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Thyroid Health

The Butterfly Within

History of Thyroid
Treatments and Modern
Alternatives

Nutrition for A
Healthy Thyroid

How to Stay Fit and
Have A Healthy Thyroid

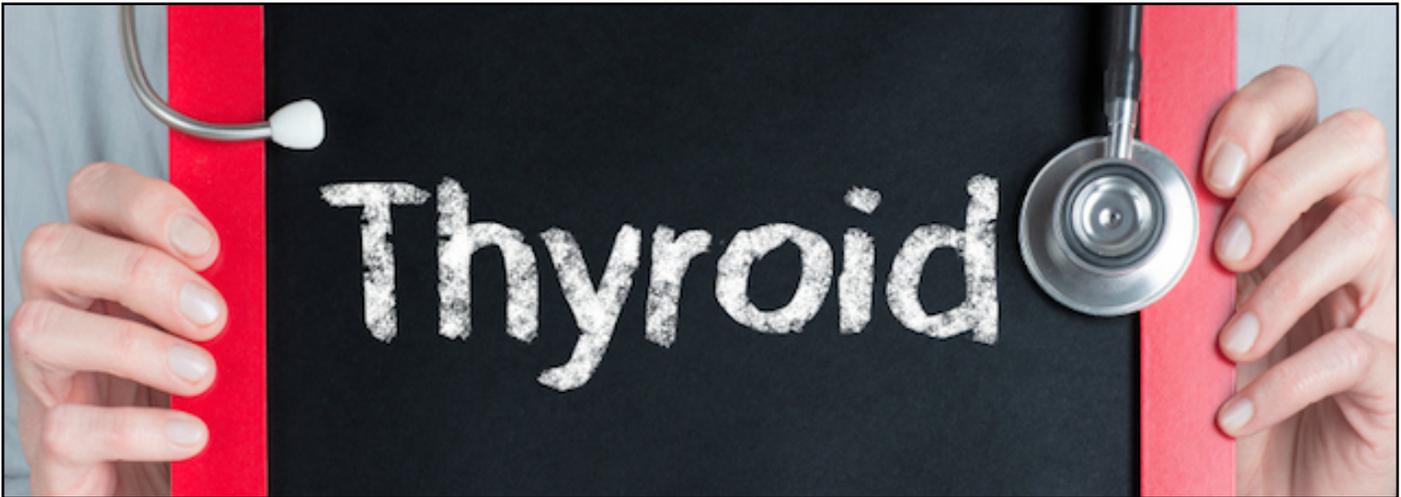
Testing For
Hidden
Hypothyroidism

HomeCures *That Work*

Thyroid Health

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History of Thyroid Treatments and Modern Alternatives

by Dr. Scott Saunders, M.D.

The history of thyroid disorders goes back as far as written records. ¹

As early as 2700 BC, the Chinese used seaweed to treat goiter, an enlargement of the thyroid gland.

- 1475 – Chinese physician treats goiter with minced thyroid glands
- 1500 – Leonardo Da Vinci makes the first drawing of the thyroid gland
- 1602 – Cretins (physical and mental retardation due to low thyroid) are first recognized in Switzerland
- 1820 – Goiter and cretinism are treated with iodine
- 1884 – The first surgical removal of thyroid gland for Graves' disease
- 1917 – Thyroid hormone, thyroxine, became available for sale at \$350/gram (Gold at the time was \$0.61/gram)
- 1917 – X-rays used to treat Graves' disease

From ancient times to the modern era, little has really changed in the diagnosis and treatment of thyroid disorders – that is, until the 21st Century.

Low Thyroid

Many people come into the office with symptoms of low thyroid. These include:

1. Feeling slow and sluggish
3. Tired all the time
4. Lack of energy

5. Feeling cold easily, especially in the hands and feet
6. Hair falling out
7. Weight gain
8. Delayed reflexes
9. Constipation

Many people who have a thyroid condition are already taking supplements to help manage their symptom. These supplements are mostly dried and ground-up thyroid glands from pigs or cows. These glandular supplement have been around for centuries, and have worked very well. Today, we have the same hormone, T4, or thyroxine, which is made synthetically.

So, what causes low thyroid?

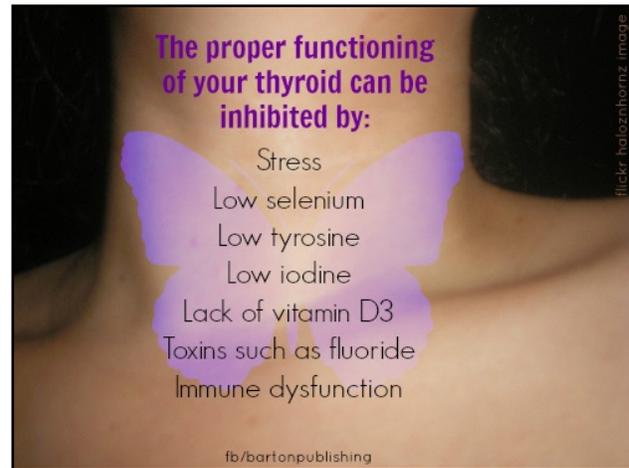
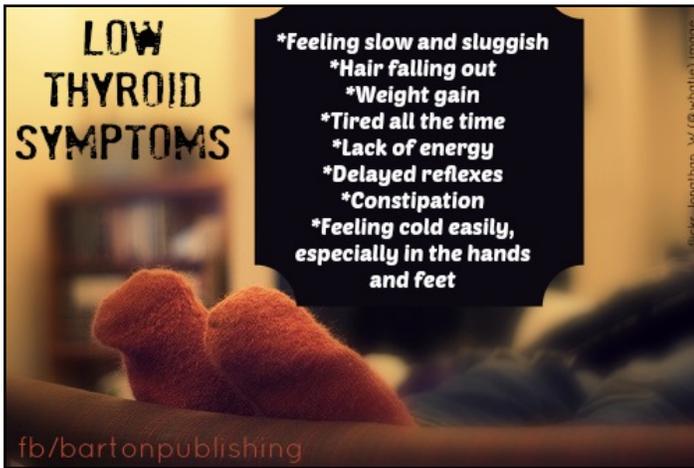
People can be hypothyroid when:

- The thyroid gland can't produce the hormones.
- The body doesn't convert the inactive T4 to the active T3.
- Or, when anything interferes with the action of the thyroid hormone. The proper functioning of your thyroid can be inhibited by:
 1. Stress – high cortisol levels cause low thyroid by:
 - Higher *Reverse T3*, which blocks the normal T3 from working
 - Lower TSH so the thyroid gland makes less T3 and T4
 2. Low selenium³ has multiple effects on the thyroid, causing inflammation and the inability to convert the inactive T4 into the active T3
 3. Low Tyrosine – this amino acid forms the backbone of the thyroid hormone. When it is deficient, the gland is unable to function.
 5. Low iodine is common.
 6. Lack of vitamin D3 decreases the binding of the T3 hormone to the receptor.
 7. Toxins such as fluoride, bromide, lithium, mercury, and pesticides inhibit thyroid production or use.
 8. Immune dysfunction can cause antibodies to be made against the various components of the thyroid gland, proteins, or enzymes.

Many of these can lead to an enlarged thyroid gland, called a “goiter.”

Goiter

A goiter is simply an enlarged thyroid gland at the base of the neck, and is often caused by low thyroid. Some are barely noticeable, while others can get so large they impair breathing and swallowing.



Pei was a woman from China who went to her doctor with a bump on her neck. The doctor thought it might be a goiter so he sent her to an endocrinologist. The specialist did some tests that proved she had goiter, and sent her on to a thyroid surgeon. The surgeon told her about only two options: surgically remove the gland, or radioactive iodine to kill the gland. She found that she would have to be on thyroid pills for the rest of her life with either treatment, so she opted not to treat. Over the course of ten years the gland was getting bigger, and bigger. She went to several other doctors to see if there was anything else she could do, but they only gave her the same two options. Finally, it had gotten so large that she was having difficulty swallowing so she went to a surgeon and had the gland removed.

If the thyroid gland doesn't get iodine it starts getting bigger. Seaweed contains a concentrated amount of iodine, which was recognized by the Chinese thousands of years ago as a treatment for an enlarged thyroid gland. Over the years, this information has been lost and re-gained several times. Currently, though we know the history, yet we continue to use drugs and surgery for goiter instead of iodine. In the case of Pei, the first doctor could have told her about iodine, which usually shrinks the gland by about 1/3, and she would have avoided surgery, and the mass in her neck.

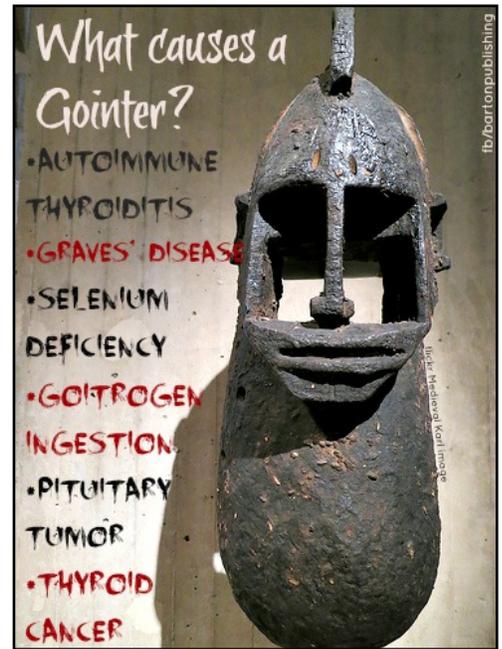
What causes a goiter?

When there is not enough thyroid hormone in the body, the pituitary gland makes more Thyroid Stimulating Hormone, TSH, which tells the thyroid gland to make more. If, for some reason, the thyroid gland can't make more, it just keeps getting bigger. Iodine deficiency is very common in the world and is therefore the main reason for goiter.

Because of the use of sea vegetables, those who live in coastal regions have a lower incidence of goiter. Iodine is necessary for the production of thyroid hormone, so if there isn't enough the gland enlarges due to stimulation from the pituitary to make more.

While iodine deficiency causes by far the majority, there are other causes of enlarged thyroid glands.

1. Autoimmune thyroiditis (Hashimoto's)
3. Graves' disease stimulates the TSH receptors to make more thyroid hormone.
4. Selenium deficiency² prevents the conversion of T4 into T3, the active hormone.
5. Goitrogen ingestion (foods, chemicals, and drugs the inhibit thyroid, causing it to enlarge – this only happens if you are already on the edge of deficiency, such as with low iodine).
6. Pituitary tumor that secretes TSH
7. Thyroid cancer



Hyperthyroidism (elevated thyroid)

Mitch was a chef at a 5-star hotel in the area. I had seen him on several occasions, and told him he needed to lose weight (never trust a skinny chef, right?). After more than a year without seeing him, he came in and I didn't recognize him – he had lost almost sixty pounds, he was red, sweaty, and his eyes looked like they were popping out of his head! He said he had been like this for several months, but it wasn't going away. Tests showed his thyroid problem, Graves' disease.

Since we know that the antibodies are stimulating the TSH receptors, causing the gland to overproduce thyroid hormone, we decided to suppress the hormone with “goitrogens” – lithium and lots of cruciferous vegetables. I also recommended selenium in high doses (5mg) for a few months to increase his glutathione peroxidase and decrease the antibodies. This worked, and he felt much better over the next few months – but he started to gain back the weight. This illustrates the symptoms, problems, and treatment of Graves' disease, a common cause of hyperthyroidism.

Those who make too much thyroid hormone have the opposite symptoms:

1. Sweating easily
3. Palpitations of the heart
4. Feeling hot
5. Nervousness
6. A fine tremor
7. Anxiety or panic attacks
8. Weight loss

Most describe a feeling of being pushed.

Thyroiditis

A common cause of too much thyroid is too much inflammation. The syndromes have various names such as Hashimoto's thyroiditis, Graves' disease, and autoimmune thyroiditis, which are all due to inflammation in the thyroid gland. The process making thyroid hormone creates a lot of inflammation so the thyroid gland requires a large amount of selenium, a mineral that is part of the enzyme glutathione peroxidase, which prevents damage. When people are low in selenium they have more inflammation in the thyroid gland, which can lead to thyroiditis. Further treatments include dietary changes, herbal treatments, and stress reduction.

How do we test for thyroid function?

Doctors are taught to screen for thyroid disease using the pituitary hormone TSH.⁴ If the TSH is low, this indicates that the pituitary gland has enough or too much thyroid hormone. However, if the TSH is high, this means the brain thinks there isn't enough thyroid hormone. The problem is that this test can be fooled easily.

1. If there is a large amount of reverse T₃, the brain will think there is enough thyroid, but it doesn't work well.
2. Lack of selenium could slow the conversion of T₄ to T₃.
3. Stress causes high cortisol, which can suppress TSH, even if your hormones are low – or it can even cause low thyroid with normal or low TSH.

Remember, the most important test is you! If you have the symptoms of low thyroid, you can do the blood tests, but that doesn't guarantee a diagnosis. Sometimes, if the diagnosis is not clear, and the patient has symptoms of low thyroid, I will do a trial of thyroid hormone. If the symptoms resolve, then there is a good chance (though still not perfect) that this is the problem. Thyroid glandular supplements can be found where vitamins are sold. I usually start with about 30mg or 1/2 grain.

How to keep your thyroid gland functioning well throughout your life

What is very interesting is that nothing has changed over the centuries of thyroid treatment. We understand why, but we have no better way of treating the thyroid, except with the same things that have been used in the past. If we provide all the things the thyroid gland needs, and keep inflammation down, it will generally function well throughout your life. Just like we learned in the history, we can do the same things:

1. **Iodine.** It doesn't seem possible to get too much because the kidneys are so good at getting rid of the extra. People only have problems with iodine when they have other deficiencies, such as selenium or tyrosine. The best way to take this is to get about 10mg (they may come

in 5, 6.25, 12.5, 25, 40, and 50mg – any of these is fine) every day for 90 days, and then take one per week. This will be sure to keep your levels up, and will not get depleted. Seaweed, kelp, nori, and sushi will give adequate amounts, if you prefer to get it in food.

2. **Selenium.** 200 micrograms per day for 90 days, and then 1mg once per week. (It's hard to get a 1mg tablet, so just take 5 of the 200mcg) If you want to get it from food, eat BRAZIL NUTS, as they are the only food in the United States with a significant amount of selenium.
3. **Stress reduction.** This doesn't mean you need to avoid all stress, only that you need some relief:
 1. Eat a low-carb diet because the stress hormones are affected by sugar.
 2. Exercise to sweat every day to release endorphins.
 3. Connect with people – loving relationships reduce stress.
 4. Write in a journal, especially about how you feel.
 5. Meditation and prayer for about a half hour per day.
 6. Pursue a hobby that captures your whole attention.
4. **Lower inflammation.** The best way to keep inflammation down is with the diet. The less we eat, the less inflammation we make so fewer calories will be helpful. Aside from this, there are several things to keep in mind.
 1. Eat less omega6 oils (corn, soy, canola).
 2. Avoid sugar or artificial sweeteners.
 3. Use spices like pepper, turmeric, cinnamon, and so forth.
 4. Eat grass-fed meat, eggs, butter, and dairy.
 5. Avoid packaged or prepared foods – if it has a list of ingredients, it's best not to eat it.

The thyroid gland is essential to maintain your metabolism, keep your energy up, prevent ageing, and allow you to function normally. For this reason it's very important to keep it in tip-top shape. There is no medicine that is better than the treatments that have been used for centuries!



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- 1) <http://www.thyroid.org/events/thyroid-cancer-tumor-history/>
- 2) <http://www.ncbi.nlm.nih.gov/pubmed/21523503>
- 3) http://www.wellnessresources.com/health/articles/seleniums_vital_role_in_thyroid_hormone_function/
- 4) <http://chriskresser.com/5-thyroid-patterns-that-wont-show-up-on-standard-lab-test>



Nutrition for a Healthy Thyroid

By Amanda Box, N.D

What you eat can literally turn the dial up or down when it comes to your thyroid. This little butterfly shaped gland controls your body's metabolism and it is very particular about what it needs in order to function properly. Thyroid hormones, like T3 and T4, also need specific nutrients in order to carry out their tasks throughout body. Plainly put, the food you choose on a daily basis can either starve your thyroid or feed it what it needs.

Taking prescription thyroid medication isn't going to solve a thyroid problem caused by a lack of nutrition. It will only serve as a band-aid. Only a healthy diet combined with the needed supplements can remedy a nutrient starved thyroid. Most of the nutrients needed for a healthy thyroid and for proper use of thyroid hormones, are found in common, health promoting foods. However, millions of people are deficient of these nutrients because of their poor food choices. Processed foods and fast food are leaving people malnourished and vitamin deficient. Thyroid problems are one of many health issues that can occur from this lack of proper nutrition.

If you suffer from thyroid issues of any kind, take note. A prescription is not going to truly fix the anything. Your diet may need a thyroid boosting makeover! The first step is to start making the nutrients below part of your daily lifestyle and diet regime.

Vitamin D

Vitamin D deficiency and hypothyroidism are nearly always found together. This is because vitamin D is needed to hold thyroid hormones onto their receptors sites. Without enough vitamin

D, thyroid hormones aren't used because they aren't able to bind to those receptors. When these thyroid hormones go unused, hypothyroid symptoms are the result. This may be another reason why people feel so tired and sluggish in the winter as their vitamin D exposure declines.

Most foods claiming to be fortified with vitamin D contain very low levels of artificial vitamin D. Eggs do, however, contain some naturally occurring vitamin D. But the best way to get vitamin D is not via food, but with plenty of sunshine: 20-30 minutes a day should suffice.

During the winter, supplement with a natural D3 supplement; 35 IU per pound is a good daily dosage. Be aware that it can take a few weeks to build up your vitamin D levels. You will likely feel a difference in your well-being once they reach a normal level.

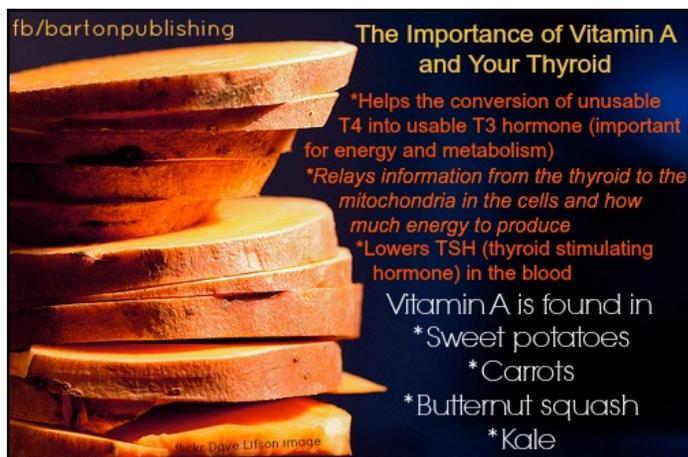
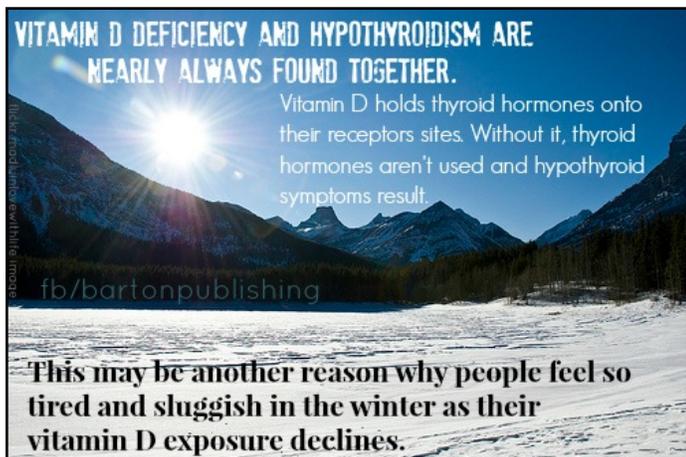
Vitamin A

Vitamin A helps the conversion of unusable T4 hormone in the body into the usable form T3 hormone. Studies have shown that it also helps to lower TSH (thyroid stimulating hormone) in the blood. High TSH levels are a common sign of hypothyroidism.

Vitamin A is also important as it relays information from the thyroid hormone to the mitochondria in the cells. Our thyroid hormones control the function of the mitochondria by telling them how much energy to produce. Without adequate vitamin A, the mitochondria cannot receive that important information! (1)

Eat your fill of vitamin A by consuming:

- Sweet potatoes
- Carrots
- Butternut squash
- Kale



Selenium

Selenium has shown to have a great impact on reducing autoimmune related thyroid conditions like Hashimoto's Disease. It can reduce inflammation in the thyroid gland, which helps prevent further damage to the thyroid tissue. Studies have shown that selenium can also reduce thyroid peroxidase antibodies in the blood. (2) This also prevents further damage to the thyroid gland itself from autoimmune thyroiditis.

Selenium is necessary for converting T4 to T3 in the body. If not enough T4 is converted to T3, then the result is hypothyroid symptoms. This makes selenium very important in the prevention and treatment of low levels of T3.

High levels of selenium are found in:

- Brazil nuts
- Tuna
- Sunflower seeds

Zinc

Zinc is necessary in order to convert inactive T4 hormones into active T3 in the body. The hypothalamus also needs zinc to signal the pituitary gland, which in turn tells the thyroid to produce hormones. As we age, our levels of zinc and other trace nutrients tend to decline. This is a very important mineral to monitor as it has many other important functions in the body, as well.

High levels of zinc are found in:

- Seafood
- Red meat
- Pork
- Nuts and seeds, particularly pumpkin seeds

B12

B12 deficiency and hypothyroidism tend to go hand in hand. Low levels of B12 can trigger the autoimmune Hashimoto's Disease. It is also important to note that low B12 levels alone can mimic symptoms that look nearly identical to hypothyroidism. This is an important vitamin to consider when battling low energy levels, hair loss, and hormonal issues like PMS and infertility.

Some of the highest levels of B12 are found in organ meats like liver. Although most meats such as beef, seafood, and poultry contain high levels, as well. If your B12 levels are extremely low, it is best to supplement as well. Methylcobalamin is one of the best forms of B12 for absorption.

Iodine

Iodine is by far the most essential nutrient for thyroid function. It is like liquid gold for the thyroid. Your thyroid will fail to work without iodine and it cannot make thyroid hormones without it. Low iodine is one of the more common causes of hypothyroidism.

Although hypothyroidism can benefit greatly from iodine, it is important to note that Hashimoto's disease is actually worsened with iodine. It is extremely important that you rule out Hashimoto's disease before you add iodine to your diet. Otherwise, you will just exacerbate the problem and your symptoms will worsen. Having a thyroid antibodies test is the best way to rule out an autoimmune thyroid disease like Hashimoto's.

Iodine deficiency is more common than one might think. It's estimated that around 12% of Americans are iodine deficient. This is likely due to our over consumption of competing halides Bromine, Fluoride, and Chlorine. Bromine is found in baked goods and soft drink and Fluoride and Chlorine is commonly found in our drinking water. These competing halides latch onto your iodine receptors leaving iodine unused. Cutting out bromine containing food and drinks and drinking filtered water are key to getting iodine levels back to normal levels.

Two of the best sources of iodine are mineral rich salts like Himalayan salt, and kelp. They add not only an iodine boost to your diet, but flavor to your foods! Those with a more severe iodine deficiency should consider supplementing with iodine drops or pills. Most thyroid boosting supplements at your local health-food store will contain iodine, as well.

Foods that Block Thyroid Function

Lacking the right nutrients isn't the only culprit to impaired thyroid function. There are naturally occurring substances found in foods we eat that can also disrupt thyroid functions. Surprisingly, some of these substances are found in healthy foods!

The name "goitrogen" has been given to foods that contain chemicals that affect the thyroid. Some of these foods activate antibodies, which act against the thyroid, and other foods block the production of thyroid hormones. Those with a healthy functioning thyroid can typically eat these foods in moderation. However, if your thyroid is compromised, or you have a family history of thyroid problems, it is best to avoid these foods as much as possible.

Gluten

Food sensitivities have been found to trigger autoimmune reactions against the thyroid. Gluten is by far the most common culprit. Typically, if gluten is a cause, you will also suffer from other

inflammatory issues like joint pain or digestive problems. If these symptoms ring a bell for you, then going gluten-free can be absolutely life changing!

Be patient because it can take up to a month to reap all the results. However, if a food sensitivity like gluten is the underlying issue, you will feel so much better you won't want to go back to eating it again!

Soy

The chemicals in soy block the use of iodine by the thyroid and prevent the production of thyroid hormones. But, that isn't all. Soy can wreak havoc in other parts of the body, as well. It mimics hormones in the body and can lead to PMS, infertility and even cancer.

Soy's downfalls truly outweigh any benefits it may have. Furthermore, most soy is genetically modified. This only adds fuel to the fire as GMOs pack their own plethora of negative side-effects, from digestive problems to cancer!

Cruciferous Vegetables

I honestly believe that cruciferous vegetables are among some of the healthiest vegetables you can eat! They contain important vitamins, minerals, and antioxidants that are important for our health.

However, they also contain a chemical that can block the production of thyroid hormones. It is important to note, that when you cook these vegetables, it lowers the amount of these chemicals called, isothiocyanates. Some of the vegetables containing isothiocyanates include:

- Broccoli
- Cauliflower
- Cabbage
- Kale
- Brussel sprouts

I can't, in good conscience, advocate removing these vegetables entirely from your diet as I feel their benefits far outweigh their possible negative effects. However, if you do have a thyroid problem, eat them in moderation and be sure to cook or steam the vegetables before eating.

Recipes for Thyroid Health

As you now know, what you eat is very important for the health of your thyroid. Consuming the right vitamins and minerals and avoiding thyroid-blocking foods is important!



Read labels and look out for sneaky ingredients like soy products. Cooking from scratch helps you avoid unwanted ingredients while getting the nutrition your thyroid needs!

I'm a huge fan of breakfast food. So much so that I often make breakfast for dinner. This dish would make a delicious dinner or the perfect start to your morning! Full of thyroid boosting nutrition, the sweet potatoes contain vitamin A, the eggs contain vitamin D and B12, and A, and the chicken or turkey sausage have vitamin B12. Top it off with Himalayan sea salt for a dash of iodine.

Sweet Potato Hash with Caramelized Onions, Sausage & Eggs*

Ingredients:

- 2 pounds onions, about 2 large
- 1 tablespoon unsalted butter
- Himalayan salt
- 1 pound chicken or turkey sausage
- 3 pounds sweet potatoes, about 3 large potatoes, ideally organic
- 6 large garlic cloves
- 2 tsp rosemary
- 3 tablespoons olive oil
- 1 tablespoon Himalayan salt, plus more to taste if necessary
- Freshly ground black pepper

To serve:

- Large eggs
- Himalayan salt and black pepper
- Parmesan cheese, to serve

To make the hash:



Heat the oven to 450°F. Chop onion and add to melted butter in a skillet over medium-high heat. Sprinkle with salt. Lower the heat slightly and cook the onions for about 30 minutes, stirring occasionally, and lowering the heat if they seem to be burning. Cook them until they are very dark brown.

Meanwhile, put the sausage in another skillet and brown over medium-high heat, chopping it up into fine crumbles with a spatula. Cook the sausage for about 10 minutes, or until it is browned and beginning to crisp. Drain away any excess fat.

While the onions and sausage are cooking, chop the unpeeled sweet potatoes into cubes that are about 1/2-inch to a side. Add finely mince the garlic and rosemary leaves, and toss them in a large bowl with the sweet potatoes. Toss with the olive oil, Himalayan salt, and black pepper.

When the onions are dark brown and the sausage is crispy, stir these into the sweet potatoes as well. Line a large baking sheet with foil or parchment paper, and spread out the sweet potatoes evenly. Roast the sweet potatoes for 30 to 45 minutes (roasting time depends on the size and uniformity of the sweet potato chunks, as well as the variety of sweet potato you buy) or until they are soft and browned.

Refrigerate the cooled hash for up to 5 days.

To serve:

Heat the oven to 425°F. Spread a relatively thin layer of the (already cooked) sweet potato hash in a baking dish, such as a cast iron skillet or a 9x13-inch baking dish. You can also bake in individual ramekins. Make small wells in the sweet potatoes and crack in large eggs. Sprinkle lightly with salt and pepper.

Bake for 15 to 20 minutes, or until the sweet potatoes are hot and the eggs are baked through.

Serve immediately, with shavings or sprinkles of Parmesan cheese, if desired. Serves 8

Coconut Oil has been shown to boost metabolism when used regularly. Although it doesn't directly affect the thyroid, those with hypothyroidism could use the metabolism increase that coconut oil offers. These macaroon's not only contain coconut oil, they are also low in sugar, and are completely gluten-free. It is hard to find delicious desserts that are health promoting, but these macaroons take the cake!

No-Bake Gluten-Free Chocolate Macaroons**

Ingredients:

- 1¹/₃ cups raw cacao or cocoa powder
- 1/2 cup honey
- Liquid stevia, as needed to sweeten to taste
- 1/3 cup extra virgin coconut oil melted
- 1 Tbs. vanilla extract
- 1/2 tsp. Himalayan sea salt
- 3 1/2 cups dried, unsweetened coconut flakes

Instructions:

In a large bowl, mix all the ingredients well. Then use a spoon to scoop rounded mounds onto wax paper and put them in freezer. Freeze overnight or at least for a few hours. Keep them in the freezer until a few minutes before you serve.

(Editor's Note: Add peanut butter on top for added protein!)

Eating for thyroid health isn't just nutritious; it's also delicious. Start by preparing your meals from scratch and avoid processed foods that starve your thyroid of what it really needs. Fill your diet instead with healthy fruits, vegetables, and lean meats that are brimming with nutrition. Turn the dial up on your thyroid with the right foods. You and your metabolism will thank me!



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for

(1) <https://www.worldhealth.net/forum/thread/99076/thyroid-the-vitamin-a-link-must-read/?page=1>

(2) <http://www.ncbi.nlm.nih.gov/pubmed/16837619?dopt=Abstract>

*Adapted from <http://www.thekitchn.com>

**Adapted from <http://kimberlysnnyder.net>



How To Stay Fit and Have A Healthy Thyroid

By Sarah Stanley.

Was your goal to lose weight this year but nothing seems to be working? Today, I'm going to be talking about fitness and the thyroid. But first, a little groundwork on the thyroid, adrenals, stress and exercise.

Can you answer yes to any of these questions?

- Are you having trouble losing weight?
- Does your metabolism seem slow?
- Have you gained weight without an explanation?
- Working out daily and still can't seem to lose the pounds?

There is probably a pretty good chance that at some point in your life you've experienced one or maybe all four of these problems. The common denominator of them all is a little, but very important part of your wonderful, God-made-body that is called your thyroid.

Your thyroid plays a big role in your health and wellness! The thyroid (located near Adam's apple) is a closely connected with adrenal glands (located just above your kidneys). These glands affect your hormones, metabolism, and of course weight. And when we exercise on overstressed adrenals, health problems occur.

Think of the thyroid and adrenals as a gas pedal and battery in a car. The thyroid is the gas pedal and the adrenals glands are the battery. You need both to drive a car and you need both to have a balanced, healthy body!

“Fight or flight.”

These two words are crucial to understanding how to workout smarter and more effectively. Exercising is fantastic but when the body is overstressed at a biochemical level, our fight or flight sympathetic nervous system kicks in.

Years ago, fight and flight literally meant not getting eaten by a tiger (flight) and fighting for your life. Today, ‘fight’ and ‘flight’ take on different meanings.

- We have chronic stress that builds up over time and stays with us (i.e. emotional issues from childhood).
- We have nutritional stress (instead of real food, we have the Standard American Diet).
- And the one we’re going to talk about today, physical & biomechanical stress (exercise).

All these different kinds of stress affect many areas of our body, including the ever-important thyroid. Because the thyroid and adrenals work very closely together, when they are off, everything is off.

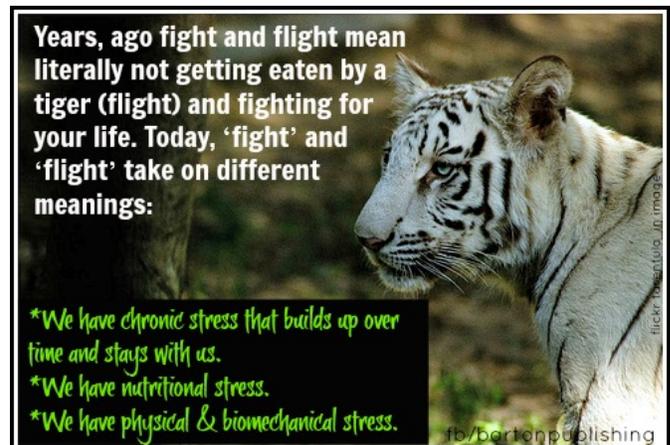
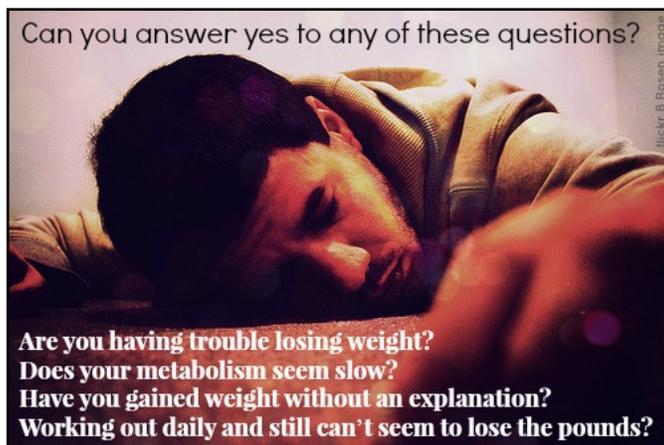
Working out is fantastic, but if you have any of the above-mentioned symptoms...Exercising on stressed out adrenal glands is a recipe for disaster.

Here are 4 ways to stay fit and take care of your adrenals and, at the same time, heal any thyroid symptoms you may be having.

#1. Work out smarter, not harder.

One of the best things you can do to help repair an overstressed thyroid system is to workout smarter, not harder. A friend of mine explains it this way: “Work in, not work out.”

By working in (i.e. gentle, easy walks) instead of intense workouts (long runs, CrossFit) the body has time to heal and repair. The goal of working out smarter is to have low-impact stress on the body.



Running (as one example) is great, but if your body is in the fight or flight mode stage, running will only exasperate the stress and keep the weight on. By switching your workout routine to gentle exercise, the body will begin to recover and your jeans will begin to fit again. If you are a Type A person, then switching to gentle forms of exercise is probably going to be a difficult change to make! But having a healthy thyroid and adrenals is so worth it.

#2. Less is more.

When the body is stressed, remember it needs extra special kindness. So while a run might be seem like a brilliant idea, if you are dealing with any of the previously mentioned stresses (nutrition, emotional, physical, biomechanical), then running is not the best option. Bummer, I know! Instead, switch out that run for a yoga class, a gentle walk with a friend, swimming or even deep water running. These kinds of exercises still allow you to get your sweat on but without sacrificing your thyroid health, which is crucial to repairing your adrenal wellness.

#3. Boost your metabolism by changing your workout routine.

If you don't believe you are in the 'flight' or 'fight' mode, then this section is for you.

Your metabolism is conditioned to do the same workout after workout. If you've done the same workout for the last 20 years, then it's time to switch it up! Some healthy routines are great, but it is good to mix up your fitness routines so your body doesn't become stuck on a plateau. By changing and varying your workouts, you'll not only gain strength, but you'll find your areas of weakness so you can be in the best physical strength of your life!

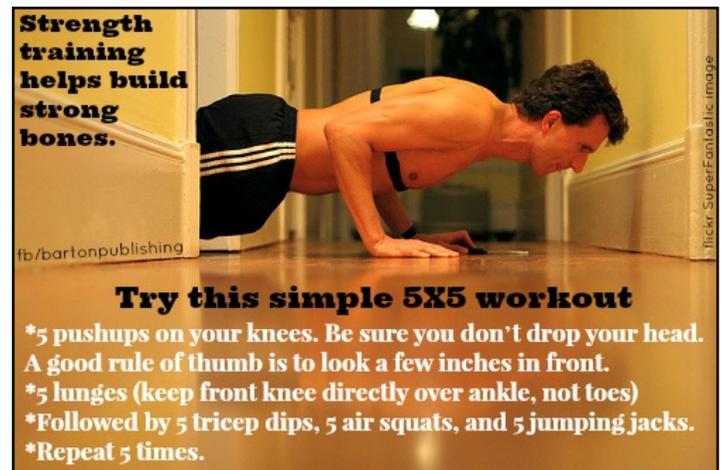
Don't know where to begin? Here are some sample workout ideas to try!

A) Strength workout.

Whether it's body weight or actual weights, strength training helps build strong bones. If you've never done strength training before, then start simple. Try the 5X5 workout.

- 5 pushups on your knees. Be sure you don't drop your head. A good rule of thumb is to look a few inches in front.
- 5 lunges (keep front knee directly over ankle, not toes)
- Followed by 5 tricep dips, 5 air squats, and 5 jumping jacks.
- Repeat 5 times.

If you have been strength training for sometime, then switch it up. Always do 12 bicep curls? Go for supersets (no rest) of bicep curls.



For example, with a set of weights (anywhere from 5lbs to 20lbs) do 10 bicep curls followed by 10 hammer curls followed by 10 in and outs (palms up, holding weights, arms are at tabletop level, move weights to the left and right at same time for 10). Take a short rest of 30 seconds and repeat up to 3 times.

B) Running.

If you run the same route, the same pace, the same distance, then not only will you be more prone to injury but also under/over developed muscles. To be a stronger and versatile runner, vary your runs. Add in some longer distances, hill climbs, hill repeats, tempo and speed running workouts. These different kinds of running interval training will kick-start your metabolism *and* give you a strong, healthy body at the same time!

C) Group exercise classes.

If you belong to a gym, then take advantage of the classes they have to offer! Not only is working out with other people fun (and you'll make new friends!), but you'll also learn new exercises and be challenged positively to take your fitness to a whole new level.

Doing the same workout day in and day out, eventually puts your body in a metabolism rut. Fitness is being able to do many different things, not just one thing. A strong, healthy body is able to lift, pull, run, jump, push and reach.

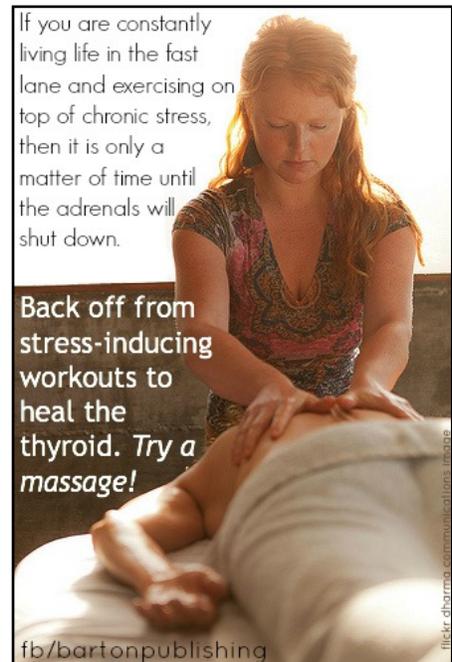
You don't have to do everything at once, but make it a goal to be well-rounded in your fitness.

D) Les Mills.

One of the reasons I love Les Mills programs so much is that the format changes every three months so your muscles never get complacent. I personally love Les Mills' BodyPump (weight/strength training) and CXWORX (core) programs. In a 1 hour BodyPump class you'll perform around 700 reps. It works all areas of the body from squats to biceps, to triceps to back and shoulder and to abs to lunges. This weight training class will keep your heart rate up and make the sweat flow!

E) TRX.

Another personal favorite of mine is the TRX training system. If you have space in your home, then this would be a great fitness investment. Some gyms have TRX classes or have the TRX system available for all to use. This seemingly simple piece of equipment will challenge all abilities. Try plank with knee tucks and you'll see what I'm talking about. :)



#4. Know when to back off.

If you are constantly living life in the fast lane and exercising on top of chronic stress, then it is only a matter of time until the adrenals will shut down. Learning when to back off from stress-inducing workouts is going to be crucial in healing the thyroid.

- Maybe instead of pounding the pavement you go get a massage.
- Or perhaps schedule an acupuncture appointment.

Both of these holistic methods can be vital in regaining your health and wellness again. And of course, giving your body the right nutrition from real food sources is going to have huge, positive dividends on your overall health!

The good news is that in most cases, people with adrenal and thyroid symptoms will respond nicely to a natural treatment protocol, especially if you follow these 4 steps. You can have the energy to be healthy again!

How about you? Do you have adrenal/thyroid health issues? What is your strategy to heal them?



Sarah Stanley is a wellness educator, endurance athlete, speaker, author, and founder of #wellnesschat & {wellprint}. Passionate about healthy living Sarah lives what she speaks about, practicing a whole foods, plant-based lifestyle that fuels her ultrarunning adventures. Her goal is to empower others to be knowledgeable about what they put in & on their body so they can live healthy, disease-free and happy life. She's been featured in SELF, SHAPE, Ladies' Home Journal and Washingtonian. Find Sarah on [Twitter \(@SarahStanley\)](#), [G+ \(+SarahStanley\)](#) and visit [SarahStanleyInspired.com](#) to start your wellness journey today!



Hidden Hypothyroidism

by Amanda Box

You may have all the classic symptoms of hypothyroidism:

- Cold hands and feet
- Weight gain
- Hair loss
- Brittle nails
- Dry Skin
- Low body temp

Yet, your doctor has told you your blood work is normal and your thyroid is fine. End of story, right? Of course not! Your symptoms didn't just disappear with the results! You still feel miserable and now it's even worse because you are left without any answers.

Millions in America suffer from some form of thyroid disease. It's a bit of an epidemic really. Synthroid, the synthetic thyroid hormone, is amongst one of the top 10 prescribed drugs. But, this drug isn't fixing the problem. It may mask some of the symptoms, but much of what causes hypothyroidism is never addressed in a doctor's office.

If hypothyroidism doesn't have just one cause, then why does it only have one treatment? Shouldn't the underlying root issue be corrected? This approach is much like filling a car with oil to keep it running, yet never fixing the leak! What a waste of time and money!

Interestingly enough, a defective thyroid isn't always to blame with hypothyroidism. You can actually have a completely normal functioning thyroid yet have all the symptoms of hypothyroidism. This is why it is important that doctors not rely solely on blood but a combination of blood work, signs, and symptoms. When blood work comes back normal yet you have all the signs and symptoms, it just means it is time to dig a little deeper to find out what the underlying issue truly is.

Before I go into some of the hidden causes of hypothyroidism, I believe it is important that you at least have a foundational understanding of the thyroid's function in the body. Understanding how things are supposed to work, give you a better understand of what happens when something goes wrong.

The Workings of the Thyroid

Though the thyroid may be small, its job is quite mighty..

The thyroid is an essential part of your endocrine system. It creates hormones that influence nearly every cell in our body! Thyroid hormones directly affect our:

- Metabolism
- Heat production
- Balance of sex hormones
- The use of fat, carbohydrate, vitamins, minerals, and water in the body

Thyroid hormones affect our weight, mood, heart rate, mental stamina, and energy levels.

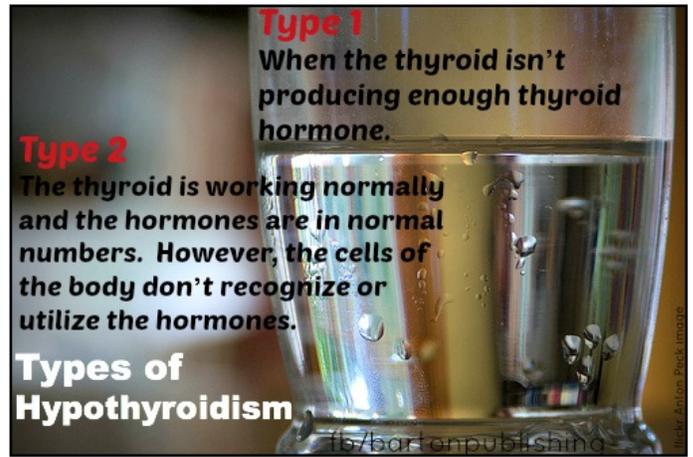
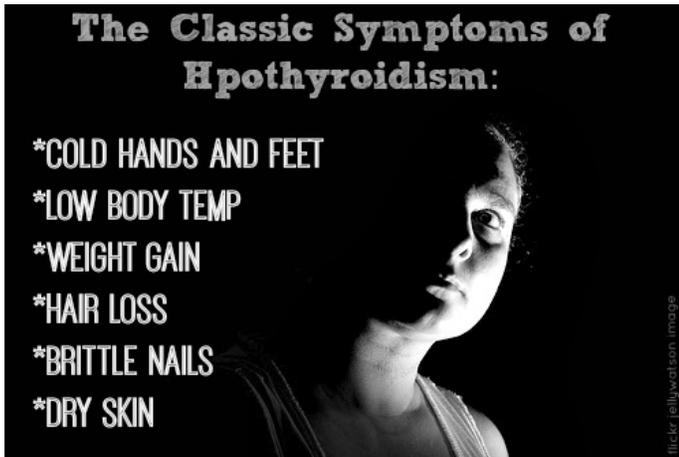
In a healthy person, the course of action for the thyroid and its hormones looks like this:

1. The pituitary gland releases the hormone TSH (thyroid stimulating hormone).
2. TSH tells the thyroid to produce thyroid hormones T3 and T4.
3. T4 circulates the body waiting to be converted to T3 by the liver.
4. T3 is used as fuel by our cells for metabolism, burning fat, converting protein, and increasing energy throughout the body.

Hypothyroidism results from an issue compromising any of the steps above. It can originate in the pituitary gland, the thyroid itself, the conversion by the liver, or the cells and their hormone receptors. Unfortunately, most doctors don't look much beyond the thyroid itself. They nearly always prescribe the same course of action to everyone, no matter the cause.

Digging Deeper

Like I had mentioned earlier, hypothyroidism isn't always caused by a problem with thyroid itself. Your thyroid can be producing all the necessary hormones, but it doesn't mean that your body is utilizing those hormones, as it should. Dr. Mark Starr wrote a book titled *Hypothyroidism Type 2* in which he addresses a form of hypothyroidism that isn't yet acknowledged by mainstream medicine.



- Type 1 hypothyroidism is when the thyroid itself isn't producing enough thyroid hormone.
- Type 2 hypothyroidism manifests similar to type 2 diabetes. In type 2 hypothyroidism, the thyroid is working normally and the hormones are in normal numbers. However, the cells of the body don't recognize or utilize the hormones.

Just as type 2 diabetes is often referred to as insulin resistance, type 2 hypothyroidism is thyroid hormone resistance. Dr. Starr believes that thousands of people suffer with Type 2 hypothyroidism and are not diagnosed because it doesn't show up on the typical blood tests.

Like many other diseases, stress can also be a hidden trigger for hypothyroidism. Stress can provoke autoimmune and inflammatory responses in the body that can lead to Hashimoto's disease. Hashimoto's disease results from the body's immune system attacking the thyroid gland. This causes a drop in its hormone production and therefore hypothyroidism.

Stress can also have a dramatic effect on the conversion of inactive T4 to active T3 in the body. Chronic stress leads to adrenal fatigue, which causes a prolonged increase in cortisol in the body. When cortisol levels are high, it shuts down the enzyme in the liver that converts T4 to the active T3 hormone. Without adequate T3, hypothyroid symptoms are the result.

When the adrenal glands are the underlying problem, not the thyroid, treating only the thyroid will do little to nothing. Most natural health practitioners won't recommend thyroid boosting supplements or natural thyroid medication for hypothyroidism until the adrenal glands are restored. Many times, because the hypothyroidism is secondary, it disappears once stress levels decrease and the adrenal glands are balanced.

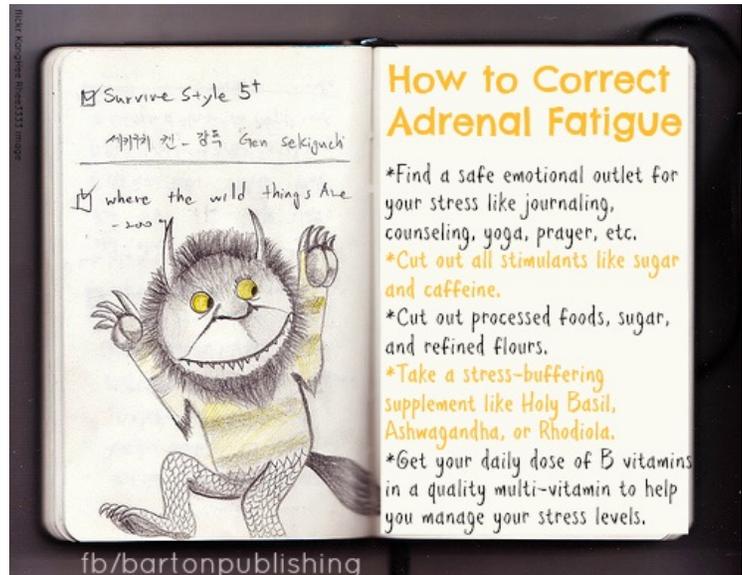
The symptoms of adrenal fatigue are:

- Needing at least 10 hours of sleep to function, extreme fatigue in the mornings, exhaustion again around 2pm, and more awake after 6pm with difficulty going to sleep.
- Sugar, caffeine and salt cravings
- Brain fog
- Depression
- Lowered immunity

- Blood sugar highs and lows

Correcting adrenal fatigue starts with decreasing ALL forms of stress in your life. This includes both psychological and physical.

- Find a safe emotional outlet for your stress like journaling, counseling, yoga, prayer, etc.
- Cut out all stimulants like sugar and caffeine.
- Adopt a healthier diet by cutting out processed foods, sugar, and refined flours.
- Take a stress-buffering supplement like Holy Basil, Ashwagandha, or Rhodiola. (I recommend Gaia's Adrenal Health as it contains all three herbs)
- Get your daily dose of B vitamins in a quality multi-vitamin. B vitamins help you manage your stress levels.



Latent Thyroid Problems

You may have what you believe to be a particular health issue, but the actual underlying cause may be related to the thyroid. Thyroid problems can masquerade themselves often manifesting as other health issues. Over 20 million Americans today have some form of thyroid disease (1). Over 60% of these people have absolutely no idea that they have a thyroid problem and instead blame their ailment on other health issues.

Health problems that can originate from thyroid issues include:

- Depression
- PMS
- High cholesterol
- Chronic fatigue
- Fibromyalgia
- Infertility
- Unexplained weight gain/loss

So, how do you know if thyroid problems are behind your health problem? The first thing you'll want to do is have a full blood workup done including TSH, T3, T4, and a thyroid antibody test. But remember, even if your results come back in "normal range," you can still have hypothyroidism. Before 2003, the range for TSH (thyroid stimulating hormone) was 0.5-5.0. It was then changed to 0.3 to 3.04. Some doctors believe the normal range in thyroid tests should be revised again. They believe levels of TSH over 1.5 should be considered as possible hypothyroidism.

At-Home Tests

However, as I keep pointing out, blood work and hormone levels aren't the sole indicator. One of the easiest tests you can perform at home is the basal body temperature indicator. Most people with hypothyroidism run a slightly lower temperature, typically below 97.8.

In order to check your basal temperature, you must do it first thing in the morning before getting out of bed. Women who are still menstruating should ideally do this test the week of their period. However men, post-menopausal women, and children can perform this test at any time. Take your temperature upon waking 3 days in a row and write down your results. Again, if your temperature falls below 97.8, it is likely you have a form of hypothyroidism.

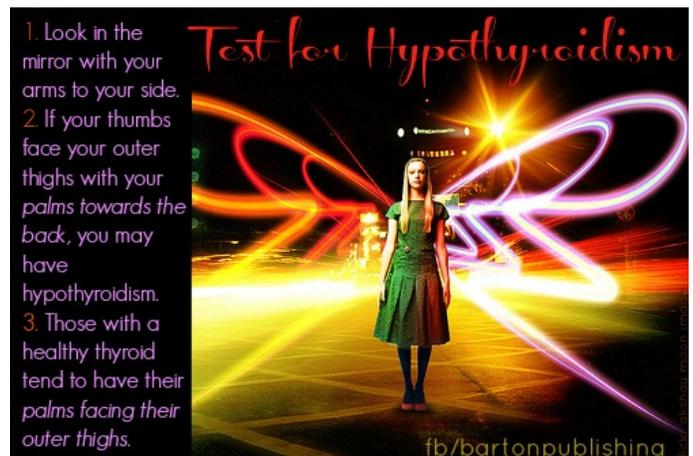


There are other interesting ways to test potential hypothyroidism, as well.

1. Check for a goiter. Your doctor will check this as well. A goiter is an enlargement of the thyroid gland, which is located about midway down your neck.
2. Look in the mirror with your arms to your side. If your thumbs face your outer thighs with your palms towards the back, you may have hypothyroidism. Those with a healthy thyroid tend to have their palms facing their outer thighs.
3. Take a good look in the mirror. Look for puffiness, bags under your eyes, hair missing from your outer eyebrows, and a swollen tongue. These are all signs of hypothyroidism.

And don't forget the common signs and symptoms of hypothyroidism, some of which I mentioned in the very beginning.

- Weight gain or inability to lose weight
- Cold hands and feet
- Constipation
- Brittle nails
- Very dry skin, especially the elbows
- Coarse hair or hair loss
- Low heart rate
- Heavy periods
- Infertility



Treating Hypothyroidism

Let's say you now you know you have hypothyroidism. Maybe blood tests confirmed it or you are sure based on your symptoms and at-home tests. Although a doctor will likely prescribe Synthroid no matter the cause, different types of hypothyroidism often require different treatments.

However, all forms of hypothyroidism can benefit tremendously from a healthy diet. Eating health-promoting foods increases nutrients needed by the thyroid and helps to decrease inflammation in the body, which can lead to both adrenal fatigue and Hashimoto's induced hypothyroidism. A nutrient dense and anti-inflammatory diet includes:

- Eliminating sugar and refined flours
- Increasing your colored vegetable intake
- Cutting out all artificial colors, flavors, and preservatives
- Avoiding fast foods and processed foods
- Replacing vegetable oils and trans fats with healthy fats like coconut oil and olive oil

Hashimoto's and Type 2 Hypothyroidism

If you have Hashimoto's disease, then you must focus on resetting your body's immune response. In order to do this, it often takes a complete overhaul of your body and mind. Lower your stress levels via stress reduction techniques, drastically change your diet to a healthier one, and begin taking anti-inflammatory and anti-oxidant rich supplements like Turmeric and Astaxanthin. Stay away from iodine and even natural desiccated thyroid as they can actually increase the attack on the thyroid. Type 2 hypothyroidism can be remedied from this approach, as well. Your body can only reset and work as it was designed to by changing your lifestyle and diet.

Type 1 Hypothyroidism

Your run-of-the-mill type 1 hypothyroidism is typically caused by a lack of iodine, other nutrients, and/or stress. Using a thyroid supplement from your local health food store can be helpful. They contain the most essential nutrients for thyroid health, including iodine. My favorite is Europharma's Thyroid Care.

Also, if your doctor wants to write a prescription, request the natural thyroid medication. The two most common brands are Armour and Nature-throid. These aren't synthetic like the typical drugs prescribed. They are instead made from desiccated porcine thyroid.

Remember, there isn't just one face to hypothyroidism. Its causes can be hidden and much more elusive. There is no one-size-fits-all when it comes to treating hypothyroidism. Don't be discouraged any longer by your "symptoms without a cause." There is always a cause; it's just finding the right one.

Finding the root behind your hypothyroid symptoms is key to choosing the right approach. Take note of your symptoms, get the appropriate blood work done, and address any issues like adrenal fatigue. Resolving hypothyroidism can be done both naturally and efficiently. It ultimately lies in finding the root, not bandaging the symptoms.



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.

1. <http://www.thyroid.org/media-main/about-hypothyroidism/>



Thyroid...The Butterfly Within

by Michael Tyrrell

I have a question for you...How are you doing? I know this is a random question, but I *actually* want to know how you are. Some of you have been reading my column for a couple of years now and I think it is important that you know that I really care!

This year is quite a personal milestone for me: 30 years in the ministry! Over those 30 years I have learned many things, one in particular that I'll share with you now...

We are impressed with big crowds, yet one man changed the world. We buy into the myth that bigger is always better, yet I have found that more often than not it is the little keys that open the big doors!

The prophet Elijah had grown accustomed to experiencing God through powerful demonstrations, yet at Mt. Horeb Elijah learned a powerful truth about his God.

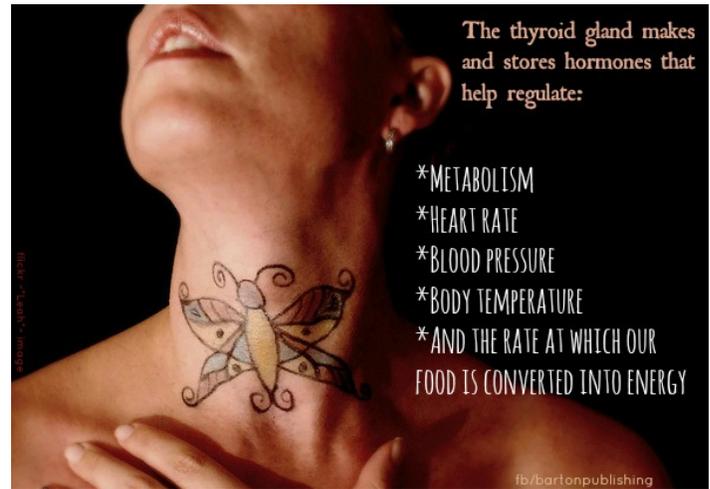
As God passed by Elijah, a mighty wind ripped through the mountains shattering rocks before him. Yet, God was not in the wind. After the wind, an earthquake came. But, God was not in the earthquake. Then after the earthquake, a fire came. But, God was not in the fire. After the fire, came a whisper... and God was in the still, small voice!

Like Elijah, we need to understand that, sometimes, big things come in little packages. That leads us to this month's topic... a relatively small powerhouse of a gland we know as the thyroid.

Thyroid Gland Unveiled

The thyroid is a butterfly shaped gland (remember that for later!) that wraps around the trachea just below the larynx and is responsible for a myriad of essential functions in the body. The thyroid gland makes and stores hormones that help regulate:

- Metabolism
- Heart rate
- Blood pressure
- Body temperature
- And the rate at which our food is converted into energy



The hormones produced by the thyroid gland are essential for the proper functioning of virtually every cell in the body, as well as helping children grow and develop.

New revelations are surfacing in the media concerning the thyroid gland and its connection to other organs, especially the heart and the brain. New research also links autism with thyroid imbalance, as well.

One thing we know without debate, when out of whack, the thyroid wreaks havoc in the human body!

There are two major types of thyroid imbalances:

1. *Hyperthyroidism*, which is when the thyroid goes into overdrive and over-produces its hormones.
2. *Hypothyroidism*, a condition in which the thyroid slows down or completely ceases to produce its hormones.

Both are treatable. However, it is imperative that proper testing is administered to get an accurate diagnosis. One of the difficulties with thyroid imbalance is that there are often other conditions that can mask the symptoms making a clear diagnosis far more difficult.

One of these conditions affects millions of women. In fact, over 30% of woman 35 yrs. and older suffer from hypothyroidism due to peri-menopause or menopause. This gets really difficult to discern between the obvious female hormone imbalance and the lack of thyroid hormones, as well as weakened adrenals...Alas, the perfect storm!

I have read numerous entries on several blog sites from women who have tried bio-identical hormones, iron supplements, antidepressants and snake oil only to find out after great suffering that the culprit was...hypothyroidism!

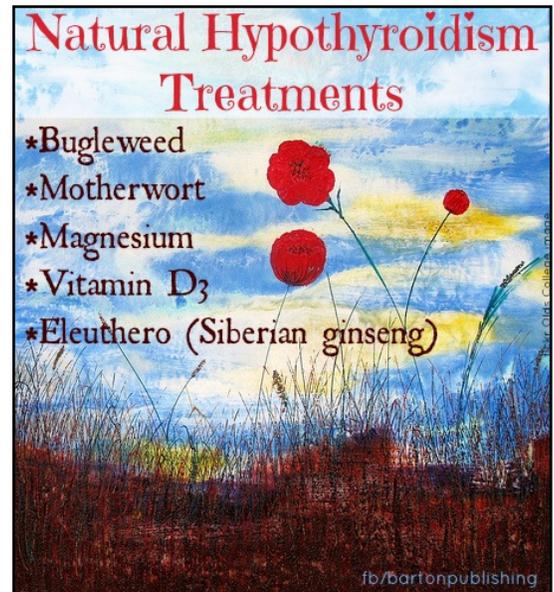
The best go-to natural prescribed medication for hypothyroid conditions is Armour Thyroid. But, I have found that many people can successfully “jump start” their thyroid by using an amazing

product called Rejuvedine, a detoxified atomic iodine that is a powerful alternative that has worked for many people suffering with hypothyroidism. Only phone orders are accepted, so call (561) 997-5966.

On the other hand people suffering with hyperthyroidism may also benefit from atomic iodine, but would need to take an iodine loading test first to see if they are deficient. Here are my suggestions for naturally treating a hyperthyroid condition:

- Bugleweed
- Motherwort
- Magnesium
- Vitamin D₃
- Eleuthero (formerly known as Siberian ginseng)

How about physical activity? Just as those suffering with hypothyroidism are encouraged to “get moving,” hyperthyroid sufferers are encouraged to “slow down,” spend time in quiet contemplation and stop and smell the roses once in a while! The good news is this issue of *Home Cures That Work* is chock full of vital information from supplements, to amazing recipes, to help get your thyroid sorted out...naturally!



The Butterfly Effect

Now, lets test your reading comprehension! At the beginning of this article I asked you to remember one thing for later...do you recall what that was? I asked you to remember that the thyroid gland is butterfly shaped. Wow I will explain *why* that is important!

You see, your creator has a reason or divine purpose for everything He does...He is incapable of error.

Think about it, God didn't make your thyroid “caterpillar” shaped...quite the contrary. He made it butterfly-shaped because the butterfly is the symbol of *transformation!*

That's right... that powerful little butterfly shaped gland is essential for our physical transformation starting in the womb before we come into this world as a “newborn” baby. In fact, the thyroid is critical to the cellular health of the baby, as well as its growth and development.

You see, I know a little bit about butterflies. The fact is I have been raising Monarch butterflies for many years in our backyard butterfly garden. I can tell you that there is a powerful revelation here if you have eyes to see it!

Although a sperm cell and an egg look nothing like a child, they are the components necessary to create one. In the same way, a caterpillar looks nothing like a butterfly, but that vulnerable little creepy crawler is the catalyst for nature's ultimate "quick change" trick known as *metamorphosis*.

Here is where it gets deep...creation always needs a staging ground...an environment where the miracle can "develop." Like a professional photographer needs a "darkroom" where his negatives can develop into positives, a caterpillar must create a cocoon where the butterfly will develop and eventually emerge. Likewise, a mother's womb becomes the incubator where the fetus will develop and eventually...emerge!

Like an elaborate Broadway show, there is a myriad of preparation, set changes and labor that takes place out of sight, behind the curtain, just before the final act, new birth...the miracle of life!

And we come into this big blue marble with a butterfly within...a thyroid gland that was working within to make us whole without and continue to help us develop so we can be the best we can be.

Amazing, isn't it? But wait, there's more! A butterfly comes out of a cocoon, a newborn baby comes out of the womb...but a Savior comes out of a tomb!

That's right, the first born of many brethren; the ultimate transformation and resurrection took place inside a sealed tomb where the crucified Son of God emerged very much alive 3 days later. Here is the revelation...life was always meant to be lived from the inside out.

Jesus modeled this lifestyle. His teachings (it is MORE blessed to give than it is to receive) embodied it and during His crucifixion (the servant is the master of all).

At His last breath, a great earthquake shook the temple ripping a 60 ft badger skin curtain which hung between the Holy Place and The Holy of Holies, where the Ark Of The Covenant was concealed, an ornate, large golden chest with a bench (mercy seat) on the cover between two golden cherubim (angels). Most importantly, Ark of the Covenant housed the very Presence of God. But get ready...the curtain was ripped from the inside out!

The picture should be coming into focus now...God Almighty placed a butterfly shaped gland, the thyroid, inside of you so that your *physical* body would grow and develop properly and, in keeping with God's way of life, living from the inside out.

God Almighty gave His only Son over to death so that He would be transformed into resurrection life. That resurrection life would be available to whosoever would ask Jesus to come INTO their heart, thus transforming their *spiritual* life making them eternal and empowered to live the Christian life...through Christ from the inside out!

"His divine power has given us everything we need for life [physical] and Godliness [spiritual] through our knowledge of Him who called us by His own glory and goodness." 2 Peter 1:3

Isn't it interesting that the nature of this world is to live from the outside in? "What's in it for me?" or "What do I get out of it?" or "He who dies with the most toys wins." A spirit of entitlement breeds narcissism and is self-perpetuating..

There is a better way. Jesus IS the way, the truth and the life and no man can know God without knowing Him.

It is my prayer today, friend, that your life would be transformed and that you would ask Jesus into *your* heart to experience the selfless power of living from the inside out.

Interesting...considering the title of this article...here is the definition of, The Butterfly Effect, "A seemingly random unrelated change in events that became the impetus behind a life altering change."

May this article be the impetus behind your life altering change!

P.S. Here is a free sample of a relevant song of mine entitled, "Butterfly." Enjoy!

<http://www.reverbnation.com/michaeltyrrell/song/1410280-butterfly>

P.P.S. If you like the song and you would like to hear more of my music, then please visit: www.michaeltyrrell.com

P.P.S. In fact, feel free to drop me a line via Home Cures That Work and let me know if these articles have been helpful and if you have any prayer requests...I would appreciate your feedback! I am praying that this will be a happier, healthier year for all of us.



Michael Tyrrell, www.michaeltyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Parachurch ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. <http://michaeltyrrell.com>

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