

From the
12th Edition

Chapter One

THAT “MYSTERY ILLNESS”

EBOOK

**TAKE CONTROL OF YOUR HEALTH
AND ESCAPE THE SICKNESS INDUSTRY**

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Director, Hippocrates Health Centre of Australia**

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Ebook

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The recommendations in this book are based on the research and experiences of the author. Because we are all different, readers are urged to check with qualified health professionals before implementing any suggestions made in this book.

There is always a possibility of risk where matters of health are concerned; therefore, readers should not use this book unless willing to assume that risk. It is a sign of wisdom to seek, second, or third, opinions when making important decisions regarding health.

That “Mystery Illness”

... it's not all in your head!

I have some really *bad* health news for you; and some that's really *good*. First, the *Bad News*:

There is a medical problem that affects an estimated 40 percent of people in the developed world. It can cause symptoms that vary wildly – from exhaustion to killer heart disease, and everything in between. The majority of physicians haven't a clue; they don't know how to diagnose it, they don't know about the 64 diseases it causes, and they don't know a safe and effective way to reverse it. All but the most progressive doctors leave their patients in limbo. And now for the *Good News*:

You can diagnose yourself, and it won't cost you a penny. Even better, if you have been suffering briefly, or for a lifetime, with one or more of the 64 documented illnesses caused by this problem, one tiny, safe drug can make the difference between feeling full of life and just dragging around. Those two words, “safe” and “drug” rarely appear together in this book, and with good reason: most drugs are dangerous and many are killers. However, in this case I make an exception because the drug I am about to endorse comes from a natural source, and it is a lifesaver for those who need it.

For want of this tiny tablet, people can suffer for years from exhaustion, allergies, chronic viral illnesses, severe light sensitivity, menstrual problems, constipation, cold extremities, infertility, inability to lose weight, headaches, migraines, diabetes, dreadful skin diseases and anaemia. Even fibromyalgia, Meniere's Disease and weak muscles can result due to this condition. If depression is the form this illness takes, it can sometimes be so severe that if left undiagnosed (and frequently it is) victims are institutionalised, and often destroyed by psychotropic drugs. Even Alzheimer's Disease and arthritis can be the result of this common, easily-remedied illness.

If your cholesterol is sky-high for no apparent reason, and if your physician is paying attention, the lack of this crucial substance should be considered before any other measures are taken. But, tragically, millions of people are prescribed deadly statin drugs to lower cholesterol (a substance necessary for our health) because doctors don't even consider the correct way to test for this common problem. Don't allow yourself to be one of them.

What is this lifesaving substance? It's ***natural thyroid hormone***, and your health can be compromised if you are *only a tiny fraction under 'normal'*.

Has the following happened to you? You are feeling awful, with one or more of the above symptoms, and you go a doctor for help. You complain of your symptoms and leave, clutching a prescription to take to

a laboratory so they can test you for everything under the sun. And, why not? Medicare or private insurance pays for it. When you return to the doctor, hoping to learn some painless, simple way to feel well again, you are told that all of your results are “normal”. If you remonstrate, the doctor may suggest a psychiatrist, which, if you have any gumption, should get your back up. Trust me, it is *not* all in your head and, like millions of sufferers who have gone undiagnosed, you need *medical*, not *mental* help.

Unrelenting Propaganda

Don't get me wrong – I am not saying that all of our woes can be traced to a lack of sufficient thyroid hormones. What I am saying is that this *must* be ruled out if you have any unexplained physical problems. And it *cannot* be ruled out by a blood test, because these tests are hopeless, and have been known to be inaccurate for as long as they have been used.

Thyroid illnesses have been in epidemic proportion for many years and for many reasons. Pollution, especially tobacco smoke, plastics, and the dangerous chemicals in our water, damage thyroid glands. Thanks to unrelenting propaganda, people are freaked out about cholesterol, and eliminate safe fats from their diets, not realizing that our bodies cannot make thyroid hormones, and other important hormones, without this misunderstood substance. Oestrogen, taken by so many women, suppresses the thyroid gland, and the poisonous sodium fluoride many

local authorities are forcing us to drink in our water supply is known as a potent inhibitor of the thyroid.

If you have been taking huge doses of vitamin C or PABA, there is strong evidence that they can inhibit the gland, as can aspirin and many other medications. Junk food junkies, vegans and strict vegetarians run the risk of damaging their thyroids, due to lack of necessary nutrients in their diets. Reliance on heavy grain consumption, common with vegetarians, as well as so many people these days, suppresses the thyroid. If you were born or live inland, the lack of iodine in the air will, sooner or later, cause your thyroid to struggle. Last, but far from least, eating lots of soy is a one-way trip to life-threatening thyroid illnesses.

So, you can see that it is small wonder nearly half our population is suffering from mild or extreme symptoms of thyroid insufficiency. What is to be done about it? First, test yourself this way:

Shake down a thermometer at night and place it next to your bed. First thing in the morning, before getting out of bed, put the thermometer snugly in your armpit. Leave it there for ten minutes, without getting out of bed. Read it immediately and make a note of the result. Repeat on three consecutive mornings, and, for best results, not during menstruation. If your temperature is consistently 36.4° to 36.8° Celsius or 97.8° to 98.2° Fahrenheit, you have a well-functioning thyroid gland. If below, you need to take urgent measures to bring it up to speed.

The Barnes Basal Temperature Test

Your first job will be to find a physician willing to accept this time-honoured test and not relegate you to the rat-bag category. Actually, it will be the doctor who belongs with the rat-bags, as this test has been in the *Physicians' Desk Reference* (the reference book doctors depend upon for drug information) for many years, and is known as the *Barnes Basal Temperature Test*. Long before blood testing for thyroid conditions was used, this was *the* test doctors used, in conjunction with the symptoms reported by patients. If your physician doesn't know who Broda Barnes, MD, was he should; this man was the number-one researcher and acknowledged authority on the thyroid gland for fifty years. As Stephen E Langer, MD, author of a superb book on the thyroid, *Solved - The Riddle Of Illness*, said in his Acknowledgments, "I know of no one else in the world who has done so much as a medical doctor, writer, lecturer and talk show guest to alert millions to the often hidden causes of illness, as well as to simple ways to stay well for life."

Many prestigious medical journals have printed papers on this test and I find it extraordinary that doctors are not taught about it in medical schools. After all, it is logical when you consider that if the metabolism is low, the temperature is also low. As Dr Langer says, "More than a hundred years of research has established a definite relationship between sub-normal temperature, no matter how slight, and hypothyroidism."

If you have found a physician who is willing to prescribe thyroid medication on the basis of this test, as well as symptoms, congratulations – you have passed the first hurdle. Next is to convince your physician to prescribe the right kind of drug. This can be tricky, because most of them are wedded to the synthetics. After all, they were taught this way in their medical schools, which are financed by the companies who are making billions selling synthetic thyroid hormones, as well as other health-destroying drugs. Unfortunately for our thyroid health, these synthetics contain only what is known as T4.

A healthy thyroid gland, however, produces not only T4, but T3, reverse T3, three kinds of T2, T1, T0 and calcitonin. An under active thyroid gland cannot be brought back to health if all of the nine thyroid hormones it requires are not supplied. Dr Barnes, and all of the enlightened physicians who have followed him, think that nature knows best what is needed for the body, and man, with all his synthetic chemicals, can only guess and throw a monkey wrench into the works.

Armour thyroid, and other porcine, thyroid hormone medications, come closest to providing these exact hormones that your body would make if it could. They contain all nine of them, naturally; they are not added.

Calcitonin

Calcitonin is the hormone produced by the parathyroid gland. It removes calcium from the blood and deposits it in your bones, where it is needed. As mentioned above, natural thyroid medications contain calcitonin. Synthetics do not, and this is one of the reasons they cause osteoporosis. The studies that were done proving oral thyroid causes osteoporosis were all done on *Synthroid*, not natural, porcine desiccated thyroid hormone.

Chances are your physician will argue that the T4 in the synthetics is easily converted to T3, because after all, don't the pharmaceuticals say so? They do, indeed, but unfortunately for patients, conversion is capricious, and dependent upon excellent nutrition, a healthy liver, a stress-free life, ample selenium, vitamin A, the adrenal hormone cortisol, magnesium, the B vitamins and the right kind of fats. If your body can't convert it, due to lack of any of these factors, tough luck, or so Big Pharma and physicians appear to think.

This is what will happen if your physician refuses to switch you over to natural medication: because your thyroid gland is only being treated 'halfway', your tissues will develop T4 resistance, and they will lose the ability to convert T4 into T3. Your cell receptor sites will shut down and cease to function, leaving you damaged, possibly permanently. The longer your thyroid gland remains untreated, the

harder it will be to respond to the right medication, when and if you find a doctor sufficiently knowledgeable to prescribe it for you.

Some of your tissues will be just fine, and you may even notice improvements in wellbeing when you first take the synthetics. Your blood serum levels will probably rise on them, leading your physician to an “I told you so” reaction. But this rise is just T4, and because he or she is a slave to blood serum laboratory results, in spite of overwhelming evidence that they don’t work, you may be condemned to a lifetime of suffering, and be at extreme risk of the long-term effects of hypothyroidism, as listed above. Your body will remain ‘hungry’ for T3, and your physician’s neglect will deprive you of the full spectrum thyroid hormones you desperately need. If this happens, you will spend the rest of your life in a state of cellular hypothyroidism, in spite of the blood tests your pharmaceutically-orientated physician believes in.

Don’t let this happen to you – ‘physician-shop’ until you find one who has done the research. This open-mindedness rarely occurs with endocrinologists in English-speaking countries, as they are even more hide-bound than GPs.

Refer physicians who refuse to cooperate to *The New England Journal of Medicine* (1999; 340: 424-429, 469-470). This report describes greater improvements in mood, energy and brain function when patients receive treatment with desiccated thyroid hormone, rather than Synthroid.

If this doesn't impress, British medical journal, *The Lancet*, reported that synthetics may accelerate neurological aging and create nutritional deficiency states. The *Journal of the American Medical Association* reported lower bone density and low TSH levels in patients taking synthetics, but not with natural tablets. Perhaps worse, the synthetics cause serious deterioration of the eyes.

Even *The National Organization Of Women*, the *Grey Panthers*, and the *Stop Patient Abuse Now Coalition*, have gotten into the act. They have joined forces, calling for a class action suit against Synthroid, demanding that it be withdrawn from the market. When will our doctors get the message?

This is what Dr Robert Jay Rowen has to say about thyroid medication, in his *Second Opinion Newsletter*:

"I've never liked Synthroid or any of the L-thyroxin products for treating thyroid problems, because I've rarely seen good results with them in my patients. In fact, many of my patients have complained about terrible reactions with the drug. Instead of these conventional medications, I've long relied upon desiccated thyroid products, such as *Armour* or *Westroid*.

"Now the Food and Drug Administration (FDA) is finally seeing what I've known for years and has announced it will prohibit marketing of non-approved L-thyroxin products, which includes Synthroid. This comes about after numerous complaints from users and subsequent findings that the product has been poorly standardised.

“Recent studies suggest that all L-thyroxin products, even those with approved standardisations, may be inferior to the methods I’ve employed for years... If you’re taking Synthroid, it’s likely from a pharmaceutically-manipulated physician. I suggest you contact a doctor who understands how to use desiccated thyroid products and give them a try. You’ll be amazed at how well these products work. To find a doctor in your area [*in the US*]; contact the International College of Integrative Medicine at www.glccm.org .”

Natural thyroid preparations have been used for more than 100 years. The synthetics have been available only since 1959. During those years the makers have orchestrated a misinformation campaign demonising the natural, and extolling the virtues of the synthetic. Many doctors have been taken in by this PR campaign. Now, finally, due to a successful lawsuit brought against Synthroid for misleading marketing, natural thyroid is regaining the reputation for reliability it enjoyed for so many years.

Nowadays, most doctors order the Thyroid Stimulating Hormone test (TSH) when trying to diagnose a patient’s thyroid health. This is done in spite of the huge body of literature, by many thousands of doctors, discrediting TSH. But this is the test that is taught in modern medical schools. It is used in combination with synthetic thyroid medication, the way the pharmaceuticals want it used, and everyone is happy except the victims of this conspiracy. Chronic Fatigue Syndrome and Fibromyalgia, ‘incurable’ and debilitating illnesses, arrived in our midst in alarming numbers not long after this deadly duo was foisted

upon patients. *This is no coincidence*, and it is now well known among thinking health professionals that these two dreadful afflictions are caused, at least in part, by improper treatment of thyroid disease, and the adrenal insufficiency that almost always goes hand-in-glove with hypothyroidism.

It is well worth any effort it takes to persuade your physician to prescribe natural thyroid. As thyroid expert Dr Howard Hagglund says, “I find the natural thyroid gives an even, smooth ride to the equilibration of the thyroid patient. I find that it is very forgiving and will often stand two or three days of forgetting to take the dose.”

Low Dose First

Experts I’ve consulted recommend starting therapy at an extremely low dose ($\frac{1}{4}$ grain), twice a day, increasing gradually every week or two, until the optimal therapeutic dosage is reached. They say it’s best to take it on an empty stomach, first thing in the morning, and again before lunch. As Dr Hagglund says, “This is an extremely helpful way to present thyroid to the body. The T3 will not last longer than four hours and there is no reason to be taking all of your daily T3 in the morning. Spread it around. The noon dose will carry the patient through the three o’clock let down of the cortisone level in the blood.” It can take four to six weeks at the optimal dose to feel the full benefits. A bit of trial and error may be necessary, and it is possible that the basal temperature may not come up to normal until after a year of therapy. Each case is

different, and it is wise to proceed carefully, with the help of your doctor.

Prominent American endocrine physiologist, Oregon University's Dr Raymond Peat, MA, PhD, agrees, saying, "When a large amount is taken at one time, the liver is likely to convert much of it to the inactive, reverse-T3 form, in a normal defensive response."

Your physician may refuse to prescribe desiccated thyroid because it contains T3 and he has been told by the synthetics makers that it's dangerous. If this happens, remind him that if he is healthy he has T3 in his body because it is necessary, and it is not harming him. And, if he found a way to remove his natural T3, he would become seriously ill. The only people who need to be concerned about the oral T3 in desiccated thyroid are cardiac patients, and they shouldn't be deprived if their thyroids are under active, because they need it for survival. But it must be given in tiny doses, throughout the day, with a physician monitoring.

You might also remind your physician, even though he should already know, that if he does not provide you with natural thyroid, you will never feel up to par and your body will slowly die. And, very important, *your risk of osteoporosis will be great if you are given, or continue to take, synthetic thyroid medication.* This has been firmly established, and reported in many medical journals, and all of the scientists I respect concur.

Vitamin A plays a key role in thyroid health, and those with low function often have symptoms that indicate malabsorption of this vitamin, such as *milia*, night blindness, etc. In these cases, no amount of carrot juice guzzling will be of the slightest use, as the carotenes in plant foods are not converted into vitamin A in those with low thyroid function. Only animal sources of this vitamin, such as liver, egg yolks, cream and butter, can be utilised in those with underactive thyroids.

Natural Remedies

There are other natural remedies you can try before resorting to medication. See Starting Point for information on Lugol's, which is essential for thyroid health. The Peruvian root vegetable *Maca*, about which you can read below, is known to help support the thyroid. Having all mercury amalgam 'silver' fillings removed from your mouth is paramount; thyroid restoration is impossible while mercury fumes are being released each time you eat or drink. Shunning all soy products, including lecithin, is also essential, as soy suppresses the thyroid gland and, when taken to excess, can destroy it.

Eliminating all grains from the diet can sometimes restore function. Cabbage, turnips, cauliflower, mustard greens and kale contain *progoitrin*, which inhibits thyroid function. And watch out for millet, Brussels sprouts, walnuts, peanuts, radishes and oestrogen, as they also suppress thyroid, as do all of the widely-advertised, physician-pushed, polyunsaturated oils.

According to Dr Peat, “It is now known that polyunsaturated fats interfere with thyroid hormone in just about every conceivable way.” Dr Peat has done groundbreaking research on these oils, and recommends coconut oil to promote thyroid production.

If natural methods are inconvenient, or if your gland is in need of immediate resuscitation, it is reassuring to know that, at last, desiccated thyroid is available in Australia. I do not have proof, but I suspect that the ban we had on this product for decades was due to drug company chicanery. Thanks, I have been told, to consumer complaints, many from Hippocrates Health Centre, the law has been changed and some pharmacies now stock it. Armour is not widely available, but Westroid and Nature-Throid are, and they are the natural, desiccated, product. Westroid is bound with cornstarch, which is allergenic for some, whereas Nature-Throid is bound with microcrystalline cellulose, making it suitable for those with allergies. Keep vigilant, because you never know what the pharmaceuticals are going to do next. A reader from New Zealand has warned me that citric acid, a dangerous product, is being added to some thyroid medications. We must all read labels, and keep asking the hard questions.

As always, prevention is of utmost importance. Curing is much harder than preventing, so I strongly advise everyone to keep a watchful eye on children to ensure their iodine intake, so they never develop this miserable affliction. And ladies, keep a watchful eye on yourselves, as

well. Are you anaemic, do you suffer from fibrocystic breasts, are your eyebrows thinning at the outsides, and are your sweat glands unable to do their job of detoxing you? These symptoms are a dead giveaway, and it is obvious that you suffer from iodine deprivation, which has had disastrous consequences for your thyroid function.

Natural Hormone Products

Several people have complained to me that some compounding chemists in Australia have apparently hopped on the porcine thyroid bandwagon and are selling capsules that do not ‘work’, or actually cause health problems. They have told me that, after switching from Armour Thyroid (for the sake of convenience) to go on a so-called porcine product formulated by an Australian pharmacist, they went steadily downhill and only recovered after switching back to Armour.

I rang Will Tomkins, a compounding chemist in Niagara, New York, to see if he could make sense of this problem. He couldn’t, but did say that Armour Thyroid has the most stringent quality controls and the best assays. He also said that there is a “narrow window of therapy”, and that sometimes merely switching brands can cause problems, even among natural thyroid medications.

Armour thyroid comes measured in what are known as ‘grains’. Each grain, in case your physician needs to know, contains 9mcg of T3 and 38 mcg of T4, as well as the full spectrum of thyroid hormones.

Some experts suggest taking the dosage well before meals for maximum absorption.

Vegans will have reservations regarding natural thyroid, as it is *porcine*, being a meat industry by-product derived from the thyroid glands of pigs. Almost 200 years ago, physicians used the actual glands to save the lives of severely deficient patients. Fortunately they learned to dry, powder and encapsulate the glands. Not a pretty thought, and any sufferers whose ethical beliefs preclude the use of animal-sourced products will have to make their own judgement regarding the relative values of taking the remedy or denying themselves an effective treatment for their condition. In spite of scare mongering, desiccated thyroid is not 'live' the way some glandulars are, and does not carry a contamination risk.

Always Tired?

Thyroid illnesses are serious, prevalent and frequently undiagnosed, and because many doctors are uncooperative, finding your appropriate dose is tricky. It is really up to you; blood tests mean little and it's how you *feel* that counts. According to thyroid expert, Dr. David Derry, taking the conventional porcine dose of 60 - 120mg daily is too low in many cases, and is likely to actually turn your thyroid gland's output off, lowering its natural levels even farther. This explains why some patients feel worse when they start medication. Dr. Derry has learned that dosage often needs to be between 180 - 300mg per day

before improvement is seen. But remember to work your way up slowly, depending upon what your body tells you.

Progressive doctors recommend 2 to 8 drops of Lugol's Solution in a glass of water that has apple juice or lemon in it. Dr. David Brownstein, leading thyroid expert, highly recommends that people take at least 5 drops of Lugol's Solution as above, and not to exceed 50mg per day, which is 8 drops. Lugol's, taken this way, can reduce thyroid gland swelling and even help with mild hypothyroidism. Expert help, if available, is advised here as experimentation can be dicey. Please proceed slowly.

We have found that taking two or three drops of Lugol's, three times per day, at well-spaced intervals, is effective. That way there is no let-down and it can create a feeling of wellbeing that lasts throughout the day. Some report that if Lugol's is drunk late in the day, it can disturb sleep. As is so often the case, we are all different and have to find our own way.

Physicians who understand your need for natural thyroid and adrenal hormones are extremely rare. To locate one in your city, Google Mary Shoman and follow the prompts to Top Docs. Give preference to a doctor who is listed as practicing alternative, integrated, complimentary or holistic medicine.

It pays to be careful, because not all on Mary's list are willing to buck Big Pharma by prescribing natural thyroid and adrenal hormones, even to patients who obviously, and desperately, need them. Be warned: physicians who think for themselves, and don't toe the Big Pharma line, are sometimes in danger of losing their licences.

If you are unable to find a physician who is willing to prescribe a medication you are positive you need (but please be absolutely certain!) you will be able to get it yourself through www.internationalpharmacy.com. A word of warning: Be sure to tell your pharmacist that Armour puts artificial sweeteners in some of their thyroid tablets, and that you want the plain one. This is idiotic, as the tablet is tiny and doesn't need to be disguised by deadly chemical sweeteners. In fact **no** medication should include these known poisons!

*Words Of Wisdom From America's Leading Thyroid Treatment
Hospital*

Fear of cancer of the thyroid has encouraged the unnecessary surgical removal of many benign nodules of the gland. About one third of all thyroid nodules are cystic lesions, and the great majority of these cysts – 95% – can be treated by aspiration... At present, my colleagues and I at the Cleveland Clinic do not operate on patients with thyroiditis, Graves disease, or clearly benign adenomas or cysts of the thyroid unless they are big nodular goitres with obstructive symptoms. Malignancy is really the only indication for thyroidectomy, and malignant lesions can be differentiated by cytologic examination of specimens removed by aspiration biopsy... It is now well established that neither total thyroidectomy nor radical neck dissection is often necessary in the treatment of papillary thyroid cancer. Morbidity can be avoided if total thyroidectomy is done only when there is gross evidence of cancer bilaterally or bilateral involvement of lymph nodes... All patients are given suppressive doses of desiccated thyroid as a prophylactic measure... Our peak year for thyroid surgery at the Cleveland Clinic was 1927, when 2,700 operations were done... Now, since we no longer remove thyroid adenomas surgically, the number is down to about 50 a year.

Get your own copy of the book:



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