

Medication: Use as prescribed by your physician. We recommend that your medication be taken in divided doses. (Eg., ¼ dose every 6 hours) If you are taking slow release T3 it should be taken ever 12 hours. Note: "NEJM" article Feb 11,1999 states "The ideal replacement regimen when thyroid-gland function is absent or nearly absent might consist of 10 mcg of T3 daily in sustained-release form along with enough thyroxine to ensure euthyroidism" (5 mcg every 12 hours). Also, read "Thyroid Awareness", available at the pharmacy. Note: an excessive serum Mercury measure almost always affects the thyroid gland.

Hypoglycemic Diet: Carefully follow this diet. It is designed to prevent hyperinsulinemia (high insulin levels) High insulin levels produce bad eicosanoids. Do not get hungry, if you do- it is too late. Have 3 parts of protein to 4 parts of unrefined carbohydrates including fruits and vegetables. Use only virgin olive oil.

Digestive Aid: If you are prone to gas, bloating or constipation use Mega-Zyme capsules and Carb-ase E.C. To start, take one capsule of each just before food and increase Mega-Zyme only to 2,3 or 4 capsules . Avoid taking liquids ½ hour before, during or after food. But, drink plenty of liquids between meals. Always eat protein first at every meal.

Tyrosine: The amino acid tyrosine is an essential constituent of both thyroid hormone and the brain chemicals noradrenaline and dopamine. Recommended: Tyrosine supplements, 500 mg, three times daily with meals.

Chromium: Take one 250 mcg capsule daily. This helps to stabilize the sugar level.

Ashwaganda: Take one to four capsules daily, with food.

Guggulipid: Take one capsule twice daily and increase to two capsules twice daily. It is a natural herb which has been shown to exhibit thyroid-stimulating activity by sensitizing thyroid receptors. Guggulipid has significant ability to lower serum cholesterol and triglyceride levels.

Io-plex: Take one to four 12.5 mg capsules daily for 3-6 weeks, with food.

Multi-Vitamin Supplementation: Take a multiple vitamin and mineral supplement such as two "BEST" tablets daily, or one of each "Mega-Vitamin Kit" supplement daily.

Omega-3: This essential fatty acid produces good eicosanoids and is extremely low in our diet. Take two "FISHOL E.C." daily. This is the best source of activated Omega-3 and it is protected from stomach acids by enteric coating.

Flaxseed: Freshly ground. Use one or two tablespoons daily. Contains Omega-3 and good fiber also read Nutrition Alert, available at the pharmacy.

Vitamin B 12 injection: Ask your physician for a few injections. Or take one capsule daily of Mega-B12 1000 to 2000 mcg (methylcobalamin with folic acid) sublingual SR.

Avoid undue stress, environmental pollution, alcohol, coffee, tea and sugar and white flour. Exercise regularly in moderation

Body Temperature: Normal is 98.6F or 37 C. Use a glass thermometer, preferably a Basal Thermometer three hours after awake.(If below 36.7 or 98.2, have your thyroid checked) Your physician may want to test for Free T4, Free T3 and TSH.

1.Dr.Guy Abraham. For more information, read Thyroid Awareness, by Stephen Kripps, available at Kripps HealthCare Rx.