

Thyroid Recovery Report

By Regan Archibald, LAc, MSOM

Functional Medical Provider

Dear Low Thyroid Sufferer:

Are you one of the unlucky thyroid patients who continues to have thyroid symptoms even though you take your prescribed thyroid replacement hormones and your labs have moved back into the “normal range”? Do you continue to have ANY of these symptoms?

- **Muscle fatigue and pain**
- **Tired, sluggish**
- **Can't lose weight even with exercise**
- **Feel cold in hands, feet, or all over**
- **Require excessive amounts of sleep to function properly**
- **Increase in weight gain even with low-calorie diet**
- **Gain weight easily**
- **Difficult, infrequent bowel movements**
- **Depression, lack of motivation**
- **Morning headaches that wear off as the day progresses**
- **Outer third of the eyebrow thins**
- **Thinning of the hair on scalp, face or genitals or excessive falling hair**
- **Dryness of skin and/or scalp**
- **Insomnia**
- **Night sweats**
- **Brain fog**
- **Mental sluggishness**
- **Nervous and emotional**
- **Heart palpitations**
- **Inward trembling**
- **Increased pulse even at rest**

Are you tired of feeling this way? Are you tired of hearing that there is nothing else that can be done? Or, worst of all, are you tired of hearing "Your thyroid levels are normal now; your remaining symptoms can't be from your thyroid"?

I am sure it is a huge frustration getting rushed in and out of your doctor's visits, walking out with a new prescription and NO ANSWERS. Your thyroid dose goes up, but you probably continue to have some or all of the effects of low thyroid. **Why?**

If you said yes to any of these questions, then you are not alone. According to the 2009 Journal of Clinical Endocrinology & Metabolism, “about 4.6 percent of the U.S. population age 12 and older has hypothyroidism.” Just like you, most of these people continue to suffer even after they receive the standard thyroid hormone replacement treatment which usually consists of taking Synthroid, Levoxyl, Levothyroxine, Armour or some other brand of thyroid replacement hormones.

So many patients battle their thyroid problem their whole life. After you read this report, you are going to see that *there are natural ways to support and improve your physiology that move beyond thyroid hormone replacement*. The thyroid hormone replacement model **does not have a great chance to make you feel better because it simply does not consider many other factors that thyroid patients suffer with and contribute to how you feel.**

The "thyroid hormone replacement model as the sole basis of treatment" is **based on a totally false premise.**

This faulty premise is that you can make up the lost thyroid function by replacing the deficiency of hormones with external hormones like Synthroid or Armour... and ignore the many factors that are contributing to your body's faulty function in the first place.

In this report, I am going to share some things with you that you probably have never heard about. You may even be a little angry and frustrated for a short while because

you know that if you had had this knowledge from the beginning, you would probably feel better than you do now.

I share in your frustration. I work with patients everyday who have been through exactly what you have been through. After reading this entire report, you will be armed with information and knowledge that will help you make good choices about your thyroid management in the future. We cannot look back, but can move forward, and that is my hope for you.

By reading this entire special report, you are going to learn:

1. Why Millions of hypothyroid patients will never get optimum results from hormone replacement alone. There are too many other factors that should be accounted for, and **most of them are in your control.**
2. **Why your thyroid replacement hormone dose continually goes up, yet you continue to experience most of the same symptoms.**
3. Why the common **argument between natural vs. synthetic hormone replacement is completely irrelevant for 90% of hypothyroid sufferers.** (Hint: They are fighting the wrong battle.)
4. That **90-95% of low thyroid cases in the United State have an Autoimmune Disease Called Hashimoto's**, which means the body's very own immune system has began to attack and destroy the thyroid gland.
5. The reason **why** thyroid patients **often continue to feel crummy even after their labs are "balanced" with thyroid hormone replacement**, natural or synthetic.

6. Why an effective management protocol will focus on and include immune system support.

My name is Regan Archibald, LAc. My goal when I chose to become a healthcare provider was to understand what was really going on with a sick person's physiology and work WITH the body to restore better function. **There is a huge difference between dealing with a set of symptoms and taking care of a PERSON.** The second one requires understanding what is causing those symptoms and working on the faulty physiology.

It did not take me long to realize, and you may have come to this conclusion because of your own circumstance, **that when a person has a health condition that is not considered life threatening and when there is no easy fix, the traditional health care model does not always provide the attention and care you need.**

I would see the desperation on the faces and in the eyes of the patients I treated. They were yearning to have someone listen to them, to spend the time necessary to get to the bottom of their problem, and, most importantly, to help them break the chains their illness had put on their lives.

I understood them, and I knew I had to engineer my practice to allow me to function as the healthcare provider I needed to be for them. **I could not rush people in and out in 10 minutes, which commonly happens in the healthcare system.** I had to step outside the box and become the healthcare provider that my patients needed and deserved.

I not only stepped outside the box, I LEAPED out of it. Inside that box was a system that was not designed to help the people in the way they needed to be helped.

There had to be something missing...

I went on a personal journey for understanding, and through it, I made an important personal discovery. I realized early on that even though I had good intent, I was doing what most other providers do. I was looking at the human body as if it were compartmentalized. I would focus on a specific symptom or system without looking at the hormone system, immune system, and gastrointestinal function.

I realized I would have to understand and look at all these systems at the same time if I wanted greater and more consistent results for my patients. So for a period of time in my career I secluded myself at night and on the weekends. I poured through scientific journals, text books, and articles. I traveled across the country to learn from the best teachers I could find. I burned the midnight oil so to speak.

It was this intense study of physiology, neurology, and immunology that led to my greatest discovery; **everything in the body affects everything else.** In order to manage any chronically sick or ill patient, you must look at EVERYTHING all at once.

I began actually observing and measuring everything. I began running the necessary laboratory tests needed to take this big picture approach. As I started doing this on more and more patients,

I found that most of the patients we had previously had the least success with had some type of immune reaction as part of their condition.

Since it was an immune mechanism, meaning the body's immune system had gone haywire and began attacking the thyroid gland or other tissues, **we knew we had to focus on calming the immune system if we were to stand a chance at managing these patients.** So I took everything I knew about functional neurology, functional endocrinology, functional blood chemistry analysis, science based nutrition, and functional immunology and began helping patients in a new way.

The immune system, and all the things that affect the immune system (remember, everything affects everything else), was a huge missing factor in finding the REAL underlying cause in thyroid cases we used to consider the toughest.

For most thyroid sufferers today, the immune system will NEVER be addressed. In fact, most doctors will not consider anything that falls outside "traditional medicine" as effective. They fail to look at how diet, GI function, supplementation, and lifestyle alterations can bring greater function to their thyroid patients.

Following the traditional approach to managing low thyroid may leave you feeling bad and keep you from the information that you can use to help yourself...

As you continue reading this report, you are going to discover many clinical pearls we have found to help low thyroid patients naturally without side effects or completely suppressing the immune system, and why we think our all-natural functional approach to managing low thyroid and really helping our patients feel energetic should be incorporated into every low thyroid patient.

Let me explain why thyroid replacement hormones as the sole source of intervention are completely ineffective for so many women taking them.

The number one cause of low thyroid function worldwide is iodine deficiency, but it is NOT the number one cause in the United States. In the United States, the number one cause of low thyroid function is Autoimmune. In an autoimmune attack your body's immune system is targeting and killing your own thyroid tissue.

For most thyroid patients there is a slow, gradual attack against the thyroid. **This eventually leads to the loss of enough thyroid cells and function that it presents as primary hypothyroidism.** When the thyroid does not work adequately, in this case because the cells are being destroyed, the pituitary gland (in your brain) increases the production of TSH (thyroid stimulating hormone) as an attempt to increase thyroid gland activity.

Over time, people with Autoimmune Thyroid start to develop the symptoms of low thyroid function, which will prompt them to have their thyroid checked by their medical doctor. When the TSH is measured, it will usually be found to be elevated, representing low thyroid function, and they are typically diagnosed as having primary hypothyroidism. They are then placed on

thyroid replacement hormone **for the rest of their lives without considering how the other factors in their bodies could be making the problem worse over time.**

Yet the question is never really asked, "Why did they become hypothyroid?"

The issue of the underlying problem is NEVER addressed. Instead, hypothyroid sufferers are considered to be managed properly when the TSH normalizes with the replacement hormones. **In a sense, the patient is having their TSH managed but not the REAL underlying mechanism for their loss of thyroid function.**

In the replacement model, when the TSH is "normalized" from taking the thyroid replacement hormone, any symptoms that remain after the normalization of the TSH are attributed to something else.

For example, if your thyroid condition is causing depression, which it commonly does, the doctor will give you antidepressants. Why? Because if the thyroid TSH level is now in the "normal" range, your doctor will say, "Your depression symptoms are not coming from the thyroid because your lab test is normal".

On the surface, it seems logical, but I will show you why the symptoms could still be coming from poor thyroid function.

If you have not had this experience yet, you probably will. **You will go into your doctor's office because you STILL suffer with the same symptoms, and after a 10 minute visit, you get an anti-depressant prescription.**

Do you suffer from depression? Maybe... as a result of your thyroid problem not being managed properly, or maybe you're depressed because you have a chronic problem that no one is taking seriously and the doctors are just wanting to shove pills at you. Either way, an anti-depressant is not the FIX.

In most cases, since the underlying problems are ignored, over time, you will continue to lose more thyroid cells, and the requirements for your thyroid replacement hormone will continue to rise. Even more importantly, **despite the fact that "TSH is considered managed" with replacement thyroid hormones, most low thyroid patients will continue to have all the symptoms of low thyroid function.**

So in a nutshell, if you fail to look at factors affecting your GI system, blood sugar regulation, hormone balance, along with taking your thyroid replacement hormone, you could be making your thyroid condition worse every day.

Since the autoimmune mechanism is the most common cause of hypothyroidism in the United States, you would think that it is commonly screened for, **but in reality, it is rarely ever checked.** This is mostly because the treatment would still be thyroid replacement hormones only. Why run extra tests if you are not going to alter the treatment based off the test results? This is considered "waste" in today's traditional medicine, which has become prevalent in this country.

What About "Natural Thyroid Support?"

You may have been to an alternative health doctor or nutritionist looking for some relief from your thyroid symptoms. They may have given you some supplements that contained iodine, B Vitamins, and thyroid glandulars to try to improve your thyroid function.

There is a big problem with this approach. Clinically, when a patient presents with an autoimmune thyroid pattern nutritional support specific for the gland, thyroid glandular therapy, nor thyroid hormone replacement will do very little to improve the individual's response and physiology. **Remember, many times the underlying cause is from a dysfunctional immune system. That means you have to promote a healthy immune response and trying to support the thyroid gland does not affect the real problem.**

At our clinic we focus on this crucial factor, which is why many patients choose us to help naturally support their thyroid problem.

We know we have to fight the underlying causes of the problem. If we make progress in that battle, YOU will begin to feel normal again. **If we fail to consider and address the underlying causes... it's "game over!"**

So What Can Be Done To Help Modulate The Immune System?

In Autoimmune Thyroid, your body is literally "chewing up" your thyroid tissue, and the longer you go without regulating and calming the immune attack, the more thyroid cells you lose.

They Treat Other Autoimmune Conditions, Why Do They Ignore The Immune System in autoimmune thyroid?

Before I tell you about our natural approach to modulating the immune system, **let's talk about the traditional treatment used in most autoimmune conditions.**

Whether a person is diagnosed with Rheumatoid Arthritis, Lupus, or Multiple Sclerosis, the standard medical treatment is cortisone, other immune suppressing drugs, or thymectomy. In other words, complete immune system suppression. The approach is to suppress the immune system as an attempt to dampen the attack against the body's own tissue.

Unfortunately, this treatment creates many side effects. But to be totally honest, this is rarely used to treat autoimmune thyroid. **In autoimmune thyroid, the usual treatment is NO treatment at all. They just completely ignore the autoimmune attack against the thyroid.**

If you want to save yourself a laundry list of side effects from the immune suppressing drugs and want to avoid completely shutting down your immune system, you need an approach that is centered on specific immune evaluation and regulation. **You need someone who is going to "analyze" your immune system and make natural changes based on the specifics of your own immune physiology.**

Before we can begin to modulate or regulate the immune system we must look at the factors that can contribute to immune dysfunction.

So What Went Wrong? How Did This Problem Actually Start?

Most low thyroid sufferers start with some sort of genetic susceptibility that predisposes them to the disorder. At some point, the genes for the disease "turn on," and the destructive immune attack against thyroid tissue begins. **Possible triggers that are known to "turn on" autoimmune attacks in general are:**

1. Environmental Compounds – such as heavy metals, pesticides, herbicides, etc
2. Hormonal Imbalances
3. Stress Responses – such as chemical, physical, and emotional
4. Antigen Responses – such as bacteria, viruses, mold, and parasites
5. Food allergies and sensitivities

Any number or combination of these factors combined with some genetic susceptibility can "turn on" the autoimmune response and lead to the slow, gradual destruction of your thyroid cells by your own body. Most importantly, we must understand that once these genes "turn on," we have no way of **completely** turning them off.

Think of these autoimmune genes as a light switch that is turned on, but then, the light switch breaks. Now, we can no longer turn the light switch off, but we can modulate or regulate the immune system using a dimmer switch. **With the right action plan, we can turn down the dimmer switch by removing things that are triggering the immune system to be over zealous.**

We look at thyroid sufferers through a different set of "glasses"...

Because of our understanding of functional immunology and functional endocrinology, we take a very detailed look at a thyroid patient. We run special functional lab tests and immune panels that actually tell us where the physiology is going wrong, which helps us determine what needs to be done to manage your condition.

We start with a comprehensive thyroid panel, including antibodies, to see exactly what the source of your thyroid problem is. There are over 20 different dysfunctional thyroid patterns that can lead to your thyroid dysfunction and our first job is to determine exactly what went wrong in your body.

We then run laboratory panels to look for blood sugar disorders, hormone imbalances, anemia patterns, and adrenal gland dysfunction. All of these things play a crucial role in affecting normal thyroid function, so we go through your case with a fine tooth comb to uncover all the possible mechanisms that are contributing to your feeling bad. Often times by just reviewing the labs that other doctors have ran in the past we are able to see patterns that have been COMPLETELY IGNORED.

Most alternative medicine based patient management is NOT based on lab testing. At best, treatment in traditional natural medicine is based on old, outdated testing models like checking basal metabolic temperature, or even worse, solely based off of patient's history. **Rarely is lab testing even done.**

In the traditional medical "box," the immune testing becomes irrelevant because it does not dictate or change the traditional medical management of the patient. In the medical treatment model, once it is determined that an immune mechanism is involved, drugs to suppress the immune system are given, bringing with them a multitude of devastating side effects. Long-term immune suppression is only going to make you sicker. Fortunately, in most parts of the world, immune suppression drugs are not commonly used with thyroid patients.

So What Are Some Of The "Triggers" That Can Be Contributing To Your Ongoing Thyroid Symptoms?

- **Food Sensitivities** - We will run additional lab testing to determine if there are foods that you eat that are creating an immune response. Foods to which you are sensitive flare up your immune response every time you eat them, furthering the attack on your thyroid, leading to even further thyroid destruction.
- **Iodine** - Even though iodine is a very important nutrient for thyroid function, and even though iodine deficiencies are very common in other parts of the world, **iodine containing supplements can actually trigger a an immune response against your thyroid gland.** The bottom line is that iodine is a very important supplement for many people, but in supplemental form, it can make the the thyroid worse!

There are numerous studies in the scientific peer-reviewed literature that show this connection. We get all of our thyroid patients off iodine supplements. Most natural healthcare practitioners, without considering the underlying causes that may be involved, insist on giving iodine supplements for thyroid conditions in much the same way as the medical community uses thyroid replacement hormones as a "blanket" treatment for all low thyroid conditions.

- **Hormone Imbalances** - This is especially true when looking at estrogens and pregnancy. **It is very common to have a woman deliver her baby and then, months later, be diagnosed with hypothyroidism. Actually, it was a thyroid problem that "turned on" after pregnancy.**

Birth control pills are another source of estrogen surges. It is a common scenario for women to go on birth control pills, gain a lot of weight, and get depressed. When they go off of the pill, it does not really help them lose weight or decrease their depression. **Being on the pill in the first place may have triggered the immune response against the thyroid.**

The third issue with estrogen and Hashimoto's is perimenopause. As women lose their feedback loop between the pituitary and ovaries, a consequence of normal aging, there

are surges of estrogen produced because the pituitary can no longer regulate the ovaries. These surges of estrogens can trigger the thyroid problem.

The estrogen surges may act like “gas on a fire” and further increase the autoimmune thyroid destruction. This increased destruction of the thyroid will result in short term, high release of the thyroid hormones into the blood stream, creating temporary high thyroid hormone levels. This increases the metabolic rate, and women get hot flashes, insomnia, and irritability.

These symptoms are usually attributed to a deficiency of estrogen from going through menopause, but often, this is not the case. Sometimes it is not the estrogen fluctuations that are causing the hot flashes, insomnia, and irritability, but rather, it is the immune attack against the thyroid that is promoted by the estrogen fluctuations from the menopause process that creates a temporary hyperthyroid response.

Whenever we see a post-menopausal woman who developed hot flashes, insomnia, and irritability that did not resolve with estrogen replacement therapy, we know we are likely dealing with a Hashimoto's response that turned on with menopause. In these cases, many times, we can totally normalize the hot flashes by naturally modulating the immune system.

- **Insulin Surges** - Surges in insulin really promote the attack on the thyroid. The insulin surges actually stimulate the immune proteins responsible for creating the immune attack. **Insulin surges occur in diabetics, pre-diabetics, and hypoglycemics.**

Many people get checked by their medical doctor and are told that everything is OK. I am going to tell you right now, that the sheer number of functional hypoglycemics and insulin resistant (pre-diabetics) people walking around is staggering. **Even if you were told your labs were "normal", the lab ranges they used are not “healthy functional ranges,” and there is a good chance there is an underlying blood sugar problem.**

I could write pages and pages on the harmful effects of altered blood sugar patterns. Suffice it to say, we are going to test for this and look at functional markers, which are going to let us know what is really happening. We **MUST** deal specifically with these things, or you will continue to promote an autoimmune attack against your thyroid and continue to feel lousy.

- **Hypercortisolism** - Cortisol is your body's stress hormone. It is produced when your body's energy demands increase as a result of stress. When there is an active stress response (from chemical, physical, or emotional stress) or a defect in your brain's ability to modulate stress, you will have increased cortisol production. The increased cortisol promotes insulin resistance, and therefore, insulin surges. This will cause your autoimmune attack to get worse. We look at this from a neurological brain control mechanism and a metabolic mechanism.
- **Gastrointestinal Infections (GI)** - There are a number of GI infections that promote the autoimmune response. Your gut has a huge number of healthy bacteria that live and

actually produce positive benefits for normal functioning. When the balance between good and bad bacteria is skewed, called dysbiosis, it is known to promote autoimmune inflammatory responses. We do lab testing to reveal the health of the GI system. If we ignore this, our chance of shifting your autoimmune thyroid condition is greatly compromised.

There is NO “cookie cutter approach” to dealing with low thyroid problems. Simply taking thyroid hormones does not begin to address the complexities of this disease which is why most thyroid patients spend the rest of their lives feeling crummy. Until we look at all of the triggers that cause the underlying problem and systematically work at removing those triggers then there is not a whole lot of chance of you feeling better.

We deal with these problems every day, and we are very good at using natural methods to address the real problem so you can begin to feel like you used to.

So, You Are Probably Wondering, “*This Makes Sense; Why Doesn't Everybody Do It This Way?*”

One reason is they just do not know what they need to know. They are seriously behind the times, living in the 1940s, 50s and 60s. They are using an outdated treatment model, which does not work for the majority of people. They may not understand how to use natural supplements and nutrition.

I know you may not have experienced this before, but **it should truly be a “partnership” when you work with a doctor on your health condition.** That is the way it was always intended to be, but unfortunately, medicine and healthcare in general have moved away from that.

“What If This Doesn't Work For Me?”

If you are sitting here reading this report, you know that your present approach to helping your thyroid problem is not what you want. Honestly, I could teach a non-medical provider to give the current treatment you are getting. I would tell them to look at the thyroid lab test, and if the TSH is greater than "X," give Synthroid. When the TSH drops down to "Y" and the patient still has symptoms, give the patient anti-depressants because the remaining depression is all in their head. Of course, I am being sarcastic, but that is exactly what I hear and see from patients every day.

You deserve better than this. You deserve to have a doctor who listens, who understands you, who is willing to do what it takes to work with you and help you. What matters is that you are still suffering, and you need someone who is going to support you correctly and help you.

The number one factor that determines success or failure with a case is how closely the patient follows my recommendations. If you do the things I prescribe, then you are going to go down the road you have been wanting, probably for a long time, which is moving toward "normal" again.

You are reading this report because you are one of the smart few who wants to take control of your health and do what it takes to help your body get well. Nothing else matters when your health goes “South.” I love working with patients like you because you are willing to sit here and learn about your problem, listen, and make the changes necessary to get your health back on track and to get back to the business of “living well again”.

What About Cost?

Our initial review of your case and consultation is \$300* (but if you schedule your case review within 2 weeks of requesting this report, it is only \$87). As we discussed, our unique approach steps out of the "medical box," so we can do what is needed and take the time necessary to help “YOU”. Until we know the specifics of your case, what tests we need to run, and how long we anticipate it taking to make the functional changes we need, there is no way to say what the cost is going to be.

But rest assured, I am on your side. My job is to work WITH you, to help you improve your condition. My job is to deal with all of the specifics of your case, listen to you, and work with you to make the proper functional changes.

Everything can be done in steps. The first step involves a case review and consultation, so we can get to the specifics of your case.

Your main concern should be getting well and feeling better again. You have the rest of your life in this body, and you can be energetic and healthy enough to enjoy it, or suffer with fatigue, depression, weight-gain, and hair loss. **The smartest choice is to get to the root of the problem and not get “passed through” the medical system, being treated like you do not know what you are talking about or feeling.**

Ask yourself if you can afford not to get treated. If you are honest with yourself, the answer is you CAN'T. The thyroid hormone replacement is making up for decreased internal thyroid production, but it does not address the root cause of your problem. Immune suppressing drugs are going to create long-term side effects and greater problems in the future.

"I'm Ready To Get On Track and Start Feeling Good Again, What Do I Do?"

At this point, you should realize that your thyroid condition may have not been managed properly or completely and that your current thyroid treatment is not going to get you where you want to go. You really should be asking, “How can I get this type of functional support approach? How can I get the kind of intervention you describe?”

"How Does Consulting With Your Institute Work?"

Every new client we work with begins with a case review and consultation, as previously mentioned.

Initial Consultation and Case Review:

- \$300* (Only \$87 if you schedule within 2 weeks of requesting this report)

What Is Included In The Initial Consultation and Case Review?

1. **A one-on-one consultation to discuss your problems and concerns.**
2. **A complete case history and health questionnaire.**
3. **A dietary and nutritional evaluation.**
4. **A complete analysis of dietary habits.**
5. **We will also review your medical records and lab tests (if available).**

If you are sick and tired of being sick and tired and would like to take a comprehensive natural and functional intervention to enhance your current thyroid treatment, then call us at (801)582-2011 and schedule your Complete Case Review and Consultation. We will get you scheduled as soon as possible. The \$287* cost (Only \$87 if you schedule within 2 weeks of requesting this report) for the initial consultation will cover the review of your medical history, review of past medical records, review of recent lab tests (if available), and our consultation and recommendations.

DO NOT continue feeling bad for another day when the potential answer to your SUFFERING is right here in front of you. How would you feel finding out years from now that the answer to your problem was right in front of your face all along, and you let it slip through your fingers. You will not regret it.

Sincerely,

Regan Archibald, LAc, MSOM

Functional Medical Provider