

There is a whole cluster of symptoms that may be present in persons with low thyroid function or **HYPOTHYROID**. These symptoms are very common, especially among women and children. This is due to deficiencies of iodine, zinc, vitamins A., C., E., B2, B3, B6, the essential fatty acids, trace minerals and the amino acid, tyrosine. The thyroid function is inhibited by chlorine and fluoride in water, alcohol, cigarettes, coffee, trans-fatty acids, (all cooking oils), elevated estrogen levels, direct X-rays and emotional stress. Hypothyroidism involves the underproduction of the thyroid hormone, thyroxine, and is a very common symptom in New Zealand with our iodine-deficient soils and diet. According to Dr. Stephen E. Langer "even a seemingly slight deficiency in thyroid hormone can cause an incredible number and variety of sabotaging physical, emotional and mental ailments."

The early stages of hypothyroidism do not show up in blood tests and are marked by decreased energy and depression. The next stage is marked by **fatigue, dry skin, constipation, cold extremities, and some mental hassles such as poor memory and concentration, irritability and lethargy or slowness.** The final and most advanced stage shows up in the blood tests as a measurable deficiency in the circulating thyroid hormone. This is marked by many symptoms including extreme **weakness, very dry skin, coarse hair, constipation, lethargy, memory impairment, very cold hands, feet and body, weight gain, muscle cramps, persistent back aches, anemia - (not iron induced), easy bruising, arthritis, stiff joints, general stiffness, knee pains and degeneration, sore muscles, swollen feet, spinal corrections that won't hold, nervousness,**

heart muscle weakness, brittle nails, premature gray hair, irritability, recurrent colds, flu, throat, nose and respiratory infections, lowered immunity, sluggishness, low blood sugar, poor assimilation of food, decreased ability to detoxify, migraine headaches, decreased oxygen utilization, hardening of the arteries, increased susceptibility to cancer, heart pathology, and diabetes (which has symptoms very similar to hypothyroidism and probably overlap). Remember, hypothyroidism is marked by coldness, fatigue, lowered immunity and depression and according to Dr Broda Barnes, an expert in thyroid disorders - **over two thirds of hypothyroids do not show up in blood tests.**

WOMEN: Among women the symptoms are legion, including **vaginal infections, leucorrhoea, candida, lowered libido (sexual desire), poor complexion, acne, eczema, psoriasis, dry skin, flooding periods, fibroids, cysts, infertility, miscarriages, toxemia of pregnancy, P.M.T., sore breasts, edema, irritability, post partum depression, increased incidence of breast cancer, excess estrogen levels, cold hands and feet and cold personality.** The mental symptoms can be the worst such as uncontrolled **anger and suspiciousness, failing memory, chronic nervous exhaustion, neurosis, and feeling very tired. Depression** is often a sign of thyroid failure where psychiatric techniques do not help beyond the palliative.

CHILDREN: Dr Broda Barnes, author of the classic book, "Hypothyroid, the Unsuspecting Illness", states: "I have seen many children who suffered from repeated colds, followed by complications such as; **tonsillitis, sinusitis, ear and mastoid infections,** who needed repeated antibiotics and went right on getting new infections until their hypothyroid was treated". Other symptoms noted

in children with suspected hypothyroid are... **frequent temper tantrums, short attention span, lacking in self confidence, slow progress in school,** a slow starter and difficulty engaging with other children.

DETECTING HYPOTHYROID. Studies at the vascular Research Foundation in New York observed that laboratory tests failed to uncover even a minute fraction of hypothyroids. The most accurate test for low thyroid I have found to be Iridology analysis and the common symptoms as described above. I have observed around 1/3 of women with some degree of low thyroid and results from Thyrogene have been astonishing.

THYROID SUPPORT:

1. **Mineral Max** (nothing works fully without a full saturation of minerals and trace elements.
2. **THYROGENE 2000*** A mixture of Iodine, Zinc and augmenting minerals and trace elements. See over ...
3. **Cod Liver Oil** : Vitamin D is essential for healthy thyroid function.
4. **Blood Purifying Tonic** : This tonic purifies the blood through its action on the liver, kidneys and lymph.



THYROGENE

The thyroid functions include metabolic rate, immunity, mineral absorption, mental health, ideal weight, and energy levels. Thyrogene feeds the thyroid rather than stimulating it. Thyrogene is a non-toxic, non-hormonal preparation designed to go alongside a healthy diet and "Mineral Max" to supply all the elements needed for optimum thyroid function.

COMPONENTS: IODINE, TRACE MINERALS (FROM CELTIC SALT), ZINC.

IODINE: Iodine is an essential trace mineral for the thyroid gland. Needed in small amounts as a component of the thyroxine hormone produced by the thyroid gland. Most of the Iodine is stored in the thyroid gland. Thyroxine accelerates the release of energy in the tissues from the combustion of glucose. Iodine aids the nutritive processes, balances the general glandular system, color and texture of hair, energy production, excess fat metabolism, promotes growth and development, promotes proper thyroid function and stimulates the circulatory system. The importance of this vital trace mineral with its profound influence on every tissue and gland can never be overestimated. Its deficiency symptoms are endemic in New Zealand and the vast majority go unrecognized.

COLLOIDAL MINERALS :From an ancient seabed. Our body tissues are mildly saline. It has been postulated that this internal environment is similar to the sea from which we supposed evolved. Colloidal minerals contain uncontaminated fossil seawater rich in all known (over 60) minerals and trace elements.

ZINC: Zinc is necessary for the proper function of the thyroid gland. Helps the body to break down alcohol, aids Vitamin B1 and carbohydrate assimilation, heals wounds and burns, maintains healthy tissues, normal prostate function, phosphorus and protein metabolism, reproductive organ growth and development. Helps promote growth and mental alertness, restores sense of taste, helps treat infertility, eliminates white spots on the fingernails and may help regulate menstrual periods.

BLADDERWRACK: This form of seaweed is rich in almost all trace minerals including organic iodine.

LICORICE ROOT : Licorice is high in Iron and zinc both essential for healthy thyroid function.

100 mls liquid Dose: 20 –30 drops once daily.



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THYROGENE

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hypothyroidism



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