? You should always turn off your computer and unplug the machine when not in use.

Many can’t live without electric blankets in the winter, but this is the worst thing you can use. These blankets can create very strong magnetic fields – strong enough to penetrate six to seven inches into your body. Electric blankets have also been linked to miscarriages and childhood leukemia, so it is better if you throw them away!

Recent work conducted on electric blankets and water beds revealed that you are exposed to magnetic fields even when these devices are powered off. Your worries don’t end here either. Those electric clocks and fluorescent lights by your bed also radiate their own magnetic fields. You should think about moving electric clocks and all other devices, such as cordless telephones and answering machines, at least be six feet away from your bed, and ideally farther away.

Microwave ovens, hair dryers and electric shavers are also a threat. Chronic exposure to EMFs emitted by these devices can cause cancer and other degenerative diseases. EMF consultants also believe that young children
should not be exposed to hair dryers as the resultant magnetic fields can damage their developing brains.

Cordless telephones and cell phones are also a potential cancer threats. You will be exposed to really strong EMFs for the entire time you hold the device in your hands. WiFi in your home is a strong source of EMF radiation and it should be grounded.

Is there any way you can protect yourself? Staying connected to the earth and remaining grounded is a good way to keep your body away from harmful magnetic fields. You shouldn’t underestimate the healing powers of the earth. One of my friends got rid of jet lag by walking on the grass barefoot for 15 minutes. Using tektites are a great way to protect yourself from EMF radiation. The term tektite is derived from the Greek work tektos, meaning “melted” or “molten.” Tektites are rare, naturally occurring formations of molten, glass-like mineral compounds, up to several centimeters in size, that are believed to be formed by the impact of large meteorites on the earth’s surface. They absorb the magnetic portion of the EMF and protect you. Carry two tektites (one in each pocket) with your at all times to be protected. You can also ground your home using Dragonite, a magnetic volcanic ash. Simply sprinkle Dragonite around the perimeter of your home and add a little extra around the corners. Finally, Premier Research Labs has small pyramids made of various EMF-absorbing material that can be placed in your home. I personally carry two tektites with me at
all times, as does every member of my family. We have grounded our home using Dragonite and we have several EMF-absorbing pyramids in our home and at my office. I am not taking ANY chances!

Your body is composed of minerals and water, making you a good conductor. Unfortunately, when you wear rubber shoes or ones made from a synthetic material, you are actually shielding yourself from the earth’s healing touch! Wearing leather on your feet can help you soak up all that grounding energy.

We prefer grounding our patients’ homes ourselves to ensure their safety. Products such as grounding mattresses, seat cushions, computer attachments and tektites can help as well. I cover EMFs in detail with every new patient that I accept into care.
The Dangers of Excipients...

CAVEAT EMPTOR—“Let the Buyer Beware!”

Have you heard about excipients? If this is the first time you have come across this term, you need to know that excipients are used as fillers, glues and binders. You can imagine them as a type of glue that is extremely toxic to your system.

Most people don’t really understand the consequences of excipients in “nutritional” products. They simply walk inside a store and buy a bottle of vitamins. Frankly, the bottles and boxes you get at big stores do not have any nutritional value – you’re only buying trash.

Excipients are non-nutritive substances, i.e. they have no nutritional value or justified use in “nutritional” products. If you test these substances, you will see that they are often toxic. If excipients are potentially toxic and have no value, why are they included in nutritional products?

The fact is that tablets cannot be made without excipients. You need to include some kind of “glue” to keep the contents together. If you really want to stay healthy, avoid any nutritional products available in tablet form.
A list of a few “problematic” substances is below, though there are many others not listed here. You will find these in most common nutritional products.

- Magnesium stearate is used as a lubricating agent, but studies reveal that its regular use compromises your immune system.
- Methyl paraben, one of the most famous members of the benzoate family, is widely known for its cancer-causing abilities.
- Microcrystalline cellulose is commonly used as cheap filler and has harmful effects on your body.
- Silicon dioxide, or common sand, is also used to enhance flowing properties of nutritional substances in preparations, but you surely don’t want to eat sand every day.
- Methacrylic copolymer showed teratogenic effects when tested on rat embryo cultures, meaning it has the potential to disturb the normal growth and development of a fetus.
- Substances listed as “natural flavors” can actually be monosodium glutamate (MSG), known to produce neurotoxicity and harm your brain.
- You may be tempted to take colorful nutritional products, but beware that the titanium dioxide used as a colorant is well known for its toxic effects on the liver.
• Corn starch, one of the most common examples of cheap excipients, can produce allergic responses in certain individuals. Unfortunately, you might be one of them.

• Talcum powder, or talc, is rarely listed on the excipients list, but it can contribute to the cause of cancer.

• Other dubious substances commonly used to form tablets include D&C red #33, hydroxypropyl methylcellulose, polyethylene glycol, propyl paraben, methyl p-hydroxybenzoate, sodium acetate, hydroxypropyl cellulose, sodium metabisulfite and Eudragit. All of these are hazardous and can put your life at risk.

You really need to avoid all poor nutritional supplements, those that are available in your local grocer, pharmacy, or big box store. Most of these brands contain dangerous solvents that bind the actual vitamin, such as vitamin D extracted from sheep’s wool or B vitamins derived from coal tar.

The list of excipients goes on and on, and you can find detailed information about all these substances on our website, www.youcanbeatthyroiddisorders.com. Do these chemicals still sound complicated? Just stop eating excipients and your job is done!

The fact is that you shouldn’t be using products that contain excipients. You can find a long list of nutritional products that help your body heal at the end of this book. I am amazed that there are nutrition companies that are
now actually attempting to justify the use of excipients in their products. In my opinion, there is NO REASON to ever use an excipient in any nutritional product and I would NEVER take any nutritional product if it contained any excipient!

This is why I only work with Premier Research Labs or PRL in my office. PRL’s line of nutrition is 100% natural and completely excipient-free! More importantly, I have seen far superior results with PRL in myself, my family and my patient population.
Thyroid Goiter or Nodules

I will give you my opinion on thyroid nodules and goiters. If you suffer from thyroid nodules or a goiter, think about what would CAUSE a nodule or goiter. I mean REALLY think about it. 90% of hypothyroid is caused by an autoimmune thyroid where the immune system is attacking the thyroid. Since the thyroid is being attacked the body tries to protect it by adding tissue to the thyroid thus creating nodules and eventually, a goiter. Does that make sense to anyone?

The only protocol that I know of to shrink the goiter is surgery but if you do not address the CAUSE by calming and healing the immune system, the body will go back into “protection mode” and the nodules and goiter will start to grow back. Surgery also creates another problem with creating yet another interference field that may need to be mud-packed. If you have nodules or a goiter, consult with a surgeon but please don’t forget to address the CAUSE by calming and healing your immune system!

Cancer of the Thyroid Gland

NO ONE is Cancer free! Yes, you read right. NO ONE! Cancer starts when the cells in your body start growing abnormally no matter what type of cancer a patient has in their body. All the different kinds of cancer that you hear about are the physical manifestations of particular types of cellular
deformities. In other words, they grow differently from the normal cells in your body and ultimately end up invading and/or destroying it according to the severity of the mutation. I explained to you earlier in this book why it is vital that you have sufficient methyl groups but I will go into things a bit deeper.

Your DNA is the first thing that cancer attacks. If you remember your biology class, that DNA is actually a blueprint for cell growth, reproduction, how it repairs itself and other functions that make this unit the most important component in the human body.

When your DNA becomes damaged, the cells in your body band together to repair it or, in case of a deformity, damage it further by making more cells than it actually needs to repair itself. To make matters worse, the ‘new cells’ will then contain damaged cells which can be passed onto future generations. Yes, this is why your family line has a ‘Cancerous’ streak or genetic disposition.

But, just because your family tree is free from cancer doesn’t mean you can’t contract it yourself. After all, as mentioned before, almost anything (both internal and external) can trigger abnormal cell growth as a result of depleted methyl groups. My feeling is that cancer has both a genetic component
(family history) and an environmental component (toxins, pollution, etc.); my job is to get to the CAUSE!

“What causes a poor or improperly functioning immune system?” — Toxins, that is the biggest one, I talk about toxic overload on my website (www.youcanbeatthyroiddisorders) under the Maximum Healing Video series, it is the very last one. Let’s just cover it briefly. There are EMFs, Electromagnetic fields; from televisions, computers, and cell phones. There are amalgams, mercury leaching out of the amalgam fillings; I have had all of my amalgam fillings removed as my wife and all my kids. There are household chemicals, cleaners, detergents. If you have a dry-cleaner, dry-cleaners use chemicals. There are chemicals in our carpets, furniture, mattresses, etc. Even in our cookware; have you ever heard of Teflon? It is not good for you. Remember Ever cookware that was all aluminum? It is not good for you either. There are pesticides and herbicides in our lawn and on our I no longer use the lawn service that I had two or three years ago, because it was all chemicals. Granted, my yard does not look as great, but so what? I would rather not have cancer. I am walking the talk!
Unless you eat organic, your meat and dairy contain hormones, steroids, and antibiotics. There was a big controversy here in the State of Wisconsin; I practice in Appleton, Wisconsin, about bovine growth hormone in our dairy products. If you don’t eat organic, your fruits and vegetables contain pesticides and herbicides. GMO’s, genetically modified foods, and hybridized foods are among of the worst for consumption. There are issues with mold, especially black mold and plastics; especially BPA. By now, anyone who pays attention to the news and product labels have seen the label stating, “BPA free.”

Personal care products are another mass market that contains toxins; most make-up contains toxic chemicals that many animals cannot survive testing. Deodorants even state on the label that they contain aluminum. I stopped using deodorant with aluminum in it. I use a natural deodorant from Nature’s Gate called Spring Fresh. It works better than the heavy duty antiperspirant deodorant stuff that I use to use filled with aluminum. When I say you can beat cancer, I am saying that your immune system has run amuck. It is not working properly, and as a result you can get it back in balance and that is going to give you your greatest chance at healing. Because it is your innate ability to heal; your own body heals. When you cut yourself, when you have surgery, it is not the ointment, or the gauze or the dressing that heals the cut; it is your own innate body, your innate ability, your innate intelligence.
There is an “Innate Intelligence” that runs the body. At this very moment, you are not telling your liver how to work, how much bile it should create or how it should detoxify your blood. You are not telling your stomach how to digest your food. You are not telling your pancreas how much insulin to secrete, because you just had a chocolate chip cookie. That is what I mean by an innate ability. So no one is ever cancer free alright? Just be aware of that. We all have cancer cells in our body, circulating tumor cells, cancer stem cells, but our immune system nips it in the bud before it can develop into full-blown cancer.

What do you need to do? You need to detoxify your body, decrease inflammation and increase the function of your immune system. Being diagnosed with cancer is not a death sentence. Let me say that again, it is NOT a death sentence! Get that in your noggin because it should be your mantra. For more information on natural protocols for cancer, please read my book, *You Can Beat Cancer...Naturally!* It is available as a free download at www.drjcancerbook.com.
Love Yourself!

Let’s take a moment to reflect on some of the major issues that many chronic health patients face, including thyroid patients – Fear, Guilt, Depression, and perhaps, some Shame. While I am not a psychiatrist or psychologist, between all of my years on this planet and the fact that I work with a lot of chronic condition patients, including cancer patients, I have learned a few things that I would like to share with you.

*I strongly feel that emotionally healing is a HUGE part of healing and especially when it comes to a chronic health condition like thyroid disorders!*

When a person is diagnosed with a chronic health condition, *Fear* maybe the first emotion that runs through their mind.

“Will I ever get better?,” is a comment that I often hear when I address chronic condition patients. Remember the title of this book- *You Can Beat Thyroid Disorders...Naturally!*

Make this your first affirmation each and every day; embrace this new life challenge as an opportunity rather than a crisis. This IS your opportunity to regain control of your body, mind and spirit, all you need to do is follow through will the vital information I am giving you! Reflect on what is your biggest
fear when living with any chronic disease. With this book, you will discover that the natural protocols I extensively discuss are non-invasive, safe, and promote energy and strength. Something your body is or has been lacking, so embrace your fears-conquer your fears.

*Guilt* is another barrier for chronic condition patients for loving themselves. They tend to reflect on all the bad decisions they may have made in their lives and feel that they actually deserve to feel horrible. **NO ONE should ever feel that they deserve to be sick!** Let go of the past and begin to live life free of guilt. God didn’t put you on this earth to struggle day in and day out....He did give you choice on how you want to live each day; so live free. Live in the moment.

*Shame* is closely connected with guilt, as we think of how we may have taken advantage of our youth and health; we may now feel shame for doing so. We ALL make mistakes....this is a part of being human, so you need to forgive yourself, NOW. ALL of us have baggage, drop it wherever you are at and let it go! If others don’t want to forgive you, don’t worry about it, as they witness your newfound strength and positive light, they just may find forgiveness in themselves. Remember, this is you fighting for your life; so do so in valiant strides, and forgive yourself, be kind to yourself.

*Depression* can actually prohibit you from healing; as it tears down the healthy cells from their pure healthy state. You will be dealing with doctors
that may have desensitized themselves from their patients. This happens, however, not with me and not in this book. So stick up for yourself and state – I Can Beat Thyroid Disease!

You are not going to be the same after fighting any chronic condition. You can either lose your faith and hope, or you can evolve into a more loving place within. I am going to tell you now, this is no small challenge. Learn the meaning of your depression, fear, anger, or any other negative emotion you may be feeling right now. Notice that inner creativity and strength dwelling inside; you will begin to get that urge to know something, to do something.

This is the beginning of that evolvement for a new beginning. This very book is your starting point. Research all the information that I give to you, reach out, meet people who are also facing this disease. Forget the feeling for struggling for something more is just not worth it. YOU ARE WORTH IT!

So get a piece of paper or even better, a journal, start creating a “to do” list. Especially as you read this powerful book. Research every term I give you, every test, all the types of protocols to do, etc. Then make a list of your passions, things you love to do, things you want to do- And Do Them. Live each day in positive light; stay away from any negative thoughts or people.

I tell everyone that I am “allergic to negative people” because, I AM! If I perceive that you are the least bit negative, you will not be seeing me in any
I have a strong belief in God and I know that the good Lord is working in my life on a daily basis. I am not saying that you have to believe in God to heal but perhaps consider reconnecting with the spiritual side of yourself.

In Chinese medicine, emotions are related to specific organs such as the liver is related to anger and jealousy. The kidneys are related to fear and anxiety. The stomach is related to disgust, the lung to grief, the gall bladder to resentment, and the spleen to low self-esteem.

I am not a psychiatrist or a psychologist but I address emotions with all of my patients by using positive affirmations and muscle testing. I have the patient state the affirmation and if the muscle that I am testing goes weak after the patient states the affirmation, it needs to be addressed.

Honestly, it is a 90-second fix and it is very easy. I use the following affirmations...

- Now I can be healthy!
- Now I can do whatever it takes to be healthy!
- Now I can be prosperous! (This is important because so many sick people do not think that they can ever work again!)
- Now I can love myself! (I see this one with a lot of chronic patients!)
Now I can forgive myself! (This one is big with chronic patients too!)

Now I can be loved!

Now I can change!

Now I am free of fear!

Now I can be happy!

Now I can be successful!

Now I can express my true magnificence! (I like that one!)

Now I can unconditionally give love to others!

Now I can live life to the fullest!

Now I can feel joy!

Now I can have a wonderful, lasting relationship with (significant other)!

Now I can love and forgive (there could be a bunch on this one...ex-spouse, ex-relationship, father, mother, sibling, relative, friend, etc.)

ANY traumatic event has to be addressed like a divorce, bankruptcy, surgery, auto accident, etc. has to be addressed for the patient to completely heal.
One of the BEST books that I have read on helping one to heal emotionally is *Psycho-Cybernetics* by Dr. Maxwell Maltz. I highly recommend this book and I especially like the CD version that you can get from any bookstore or it is also available on www.audible.com.

**FOCUS ON YOUR HEART!!!!** If you are truly serious about healing, focus on your heart with every word that you speak and every action that you take!!! You will find that when YOU change, the world around you will change!

The bottom line...

**Go easy on yourself and start Loving Yourself, NOW!**
Take Responsibility For Your Health!

Some of you, unfortunately, are doing things that can make or are making your thyroid disorder worse. Perhaps you thought since they were “natural” you were on the right track. I have created a place - www.youcanbeatthyroiddisorders.com - to supply people with alternative methods for beating thyroid disorders. I am providing you with alternative methods THAT ACTUALLY WORK.

Through this book, I have provided many alternative protocols that can heal the underlying cause of thyroid disorders. By thus far, you are well aware that my main message is to get tested with the full spectrum of lab work. Know to ask the right questions, and if your group of doctors is not willing to expend the extra efforts in providing you with the array of tests I have implemented, seek another opinion.
FINAL THOUGHTS...

It states in the Bible that, “where there is no vision, the people will perish!” I am strong believer in God and in vision! Picture yourself getting better and doing the things that you love to do... traveling, participating in a sport, going back to school, etc! See yourself spending more time with your family and friends!

YOUR BODY WILL HEAL FROM ANY DISEASE, INCLUDING ANY THYROID DISORDER, BUT IT NEEDS THE RIGHT TOOLS AND EQUIPMENT!

Please don’t ever forget that YOU ARE THE TREASURE!!

THE TREASURE IS NOT YOUR HOUSE, CAR, BOAT, COTTAGE, ETC!

YOU are the TREASURE!!!
HELP ME SPREAD THE WORD!

I want to reach as many people as possible and I need your help so help me spread the word!

PLEASE SHARE THIS BOOK WITH OTHERS!

If you are on Facebook or an Internet Message board, please share the link to this book at www.drjthyroidbook.com and my www.youcanbeatthyroiddisorders.com website. Also, please don’t forget to share it with friends and family.
If you are interested in PRL supplements, the best supplements on the market go to www.drjsupplements.com. This is “Dr. Johnson’s Premier Nutrition” website. I have a list below of all of the supplements that will help you.

If you would like to email me with any question, I am here to help you in any way that I can. My email is...

mljohnson@askdrjohnson.com.
The picture above is of my mom and my step-dad, Ronny. When my mom was on her deathbed, the day before she went into a coma and passed away, Ronny asked my mom, ”Mary, is there anything that I can do for you?” “Yes,” my mom answered, “You can tell me that you love me.” In 30 years of marriage, Ronny had never told my mom that he loved her. It wasn’t that Ronny was a bad guy, that’s not it at all. Ronny was a “type-A” personality and felt that actions spoke louder than words. He was wrong, and it took my mom being on her deathbed for him to realize it. Ronny broke down crying, and after 30 years, he finally told my mom that he loved her. “I love you, Mary!” When I look back at it, it’s sad, because these were four simple, little words that my mom had waited over 30 years to hear. If
you take one thing away from this book, I pray that it is this: tell the people you love that you love them! If you have children, tell them that you love them often AND tell them that you are proud of them! They can NEVER hear it enough!

God’s grace be with you,

Dr. Michael L. Johnson
BECOMING A PATIENT OF DR. JOHNSON

Because of his demanding schedule as a consultant to doctors all over the world and as a speaker, Dr. Johnson only works with a limited number of patients. To apply and possibly qualify for his exclusive program, please email Dr. Johnson’s staff at johnsonsupergroup@gmail.com or call Dr. Johnson’s office at 920.739.6971.

PLEASE NOTE!

Since patients travel to Dr. Johnson’s clinic from all over the world, applying to become a patient in his clinic does not automatically mean acceptance.
Dr. Johnson’s Autoimmune Food Protocol...

The goal of eating this way is to promote change through the removal of foods that are, in any possible way, inflammatory.

**If you cheat you are only making your healing process slower!**

As you know, you have made a financial investment in your health and this is where that investment pays off. It’s important to shop for quality food at butcher’s shops, farmers markets, fish markets and natural food stores.

**Eat organic to avoid pesticides, herbicides, growth hormones, antibiotics and other drugs which cause free radicals and excitotoxins.**

The worst foods to cheat with are going to be Gluten (Wheat, Barley, Rye, Spelt), Dairy and Soy because they are the largest causes of inflammation in the body! You MUST eliminate gluten, dairy and soy from your diet because not only do they cause inflammation but they are all triggers for an autoimmune condition. In other words, they cause your immune system to attack your body. We can run $750 worth of testing to see exactly how gluten, dairy and soy are harming your body or you can simply stop eating them!
Second, you need to stop eating sugar, high fructose corn syrup, aspartame, and white salt! All of them cause free radicals, excitotoxins and inflammation!

**Basic Guidelines**

1. Eat 4-6 small meals per day.

2. Make sure you eat within 30 minutes of rising in the morning. It is best to eat a high-quality protein for breakfast. Farm fresh eggs are naturally a great source of protein with Pink Salt from PRL ([www.drjsupplements.com](http://www.drjsupplements.com)). You need to be consuming Pink Salt because it is high in calcium, magnesium and other trace minerals. PRL has a great Pink Salt and you can order it from [www.drjsupplements.com](http://www.drjsupplements.com). Do not use Sea Salt as they use cheap screens to grind the salt which leaves nickel residues that will harm your kidneys.

3. Always have a carbohydrate, fat and protein with each meal.

4. Eat twice as many vegetables as fruit over the course of the day. Raw vegetables are best if you want to regain your health and lose weight.

5. Remember that eating this way will be new and sometimes a challenge to achieve. Preparing single servings of food that can be frozen will save you from having to cook meals when life gets busy.

6. Prepare large batches of staples like spaghetti sauce and soups for
freezing in single serve containers. If you must reheat food in the microwave, transfer the food to a glass container. Plastic releases harmful chemicals into your food when heated in a microwave.

Here is a checklist...

1. **Meats**: (from best to worst). ORGANIC Fish, Wild Game (venison, bison), Chicken, Beef, Turkey, Pork. 4-5 servings of fish a week is recommended. Avoid farm-raised fish. Smoked salmon is acceptable. Vary the other meats in frequency. Cured meats like ham, bacon and sausage can be eaten but not as an every day staple. “Al Fresco” is a great chicken sausage that is gluten free, dairy free, nitrate free and available at local grocers. Organic, grass fed, free range is best because you don’t need any more hormones, antibiotics or pesticides in your body. If it is wrapped in plastic or packaged you probably don’t want to eat it.

2. **Vegetables**: Fresh organic veggies are best. Multiple colors are even better. Eat at least a couple of servings of raw veggies per day. This is where you will get most of your really good minerals and vitamins. Focus on what is in season. Pass on veggies in cans. Kale is a versatile lettuce that works well in salads, sautés and soups and is your best choice for nutrition. Sweet potatoes are okay but skip the white ones. Avoid rice but try Quinoa. It is a grain with a nutty flavor and works well as a substitute for rice and
potatoes. Spaghetti squash is a staple for us. Always keep spaghetti sauce available for a quick meal. Add different meats each time for variety.

3. **Salads:** Choose dark green leafy lettuces like kale, spinach or spring mix. Avoid iceberg altogether. Use many different vegetables in your salads and always top with some sort of protein. Grilled chicken, fish, beef, shrimp are some of our favorites. Nuts and fruit are great in salads. Avoid bottled salad dressings. Choose vinegar and oil or seasonings to spice up your salad. Juice from a ½ lemon or orange also makes a great dressing. I use PRL’s Vintage Vinegar and Olive Oil and I add Pink Salt to taste. It is a great, healthy dressing.

4. **All Fruits:** 2-3 servings per day. Keep in mind this is a sugar source and sugar addicts can easily eat too much fruit. Frozen berries are ok, in small amounts. Diabetics should be very careful here. Wash all fruit prior to eating it.

5. **Eggs:** Farm fresh, no egg substitutes. Yolks ARE good for you. Eat them.

6. **Broth:** To make soups. Read the labels and make sure there is not gluten or other thickening agents. Choose low sodium brands or use the water from blanching vegetables and cooking meats as your broth.
7. **Nuts:** Raw nuts are best but roasted are okay also. Avoid salted and nuts covered in honey. Choose a variety but watch the amount if you wish to loose weight. A serving of nuts should be the equivalent of 8 almonds.

8. **Drinks:** Water with lemon is going to be the drink of choice. Have a 32 fluid ounce bottle filled in the morning and drink it by lunch. Repeat in the afternoon. Seltzer water and herbal tea is ok also. Coffee, any soda (diet or regular)and alcohol are no-no’s because they dehydrate the body! Almond milk (unsweetened if you are diabetic) and Coconut milk can replace regular milk which is full of rBGH. rBGH is a very harmful hormone! **You need to be drinking at least ½ oz. of water per lb. of body weight. That is to say, if you weigh 150 lbs., you need to be drinking 75 oz. of water every day.**

9. **Cooking Oils:** Sauté with Olive Oil. If you need to use higher temps, use Coconut Oil. If you eat dairy, then butter is ok, not margarine. Canola oil, vegetable oil, corn oil and soybean oils are BAD.

10. **Spices:** All are ok. As stated above, eat as much Pink Salt as possible because of the high mineral content.

11. **Supplements:** Make sure anything you are taking high quality, all natural, live-source PRL nutritional supplements. Any liquid or powdered supplements can be added to a morning fruit smoothie.
12. **Medications:** Never stop your meds unless you have discussed it with your doctor. Many meds can be eliminated or reduced having gone through my program but only after they have been decreased or removed by their medical physician.

13. **Desserts:** Coconut ice cream is a special treat and should be savored. Baking fruit like apples and peaches are fabulous alternatives to processed desserts. Use spices to add flavor.

14. **Snacks:** Hummus with carrot and celery sticks is a favorite. You can purchase pre-made brands or make your own with garbanzo, black or Northern white beans. Organic almond or cashew butter is a better choice than peanut butter but as long as it is organic and natural, peanut butter is fine. No processed brands like Skippy or Jif. Whole food snack bars like Macro or Kind may be eaten as a snack ½ bar at a time, no more than one bar per day.
OTHER DVDs/Videos

By Dr. Michael L. Johnson....

--Cancer...drjnaturalcancersupport.com

--Fibromyalgia...drjfibrosupport.com

--Thyroid Disorders...youcanbeattthyroiddisorders.com

--Chronic Pain Syndrome/ Failed Back Surgery...
drpainsupport.com.

--Migraines...drjmigrainesupport.com

--Neurological Disorders---Parkinson’s, ALS, MS, Alzheimer’s, Epilepsy/Seizure, & Stroke...naturalneurosolutions.com

--Autoimmune Disorders...drjaisupport.com
--Female Problems...drjfemalesolutions.com

--Heart Disease...youcanbeatheartdiseasenaturally.com

--Peripheral Neuropathy...drjpnsupport.com

--Diabetes...drjdiabetessupport.com

--IBS/Crohn’s/UC...drjibssupport.com

--Dizziness/Vertigo...drjvertigosupport.com

--Skin Conditions...drjskinsupport.com

--Chronic Fatigue Syndrome—Energy...drjfatiguesupport.com

--Insomnia...drjinsomniasupport.com
Dr. Johnson’s other books...

#1) What Do You Do When the Medications Don’t Work—A Non-Drug Treatment of Dizziness, Migraine Headaches, Fibromyalgia and Other Chronic Conditions! (Available at Amazon.com)

#2) You Can Beat Cancer...Naturally!
(Available at www.drjcancerbook.com and at Amazon.com)

#3) You Can Beat Fibromyalgia...Naturally!
(Available at www.drjfibrobook.com and at Amazon.com)

#4) You Can Beat Autoimmune Disorders...Naturally!
(Available at www.drjautoimmunebook.com and at Amazon.com)

Books soon to be published by Dr. Johnson...

You Can Beat Heart Disease...Naturally!

Anti-aging... How to Live To Be 120 in Perfect Health!

Natural Solutions for Neurological Disorders!