The Missing Link For Your Thyroid

How You Can Finally Break Out Of Your Hypothyroid Prison

Read this report to learn…

- ✓ What most doctors don't know about hypothyroidism.
- ✓ What your doctor isn't telling you that's critical to your recovery.
- ✓ Why the "standard of care" for hypothyroidism doesn't work for many hypothyroid sufferers.
- ✓ What you *must* do if you ever hope to break out of the prison your hypothyroidism has put you in.
- ✓ The all-natural Thyroid Protocol taking Utah by storm.

  And much, much more!

I know your attention is being pulled in ten different directions right how—between your phone and computer and family and job—so I only have a minute to grab your interest. So here goes…

Regardless of whether you've been struggling to find answers to your thyroid problem for six months or twenty-five years, you need to read this entire report to learn what your thyroid doctor isn't telling you, or flat out doesn't know. It's absolutely critical if you want any kind of chance of regaining the life your thyroid gland stole from you when it decided to go belly up.

I really mean it. When you're done reading this page, turn right to the next one, and then the next one, and so forth, until you've read every single page. It's that important.

Because if you don't, you'll never know what you absolutely need to DO to have a (great) chance at recovering your health. And that would be sad. So sad.

Listen to what this poor woman, a thyroid sufferer for many years, wrote:

"I wish that I was never born because of my hypothyroidism. I was diagnosed at 19 because I had become very depressed and gained weight. I was prescribed Synthroid by the campus doctor, never told about alternatives like desiccated porcine thyroid. I never felt myself again.

"I had always been an excellent student, but after my thyroid went awry, I found it difficult to focus and concentrate. I started losing my hair at age 21. By age 26, my hair thinned to such a point that I began wearing a wig. My self-esteem was shot.

"Now I'm 40, never married and have struggled career-wise. I've felt easily overwhelmed, disorganized and oftentimes clueless so I could not progress upward from entry-level. Weight gain and hair loss for a woman is the death knell, virtually ensuring lasting spinsterhood."

Or how about this one:

"I have been on meds for about 20 yrs. My dosage is high, 300mg, and I still feel like crap. My doctor doesn't seem to know what to do. I have gained about 60 lbs. Tired all the time among many symptoms. No one seems to really understand how I feel."

Or this:

"Last 2 years I have gained 30 lbs. My bones hurt in my feet. My hips hurt. I itch on my arms, back, and head. I don't eat anymore than I used to. Don't sit around more. I am still doing what I have for years. I am constantly getting sinus infections. It is all driving me crazy."

One more:

"I have been hypothyroid for over 7 years now and my life has changed drastically. It seems in the beginning I felt better, but then I have been going downhill every year. I can barely work a job anymore. I went from a 40 hour a week job making 30K a year to 19 hrs a week and I only made 7K in 2018. I just feel horrible every day. My family doesn't understand. I've even been told it's all in my head by my man of 20 years. It's so frustrating! I think if this is how I feel at 44 how will I feel 5 years from now … it scares me. I'm so afraid I will be completely unable to do anything! I have not yet found a doctor to help me or accurately treat my disease. I am so sad and I don't know what the future holds for me! I just want to live my life to the fullest but this disease holds me back … all I do is sleep and stay in pain all the time. I have too many symptoms to name them all! I am at my wits end! I pray one day I will be somewhat normal again."

I'm sure you could add your own paragraph or two, or three or four, about how *you've* been suffering.

But we need to move forward, dig deeper into everything thyroid. (Well, not *everything*—this report would end up five inches thick!)

But first, I forgot to introduce myself. My name is Jason Andras and I specialize in treating people with thyroid problems, just like you.

What's So Important About Your Thyroid Gland?

You've probably already figured this out, but your thyroid is extremely important to your health and well being. You'll learn just how important as you read this report.

Your thyroid is a small butterfly-shaped gland located in your neck below your Adam's apple. It weighs less than an ounce and secretes less than a spoonful of hormones per year, but it's no lightweight!

Thyroid hormones bear the ultra important responsibility of controlling your metabolism, the all-important process that turns the food you eat into energy your cells can use. Without it your cells would run out of energy and die. Practically every one of your organs, tissues, and cells is influenced by thyroid hormones. That's why when something goes wonky with your thyroid you can experience symptoms just about anywhere (and everywhere!).

The last paragraph is so important for you to understand that I'm going repeat part of it:

Practically every one of your organs, tissues, and cells is influenced by thyroid hormones.

Keep this in mind as we look at…

The Most Common Symptoms of Hypothyroidism

First, some definitions. The thyroid can be *over*-active or *under*-active. When it's under-active (far more common) it's called *hypo*thyroidism. When it's over-active it's called *hyper*thyroidism.

One more thing before we dive into the common symptoms. *Your* symptoms are the ones most important to you, so don't be surprised, or, heaven forbid, upset if one or more of *your* symptoms isn't on this list. If I included *all* the possible symptoms this report would go on and on. And, hypothyroidism affects everyone differently.

1. Fatigue

Bone-crushing fatigue so deep it feels like it's in your DNA. And it doesn't matter how much sleep you get or how big your bank account is or how great and supportive your spouse/significant other is. You. Just. Don't. Have. Any. Energy.

2. Weight gain

The pounds just keep finding you, no matter how little you eat or whether you cut out all the fat or all the carbs. Or how much and how hard you exercise (if you can muster up the oomph to try and do anything, that is). It's baffling—to you, to the people who know you best, maybe even your doctor (who probably secretly thinks you're lying about how much you're eating because he's never had a thyroid problem himself). You've never been this heavy, it's not you!

3. Chronic pain

Pick your poison: carpal tunnel so bad you can barely care for yourself; migraine headaches that threaten to split your head in two; "regular" headaches you end up having just about every day; nerve pain any place you have nerves (which means anywhere in your body); heel pain no one can explain; joint pain: your spine, your hips, knees, fingers; charley horses that make you scream out in pain; leg and foot cramps; restless legs; arthritis; and fibromyalgia (that mysterious condition many doctors don't believe exists). What, *your* pain wasn't listed? Hopefully you're not surprised.

4. Hair loss

You've always had long, thick curly hair, so you weren't all that concerned when some of it started clogging up the shower drain. Or when you found yourself having to clean your hair brush more often. But when you started seeing your scalp where you hadn't been able to see it before? *Now* it's a problem.

Did you know the autoimmune Hashimoto's thyroiditis (which we'll talk about later) is related to another autoimmune condition called *alopecia areata*, which also causes hair loss? Hashimoto's, it turns out, can and often is related to several autoimmune conditions, typically involving other glands.

5. Mental health

Depression (or its twin manic-depressive), agoraphobia, anxiety, and horrible mood swings are all common conditions hypothyroid sufferers face every day.

6. Digestion problems

This includes heartburn/acid reflux, diarrhea, irritable bowel syndrome, colitis, indigestion, constipation, and plain old stomach pain.

7. Skin conditions

Skin conditions are similar to hair loss. In the book *Hypothyroidism: The Unsuspected Illness*, thyroid pioneer Dr. Broda Barnes wrote, "When thyroid function is low, circulation is reduced. In advanced cases of hypothyroidism, the skin, in fact, may receive as little as one-fourth to one-fifth the normal blood supply."

It's no wonder then that hypothyroid sufferers can have any or many of these conditions: brittle nails or nails that actually fall off, dry skin, bags under the eyes, red face, horribly itchy skin, skin rashes or outright eczema or psoriasis, hives, or easy bruising.

8. Swelling

Typically puffy ankles or swelling around the knees, but swelling can occur anywhere.

9. Immune weakness

If your thyroid hormones are off you might catch every cold or flu brought into your workplace or home, suffer bronchitis if your lungs are weak, or have frequent sinus infections or low grade fevers. And sore throats are common.

10. Heart issues

When you're short on thyroid hormone, your heartbeat might slow down or start to beat irregularly, a condition called *bradycardia*. In addition to a slower heartbeat, your heart may not be able to pump as hard as it used to leading to fluid build up around the heart, a serious condition called *pericardial effusion*.

Low thyroid hormones can also mess with your cholesterol, making it high or affecting the levels of so-called "good" and "bad" cholesterol. Your arteries can stiffen and become less elastic, leading to higher blood pressure.

If you're hyperthyroid your heart can beat too fast. This can lead to palpitations, heart pain (angina), shortness of breath, or dizziness. If this goes on too long, it can mess with electrical impulses traveling to your heart, which can lead to a serious condition called *atrial fibrillation*.

11. Reproductive/Hormonal issues

Low levels of thyroid hormone can affect the uterine lining, causing miscarriage, premature birth, and infertility. Unfortunately, obstetricians and gynecologists are the doctors women go to when dealing with fertility issues or pregnancy and many of them are unaware of the link between the thyroid and fertility.

Other conditions caused by hypothyroidism include menstrual cramps, irregular menstruation, heavy periods, lack of menstrual periods, need for hysterectomy, and early menopause.

Now let's talk about libido. Both hypo and hyperthyroidism can cause low libido, but more often hypo does. Sometimes *hyper*thyroidism can cause an *increase* in libido because excess thyroid hormone can speed the sex organs up. Also, with *hypo*thyroidism, the adrenal glands slow so they produce less of the hormones your body needs to make sex hormones.

12. Other

There are many other symptoms people with hypothyroidism commonly complain of. Here are just a few:

Pain in the throat, difficulty swallowing, difficulty taking a deep breath, loss of breath, hoarse voice, frequent sighing, insomnia, sleep apnea, snoring, always feeling cold, cold hands and feet, heat sensitivity, night sweats, profuse sweating, brain fog, memory problems, severe

inability to concentrate, dizziness, tinnitus, vertigo, ringing in the ears, teeth and gum issues, tingling hands and feet, numbness, shaky hands, dry eyes, and irritability.

Obviously everyone won't have every symptom listed above, but there are a lot who come pretty close.

Regardless of how many of these symptoms one has, it's been my experience that hypothyroidism has a profoundly negative effect on just about every aspect of the lives of its sufferers.

So…

How Has YOUR Hypothyroidism Affected YOUR Life?

Work

So many hypothyroid suffers end up on disability. If they're able to work they usually have to take a position with less responsibility (and less pay), or go down to part time (even less pay) because they simply can't do everything they used to do.

And if they're responsible for cleaning their home, most need help, either from their partner or someone they hire, or it doesn't get done.

Whether you work outside the home or not, not being able to "do your share" can weigh heavy on your mind, can't it? You feel guilty you can't do what you used to do or make the kind of money you used to make.

Relationships

What happened to your personal relationships when you became hypothyroid? It's tough to enjoy being intimate when you're so, so tired, isn't it? When asked what they miss most about their life since becoming hypothyroid, many say having a normal physical relationship with their husband (or wife, for the few who are male).

If you have children at home it's unlikely you can be the mother or father you used to be. It hurts to get on the floor and roll around with the kids (and you worry about being able to get back up) and you're too tired to play outside with them. You miss a lot of their activities because you're too tired to drag yourself anywhere.

Everyday life

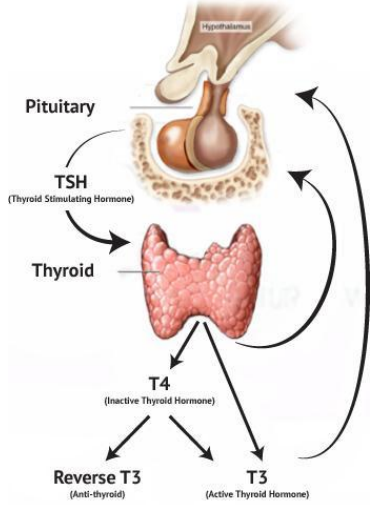
You probably feel "out of sorts" all the time. You toss and turn all night, trying to find a comfortable position (but you can't), but it really doesn't matter because you're always dead tired the next day. This happens *every day*, not just once in a while.

It's doubtful you take any pleasure from food because of the weight you've put on or because eating almost anything upsets your stomach or causes cramps or sends you running to the bathroom.

Some patients give up on trying to look good for their spouse or partner. It hurts to fix your hair (what little you have left) and just putting on your make-up tires you out so much you have to lie down afterward. Dress up to go out? Forget it. Too much trouble.

Just how is it that your hypothyroidism causes you so much trouble?

How Your Thyroid Gland Works



Before we discuss *how* thyroid problems can cause so many symptoms, we have to talk about how the thyroid works. Don't worry, I'm not going to geek-out on you. I'm going to keep things simple.

Take a look at this picture. See the pituitary? When it gets a signal from the hypothalamus right above it that more thyroid hormone is needed, it releases thyroid stimulating hormone (TSH). TSH travels through the bloodstream to the thyroid gland and tells it to make more thyroid hormone. About two-thirds of the thyroid hormones the average person releases are in the form of T4, the inactive thyroid hormone. The other third is the active thyroid hormone, T3.

See the arrows that go from the thyroid and T3 back to the hypothalamus and pituitary? That's called negative feedback. When the thyroid releases more hormone, as the pituitary told it to do, the hypothalamus and pituitary need to get the message that it was done so they'll quit stimulating the thyroid. Brilliant, right? Our bodies are amazing (when they're doing what they're supposed to do).

Meet T4, T3, and rT3

Here's what you need to know about T4 and T3, the most important hormones released by your thyroid. Recall that I wrote T4 is the inactive thyroid hormone. It can't do anything until it's converted into T3, the active thyroid hormone. This happens inside your cells, right where it's needed. T3 makes the engine of your cells roar to life! In fact, T3 is probably the most powerful hormone you have. It's so important you would die without it. (You can live without your thyroid gland but you can't live without T3.)

I bet you're asking yourself, "If T4 doesn't do anything for my cells, why does my thyroid bother making any of it at all?" Here's why: T3 is too powerful to flood your bloodstream with all at once, so T4 is used as sort of a buffer. It floats around your cells until one of them needs it, sucks it in, and converts it to T3.

If the cell *can* suck it in, that is. Here's why it might not be able to:

When you have more T4 than you need, some of it gets converted into what's called "reverse-T3" (rT3), an inactive form of T3. Inactive means it can't act like T3. When you're healthy, your body doesn't make much rT3 so it's not a problem. But if, due to a number of factors, your body converts *a lot* of T4 into rT3, it can essentially make you hypothyroid. Why?

Because rT3 prevents your cells from using T3 or T4 by blocking what are called receptors on your cell walls. Let's say you drive an electric car and you stop somewhere you know there are chargers, because you're about out of juice. Unfortunately for you, all the charging stations are blocked, by gas guzzlers (rT3) no doubt! You can't power up until someone does something about those gas guzzlers, and your cells can't power up with rT3 blocking T4 and T3 from reaching the cell receptors.

How Thyroid Problems Can Cause So Many Symptoms

So many hypothyroid sufferers think, or are told by family, friends, and doctors, that their problems are "all in their head" or that they're "faking it." Why? Because how could someone have so many symptoms in so many places when their doctor says there's nothing wrong with them? By now, you should know that answer to that question. If you don't, here it is:

EVERY cell in your body has receptors for thyroid hormone.
This means EVERY cell needs thyroid hormone to function right.

That's really it, basically. **When your thyroid hormones are out of balance, *any* system in your body can experience problems.**

Take a moment to absorb that.

Now that you understand how important thyroid hormones are to everything *you*, let's go through some of the symptoms listed earlier to see if we can understand why they occur.

Fatigue. This one's kind of easy since thyroid hormones are necessary for each and every cell in your body to produce energy. Less thyroid hormone = less energy.

Weight gain. The reason for the insidious weight gain hypothyroid sufferers experience no matter how little they eat and how much they exercise is closely tied to the reason for fatigue. Without thyroid hormone your cells can't use the energy stored in the food you eat. Your body has to do something with it so you end up packing it on as fat. And without thyroid hormone you can't use energy stored in your fat cells, either, so you get fatter and fatter.

Chronic pain. The answer to this is more involved. Let's get started.

As early as 1959, the medical research community has reported on patients who have chronic, generalized muscle pain in multiple parts of the body, including wrists, arms, back,

neck, legs, and ankles, related specifically to reduced thyroid function. The pain was often made worse with exposure to cold and sometimes combined with numbness or tingling, fatigue, and cramping. Sound familiar? In some cases, simply treating with thyroid hormones got rid of the pain. Unfortunately, it's not always that simple and multiple systems can be involved.

For example. Let's say you eat something you're sensitive to (I'll explain what I mean in a bit) and it sets off a defense response. What this means is cells of your immune system get "activated" and start releasing nasty chemicals. The defense response may start in your gut, but the chemicals can and do pass through your gut wall into your bloodstream.

The bloodstream distributes the chemicals throughout your entire body where they can fire up pain in areas like muscles and joints. These chemicals, called *cytokines*, can also cause inflammation in your brain, making you more sensitive to pain, which makes it feel even worse.

This may be the first time you've heard of food sensitivities causing pain, but believe me it's real and it's a real problem. Good thing there's something you can do about that (other than trying to figure out what you're sensitive to so you can avoid it—you'll learn later why that's usually not enough).

The Most Important Thing You Probably Don't Know About Your Hypothyroidism

Wouldn't it be nice if there was one magic pill that would make your hypothyroidism go away for good? Your doctor likely believes the synthetic thyroid hormone *levothyroxine* is indeed that magic pill. Other doctors think the mineral iodine is the magic pill.

Unfortunately, most of the time neither approach works. Oh, patients might feel better for a while, but for most symptoms eventually return and progressively get worse.

So what gives? Why have synthetic hormones and iodine been such failures when it comes to hypothyroidism? It's because…

About 90% of hypothyroid sufferers produce antibodies to their thyroid gland, which causes their immune system to attack it.

This is the autoimmune disease called **Hashimoto's thyroiditis** I mentioned earlier and it's the most common autoimmune disease in the U.S., affecting an estimated 8% of the population. Not everyone who has antibodies to their thyroid has thyroid symptoms, but the fact that they do means if they don't do something about it they're likely to start experiencing symptoms in the future.

It wouldn't surprise me if you've never heard of Hashimoto's thyroiditis. Even if your doctor thought to order lab tests to look for thyroid antibodies, and the tests were positive, he

probably wouldn't tell you about it. Why? Because it didn't change how he planned to treat you one bit.

The standard of medical care for Hashimoto's thyroiditis is to wait until enough of your thyroid gland is destroyed (I'll explain how this happens in a minute) until it can't make enough thyroid hormone, then put you on a synthetic version of T4 like levothyroxine. If you start having other symptoms associated with low thyroid, like blood sugar problems or depression, you'll get more drugs.

How could your body develop antibodies to its own thyroid tissue, you might be wondering? *Why* would it do that? There are different reasons, but the most common by far is, it's a case of mistaken identity. I'm sure you've heard of gluten, how a lot of people are on diets where they have to avoid it.

What happens is, gluten can get into your bloodstream, usually through what's called a leaky or porous gut. Your immune system doesn't recognize it as belonging inside your body (which makes it an enemy) so it makes antibodies to it. Antibodies are like wanted posters that tell the police (your immune cells) what the bad guys look like. From then on, when you eat gluten you're going to have some kind of negative reaction.

Here's the tie-in to Hashimoto's: thyroid gland cells "look" a lot like gluten to your immune system. So much so that when your immune cells find gluten molecules in your thyroid, they'll attack the cells in that make the hormones. By attack I mean kill. When enough cells get killed, your thyroid can't make enough hormones to satisfy your body's needs and you start having hypothyroid symptoms.

There aren't any medications for Hashimoto's. They can't give you the stuff they hand out for more severe autoimmune diseases, like lupus and rheumatoid arthritis, because the side effects of those powerful drugs would cause more problems than the disease does. That's why they just wait for it to devastate your thyroid gland before writing a prescription for a synthetic hormone.

Standard Medical Care For Thyroid Problems

You could probably give me a lecture on what happens to you at your doctor's office. Here's what probably happened when you or your doctor finally said, "Let's check your thyroid."

You were sent to a lab to have the levels of your thyroid hormones checked. It's highly likely the only ones your doctor ordered to check for were thyroid stimulating hormone (TSH) and total T4. Recall that TSH is released by your pituitary gland and tells your thyroid to get busy and release more hormones and T4 is the inactive thyroid hormone.

On your next visit, chances are your doctor told you your tests were "normal." What he really meant was they fell within a "normal range," typically between 30–100. There are several problems with this.

One, these normal ranges differ from lab to lab and are based on *sick* people, not healthy people, because only sick people have their thyroid hormone levels checked.

Two, 30–100 is a wide range. Some people (even you!) might feel best at 70 while others might do just fine at 40. The problem is, most doctors won't consider someone hypothyroid unless their test was below 30. So the people at, say, 35, but who need 60, won't get any help because they aren't considered hypothyroid.

Three, how you *feel* is more important than some lab number, don't you think? If you're having hypothyroid symptoms it's very likely your body needs more thyroid hormone. (Or, there's a real possibility you could do without hormone supplementation after going through my Thyroid Protocol. But I'm getting ahead of myself…)

In truth, many patients are told their thyroid is fine after their doctor only ordered a TSH test. There are all kinds of reasons why your TSH can look "normal" when in fact you are hypothyroid, or have Hashimoto's. They're sent away without help, to suffer until they find a doctor who's more knowledgeable about the thyroid and is willing to try and help someone with "normal" levels of thyroid hormone or TSH.

Let's say your doctor *did* tell you your TSH or T4 was out of range. What then? There's about a 94% chance you'll be put on a low dose of levothyroxine, the synthetic form of T4 they like so much, to see how you do on it. They typically increase the dosage while occasionally checking blood levels.

Some patients do great on T4, meaning their bodies readily convert it to T3 when they need it. Many don't, however. They might have trouble absorbing T4, or converting it into T3, and end up gaining weight, feeling sluggish, depressed—in other words, not only do they not improve, they continue to decline.

If you're one of the majority, unlucky ones who responds poorly to T4, your doctor might put you on a T4/T3 combination drug. Unfortunately, taking hormone medication by mouth is not the same as your body producing its own. They have to be absorbed, which may or may not go well, and your liver might just immediately inactivate much of the medicine.

Most run-of-the-mill doctors won't prescribe anything but synthetic T4 or T4/T3. If you don't do well on one of them, they'll likely tell you you're not hypothyroid (despite all your symptoms saying you are).

What's next for you?

Let's say a friend recommends that you go see their doctor, who uses "natural" thyroid medication. You do and get put on a pill made of desiccated (all moisture is removed) pig thyroid glands. It contains T4 and T3, usually more T3 than T4, plus T2 and a few other unimportant things. "Natural" sounds better, doesn't it? It might be better for you, or just as likely it might work a *little* better, but still leave you not-your-old-self.

The sad fact is, many hypothyroid patients who go the traditional treatment route never return to their old self. Sure, a few lucky ones do, but many continue to feel bad in many ways.

I suspect you're reading this report because you're in the "unlucky" last group. You might've gone to three or four doctors, or more, but are yet to find one that can actually help you (or is at least willing to try).

Even after all the frustration of going from doctor to doctor, I bet you still didn't give up…

Do-it-yourself thyroid treatment

You probably own a thyroid book or two, or three, written by gurus who tell you what supplements to take and what to eat and what not to eat. Some might've told you what thyroid medication you should absolutely be on (or at least try), but your doctor wouldn't prescribe it for you because it isn't part of the "standard of care" he learned way back in medical school.

Surely you read about iodine, about how important it is (critical, actually) to thyroid health. Many gurus think iodine is the answer to hypothyroidism. They probably failed to mention that many people who start taking iodine don't actually need it and will feel worse on it. They should have known iodine is actually toxic if you're deficient in another critical mineral called selenium. Selenium protects against iodine toxicity.

Chances are, you've hit the internet hard, looking for an answer to your hypothyroidism. And boy did you find a lot of information, didn't you! I bet opinions about the causes and treatment of hypothyroidism appeared in a never-ending stream, a dizzying amount of advice. Many "expert" sites dole out old, largely ineffective information while others recommend treatments that just don't work.

Let me repeat a sentence I wrote a few paragraphs ago: "The sad fact is, most hypothyroid patients who go the traditional treatment route never return to their old self. Sure, some lucky ones do, but a whole bunch continue to feel worse." Now let me remove a few words:

The sad fact is, most hypothyroid patients ~~who go the traditional treatment route~~ never return to their old self. Sure, some lucky ones do, but a whole bunch continue to feel worse.

Turn Page ☞

It's a good thing you're still reading this report because it's time to come through on my promise to reveal what you need to know (and do) if you want any kind of chance of regaining the life you had before hypothyroidism.

So let's get started…

Sensitivities Are Ruining Your Life!

Stay with me here. I promise it will all make sense after just a few more minutes of reading.

I bet you're thinking, "What are sensitivities and how are they ruining my life?"

Let me start by defining the term *allergy* (from merriam-webster.com): "exaggerated or pathological immunological reaction (as by sneezing, difficult breathing, itching, or skin rashes) to substances, situations, or physical states that are without comparable effect on the average individual." In other words, an allergy is an abnormal reaction to something most people don't react to. The immune system must be involved, by making antibodies, for a reaction to be called an allergy. If no antibody is made, medically speaking it isn't an allergy.

So if you react to something but your body doesn't make an antibody to it, it's not an allergy. It's called a *sensitivity* or *hypersensitivity*.

The best example of an allergy is a severe peanut allergy that causes what's called an anaphylactic reaction: swelling of the face, closing of the throat, difficulty breathing, etc. Anaphylaxis is dangerous and requires immediate medical attention, usually in the form of an ejection of epinephrine. You've heard of the EpiPen, right? People with severe peanut (or bee or wasp or shellfish, or almost anything) allergy must have an EpiPen near them at all times in case they get exposed. The terrible reaction is caused by an immediate and overwhelming response by the person's immune system that involves antibodies.

With a sensitivity, you have an abnormal reaction to something but no antibodies are produced. Your immune system can still be involved, and usually is because it's your first line of defense against "outside invaders," even though it doesn't involve antibodies. So if you're sensitive to something and your doctor sends you out for allergy tests, they'll come back negative. More people have problems with sensitivities than allergies. At least in my experience.

No matter whether you call it allergy or sensitivity, it's still bad for you and in your case can make you feel terrible by affecting your thyroid in a real bad way.

Let's go back to Hashimoto's thyroiditis, which in most cases is caused by gluten sensitivity. If gluten was indeed the culprit behind your Hashimoto's thyroiditis, all you'd have to do is avoid all gluten so your immune system would stop attacking your thyroid, right?

There's a couple of problems with that, though. One, do you know anyone who's successfully become *completely* gluten free? It's very difficult to do. Extremely difficult. Here's

one reason why: a recent study in the American Journal of Gastroenterology reported that 29–53% of "gluten-free" products actually contain gluten. (Gluten-free pizza came in at the highest, 53%.) So here you are thinking you're not going to get a huge dose of thyroid-attacking gluten when you ordered that gluten-free bagel, only to get a dose anyway. When your symptoms flare later you have no idea why.

The second thing is even worse. Did you know that a *single exposure* to gluten can cause an immune response that lasts up to six months? So that not-so-gluten-free bagel could flare you up for half a year!

Even if you're successful at avoiding gluten, Hashimoto's patients are often equally sensitive to other things that flare symptoms, like casein, the protein component of milk. And, were you aware that some grains that don't contain gluten, such as corn, oats and rice, contain other proteins that are similar enough in structure to gluten to cause a defense response in people with gluten intolerance? So you probably can't eat those grains, either.

And nothing with casein in it. You have to learn to be an expert label reader because casein is a common food additive and is used in adhesives, paint, and other industrial products.

How Allergies and Sensitivities Cause Symptoms

This is a very complex topic so please understand I've greatly simplified my explanation. We still have a long way to go before we fully understand the impact of allergies and food sensitivities on our health.

Simply put, **an allergy or sensitivity occurs when your body comes to think that something is "bad" for you**. When that something enters your body an alarm goes off, just like when an intruder enters an alarmed building. The substance itself is usually harmless; it's what happens when the alarm goes off that tears you to pieces.

We've talked about severe allergies so now let's take a simple example: ragweed pollen. Ragweed isn't toxic or poisonous, can't bite you or give you some exotic disease. It's harmless. Yet for some reason your body may decide ragweed is dangerous. When it does, the next time you sniff some ragweed into your nose or get some in your eyes the alarm goes off and you end up feeling miserable.

What do I mean by an alarm going off? I mean a defense response…

Allergies and sensitivities cause symptoms because they trigger defense responses.

When cells of your immune system find something you've come to believe is bad (allergy or sensitivity), a defense response is triggered. *It's the defense response that causes you to have symptoms, not the allergen itself*. It's important to understand this.

Let's go back to the ragweed example. Once your body is sensitized to ragweed it will constantly be on the lookout for it. Immune cells called *mast cells* patrol the mucous membranes lining your eyes and the inside of your nose. When you inhale some ragweed pollen and the mast cells find it, they release powerful chemicals called signaling molecules (SMs) into surrounding tissues. This is the "alarm going off" I've been talking about.

The main SM mast cells release is *histamine*. It's histamine that causes the symptoms familiar to seasonal allergy sufferers—sneezing, itchy eyes and nose, runny nose, etc.—not ragweed. Remember, ragweed pollen itself is harmless.

Let's recap:

You get sensitized to something cells of your immune system begin hunting for it when they find it an alarm is raised and SMs are released SMs cause symptoms

Now that you have a basic understanding of how allergy symptoms are caused, let's talk about how allergies and sensitivities cause hypothyroid symptoms.

I've just explained how a sensitivity to ragweed causes symptoms in your eyes and nose and that the symptoms are caused by a chemical called histamine, which is released by your own body. Now, imagine what would happen if histamine was released *inside* your body instead of just in your eyes and nose. Also, imagine that your body releases other SMs that are far more powerful, and potentially damaging, than histamine.

You don't have to imagine it, it's true. Here are three SMs your body releases with some of the symptoms they cause (underline the symptoms *you* have):

Prostaglandins: Pain, shortness of breath, fast heart rate, flushing, diarrhea, constricted or dilated blood vessels, abdominal cramps

Histamine: Headaches (often a pulsating, whole-head pain with a sense of pressure or bursting within the head), itching, burning sensations followed by flushing and an uncomfortable heat, crampy abdominal pain, general sense of anxiety with deep, "odd" body sensations. People sometimes say, "I feel weird all over" or complain of a "…deep, pricking, crawling sensation…"

Cytokines: Fever, sense of impending doom, memory loss, headaches, loss of appetite, difficulty swallowing, sleepiness, fatigue, depression, agitation

There are many more SMs than this, but remember I'm greatly simplifying things.

Immune cells release these chemicals inside your body—your intestines, bloodstream, tissues, and organs—during defense responses.

You might be wondering, Why does my body release these chemicals if they cause so much suffering?

SMs play an important roll in your body's defenses because they notify other immune cells that a potential threat has been found. They act as an alarm, as I've been saying. This is great if we're talking about viruses, bacteria, or parasites because they're real threats. Without SMs we would probably die from a simple infection.

However, the SMs become a significant problem when there are too many of them, such as happens with people who have a lot of sensitivities. It's like a dam has busted and your body has become flooded with these very powerful chemicals!

As bad as all this sounds, I'm sorry to have to say that it gets even worse.

Nutrient sensitivities?

You can be sensitive to *anything*. Literally anything. Here's why that's bad:

Recall that I said some practitioners consider the mineral iodine to be the critical therapy to fix most patient's thyroid problems. They have their patients take kelp tablets or some other supplement with iodine in it. If you really are deficient in iodine taking the supplements would probably help, provided you're not deficient in selenium. But not if ...

... you're sensitive to iodine. If you are, taking iodine will likely leave you more miserable than you were before. And, even worse than how you're feeling, your body will never be able to maintain the level of iodine your thyroid needs to be healthy (unless you get rid of your iodine sensitivity, that is).

Let's get into this a little more by addressing the question that's forefront in your mind…

How can I be sensitive to nutrients I need to be healthy?

Or, actually, how can you be sensitive to gluten or casein or strawberries, or anything?

That's a very good question. Almost as good a question as "How can I get rid of my sensitivities?" (I'll answer that one in a bit so hang in there.)

More is *not* known about allergies than *is* known. How do people become so severely allergic to peanuts that peanuts can kill them? There are a lot of theories, but science doesn't really know.

It's the same for sensitivities. We don't really know for sure how we can become sensitive to something we shouldn't be sensitive to, we just know that it can and does happen. A lot.

Here's my list of possible reasons for how we can become sensitive to something, and they all have to do with some kind of stress:

Physical stressors such as an injury, accident, surgery, severe illness, or abuse

Emotional stressors such as financial difficulties, a failed marriage, verbal abuse, difficulties at work, death of a loved one

Chemical stressors such as alcohol or other drug abuse, tobacco, lousy diet (junk food), medications, long-term use of OTC drugs, toxin exposure(s)

Any one of those stressors, if severe enough (acute stress), could cause you to get allergies and sensitivities. Or, if you experienced a bunch of them together or for a long time (chronic stress), that could do it, too.

Regardless of how you got your sensitivities, you have them and they're hammering your thyroid, and, no doubt, other parts of your body.

How nutrient sensitivities can cause symptoms

Understanding nutrient sensitivity may not be crucial to overcoming hypothyroidism, but getting any nutrient sensitivity you have fixed IS vital if you ever want to feel good again.

Let me explain how nutrient sensitivities can cause symptoms.

1. Nutrient sensitivities can cause sub-clinical deficiencies. Your body can't properly absorb a nutrient it's sensitive to. This makes sense, doesn't it? Why would you welcome with open arms substances you think will harm you? You wouldn't. But you must absorb *some* of the nutrients because you'll die if you don't. So you absorb some, but only enough to survive. This low-level nutrient deficiency is called sub-clinical because it won't show up on a blood test.

2. Nutrient sensitivities can cause "systemic disruptions." This is a logical extension of number one. Let's say you're sensitive to the amino acid tyrosine. Among other things, you need tyrosine to make thyroid hormones.

   As you've learned, if you're sensitive to tyrosine you won't absorb it very well and you'll likely have a sub-clinical deficiency. If there's less of this critical building block for thyroid hormones your body won't be able to make enough, which means you'll begin having hypothyroid symptoms. If you're lucky and find the right medication you have a chance at feeling better, but you'll be chained to that medication forever …

   … unless you get rid of your sensitivity to tyrosine. (You may not need any pills then—your body may work fine on its own.)

   Multiply this by a hundred or so and you can see how nutrient sensitivities can wreck havoc on your life.

Nutrient sensitivity explains a lot of what I see in my practice in terms of response to treatment. It explains why patients have reported miraculous results after just one or two

treatments. One said her sense of smell returned three hours after the treatment. Another described how her pain "melted away" as she drove home from my office.

Treating for nutrient sensitivities is so important that I do them at the beginning of my Thyroid Protocol.

What can you do about your food allergies and sensitivities?

Drugs will never fix food allergies or sensitivities. Never ever. If anything, they'll make your leaky gut worse by punching more holes in it. This will allow more potential allergens into your bloodstream, which will cause more SMs to be released and make your hypothyroid symptoms worse.

As I've stated, a few hypothyroid patients can feel almost normal when given the right medication. Most, however, because of food and nutrient sensitivities, need much more than a pill.

Taking vitamins and herbs or drinking exotic juices won't de-program your immune system to foods. (Supplements may also make you feel bad if you're sensitive to something in them.)

Living a life where you have to avoid foods or ingredients is tedious and difficult, at the least no fun. Personally I don't think gluten-containing foods are good for anyone, but it'd be nice not to have to worry about one slice of pizza fouling up your thyroid for six months.

How I Make My Patient's Sensitivities Disappear

You should have a pretty good idea why you feel the way you do now, so you're ready to learn how I make my patient's sensitivities disappear, which is a BIG step toward their recovery.

Sensitivity Elimination Treatment by Dr. Boothe™ (SET-DB™)

SET-DB™ was developed by Dr. Teryl Boothe, D.C., about 20 years ago. It's a fascinating story that I won't get into in this report. Suffice it to say, SET-DB™ is uniquely effective.

When I treat you for a food with SET-DB™ it will stop setting off defense responses—no nasty signaling molecules will be released, and your pain and other symptoms caused by SMs will begin to melt away.

When I treat you for a nutrient you're sensitive to your body will begin to more fully absorb that nutrient and any subclinical deficiencies the sensitivity caused will soon be a thing of the past. (You may need to take a supplement for a while to replenish nutrient levels.) And all those things that were going wrong in your body will correct themselves naturally and safely, and you'll start to feel like your old self again.

Here's a quick story to illustrate how this treatment works: A few years ago a young mother brought her 18-month-old daughter to my office. The little girl had anaphylactic allergies to

wheat, soy, and peanut. Remember, anaphylactic allergies are very serious. If the patient doesn't receive immediate treatment they can choke to death in minutes. As these were true allergies, not sensitivities, they'd been identified through blood tests.

When I treated the girl for peanuts, she could eat peanut butter the following day with no reaction at all. The same thing happened for wheat and soy. Hard to believe I know, but 100% true.

I test for sensitivities on state-of-the-art computerized equipment, so there's no scratch tests or drawing of blood. This allows me to quickly discover which foods or substances might be causing you problems.

The treatment itself is simple and painless. It's so gentle I've been able to comfortably treat patients as young as 6 months and as "young" as 92.

SET-DB™ is my core treatment for relieving my hypothyroid patients' symptoms, but it's not all I will do for you.

Supplements

I know I said supplements can't fix sensitivities. They can't. But they can do other things, which is why I use a few select professional-grade products.

My thyroid patients take a **thyroid support supplement** while in the program. I run a test on my computerized equipment, which helps me know which one your body needs the most.

I give my patients a good **digestive enzyme** to take with every meal. This helps ensure good digestion, and once a food is digested it's no longer allergenic—assuming, of course, you've had your nutrient sensitivities eliminated.

I also use a **systemic enzyme**. Unlike a digestive enzyme, which is taken with a meal, a systemic enzyme is taken on an empty stomach so it can be absorbed into the bloodstream intact. Once in the bloodstream, it does many wonderful things.

One of the most important things systemic enzymes do is cut up what're called circulating immune complexes (CICs). CICs form when antibodies attach themselves to the substance they were made to destroy. If a CIC doesn't get cleared out of the body quickly, it can grow longer and longer until it settles out of the bloodstream into an organ or some other tissue. Guess what it does there? It sets off more defense responses, leading to more nasty SMs being released.

I use **neurotransmitter-boosting** supplements developed by Dr. Eric Braverman when needed (but only when needed). It's been very effective at helping balance out-of-balance neurotransmitters.

I use a natural product called **Seacure**, made from white fish. It has many benefits but the one I'm most interested in for my hypothyroid patients is its ability to help heal leaky gut

syndrome (LGS). You'll recall that LGS allows food particles to get into your bloodstream, which activates your immune system and leads to the release of more nasty SMs.

My All-Natural Thyroid Protocol

There are twenty treatments in the Basic Protocol. An assessment is done at the end to see if additional treatments are needed; some patients need more care, some don't—everyone is different.

I do nutrient groups first, then things like hormones, glands (remember, you've likely got antibodies to your thyroid), and a group I call Thyroid Comprehensive. Very powerful stuff.

What do I mean "hormones?" I mean I test and treat for sensitivities to hormones. Oftentimes hormone problems are caused by sensitivities to the hormones themselves and can be cleared up with a treatment. Imagine being sensitive to hormones like T4, T3, or TSH? It's unlikely any medication or supplement would ever do you any good!

There's a visit to see which thyroid supplement you need, and recall I use a few other supplements on all my thyroid patients. You'll be tested for sensitivity to any supplement I give you because I wouldn't want to give you something that caused added pain or discomfort. Also, I have you bring in any medication or supplement you're already taking to make sure you aren't sensitive to them, either.

Then we'll go through important food groups, like gluten, grains, dairy and eggs, and sugars. A group of toxins often involved in thyroid problems called "Endocrine Disruptors" is treated. Then I check the basic components of your immune system, mold and fungus (candida is often a problem in thyroid conditions), and the components involved in making cellular energy.

You'll be on a homeopathic formula while in the program (not explained in this report for sake of brevity).

Most patients come in twice a week because that's what I recommend, so it takes about ten weeks to complete the Basic Protocol. Short breaks in the treatment program are permitted. Just be sure to take the few supplements I give you during the break.

Advanced Protocol

I keep close tabs on how you're feeling while going through the program, because how you feel is more important than a lab number. You might actually be annoyed at how many times you're handed a symptom questionnaire, but it's crucial.

At the end of the Basic Protocol, we'll have you fill out a final symptom questionnaire and talk about how you're doing. If we're both happy with your results, no further treatment is necessary. But if you're still symptomatic, the Advanced Protocol may be indicated.

Many food groups were not tested in the Basic Protocol—any of them could be causing the symptoms that didn't clear up. Plus, you might have other non-thyroid-related conditions, but sensitivity-related, that would likely respond to additional treatment.

I'll run some tests to see what you might still be sensitive to and we'll talk about the results. We typically pick ten categories to treat. We look closely at food groups, but it could also be things like chemicals, viruses, bacteria, or even common household products.

A typical treatment visit

You'll see me first on each visit. I'll give you a SET-DB™ treatment after which you'll sit in the reception area for 15 minutes while holding the treatment vial.

If your visit is a homeopathic visit, you'll be tested with the computer to see which product(s) your body needs the most. You'll leave with one bottle of homeopathics and will not need to wait 15 minutes in the reception area.

Most patients are in the office 15–20 minutes, so it's not a huge time commitment. And we don't overbook like most doctors' offices do.

Results

I'm happy to say that whether you think the treatment will help you regain your life or not doesn't matter. I know this goes against what all the self-help gurus say about positive thinking, so let me quickly explain why I can confidently make this statement.

Many patients have told me, at the end of their treatment program, that they didn't think it would work for them, because *nothing* they've tried so far has worked. MANY patients. Yet they got better, so what they thought about it didn't matter. Also, I've treated infants for their sensitivities and they got better. Certainly they didn't have any preconceived notions about whether the treatment would work or not!

Follow-up care

Follow-up care is not required, nor, in most cases, needed. Some patients choose to receive treatments for other issues. For example, some suffer from seasonal allergies and choose to go through treatments for pollens, dust, weeds, trees, etc.

I think everyone, not just thyroid patients, should take digestive and systemic enzymes because they do so many good things for you. You can buy them on-line or in health food stores, continue getting them from me, or stop taking them. It's your choice. Some patients choose to continue with the homeopathic treatments because they feel they help them enjoy better health. They usually come in every two-to-three months.

Are You Ready to Finally Break Free of YOUR Hypothyroid Prison?

I'm sure the answer to that question is "Yes!" Of course you'd like to have your old self back, but you probably still have doubts. After all, nothing else has worked and you're afraid to get your hopes up again.

How about a guarantee? I can't guarantee specific results—no doctor has a crystal ball—but here are two things I *can* guarantee:

Guarantee #1: If you don't change what you're doing now, how you feel in the future won't change. If you've been on several thyroid medications, taken a bunch of supplements, and tried your best to exercise and diet away those extra pounds, and none of it worked, this is likely the program for you. *Your sensitivities are why nothing else worked*.

You've never heard of anything like this before? It's a good thing you got a hold of this report, then.

NOW is the time for bold action.

NOW is the time for you to change what you're doing so you can get better.

Guarantee #2: I will do everything I can, move mountains if I could, to help you get your life back. My Thyroid Protocol was developed over many years and is based on real clinical experience, not fudged and manipulated drug trials. I have many more "arrows in my quiver" that I didn't explain in this report; any and all of them will be brought to use if necessary to help you get better.

I just spent many pages describing why my Thyroid Protocol works, because it addresses most causes of hypothyroid symptoms: food and nutrient sensitivities. That's not the only reason it's effective, though. Here's another big reason:

I only accept patients I think are great candidates for my program.

And most of the time I'm right.

I don't like to turn suffering patients away because I know how many times they've heard, "There's nothing I can do for you," but I don't want anyone to invest their time and money on my treatment program if I don't think their chances of success are excellent.

How can I tell if someone is a good candidate for my treatment program? They come in for a complimentary Thyroid Evaluation to determine if they qualify for my Thyroid Protocol.

The visit consists of a Thyroid Questionnaire that tells me at a glance the impact your thyroid problem is having on your life. I'll also run some tests on the computer. After the tests, you and I will discuss the results and I'll tell you if you qualify for the program or not.

If you do qualify, we'll go over the costs and you'll tell me what you want to do.

So give me a call at 352-586-3005 and tell Denise you'd like to come in for a Thyroid Evaluation. And be sure to tell her you've read this report.

The next step is yours.

What will you do?

Yours for better health,

Jason & Denise Andras

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