

6 Steps On How Natural Thyroid Treatments Can Restore Your Health

By Dr. Eric Osansky

If you have a hypothyroid or hyperthyroid condition, and want to find out more information about how to use natural treatment methods to help restore your thyroid health, then you will enjoy reading this breakthrough guide that shows you 6 steps to treat your thyroid condition through natural methods.

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Introduction

Dear friend,

I'd like to thank you for acquiring this guide to natural thyroid recovery. Whether you have hyperthyroidism, or suffer from a hypothyroid disorder, you will find the information provided in this guide useful. After all, even though they are two different conditions, they have a couple of important similarities.

Of course one common factor is that they both affect the thyroid gland. Hypothyroidism is a condition resulting in a deficiency of thyroid hormone. Conventional treatment methods involve giving the person synthetic thyroid hormone, usually for the rest of their life.

Hyperthyroidism involves an excess amount of thyroid hormone produced by the thyroid gland. I personally was diagnosed with Graves' Disease, which is an autoimmune hyperthyroid condition, and I had many of the common symptoms associated with it, which I will discuss later in this guide. Conventional treatment methods for hyperthyroidism involve taking anti-thyroid medication such as Methimazole or PTU, and/or a beta blocker, or in many cases receiving Radioactive Iodine.

Another similarity between these two thyroid disorders is that the malfunctioning thyroid gland is usually not the actual cause of the condition. So while both conventional and natural treatment protocols are different for hypothyroidism and hyperthyroidism, in both cases it is extremely important to find and then address the cause of the disorder.

For conditions such as Graves' Disease and Hashimoto's Thyroiditis, it is the autoimmune response which leads to the malfunctioning thyroid gland. But regardless of what type of hyperthyroid or hypothyroid condition you have, other areas of the body are most likely being affected.

A "Typical Story" Of The Thyroid Sufferer

As you probably know, millions of people in this country have been diagnosed with a thyroid condition. Millions more have a thyroid disorder but have not yet been diagnosed. Most of those who have

been diagnosed seek out conventional medical treatment. Here is usually what happens:

First, a person doesn't feel too well, and the symptoms they are experiencing leads them to schedule an appointment with their primary care physician. They probably don't know yet that they have a thyroid disorder, but for those who have a hypothyroid condition, they will experience symptoms such as fatigue, weight gain, hair loss, constipation, depression, and other symptoms. On the other hand, those with a hyperthyroid condition will have symptoms such as palpitations, increased heart rate and appetite, weight loss, increased bowel movements, and other symptoms.

Upon visiting their primary care physician, they will receive a general checkup, and most likely some blood work which will reveal that they have a thyroid condition. Once receiving the positive labs, the medical doctor will typically refer the person to an endocrinologist, who most likely will run some additional tests, and perhaps even send you out for some more labs.

Who Am I, And Why Should You Listen To Me?

My name is Dr. Eric Osansky, and I'm a Chiropractic Physician. And while most people think of chiropractors as being neck and back pain doctors, some chiropractors focus their practice on other conditions, one of them being endocrine disorders. When I graduated from chiropractic college in March of 1999 I personally was one of those doctors who focused on musculoskeletal conditions such as neck and back pain.

It wasn't until I personally was diagnosed with an autoimmune thyroid disorder years later and was helped through natural methods that I became motivated to help other people with thyroid and autoimmune thyroid disorders.

My Personal Thyroid Story

When I personally was diagnosed with Graves' Disease, I couldn't believe it. I always considered myself in excellent health, and was stunned when I was diagnosed with this disorder. Actually, before I was officially diagnosed with Graves' Disease by an endocrinologist, I found out through a general medical practitioner that I had hyperthyroidism. Even though I'm a natural doctor, it still was tough

deciding whether I wanted to use conventional medical treatment, or “take the chance” with natural treatment methods.

It was especially a tough decision because in general, Graves’ Disease or any hyperthyroid condition is a more serious condition than a hypothyroid condition. Don’t get me wrong, as it stinks to have either one, but when treating these conditions naturally, it is more risky to treat a hyperthyroid disorder such as Graves’ Disease, since most of the time you’re dealing with cardiac symptoms such as a high pulse rate and heart palpitations, which sometimes can be extreme.

Despite the risks, I personally chose to begin with natural treatment methods, even though the endocrinologist I saw was somewhat conservative and recommended that I take Methimazole and a beta blocker, rather than receive radioactive iodine. In any case, I told myself that if I didn’t see results within 30 days that I would still stick with the natural treatment protocol, but at the same time would also begin taking the Methimazole.

And it was a tough decision to stay away from the drugs when dealing with a rapid heartbeat, palpitations, a voracious appetite, etc. Similarly, I know it’s difficult for someone with a hypothyroid condition to cope with symptoms such as weight gain, hair loss, decreased energy, and lack of sleep, just to name a few common symptoms.

Anyway, after a few weeks I began seeing some positive changes in my condition, although they admittedly weren’t dramatic. About 6 weeks after I began the protocol I took another blood test, and my thyroid levels actually improved. One month later I continued to feel better from a symptom standpoint, and I decided to take another blood test to see if there were any further improvements, which there were. While they weren’t “normal”, and I still had some symptoms, it seemed as if these natural treatment methods were really working.

To make a long story short, both my symptoms and blood results continued to improve, until I was no longer symptomatic, and my thyroid hormone levels and antibodies were within normal range. In fact, not only was I not experiencing any symptoms, I felt great, had a lot of energy, and became an instant believer in these natural treatment methods for people with thyroid and autoimmune thyroid disorders.

And while this is an example of how I restored my health after being diagnosed with an autoimmune hyperthyroid disorder, many people with BOTH hypothyroidism and hyperthyroidism, including autoimmune thyroid disorders such as Graves' Disease and Hashimoto's Thyroiditis, can benefit from natural treatment methods. As you'll discover from reading this guide, it's not an easy process, as one does need to take responsibility for their health. So anyone who is looking for a quick and easy cure probably will want to stop reading right here.

Why I Wrote This Guide

The obvious reason why I wrote this guide is because after seeing how natural treatment methods helped me with my Graves' Disease condition, I began helping people who had Graves' Disease and Hashimoto's Thyroiditis use natural treatment methods to restore their health back to normal, as well as other types of hypothyroid and hyperthyroid conditions. So I decided that I needed to let other people with thyroid disorders know that there were options other than taking drugs for the rest of their lives.

And sure, not everyone with a thyroid condition is a candidate for receiving natural treatment methods. But there are many people who can benefit from a natural treatment protocol, and will not only feel better from a symptomatic perspective, but can prevent other future problems from developing. I'll talk about this more later in this guide.

CHAPTER 1: THE GOAL OF AN EFFECTIVE NATURAL TREATMENT PROTOCOL

So what is the primary goal of an effective natural treatment protocol for hyperthyroidism or hypothyroidism? Some people might think the main goal is to simply control the symptoms of the thyroid disorder through a natural treatment protocol. However, when I use natural treatment methods on someone with a thyroid disorder, my goal is to try to restore the thyroid gland's natural function so that it produces a "normal" amount of thyroid hormone.

In other words, for someone with a hypothyroid disorder, such as Hashimoto's Thyroiditis, who is not producing an adequate amount of thyroid hormone, the goal is to put the person on a natural treatment protocol that will help restore their thyroid gland's natural function so that eventually, the person will not have to rely on synthetic or natural thyroid hormone, nutritional supplements, or anything else to help produce a "normal" amount of thyroid hormone.

And with a hyperthyroid condition, such as Graves' Disease, which involves an overproduction of thyroid hormone, the goal is to use natural treatment methods in the same manner. While the protocol will be different, the goal is once again to restore the thyroid gland's innate ability to produce a "normal" amount of thyroid hormone.

Of course there are some situations where restoring the body's thyroid gland function back to normal isn't possible. But even in these cases it is sometimes possible to use natural treatment methods to help the thyroid gland produce a sufficient amount of thyroid hormone on its own.

The Three Essential Areas To Address:

Although everybody is different and thus must be evaluated on an individual basis, when treating people with hypothyroidism and hyperthyroidism through natural methods, in most people the following three areas are almost always addressed:

1. The Adrenal Glands
2. The Immune System
3. The Thyroid Gland

Even though we're talking about conditions which involve the thyroid gland, the malfunctioning thyroid gland is usually not the actual cause of the disorder. This is especially true when dealing with autoimmune thyroid conditions. So while it is important to restore the function of the thyroid gland, one usually can't expect to accomplish this by simply focusing all of their efforts on the thyroid gland alone. In my opinion it is just as important, and arguable even more important, to focus on other areas of the body.

Of course this isn't always the case, as in most patients I need to address both the thyroid gland directly and other areas of the body. One of the main areas of the body which causes or contributes to a thyroid disorder is the adrenal glands.

The reason why many people have adrenal problems is due to a combination of stress and poor eating habits. This leads to common problems such as fatigue and sleeping issues. If someone with a hypothyroid or hyperthyroid condition has a problem with their adrenals that is not addressed, it will not be possible to restore their health back to normal.

As for the immune system component, this is primarily for people with an autoimmune thyroid disorder, such as Graves' Disease or Hashimoto's Thyroiditis. I think it's absurd that most endocrinologists ignore the compromised immune system, as while it's fine to manage the symptoms with drugs when necessary, it is also important to address a compromised immune system. As for those people who have a thyroid problem but not an autoimmune condition, it still is important to make sure their immune system is strong and functioning at 100%

So whenever someone is diagnosed with a thyroid or autoimmune thyroid disorder, it is important to look at these three areas. This isn't to suggest that other components can't play a role in your thyroid disorder. For example, many people have gastrointestinal problems which can be a contributing factor or in some cases can directly cause their problem. Others will have a hormonal imbalance which can lead to a thyroid disorder. But most natural endocrine doctors will usually begin with these three areas, and obviously address other areas if necessary.

Why Do Medical Doctors Recommend Prescription Drugs?

If it is possible to restore the normal function of the thyroid gland in many people with a thyroid disorder, then why do most doctors recommend lifetime treatment for these thyroid conditions? After all, if given the choice of taking a drug to control the symptoms of their thyroid disorder (or RAI for hyperthyroid conditions), or being put on a protocol to completely restore the function of the thyroid gland, most people would obviously choose the latter option.

So why don't most general medical practitioners and endocrinologists recommend natural treatment methods? It really comes down to the training they have received in medical school, as most medical doctors are simply taught to use drugs to treat most conditions. Now again, in some cases drugs are necessary, and in some situations taking drugs can save lives. This is usually not the case with most thyroid disorders, although sometimes it can be, such as some cases of untreated hyperthyroid disorders, and especially with a condition such as Thyroid Storm.

But even in a situation where a patient with hyperthyroidism or Graves' Disease needs to be on a beta blocker to control the symptoms, this doesn't mean they can't be helped through natural treatment methods. And the same thing applies to other thyroid and autoimmune thyroid conditions, as we're by no means recommending that anyone who is currently taking drugs to stop and switch to natural treatment methods. In fact, I legally can't tell someone who is on medication to stop taking them, even if I wanted to.

The point I'm trying to make is that while prescription drugs can usually be helpful, they almost never get to the underlying cause of the problem. In the case of autoimmune thyroid disorders, the drugs given not only don't do anything to restore the body's natural healing abilities so that it can produce its own thyroid hormone, but they usually don't do anything to address the immune system or an underlying adrenal problem.

I mean, let's be honest here. If someone's thyroid disorder is hampered by gastrointestinal problems, for example, their medical doctor will most likely recommend more drugs to help with the GI problem. Many won't even consider the patient's poor diet to be a cause of the problem. In summary, drugs can help, but they usually aren't the solution to the problem. This is especially true with a thyroid disorder of any type.

CHAPTER 2: CONVENTIONAL TREATMENT PROTOCOLS

Now that I've spoken about the goal of natural treatment methods, which is to restore the thyroid gland's natural ability to produce a "normal" amount of thyroid hormone, normalize any thyroid antibodies, and help the person achieve overall optimal health, I want to briefly discuss some of the conventional medical treatment protocols. Once you have been "officially" diagnosed with a hypothyroid or hyperthyroid disorder, your doctor will typically recommend one or more of the following treatment protocols:

For Hypothyroidism:

As you know, hypothyroidism involves a decrease in the production of thyroid hormone. And a decrease in thyroid hormone will essentially "slow down" the body's metabolism, leading to symptoms that may include weight gain, decrease in appetite, fatigue, hair loss, constipation, cold intolerance, and depression, just to name a few. With Hashimoto's Thyroiditis, which is an autoimmune thyroid disorder, the person's own immune system attacks their thyroid gland.

The most common form of treatment for hypothyroidism is with synthetic thyroid hormone. One of the most popular brands is Synthroid, although there are other brands which can be used. Either way, the goal of synthetic thyroid hormone is to replace the natural thyroid hormone that the body is no longer producing in adequate amounts. In some cases, such as with a complete thyroid removal, the body doesn't produce any thyroid hormone, which means the person will need to be on synthetic thyroid hormone for the rest of their lives, or take a natural form of the thyroid hormone, such as Armour or Westhroid.

While people can live a somewhat normal life taking synthetic thyroid hormone, some people don't do well on this artificial hormone. This should come to no surprise, as besides it not being the same as the thyroid hormone produced by the body, it can also be difficult to determine the exact dosage necessary to take. Sure, your doctor will monitor you and eventually figure out a dosage that seems to be working well. But sometimes this can be difficult to accomplish. Your body, on the other hand, knows exactly how much thyroid hormone to release (when functioning properly of course).

After all, we're talking about a synthetic drug, and while taking synthetic thyroid hormone might allow you to function okay, it still will never be exactly the same as the natural thyroid hormone your body produces. This is why the goal of natural treatment methods is to get to the cause of the problem and get your body functioning normally so it can produce a sufficient amount of its own thyroid hormone again, and as a result not have to rely on synthetic thyroid hormone. Once again, in some cases such as complete thyroid removal, it might not be possible to restore the body's natural function, and taking synthetic thyroid hormone might be necessary.

Some people with a hypothyroid disorder initially do well on synthetic thyroid hormone, but then over a period of a few months, or sometimes even a few years, begin to experience severe symptoms again. In other words, it's almost as if the synthetic thyroid hormone loses its effectiveness. Sometimes adjusting the dosage again can be helpful, while other times it isn't.

Once again, my goal isn't to convince you to stop taking synthetic thyroid hormone, but instead, to have an open mind and think about the possibility of restoring your thyroid gland's natural function so that you don't need to take artificial thyroid hormones for the rest of your life. Sure, maybe it's not possible in your case, but on the other hand, maybe there is a chance a natural treatment protocol will work.

What about taking a natural type of thyroid hormone, such as Armour? Well, some people do seem to function better when taking a natural form of thyroid hormone such as Armour or Westhroid, when compared to taking synthetic thyroid hormone. On the other hand, some people do better when taking synthetic thyroid hormone. But once again, why take natural thyroid hormone forever if there is a possibility to restore your thyroid gland's natural function?

In summary, while there are some people with hypothyroidism who can't be helped through natural treatment methods, you at least should consider speaking with a qualified natural endocrine doctor to see if there is anything that can be done. There have been people who have been on synthetic or natural thyroid hormone for years and figured they weren't a good candidate for a natural treatment protocol, only to consult with a holistic doctor who focuses their practice on endocrine disorders, and after having their thyroid disorder treated through natural methods received great results. In summary, whether you have been recently diagnosed with a

hypothyroid disorder, or have had this condition for many years, it is worth consulting with a competent natural endocrine doctor to see if you can be helped through natural treatment methods.

For Hyperthyroidism:

Hyperthyroidism involves an increase in the production of thyroid hormone. An increase in thyroid hormone will accelerate the body's metabolism, leading to symptoms that may include weight loss, increase in appetite, increased heart rate and palpitations, increased bowel movements, heat intolerance, and trembling. Of course not everyone experiences these symptoms, as some people actually experience weight gain, along with other symptoms more typical of hypothyroidism. With hyperthyroidism, endocrinologists will recommend medicine aimed at decreasing the production of thyroid hormone while at the same time controlling the symptoms.

Here are some of the common medical treatments for hyperthyroidism:

- **Antithyroid Drugs (Methimazole, PTU, etc.).** These are commonly prescribed drugs which helps prevent the thyroid gland from producing thyroid hormone. Although these drugs can be very effective in helping with the symptoms of hyperthyroidism, the problem is that it typically doesn't do anything for the actual cause of the disorder. In other words, once a person with hyperthyroidism stops taking this drug, their thyroid symptoms will most likely return. Of course just like any other drug, there is also the risk of other side effects, although these usually aren't life threatening.

Some people who are on anti-thyroid drugs for a couple of years will be taken off of them. Sometimes they can even go into a state of remission, although this is almost always temporary. So while the thyroid blood test results might come out normal after taking this drug for an extended period of time, many of these people will become hyperthyroid again in the future. And the main reason for this is because this drug didn't get to the actual cause of the disorder, but just helped with the symptoms. When this happens, either the person is put on the drug again, or they are recommended to receive an even more extreme treatment method, such as radioactive iodine.

- **Beta blockers.** These are usually given to help control some of the symptoms related to the increased production of thyroid hormone. For example, taking beta blockers such as Propranolol will help decrease the heart rate and palpitations. So the main goal is to control some of the symptoms until the antithyroid drugs begin working. Being personally diagnosed with Graves' Disease, I understand that some of the symptoms can be cumbersome to deal with, and even scary at times. But keep in mind that there are also natural treatment remedies to help with the symptoms, which will help you cope better with them while the rest of the natural treatment protocol is trying to eliminate the cause of the problem. Of course you should always consult with a qualified natural doctor, and not try any of these remedies on your own.
- **Radioactive iodine.** This is the most commonly recommended treatment in the United States to permanently help someone with hyperthyroidism or Graves' Disease. This treatment method essentially destroys the thyroid gland, which will of course help the person get rid of their hyperthyroid problem. On the other hand, it won't do anything to address other areas that might be causing their condition, such as the adrenal glands and immune system. This can leave the person susceptible to other conditions. Plus, because the person will no longer have a functioning thyroid gland, they will usually become hypothyroid, and then will be told to take synthetic thyroid hormone for the rest of their life.

Once again, there are situations when people may actually need to receive radioactive iodine. But if it is recommended to you, I highly advise you to seek a second opinion, as if you can avoid having your thyroid gland being permanently damaged or destroyed, then don't you think it's a good idea to look into other treatment methods? Even if you're not an advocate of natural treatment methods, at least consult with a different endocrinologist to see if they will choose a more conservative treatment procedure.

- **Surgery to remove the thyroid gland.** Fortunately, this extreme procedure is not used as much as the other treatment methods described above. Removing the thyroid gland will once again help rid the person of hyperthyroidism, but of course won't do anything to address the cause of the disorder. And if

the thyroid gland is completely removed, they will become hypothyroid and will then need to be on synthetic or natural thyroid hormone for the rest of their life.

Although a person who has had their thyroid gland completely removed will need to take synthetic or natural thyroid hormone for the rest of their life, this doesn't mean that natural treatment methods can't benefit them. For example, someone with an autoimmune thyroid disorder who has their thyroid gland completely removed still needs to restore the health of their immune system to prevent other health issues from developing in the future. So while restoring one's health back to normal isn't always possible, many people can still benefit from following a natural treatment protocol.

Also, there are people who have only had part of their thyroid gland removed, and can still produce a sufficient amount of thyroid hormone naturally. The same concept applies with RAI, as while receiving this treatment method will make it less likely that you will respond to a natural treatment protocol, some people can still have their thyroid gland produce thyroid hormone on its own after receiving RAI. So even if you have had thyroid surgery, or received RAI this once again doesn't mean that you can't benefit from natural treatment methods.

CHAPTER 3: A Brief Summary Of The Dangers Of Conventional Treatment Methods

Once again, I'll be the first to admit that some people with thyroid disorders can't be helped by natural treatment methods, and therefore might need these conventional medical treatment methods. In these cases taking drugs might be necessary to help you with your condition. The good news is that many people with thyroid disorders can be helped through natural treatment methods.

As for the dangers of conventional treatment with both hypothyroidism and hyperthyroidism, the number one concern is that just about all of the treatment methods I discussed in the previous chapter do not help with the actual cause of the problem. For example, if you take synthetic thyroid hormone for hypothyroidism, it might help with the symptoms, but it is not doing anything to restore the normal function of the thyroid gland, isn't helping to address other areas of the body, etc. As a result of the underlying cause not being addressed, the thyroid condition will continue to worsen, and it will leave you more susceptible to other conditions.

Similarly, someone with hyperthyroidism that is on Methimazole or PTU will also be covering up their symptoms, and not actually addressing the underlying cause of the problem. And of course if someone with hyperthyroidism chooses to take radioactive iodine as a treatment method, this also will obliterate the thyroid gland, and the person will most likely become hypothyroid. This again will lead to the person needing to take synthetic or natural thyroid hormone. And since nothing was done to actually address the underlying cause of the disorder the person will once again be susceptible to developing other health issues in the future.

While I'm not going to argue that many people can live a somewhat normal life on thyroid medication with minimal side effects, it doesn't make any sense to allow further damage of your thyroid gland to take place if you can be helped through natural treatment methods. Plus, while some people have no symptoms when taking thyroid medication, others do experience problems. Sometimes adjusting the dosage can help, while other times it doesn't help at all.

And just as a reminder, for those doctors who will recommend that you take a natural form of thyroid hormone such as Armour or Westhroid, this might do a better job of controlling your symptoms.

But just like taking a synthetic brand of thyroid hormone such as Synthroid, taking natural thyroid hormone won't help to restore the natural function of the thyroid gland, won't address an underlying problem with the adrenals, strengthen the immune system, etc.

Here's Why I'm Biased Towards Natural Treatment Methods:

I realize at this point you might be thinking that I simply have a biased opinion, and perhaps my opinion by itself won't convince you to seek natural treatment methods for your thyroid disorder. To be frank, I do hold a biased opinion, not only because I'm a holistic doctor, but I personally have had a serious autoimmune thyroid disorder which was helped through natural treatment methods.

But at the same time, I'm not one of those "extremists" who think that every single illness or disease should be treated through natural treatment methods. In fact, when I was initially diagnosed with my thyroid disorder, one of the first things I did was schedule an appointment with an endocrinologist. And while deep down inside I knew I was going to follow a natural treatment protocol, I honestly was considering taking medication to help with my condition. Besides being unsure as to whether or not natural treatment methods could truly help restore my health back to normal, I was having a hard time dealing with the symptoms.

And to be fair, I thought the endocrinologist I spoke with was great, as she seemed to be conservative, and I respected her opinion. But I figured I'd give the natural treatment methods a try, telling myself I'll follow the natural treatment protocol for about 4 to 6 weeks, and see what the results were. If I didn't feel as if the natural treatment protocol was effective, then I probably would have gone ahead and started taking the medication).

Well, not only did I begin feeling better from a symptomatic standpoint after my first few weeks following the natural treatment protocol, but after six weeks I obtained some updated blood tests. And while my lab results weren't normal, they were definitely improved. And so I stuck with the natural treatment methods and continued to improve, and others who have followed a natural treatment protocol for both Graves' and Hashimoto's have also received great results, proving that I'm not an isolated case.

So yes, I am without question biased. But due to my background I'm also aware of the dangers of conventional treatment methods, and as a result I at least tried a natural approach first. And even though I'm a licensed healthcare professional, at the time I wasn't proficient when it came to treating thyroid and autoimmune thyroid disorders naturally, and so just like many people reading this guide, I too was skeptical about the safety and effectiveness of natural thyroid treatment methods.

CHAPTER 4: Are There Risks With Natural Treatment Methods?

While I would like to tell you that natural treatment methods come without any risks, this isn't true. However, if you are under the guidance of a competent natural healthcare professional, then the risk of side effects is rare. And unlike some of the drugs out there that are used to treat thyroid disorders, such as radioactive iodine, it is rare for natural treatment methods to do any harm to the thyroid gland.

In most cases, the risks come about when people try to treat their thyroid condition naturally on their own. For example, a person who reads some books about natural thyroid cures and then walks into a health food store and purchases some natural supplements and herbal remedies is taking a much bigger risk when compared to someone who is following the advice of a qualified healthcare professional.

Or someone might figure that in order to address the immune system component all they need to do is take some antioxidants, or some immune system support formula they see at their local health food store or while surfing the internet. Trying to treat either hypothyroidism or hyperthyroidism on your own, even through natural treatment methods, definitely has its risks.

This is especially true with autoimmune thyroid conditions, which can be serious. But even with a "regular" thyroid disorder you need to be careful, as while natural treatment methods can be effective, they can do more harm than good if you try to "play doctor", and not consult with a licensed healthcare professional. This is especially true if you are currently taking medications, as some natural supplements and herbal remedies are contraindicated with certain drugs. But even if you aren't taking any medications, it still can be risky to treat your thyroid condition on your own.

This is why I don't give any specific recommendations with regards to a natural treatment protocol. This is why I don't give any specific recommendations with regards to a natural treatment protocol in this guide or on my website. While I will talk about some of the nutritional supplements that can be beneficial later on in this guide, here are a few reasons why I don't tell you exactly which supplements you should take:

1. **As mentioned previously, going on a natural treatment protocol on your own can be risky.** Trust me when I tell you that it is not worth risking an adverse reaction in an attempt to treat your own condition. As an example, when I was a student in chiropractic school, I figured I had the knowledge to do my own detoxification. So I went and purchased what I thought were quality supplements. The first night after I took them, I had to go to the bathroom in the middle of the night, but I couldn't urinate! And I had to go really bad!

Eventually I was able to squeeze some urine out, but it was a really scary situation at the time. I went to the doctor the next day, and he did a urinalysis and a prostate exam (my very first one!), and everything came out negative. Once I stopped taking the supplements for a few days my "urinary function" improved.

However, I thought that perhaps it was just a coincidence, so I was dumb enough to begin the detoxification again. And once again, I woke up in the middle of the night unable to urinate! I of course stopped taking the supplements, but with that incident I learned just how dangerous supplements can be if you don't really know what you're doing.

2. **Everybody is different, and therefore will need a different natural treatment protocol.** We're not talking about a weight loss program or a smoking cessation protocol, where the same exact program or protocol will work for most people. So if you were to take two people with hyperthyroidism, for example, both would probably follow a different natural treatment protocol. The same thing goes with a hypothyroid disorder. In many cases there are similarities, but as I state during my free webinars I conduct on natural thyroid health, I don't recommend the same exact protocol I personally followed to other people with Graves' Disease, and the protocol also varies with people who have hypothyroid and autoimmune hypothyroid disorders.
3. **As you'll read later on, many of the nutritional supplements you buy at the local health food store aren't of the highest quality.** So while you might save some money buying your own supplements, if your body can't absorb them properly then you are just throwing your hard-earned money away. You've no doubt heard the saying "you get what you pay for", and it is

no different when purchasing nutritional supplements and herbs. If you ask me, it is without question worth paying a little bit more to ensure that your body will actually absorb the supplements you buy.

4. **Taking nutritional supplements alone won't help to restore the natural function of your thyroid.** While taking the right nutritional supplements and herbs can no doubt be helpful, there are other factors to consider, which I will discuss later in this guide. While some of these steps you can follow without being under the supervision of a natural endocrine doctor, for other steps I highly recommend consulting with an expert.

In summary, please do not try to treat your thyroid or autoimmune thyroid disorder on your own, even if using a natural treatment protocol. After all, we're talking about your health here, and if you want to truly get to the underlying cause of your condition and restore the function of your thyroid gland, while at the same time address other problematic areas so you are less likely to suffer from a relapse, then take my advice and consult with a professional.

CHAPTER 5: STEP #1: It All Starts With Attitude

Okay, let's begin talking about the six steps on how to treat these thyroid and autoimmune thyroid conditions. This first step might seem like a simple one to accomplish, yet this is usually the biggest obstacle when most people with a thyroid disorder think about using natural treatment methods. And I'm not just talking about having a positive attitude, even though this is important as well. Your success with any natural treatment program really comes down to your overall attitude with regards to restoring your health.

First of all, many people have the misconception about what health really is. Some think that simply exercising three to four days a week and eating what they perceive as being healthy meals (i.e. whole wheat pasta, a sandwich from your favorite local sub shop, etc.) is the "recipe" for good health.

While exercising regularly and eating healthy (both to be discussed in greater detail later in this guide) are no doubt important in restoring and then maintaining one's health, perhaps the key factor to keep in mind when beginning any natural treatment program is that you need to take responsibility for your own health. This might sound like common sense to you, but you'd be surprised as to how many people with a thyroid disorder expect their natural treatment protocol to consist of taking one or two "magic" supplements.

In fact, there are many people without a serious condition who think this way, as many think they can "bypass" eating healthy meals and snacks and be healthy simply by taking a daily multimineral vitamin. I wish it were that easy to restore and maintain one's health, but it can be a difficult process, and that is why many people choose the "easy way" out and take medication, because not much effort is required to pop a few pills each day.

Should You Trust Your Medical Doctor?

Obviously some people don't choose natural treatment methods simply because they don't know what to do, and what steps to take, which is in all likelihood one of the reasons you are reading this guide. After all, we are all brought up to trust our medical doctors, myself included.

It's funny when thinking back to the weeks before I was ready to enter chiropractic college, as I was concerned about being brainwashed into thinking that all drugs are "evil", and everything should be treated naturally. Now to be frank, there are a good number of holistic doctors who think this way, but I do realize there is a time and place for medical treatment. And there are times when I do refer people out to a medical doctor.

However, it does make it difficult to trust one's medical doctor when many are dependent on both the drug industry and the insurance companies. So while many people with thyroid disorders will follow the advice of their primary care physician and/or endocrinologist without thinking twice, you should realize that in some cases, doctors are not doing what is best for the patient, not because they are inherently evil, but in many cases they have no choice.

So getting back to the importance of attitude, it is extremely important to have a good attitude and an open mind when you are considering a natural treatment protocol for your thyroid condition. This doesn't mean that you shouldn't also be cautious, as while there are many medical doctors that don't have the patient's best interest in mind, there are also natural doctors that won't do what is best for you.

But if you go into this process with a negative and skeptical attitude, thinking that there is no way that natural treatment methods can restore your thyroid gland's function back to normal, and that you're just wasting your time, then you probably ARE just wasting your time.

In summary, be positive, and keep an open mind throughout this process, and you'll be surprised just how effective natural treatment methods can be. And if you decide that natural treatment methods are not for you, then that's okay too.

CHAPTER 6: STEP #2: Educate Yourself

You obviously are following this step at this very moment by reading this guide. And besides this guide, there are books and other resources to demonstrate how safe and effective natural treatment methods can be with regards to thyroid disorders. In fact, I don't expect anyone to make a decision to choose a natural treatment protocol after reading this guide alone.

What I recommend you do is the following: in addition to reading this guide, read at least two or three books on natural treatment methods for thyroid disorders, and read at least two or three books that discuss conventional treatment methods. For those who have hyperthyroidism, I highly recommend checking out my book on natural hyperthyroid treatment solutions, which you can find on Amazon or Barnes and Noble. If you still are undecided what to do after taking this approach, consult with a natural endocrine doctor, even if it's just to find out more information.

While it is true that doing this can be time consuming, and will cost you some money, just remember that your thyroid disorder is a serious condition. It is therefore worth spending some time and money to find out what treatment option is the right one for you.

I know it's easy for me to tell you this when it's not my time or money spent. But let's not forget that I have been in a similar situation. And even though I'm a natural healthcare professional, I still did my research and read a bunch of books, and as you know, consulted with both an endocrinologist and a natural doctor.

Even though I was skeptical about whether natural treatment methods could really do anything for a condition as serious as an autoimmune thyroid disorder, the way I looked at it was that there wasn't much to lose by trying a natural treatment protocol, but there was everything to gain if these natural treatment methods worked.

Look At The Best And Worst Case Scenarios

If you have a hypothyroid condition and decide to give natural treatment methods a try, then the worst case scenario is that the methods don't work, and you can always go back to taking synthetic or natural thyroid hormone again. Of course the best case scenario is that the natural treatment protocol helps to restore the thyroid

gland's ability to produce a "normal" amount of thyroid hormone and normalizes the thyroid antibodies, so you eventually won't have to rely on taking Synthroid or Armour (or something similar) for the rest of your life.

If you have a hyperthyroid condition, once again, the worst case scenario is that the natural treatment methods don't work, and you either take Methimazole or PTU to control the symptoms, or you end up having to receive radioactive iodine. On the other hand, the best case scenario again involves restoring the function of your thyroid gland and immune system so you don't have to take drugs, or risk becoming hypothyroid by receiving radioactive iodine.

In summary, before deciding how to treat your thyroid disorder, do what is necessary to educate yourself. While it might take a few weeks or even a few months to fully understand both the risks and benefits of each type of treatment method (although this guide should give you a better understanding of this), taking the time to do this will allow you to make an informed decision, so that however you decide to treat your condition you won't have any regrets down the road.

CHAPTER 7: STEP #3: Begin Eating Healthier

Another step you can take on your own is to eat healthier. Many people think they eat healthier than they actually do, as over the years I have had many of my patients tell me that they eat relatively healthy, only to have them fill out a one-week food diary and see just how poor most of their eating habits were. Don't get me wrong, as some people eat extremely well, although this represents the minority of people I consult with. Some of my patients were eating poorly and changed their diet after reading this guide and/or some of the articles on my website.

Part of the problem is that different resources will have different opinions with regards to which foods they consider to be healthy. For example, you might watch a health segment on a television show that tells you that whole wheat pasta and whole grain cereals are healthy choices. Then you might read a book that tells you to avoid any product with wheat or dairy. Then you might browse through a health magazine that tells you to avoid gluten products altogether.

First of all, there is little argument that the best foods to eat are whole foods. So ideally, you want to do everything you can to avoid eating refined and processed foods.

For example, some people think that eating a lean turkey sandwich from their favorite local sandwich shop is a healthy choice. And while I personally love turkey sandwiches, when you consider that the turkey is processed, contains a ton of nitrates, and is then placed on bread made of white flour (and keep in mind that the wheat bread used in these places usually isn't 100% whole wheat), and then you throw on some of the condiments, and perhaps add a side of chips, then you really aren't eating too healthy of a meal.

Now granted, such a meal might be healthier than going to your local fast food burger joint and getting a greasy burger with fries. But just because it's healthier than other fast food choices doesn't make it a healthy choice.

Keep in mind that I'm not asking you to give up fast food forever, but only to begin making healthier choices and minimize your intake of "junk food". For example, if you eat fast food five times each week, perhaps you can begin by only eating out two or three times each week. Sure, it would be nice if you can eliminate the fast food

altogether, but reducing the amount of “bad foods” you eat is a good starting point.

Keeping Your Blood Sugar Levels Under Control

Another issue many people have is that due to their poor eating habits they create a lot of problems with their blood sugar levels, which over time can lead to adrenal problems, and eventually to even more serious conditions, such as diabetes.

One of the reasons why you should try to cut down on the refined foods is because it spikes up your blood sugar levels. On the other hand, eating vegetables, certain fruits, nuts and seeds, and healthy proteins will not cause a spike in your blood sugar levels.

Besides the quality of the foods you eat, how frequently you eat will also have a big effect on your blood sugar levels. For example, some people skip breakfast, which is a big mistake. Not only do you not want to do this, but you ideally should make breakfast the biggest meal of the day, consisting of a good amount of healthy proteins.

I personally make my own smoothies where I add a cup of frozen berries (blackberries, blueberries, and raspberries) with two cups of purified water, a small scoop of whole food powder, a small amount of flax oil, and a raw, organic egg (I realize this might sound disgusting to some, but it actually tastes pretty decent, and provides me with a good amount of energy to start the morning).

I know some people will claim that they just aren't hungry upon waking up in the morning. If this describes you, at least try to munch on some nuts or seeds, or something else with high protein within 30 minutes of waking up. Whatever you do, don't go a few hours without eating anything upon awakening. And no, coffee doesn't count!

Besides eating a big breakfast, you also want to eat every two to three hours during the day. In fact, I would advise you that once you wake up in the morning, until you go to bed, don't go more than three, and ideally two hours between eating. And try to include some protein with any meal or snack you eat.

I mentioned earlier how problems with your blood sugar levels can in turn cause problems with your adrenals, and eventually lead to other conditions. Another consequence of “spiked” blood sugar levels is

that it has a negative impact on your immune system. In other words, if you were to eat a refined, sugary snack, one of the effects of having “spiked” blood sugar levels is that it also will weaken your immune system during this time.

So you can imagine the effect it will have on your immune system if you are constantly eating refined foods. This effect on your blood sugar levels and immune system also applies when you consume drinks that have a lot of sugar. You can probably imagine why this is not a good thing for someone who has an autoimmune thyroid condition. With your immune system already being compromised, the last thing you want to do is further stress it out. So it goes without saying that in addition to eating healthy foods, you want to avoid the sugary drinks and instead drink plenty of purified water.

Should You Avoid Gluten?

There are books and other resources out there that will recommend that anyone with a thyroid disorder should eat a gluten free diet on a permanent basis. I’m not sure that I agree with this, as while it is true that many people are allergic to gluten, the fact remains that I didn’t give up gluten completely throughout my natural treatment protocol, and I did just fine. That’s not to suggest that I frequently ate foods that were refined and foods that contained gluten, as I tried to avoid these foods the best I could. And to be honest, in the initial part of the program I did in fact avoid gluten-based foods, but then I slowly began incorporating some foods which contained gluten.

While I don’t necessarily recommend that everyone who has an autoimmune thyroid disorder avoid gluten forever, there are of course exceptions. One obvious exception is if someone is allergic to gluten. I’m not just talking about an obvious case, such as someone who has Celiac Disease (these people need to avoid gluten for the rest of their life), but someone whose body just doesn’t tolerate it well. Now this might very well mean they won’t be able to eat gluten again, or they might need to avoid gluten for a prolonged period of time and may eventually be able to incorporate gluten into their diet.

It is important to understand that not everyone with a gluten sensitivity problem will experience overt symptoms. Plus, even though I did fine avoiding gluten for a short period of time, I do agree that many people can benefit from following a gluten free trial for at

least four to six weeks, and some people should avoid gluten for at least three to six months upon following a natural treatment protocol.

Is Eating Organic Food Necessary?

You might wonder whether it is necessary to eat organic foods. These days you can buy just about any type of organic food, from organic meats, to organic cereals, organic pizza and potato chips, etc. And of course there are also organic fruits and vegetables. It is obviously more expensive to purchase organic foods, but the good news is that you don't need to eat a 100% organic diet.

When it comes to eating meats, I definitely recommend eating organic, as while it no doubt will cost more to buy organic beef, chicken, or turkey, you won't subject yourself to the hormones and/or antibiotics that are frequently present in non-organic meat. If you eat eggs, then I also recommend purchasing organic eggs.

With regards to fruits and vegetables, you don't have to eat 100% organic fruits and vegetables. For example, when it comes to fruits, you don't need to eat organic bananas and cantaloupe, but you should try to avoid eating non-organic strawberries, as most contain high amounts of pesticides.

The goal of this guide isn't to list all of the foods that you should buy organic, as there are plenty of free resources that you can find on the Internet that will inform you which foods you should eat organic, and which ones aren't important.

I will tell you that there is such a thing as "organic junk food". So for example, while it might be better to eat an organic sugary cereal that doesn't contain any artificial ingredients when compared to a nonorganic brand that has artificial ingredients and preservatives, this still doesn't mean that the organic sugary cereal is a healthy choice for breakfast. So just because something is organic doesn't mean that it will "do your body good".

Foods That People With Thyroid Disorders Should Avoid

The final topic I'd like to discuss in this chapter has to do with certain foods that people with thyroid disorders should try to avoid. This is especially true if you have hypothyroid condition, such as Hashimoto's Thyroiditis. This group of foods is called "goitrogenic

foods”, and they include foods such as broccoli, kale, and unfermented soy. Once again, there are plenty of books and sites on the internet that list many specific foods that fall under this category, so I’m not going to list them all here.

In any case, these goitrogenic foods can impair the thyroid gland’s ability to produce thyroid hormone, which of course isn’t a good thing. This can be especially detrimental if you have a hypothyroid condition, since this condition involves a decrease in the production of thyroid hormone. For people with a hyperthyroid disorder, while you don’t have to completely avoid these goitrogenic foods, you still should try to minimize your consumption of them.

Getting back to the topic of a gluten free diet, some sources list gluten as being a goitrogen, while others do not label it as being such. While I don’t necessarily recommend that all my patients with autoimmune thyroid disorders completely eliminate gluten from their diet forever, it’s a good idea to see if you have a gluten sensitivity. And a good way to determine this is simply to eliminate gluten from your diet for a period of four to six weeks, and then slowly reintroduce foods that contain gluten, and see how you respond. Some people do need to avoid gluten for a longer period of time before taking this approach, as sometimes they need to avoid gluten and other foods for three to six months in order to completely heal their digestive system. Then at this point they can reintroduce gluten into their diet.

Of course just because something is gluten free doesn’t mean that it is healthy and won’t cause digestive problems. So don’t make the assumption that just because a product doesn’t contain gluten means that it is healthy, as your body could react to other substances and ingredients as well.

CHAPTER 8: STEP #4: Consider Nutritional Supplements

Millions of people take nutritional supplements, and without question, the right kind of supplements can help with your recovery. The first topic I would like to discuss in this chapter has to do with the quality of nutritional supplements. Unfortunately, most people that purchase nutritional supplements don't consider the quality of the product.

This definitely described my parents when I was younger, as I can remember my sister and I taking Flintstones' Vitamins on a daily basis. Similarly, many adults are fooled into thinking that a simple "One A Day" vitamin supplies all of their nutritional needs. And while I'm not trying to criticize any particular brand out there, the fact remains that most brands of nutritional supplements, even the well known ones, are not of the highest quality.

So why does quality make a difference? There are a couple of reasons, but perhaps the most important reason is that high quality nutritional supplements will typically absorb better. And when dealing with conditions such as hypothyroidism and hyperthyroidism, you want to be certain that whatever supplements you take are being absorbed.

If any person, whether they be a doctor, fitness coach, employee of a health food store, or anyone else tells you that you can get everything you need nutritionally out of a single capsule or tablet, please don't listen to what they tell you. So remember that not all supplements and herbs are created equal, which is why it usually is worth paying a little more if it means getting a quality supplement. Of course this doesn't mean that you should choose your supplements based on price alone, as there are many high-priced nutritional supplements and herbs that are of low quality.

Supplements and Herbs for Hyperthyroidism and Graves' Disease:

I'm not going to discuss specific dosages with regards to nutritional supplements and herbs, mainly because everyone is different and therefore has different requirements. But here is a list of some of the supplements and herbs that many people with hyperthyroidism and/or Graves' Disease can benefit from:

- Bugleweed
- Motherwort
- Lemon Balm

- L-Carnitine
- Selenium
- Eleuthero
- Magnesium
- Iodine (despite what you may have read)

Supplements and herbs for Hypothyroidism and Hashimoto's Thyroiditis: Once again, I'm not going to discuss specific dosages, but here are some supplements and herbs that can help provide people with hyperthyroidism and Hashimoto's Thyroiditis:

- B Vitamins
- Selenium
- Eleuthero
- Magnesium
- Ashwaganda
- Bladderwrack

Supplements and herbs for immune system support: Here are some of the nutritional supplements that can help with immune system support. You'll notice that some of these supplements were already listed:

- Hemidesmus root
- Selenium
- Astragalus
- Echinacea (yes, even for autoimmune disorders)

The Role Of Iodine In Thyroid Disorders

There is a great deal of confusion when it comes to taking iodine for a thyroid disorder. Many people with both hyperthyroidism and hypothyroidism are iodine deficient. However, a person who has Hashimoto's Thyroiditis can't just begin taking large amounts of iodine, as this can cause more harm than good. On the other hand, someone with a non-autoimmune case of hypothyroidism, or any type of hyperthyroid condition can usually begin taking iodine right from the start, as I did when I began my natural treatment program.

Many assume that you can get all the iodine you need by ingesting iodized salt. But even if you use iodized salt frequently, it usually isn't

enough to prevent a deficiency in iodine. Some natural doctors will actually recommend that people with thyroid disorders avoid taking iodine. Once again, for people with Hashimoto's Thyroiditis this is true, at least in the initial phase of the natural treatment protocol. But for those with this condition, who are deficient in iodine, eventually they can also benefit from being put on an iodine supplementation program if they want to fully recover.

The two keys are to introduce iodine at the right time, and in the right amounts. This of course is another good reason why you should be under the guidance of a competent natural doctor, and not attempt to treat your thyroid condition on your own. For more information on the importance of iodine, you can refer to the book "Iodine: Why you need it, why you can't live without it", which was written by Dr. David Brownstein.

The Risks Of Taking Nutritional Supplements and Herbs

Although taking supplements on your own might not be as dangerous as taking medication, there are still risks associated with taking some supplements. This is especially true with some herbal remedies that are available at health food stores. This is yet another reason why I highly recommend that you consult with a competent natural doctor before taking any nutritional supplements or herbal remedies.

Getting Rid Of Sweet Cravings

Some people really want to avoid sugary types of foods, but their cravings are so severe that they have a hard time avoiding them. Part of the solution lies with not bringing these sugary foods into your home. After all, if you don't have them in your house to tempt you, then you are less likely to consume them on a frequent basis.

There are also nutritional supplements which can help with one's sweet cravings. I recommend an herb called Gymnema, which helps to balance the blood sugar levels and is very effective in reducing, and in many cases completely eliminating sweet cravings. Just like many of the supplements I mentioned in this chapter, you can find more information about Gymnema simply by visiting your favorite search engine (Google, Yahoo, Bing, etc.). Just be careful, as we both know that not all of the information on the Internet is accurate, and the quality of this, or any other supplement or herb you purchase is very important.

CHAPTER 9: STEP #5: Other Factors To Consider

In this chapter I'm going to discuss some of the other factors that are important if you want to use natural treatment methods to help restore the natural function of your thyroid gland, strengthen your immune system, etc. There are five specific factors I'd like to discuss, all of which are important to your recovery:

Factor #1: You need to get quality sleep. This is extremely important, as in order to restore your health back to normal you should be getting at least seven to eight hours of "quality" sleep each night, and probably more like eight or nine hours. Of course for many thyroid sufferers this is easier said than done, as many people with thyroid conditions have difficulty falling to sleep, and/or going back to sleep if waking up during the night.

One big factor in getting quality sleep is regulating your blood sugar levels, as if you're accustomed to eating a lot of refined carbohydrates, especially within a few hours of going to bed, this could affect your cortisol levels, which can prevent you from falling asleep, and/or cause you to wake up during the night. So in addition to eating healthier, you also want to avoid eating within a few hours of bedtime. If you really feel hungry, eat a small snack that is high in protein, such as a handful of raw seeds or nuts.

Sometimes nutritional supplements can help aid in someone's sleep. As for some thyroid sufferers, taking some melatonin 30 to 60 minutes before bedtime can not only help them fall asleep, but can also result in a deeper, refreshing sleep. Make sure you consult with a competent healthcare professional about melatonin, or any other natural sleep aid.

Factor #2: Exercise regularly. Many people with thyroid disorders want to exercise, but just can't find the energy to be active on a regular basis. When first beginning your natural treatment program, if you can find the energy to walk for 20 to 30 minutes each day then this will be beneficial. If not, then once the natural treatment methods begin to kick in you should notice an increase in energy and soon enough be able to start doing some light exercise on a daily basis. And over a period of weeks and months you will be able to increase both the intensity and duration of exercising. Just make sure you don't overdo it, as while it's important to exercise regularly, you don't want to overexert yourself.

Factor #3: Dealing with stress. In many cases, stress can actually be a cause of someone developing a thyroid disorder. One reason for this is due to the impact that stress can have on the adrenals and the immune system. While our bodies are able to handle acute stress situations, they weren't designed to handle chronic, prolonged stress over a period of weeks, months, and sometimes even years.

Just like many of the other topics discussed in this guide, dealing with stress isn't something that I can adequately cover in a few paragraphs. There are a number of good books on stress management that you can get from your local library, or purchase from a bookstore, such as "Stress Management for Dummies", and "The Relaxation & Stress Reduction Workbook", just to name a couple. You can also find some good information on dealing with stress in some of the thyroid recovery books that are out there.

Of course just reading books on managing stress alone won't be enough, as you do need to take action. In this day and age, just about all of us have things that stress us out on a daily basis, whether it's our job, relationships, finances, etc. It's safe to say that you can't eliminate the stress in your life, but if you're determined then you can learn how to handle these stressors much better, which is not only important in your recovery, but in preventing a future relapse as well.

Factor #4: Don't give in to "peer pressure". Hopefully you have someone in your life who will be supportive in your decision to treat your thyroid condition naturally. But don't be surprised if there are people who you are close with that don't approve the choices that you make. After all, we're brought up in a world where most people simply "pop a pill" for just about any ailment. So when a close friend or family member finds out that you're consulting with a natural doctor, eating healthier, taking quality nutritional supplements, and everything else that is required to restore the health of your thyroid gland, there is an excellent chance they won't understand the choices that you made.

And while everyone is entitled to their opinion, if they keep their opinion to themselves then that's fine. But it's when they try telling you that you're "nuts" for following such a protocol that people can be convinced they are crazy for deviating from the norm, and just might talk themselves into taking synthetic thyroid hormone, or even radioactive iodine if they have a hyperthyroid condition.

You of course can direct people like this to this free guide, as perhaps if they read this information they will realize how amazing our bodies

really are, and that under the right circumstances, it is possible to restore the function of the thyroid gland back to normal, without taking any drugs. For those friends and family members who remain stubborn, you just need to keep strong, and remember that most people in this country are of poor health. As a result, it would be ludicrous for you to begin taking advice from those who eat unhealthy, don't exercise, and perhaps even drink or smoke.

Factor #5: Take responsibility for your health. After consulting with a competent natural healthcare professional about your thyroid disorder, if he or she determines that you are a good candidate for a natural treatment protocol, it will be important for you to take charge of your health. In other words, while they will tell you what you need to do in order to restore the health of your thyroid gland, your immune system, etc., you still need to be proactive.

A big reason why many people don't see the benefits of a natural treatment protocol is simple...many won't take responsibility for their own recovery. Just remember that there is no magic pill or nutritional supplement that will cure your condition. If you want to receive great results, then it is up to you to follow the advice of the natural doctor you consult with, and if you have any questions related to the natural treatment methods, don't be afraid to ask.

CHAPTER 10: STEP #6: Speak With A Natural Endocrine Doctor

If the information I have provided with you so far has convinced you to at least speak with a holistic doctor about your thyroid or autoimmune thyroid condition, then there are a few things you will need to know in order to choose a competent natural doctor who focuses on endocrine disorders. Here are a few tips to help you with your search:

1. Search for a holistic doctor who has a great deal of experience dealing with endocrine disorders. There are numerous types of natural healthcare professionals out there, and while some of them see a decent amount of patients with thyroid disorders very few of them have a practice that focuses on thyroid conditions. This isn't to suggest that someone who uses natural treatment methods to help people with many different conditions can't be competent when it comes to dealing with thyroid disorders. But if you can find a holistic doctor where at least 80% of his or her patient base consists of people with thyroid disorders, then you can be confident that they have seen cases like yours.

2. Ideally you want to consult with a licensed doctor. To be fair, there are some competent doctors who can't be licensed in certain states. For example, many states won't license naturopathic doctors, but if you can find one that specializes in endocrine disorders then I personally wouldn't hesitate to consult with one just because they don't have a license. As long as they have graduated from a credentialed naturopathic college then there is no reason why they shouldn't be able to help you.

In addition to naturopathic doctors, some chiropractic physicians receive advanced training to deal with endocrine disorders through natural methods. So if you come across a doctor of chiropractic who has a great deal of experience helping people with endocrine disorders, then don't hesitate to set up an appointment to speak with them.

3. Be aware of self-proclaimed natural experts. When searching for a natural endocrine doctor, you do need to be careful that you don't choose someone who simply labels themselves as a natural healthcare expert, but has no real credentials. Take the time to do a little bit of research. This is

why it's beneficial to see a doctor who is licensed, as you can simply contact the state board to confirm that they are licensed, and if they do have a license, you can then make sure that their license is in good standing.

4. Try to get proof that they have helped people with thyroid disorders. Due to HIPAA regulations this can be tricky, as a healthcare professional can't simply give you the names and contact information of people they have helped. Of course if you were referred by a friend or a family member who was helped with a similar condition, then you can be confident that they have experience dealing with thyroid disorders.

One way a healthcare professional can disclose whether or not they have experience dealing with such conditions is to have patient testimonials. A list of patients that willingly give their success stories might not be as good as talking with someone personally, but it is better than nothing. Keep in mind that some state boards don't allow doctors to post testimonials in their advertising and/or website, so don't use this as your only means of choosing a natural doctor.

5. Find a doctor who won't hesitate to refer you out, if necessary. The fact remains that not everybody who has a thyroid condition can be helped through natural treatment methods. As a result, you want to choose a doctor who will refer you out to another healthcare professional, should they not be able to help you. The last thing you want to do is choose someone who accepts everybody as a patient, and never refers anybody out. Sure, healthcare is a business, and doctors need to make a living too, but they still need to have a "patient first" mentality.

6. Choose the best doctor out there, even if it means traveling to see them, or consulting with them over the phone. While it would be great to have a natural doctor who focuses on thyroid disorders practicing in your town, if you can't find anybody local, don't hesitate to travel somewhere else to seek quality care. Or better yet, to save you from the hassle and expense of driving or flying back and forth, see if they would be willing to consult with you over the phone.

I'm a perfect example how a person with a thyroid disorder can be helped remotely, as the holistic doctor who helped me practiced in a different state, and was not within a reasonable driving distance.

Rather than fly back and forth to consult with her, she was willing to do phone consultations, and so she helped me treat my autoimmune thyroid disorder naturally without ever meeting with me face to face.

Even though at the time I wanted to speak with someone in person, and there were other holistic doctors in my area that I could have consulted with, I wanted to make sure the person I spoke with knew what they were doing. So I decided that I preferred speaking with a natural doctor over the phone that I knew was competent, compared to a local doctor who I was unfamiliar with.

And while I was first hesitant to treat my autoimmune thyroid condition naturally over the phone, there are a few benefits of phone consultations when compared to in-office visits:

1. The convenience factor: It is definitely more convenient to consult with a doctor over the phone, as you don't have to drive anywhere, deal with traffic, you can be in your pajamas if you'd like, etc. This is of course assuming you schedule it while you're at home, although you can also schedule it at work, or pretty much anywhere you have access to a phone.

2. The waiting factor: When visiting a doctor's office, very rarely do they get you back to see the doctor right away. In some offices they make you wait in excess of an hour. With a phone consultation, while you might not have the doctor call you exactly at the scheduled appointment time, you at least can do something productive while waiting (of course I always think that appointment times should be respected, as I hate waiting more than five to ten minutes past my appointment time for any doctor).

3. More flexible appointment times: This isn't always the case, but some doctors that schedule phone consultations are willing to have early morning and/or late evening appointments, which can be especially convenient if you work an 8-5 shift. Of course if there is a local doctor in your area that you can see face to face then that's great, but I just wanted to demonstrate some of the benefits of a phone consultation.

One thing I should mention is that before you consult with a holistic doctor over the phone about your condition, you should ideally have

already been diagnosed with a hyperthyroid or hypothyroid disorder. While a natural doctor in a remote location can easily recommend and then review your lab tests, look over your case history, and give his or her recommendations, they obviously can't give you a physical exam over the phone, which anyone with a thyroid disorder really should have.

At the very least you want a competent doctor to perform a neck and throat exam, and if they suspect nodules they might need to take an ultrasound, which of course needs to be done in person. The doctor who conducts this physical exam does not need to be a holistic doctor, although it could be if you're lucky enough to have a competent one in your area.

I personally don't think it's a bad idea to have your physical exam conducted by an endocrinologist, as they usually have the technology that is needed should they suspect thyroid nodules, or in rare cases, thyroid cancer. Just remember that most endocrinologists won't be supportive of your decision to consult with a holistic doctor. As for actually finding a natural doctor who focuses on endocrine disorders here are a few suggestions:

You can visit www.holisticmedicine.org and actually search for a holistic doctor who specializes in endocrinology. I will caution you that while most of these doctors do practice more holistically than the average medical doctor, when it comes to treating a thyroid condition, many will not have the goal of restoring the function of the thyroid gland, strengthening the immune system, etc..

For example, if you have a hypothyroid condition, then many holistic medical doctors will recommend you take natural thyroid hormone instead of synthetic thyroid hormone. On the other hand, some "holistic" practitioners will still recommend that you take synthetic thyroid hormone. So just because they are part of this "holistic" association doesn't mean they will use a natural treatment protocol to restore your health.

Another website to visit is www.naturopathic.org. You can do a search to see if there is a naturopath that practices in your area, or one who will consult with you remotely. When doing a search, you'll notice that some will have an "area of emphasis", and what you're once again looking for is a doctor that focuses on endocrine disorders. I'm not suggesting that you can't be helped by a naturopath that lists endocrine disorders as one of their specialties,

along with many other conditions. But I personally would rather work with a doctor who sees nothing but endocrine patients day in and day out.

You of course can also do an online search in an attempt to find a competent natural endocrine doctor that can help you. For example, go to Google, Yahoo, Bing, or whatever your favorite search engine might be, and type in some of the following keywords:

- Natural Endocrine Doctor
- Natural Thyroid Doctor
- Natural Hashimoto's Treatment
- Natural Graves' Disease Treatment

How To Narrow Down Your Choices:

What I recommend you doing is coming up with a list of at least three to five doctors who focus on endocrine disorders. Be certain that you visit each one of their websites to make sure they focus on endocrine disorders, as I once again would be cautious if they list a bunch of different conditions they can help with, most of which are not endocrine related.

Once you have your list of three to five holistic doctors, you obviously need to narrow down the choice to one doctor that you will choose to consult with. In order to do this, I recommend asking them some questions. Now to be frank, many won't answer questions directly. And most won't speak with you over the phone for free, although some will make themselves available through email. Others should at least have an assistant working with them that can relay your questions back and forth. If you can't get any of the following questions answers without paying a consultation fee, then I would probably move onto a different doctor.

Here are some of the questions you can ask when searching for a natural endocrine doctor:

1. Does the doctor focus solely on patients with endocrine disorders?
2. Has the doctor treated many people with hyperthyroidism and hypothyroidism

3. How many years has the doctor been in practice?

4. Does the doctor conduct phone consultations?

If you have Hypothyroidism or Hashimoto's Thyroiditis:

5. Does the doctor frequently recommend synthetic or natural thyroid hormone for people with hypothyroidism?

6. Does the doctor do anything for the underlying cause of the condition, including the autoimmune response?

If you have Hyperthyroidism or Graves' Disease:

7. Does the doctor feel comfortable using natural methods to treat hyperthyroidism?

You might think of more questions than this, as these are just some general questions. The doctor you contact might not answer all of them, but they should at the very least answer the first four questions. And if you have a hyperthyroid condition then they also should answer question #7. If you have a hypothyroid disorder they might not answer questions #5 and #6, but you have nothing to lose by asking.

Yes, I Currently Accept New Patient Consultations

My primary goal here isn't to pitch my consultation services. But just in case if you were wondering, I do accept a limited number of new patient consultations each month, and I regularly consult with patients throughout the United States, as well as internationally. So if you are comfortable with speaking with a doctor remotely over the phone, I would be happy to consult with you.

However, I do have a couple of requirements. First, for anyone who consults with me over the phone, I do require that they have already been diagnosed with a thyroid or autoimmune thyroid condition by an endocrinologist, or a different type of medical doctor. Second, I require all of my new patients to first attend one of my free natural thyroid health webinars. By attending the webinar you will not only learn some valuable information, but it will also give you a good idea whether or not you'd make a good candidate for a natural thyroid treatment protocol. Because you're on my email list you will receive notification of any upcoming free natural thyroid health webinars. Or you can simply visit my website and click on the "Free Webinars" link.

CHAPTER 11: The 5 Biggest Mistakes People With Thyroid Conditions Make

What I'd like to do now is discuss five of the biggest mistakes most people with thyroid disorders make. Some of these mistakes will be a review of what has already been covered, but I think it's important to reinforce some of this information so you are sure not to make any of these mistakes.

Mistake # 1: Covering up your symptoms with medicine and not getting to the cause of the problem. This is what most people with thyroid conditions will do, as they will take drugs that usually don't do anything for the cause of the condition, but instead just cover up the symptoms. Of course this isn't your fault, as we are brought up in a world that is trained to take a pill whenever we have a health issue. We don't trust our bodies' natural ability to combat many of these illnesses.

Once again, this doesn't mean I'm at all opposed to modern day medicine, as in some cases it is necessary to take drugs. But in many cases you can manage the symptoms and for some people even completely cure common thyroid conditions through natural treatment methods.

Mistake # 2: Believing everything your endocrinologist tells you about treating your thyroid condition. This is not meant to knock your endocrinologist, as I do think that most people with a thyroid condition should consult with a licensed endocrinologist in order to get diagnosed, and to at least see what treatment options they give you. But what you need to remember is that most medical doctors, including endocrinologists, DO NOT have a natural mindset.

In fact, if you were to tell your endocrinologist that you were thinking about natural treatment methods to help with your thyroid condition, they most likely would be strongly opposed. This of course is understandable if you were treating the condition naturally on your own, but even if you told them you were seeing a natural doctor who focuses on endocrine disorders, they probably would still advise you against it.

My goal here is not to downplay the seriousness of a thyroid condition, but at the same time, doing further damage to your thyroid by taking drugs is a serious matter in itself. The point I'm trying to

make is that just because your endocrinologist tells you that “such and such drug” is the only way to treat your thyroid condition, doesn't necessarily mean that it's true.

And if they tell you that there are dangers to natural treatment methods, they are absolutely right, as I already have discussed this. Under most cases, being under the supervision of a natural endocrine doctor for your thyroid disorder is safe. In summary, only you can decide which is the better choice for you. And even if you decide to take the medical approach, don't be afraid to seek a second opinion from another endocrinologist, even if it means traveling to another city or state. Remember, this is your health we're talking about, so it is worth the hassle to make sure you are receiving the very best treatment for your thyroid disorder.

Mistake # 3: Thinking you have to live with your thyroid condition. This ties into the previous mistake, as many endocrinologists will tell you that there is no cure for your thyroid condition, and you will have to manage it by taking medication or receiving radioactive iodine. Once again, I'm not suggesting that everyone who has a thyroid disorder can be cured. On the other hand, some people with permanent thyroid conditions can also choose to manage their symptoms through natural treatment methods as well.

But in many cases people who were told that they would have their thyroid condition for the rest of their life were cured through natural treatment methods. So don't give up hope, as depending on your specific condition your specific thyroid condition you might not have to deal with it forever.

Mistake # 4: Not looking into natural treatment methods. Even if you choose to go through the conventional route of treating your thyroid condition, you should at least consider using natural treatment methods, through the advice of a healthcare professional. Because you are reading this information you obviously haven't made this big mistake, as while you might be skeptical, which is perfectly normal, at the same time you are looking for more than just something to manage the symptoms and cover up the cause of the problem.

Besides reading this information, and any other information you have read on natural treatment methods, I encourage you to take this one step further and at least set up an initial consultation with a natural

endocrine doctor. This doesn't mean you have to follow their advice. But it's always good to get a second opinion, so assuming you have already consulted with an endocrinologist, what do you have to lose by speaking with a holistic doctor who focuses on endocrine disorders?

Mistake # 5: Having a closed mind. Once again, by reading this information it shows that you don't have a closed mind, and that you are open to alternative treatments. Millions of people have been diagnosed with thyroid disorders, and unfortunately, most of these people are too close minded to consider natural treatment methods.

Now to be fair, many people aren't even aware there are natural treatment methods to help with thyroid conditions. But let's face it, we live in a country where people usually follow the advice of their medical doctor, without considering the side effects and long term consequences of taking drugs. I personally have consulted with numerous patients for different conditions who were taking 10 to 15 different medications and never considered natural treatment methods. The sad part is that some of these medications were prescribed to help manage the symptoms that were caused by other medicines they were taking!

Of course I would never tell these or any other patients to just stop taking their medication and to begin taking natural supplements, herbs, etc. However, after becoming educated and consulting with their medical doctors, some of these people will begin weaning off some or all of these drugs and will switch to natural treatment methods. And while many people who take numerous medications for their thyroid condition and other health issues feel lousy, most who do try natural treatment methods are happy they made the transition.

CHAPTER 12: Take Action Now

I'd like to wrap this guide up by summarizing the steps I recommend for you to take in order to treat your thyroid or autoimmune thyroid condition naturally, should you make this choice:

Step # 1: Continue to educate yourself about natural thyroid treatments. I encourage you to continue educating yourself about treating your thyroid condition through natural methods. Just be careful, as while there is a lot of great information on the internet, a lot of it is also misleading, and some information is completely inaccurate. Be especially careful when reading information that wasn't written by a healthcare professional.

This doesn't mean that there isn't good information written by nonhealthcare professionals, as some people who are not healthcare professionals seem to have greater knowledge with regards to endocrine disorders than some medical doctors. A good example of this is Mary Shomon, who has some great books about thyroid health and is very knowledgeable about these conditions. Elaine Moore is another good example. Nevertheless, you do need to be cautious.

In addition to the content on my website, I also conduct free webinars which help people to better understand the benefits of natural treatment methods. I have separate webinars on hypothyroidism and Hashimoto's Thyroiditis, and hyperthyroidism and Graves' Disease. Just visit www.NaturalEndocrineSolutions.com and click on the "Free Webinars" link. If you don't want to wait for a live webinar, you can simply request a recorded webinar presentation so you can watch the webinar at your convenience.

Step # 2: Get diagnosed by an endocrinologist. Although you can skip this step and get diagnosed and treated by a holistic doctor, I do think it's a good idea to get the opinion of an endocrinologist. Even though your symptoms and any blood work you receive will help diagnose your condition, going to an endocrinologist can help rule out problems such as thyroid nodules, as well as thyroid cancer.

Step # 3: Consult with a holistic doctor that primarily deals with endocrine disorders. I of course have mentioned this numerous times in this guide, and being a holistic doctor I obviously have a somewhat biased opinion. But even if you ultimately choose to use conventional medicine to treat your thyroid condition, it still won't hurt

you to at least speak with a natural physician who has a good deal of experience treating thyroid conditions through holistic methods. Although you might be skeptical at this time, after speaking with a natural doctor you might decide to give natural treatments a try.

Step # 4: Keep an open mind. Once again, by reading this information you obviously do have an open mind. Just remember that you have options, and to use the information you gather together to make an informed decision.

I'd like to thank you for requesting this information. I hope you found it to be valuable, and hope that I have convinced you to at least speak with a natural doctor who focuses on endocrine disorders. After all, you only have one thyroid gland, and if your condition can be treated naturally then it makes sense to consider this option.

Sincerely,

Dr. Eric Osansky, D.C.

P.S. For more information on natural thyroid health, please visit my website at www.NaturalEndocrineSolutions.com. This website consists of many articles, blog posts, and videos which discuss natural treatment solutions for hypothyroidism, hyperthyroidism, and autoimmune thyroid conditions. Since you're on my email list you'll receive an email update whenever I create a new article, blog post, or video.

P.P.S. Also make sure you check out my testimonials page and read some of the success stories of people with hypothyroidism and hyperthyroidism who restored their health back to normal by following a natural treatment protocol. Many of these people were very skeptical about the safety and effectiveness of natural treatment methods, but they decided to take responsibility for their health and received great results.

Patient Success Stories:

Here are some of the success stories of my patients with thyroid and autoimmune thyroid conditions who have benefited from following a natural treatment protocol.

Hyperthyroidism & Graves' Disease Testimonials:

I was diagnosed with Graves' Disease, and I began to notice changes in my symptoms pretty quickly after beginning the natural treatment protocol. After the first month my palpitations and anxiety type symptoms almost disappeared and I was sleeping better at night. The second month results were even better. I felt so good that I began tapering off my antidepressant medication that I had been taking for years. After the third month all of the symptoms that I had experienced prior were no longer present. My energy levels were better than they had been in a year and my thyroid lab results were within the normal range.

Melissa Noi
Aurora, Colorado
Accountant

Since following the natural treatment protocol I have all of the energy that I had before Graves' Disease, and not being on the meds feel wonderful. Being able to do all of the things that I used to do is fantastic, as we all take so many things for granted in life, and our health/body is very sensitive so what we feed it is so important, good in good out. Little by little my blood work came back to the normal range (within 4 to 6 months) but you have to follow the protocol.

Michael Addario
Albany, NY
Manager

Through my own research, I discovered that there are many side effects to radioactive iodine treatment. However, every visit to the endocrinologist ended with them stating that this was the only treatment for Graves Disease. In fact, one endocrinologist yelled at me and stated that I had to have the procedure done by November because of the dangerous side effects of the medication. I found Dr. Osansky's website and read all his articles. I was immediately convinced that he could help me because one of his articles described his symptoms and it seemed as though he was describing my symptoms. I wanted a doctor who had this experience and could tell me what to expect.

Since starting the natural protocol, I feel full of energy. I look forward to seeing my students instead of dreading each day. My eating habits have totally changed. I can actually function when I get home. I used to sleep during the two week Christmas holidays, but this year I actually painted, cleaned and exercised. It has truly been a lifestyle change. My blood tests show tremendous improvement. In fact the same endocrinologist who yelled at me sent me a letter indicating that I should immediately start lowering the Methimazole.

Norma Lopez
Houston, TX
School Teacher

I have hyperthyroidism and felt terrible when I first started the treatment. I had no energy and all I wanted to do was sleep all of the time. After beginning treatment I feel great and have more energy, and I feel better than I felt since my early 20s. And I'm sleeping again throughout the night. I was very skeptical about natural treatment methods at first. But I'm almost back to normal again and I feel great, and I'm glad I made the decision to try the natural protocol. I couldn't have made a better decision. I'm so thankful for Dr. Osansky because he really changed my life. Natural is the way to go.

LaSharrie Lias
Huntsboro, AL
Travel Clerk

Hypothyroidism & Hashimoto's Thyroiditis Testimonials:

I was concerned about an ongoing "mental fog" and forgetfulness I had – which is one of the symptoms of Hashimoto's. I was having trouble losing weight and also felt very low in energy. Since following Dr. Osansky's recommendations I have found that I have a greater sense of calm – something I didn't expect from the treatment and changes in diet and lifestyle. In addition to getting my Hashimoto's under control, I have enjoyed other health benefits as well. I no longer suffer from anemia, my Vitamin D levels are normal and my immune system is strong. My thyroid blood tests also improved. Although it's a commitment and initial expense, it is completely worth it in the long run. Given the alternative (taking thyroid medication for the rest of your life), in my opinion it's a no brainer. If you give a natural treatment protocol a fair chance you'd be surprised at how much more empowered you'll feel about your illness and treating it. A natural treatment protocol is an effective solution that

puts you in the driver's seat when it comes to your health. Traditional methods do the exact opposite.

Marie DeSimmone
Howard Beach, NY
Astrologer

When I first began the natural treatment plan for my autoimmune hypothyroid condition my top five symptoms were chest pain (diagnosed with costochondritis), fatigue, memory loss, stomach upset, and muscle weakness. No matter how much rest I got, I was still tired. Additionally I did not sleep well either. Originally, I didn't feel much different. I believe the reason for that to be because I was only taking a portion of the recommended natural supplements, as well as the fact that I had only changed some of my diet. When I really got serious about making changes is when I began to really see improvements. Although this does require a change in lifestyle, I feel much better today. The natural treatment protocol allowed me to delve deeper into the root of the problem and address it so that I will hopefully not need to be on these supplements for the rest of my life. I have already cut back on some of my supplements since my last blood work results.

Adah Thompson
Rossville, GA
Veterinary Assistant

I was struggling with such symptoms of hypothyroidism such as fatigue, digestive and sleep issues, slight weight gain, sensitivity to heat and cold, depression, muscle weakness and hair loss. I have noticed positive changes in my mood; I have also become much less sensitive to cold. I am sleeping better as well. I am on a gluten free diet as well and I must say I feel better than ever. I am not fatigued or easily tired anymore; no digestive issues or hair loss. Actually, I am symptom free now So thanks again for your help! TSH/T3/T4 have all improved. Also red blood cell count /vitamin D/DHEA/ improved. No zinc and copper deficiency anymore. Yes, it's much easier to take a drug...but if you are looking for a cure, give a natural treatment protocol (and your internal system!) a fair chance.

Larisa Chumak
Haacht, Belgium
Office Worker