

Why You Still Have Thyroid Symptoms

And Why Doctors, Drugs, and Labs
Are Failing You...



BY TOM BRIMEYER

Why You Still Have Thyroid Symptoms

And Why Doctors, Drugs, and Labs
Are Failing You...

Tom Brimeyer M.S.

www.HypothyroidismRevolution.com

Disclaimer:

The author is not a medical doctor and this information is for educational purposes only and may not be construed as medical advice. It is meant to supplement, not replace, the professional medical advice of your health care provider.

No part of this report may be sold, resold, traded, reproduced, edited, or transmitted in any format without prior consent of the copyright owner.

Important Note Regarding T4 Only Medication:

For those who are using T4 only medication for the treatment of hypothyroidism, I do NOT recommend stopping any medication prescribed by your doctor. In some cases, this can be detrimental to your health. It is best to consult with a professional regarding the better options and how best to work with your doctor for a more effective treatment.

Why You Still Have Thyroid Symptoms

My motivation for writing this report is simple...

Research continues to show that hypothyroidism is an epidemic problem that potentially affects more than one hundred million people in the US alone. Because of the inadequate thyroid testing used today, many hypothyroidism sufferers are left improperly diagnosed and improperly treated. The vast majority of those diagnosed have no choice but to accept the inadequate and ineffective treatment provided by today's medical system. In either case, you are left without answers and with no option but to learn how to cope you're your symptoms for life. You may not realize it, but there are far better and more effective options available.

Despite the research, modern medicine continues to remain ignorant of the fact that the standard medical testing and treatment available to hypothyroidism sufferers today is far inadequate and ineffective to the point that it is practically useless. And if we continue to be complacent with and rely on inadequate and ineffective medical testing and treatment, the idea of making marked progress against hypothyroidism, and disease in general, will remain nothing more than a dream. But, you have the opportunity and the power to stop hypothyroidism and make a healthy normal life your reality.

In my struggles with my own hypothyroidism and health, I lost years of my life that could have easily been avoided. It wasn't until I discovered this research that will be shared with you in this report that I finally put the pieces of the puzzle together and was able to overcome my hypothyroidism and help countless others do the same.

It's through this research that this *Hypothyroidism Revolution* was born and it's up to you as a *Health Revolutionary* to demand better medical care. In a world where hypothyroidism is responsible for more than a million deaths a year and rising, it's up to you to reverse this trend and pave the way for a healthier, happier, and better future. Not only will this affect you and your health today but this revolution is for the greater good of changing and improving the health of our future generations.

After reading this report, you WILL be smarter and more informed than your doctor. But it's up to you to decide what you will do with this knowledge. Will you let it slip away and continue through life in pain? Or, will you use it and change your life forever?

My goal is to change the course of your life. I want to guide you away from the dangerous path you are on and guide you back to the right path of achieving what few hypothyroidism and Hashimoto's sufferers have achieved, feeling normal again and living a normal healthy life.

Maybe this sounds familiar to you...

Your get the results of your latest thyroid lab and surprising to you, your doctor says your TSH (Thyroid Stimulating Hormone) is normal, your thyroid is fine, and you should be feeling better.

Then why do you still have so many symptoms?

Why do you continue to feel so bad?

Why does this seem to NOT be working for you?

The standard medical thyroid treatment does not address the underlying cause(s) of your hypothyroidism and the standard TSH lab testing used today does not properly assess the health and function of your thyroid.

The truth is that you still feel hypothyroid, because you are still hypothyroid.

What you and your doctor don't realize is that the standard thyroid testing and thyroid treatment used today, are failing you in many ways that are putting your thyroid and health at major risk.

In this report, I will not only show you the research that your doctor doesn't even know exists but I'll also give you a glimpse into your future if your hypothyroidism or Hashimoto's Thyroiditis continues on without adequate and proper treatment.

While hypothyroidism is one of the most frustrating health issues for both doctors and patients today, you first have to understand that you are NOT alone. What you are going through is far more common than you might realize.

Let me introduce you to a very interesting research study that helps explain a lot...



Journal of Nutritional & Environmental Medicine, Volume 11, Number 3, 1 September 2001 , pp. 159-166(8)

Thyroid Insufficiency. Is Thyroxine the Only Valuable Drug?

<http://www.hypothyroidismrevolution.com/research/Is-Thyroxine-the-Only-Valuable-Drug.pdf>

Results: The group of 89 patients, treated elsewhere with T4, but still complaining of symptoms of hypothyroidism, did not really differ from the group of untreated hypothyroid patients as far as symptoms and 24 h urine free T3 were concerned.

Based on more precise thyroid testing, this research shows that ninety percent (90%) of hypothyroidism sufferers using the standard T4 only thyroid medication show no improvement in their symptoms and no improvement in thyroid function.

That means that 9 out of every 10 hypothyroid patients being treated with the standard medical approach continue to have symptoms and are still hypothyroid.

This includes the use of all standard T4 only medications such as...

- Synthroid
- Levoxyl
- Levothyroxine
- Unithroid
- Eltroxin
- Levaxin
- Norton
- Eutrosig
- Oroxine



These T4 treated patients showed no improvements whatsoever when compared to hypothyroid patients who were entirely untreated.

Maybe, like thousands of others, you've been told that you just need to "give it some time" and that you'll eventually find the right dosage and adjust to the medication?

Unfortunately, the research does not agree.

This research shows that 90% of T4 treated patients continue to suffer from fatigue despite more than 3 years of continued treatment.

Not only that, but these T4 treated patients all had normal TSH thyroid labs.

Is this starting to sound familiar? Let's look at this research even further...

	Untreated 832	Untreated 278	T4 treated 89	T4 treated 40
Symptoms score	10	10.1	10.4	10.7
Urine T3 pmol	756	752	767	797.5
Months treatment	—	—	38.6	33.2
Thyroxine µg	—	—	97.6	99.7

Symptoms of T4 Treated Patients Were Worse Than Patients Receiving No Medication or Treatment!

According to the table above, taken directly from this study, the symptoms of the T4 treated patients were actually worse than those of untreated hypothyroid patients. So, not only do T4 treated patients show no improvement, their symptoms tend to be slightly more severe than patients who were given no medication or treatment at all.

I'll explain why this is in just a minute...

This research study and others like it prove that the standard medical treatment for hypothyroidism is failing ninety percent (90%) of hypothyroidism sufferers.

It's time to come to terms with the fact that you are being improperly treated and that your doctor, your drugs, and your labs are in fact failing you.

Why Isn't Your Medication Working?

One of the biggest misconceptions today is that hypothyroidism is merely a problem with your thyroid gland. It is this type of over-simplified thinking that has gotten modern medicine in trouble to begin with. Doctors are trained to believe that hypothyroidism is simply caused by a lack of thyroid hormone and that giving thyroid medication is the sure, quick, and easy fix.

But *millions* of people using thyroid medication every single day still complain of every hypothyroidism symptom and when you question your doctor, the typical response is that your symptoms are all in your head.

The truth is that the health of your thyroid is far more involved than just the thyroid gland itself. There is an intricate thyroid hormone pathway with multiple working components, which all must be working properly together for your thyroid to function as it should and for you to be healthy and symptom-free.

It's like trying to fill a bucket with water from a kinked garden hose. If there's a kink in the hose, you can turn the water pressure up as high as you want, but water can't flow through the hose to fill the bucket.

The same is true for your thyroid. The only thing that matters is getting the right thyroid hormone to your cells. You can take all of the thyroid medication or hormones you want, but if there's a kink anywhere along your thyroid hormone pathway, you won't get the thyroid hormone to your cells and you will continue to remain hypothyroid regardless.



This is something that I continually drum into the heads of my clients, because it's critical for them to understand as they are going through the process of restoring balance to their thyroid and the entire thyroid hormone pathway.

This isn't about just popping some pills and expecting miracles to occur. This is about correcting physiology, removing the kinks, and giving your thyroid everything that it needs to function properly.

Generally speaking, your thyroid hormone pathway can become disrupted in a number of ways. Here I've listed a few of the most common ways that I've found in my practice.

1. There can be extraneous factors that inhibit or suppress the function of the gland itself. For example, it is common for the hormone estrogen to become excessive in hypothyroidism and estrogen is well known for inhibiting the proteolytic enzymes that allow your thyroid gland to release its thyroid hormone.
2. There can be extraneous factors that inhibit the conversion of thyroid hormone in the liver. In order for the liver to convert thyroid hormone efficiently, it must first be healthy and have a number of essential nutrients available, including some active T3 thyroid hormone.
3. There are carrier proteins in your bloodstream that are responsible for transporting thyroid hormone within your body. There can be extraneous factors that block thyroid hormone from being properly transported by these carrier proteins.
4. There are also extraneous factors that inhibit your cells from properly metabolizing thyroid hormone. This can be caused by a damaged metabolism, high levels of free fatty acids, and a number of other factors.

In the research study mentioned previously, the researchers discovered a major problem among hypothyroidism sufferers that modern medicine continues to fail to address.

As I mentioned, the standard medical treatment is to use T4 only medication, which is the inactive form of thyroid hormone. However, your cells can't use this inactive T4 thyroid hormone directly. This inactive T4 thyroid hormone must first be converted into the active T3 form of thyroid hormone before you cells can use it.

This is depicted in *step 4* of the figure below.

1. When thyroid function is low, your hypothalamus gland sends a message with Thyroid Releasing Hormone (TRH) to your pituitary gland.

2. Your pituitary gland attempts to stimulate your thyroid gland by sending Thyroid Stimulating Hormone (TSH)

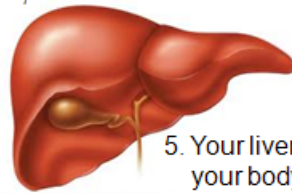
3. TSH stimulates your thyroid to create 90% inactive T4 and 10% active T3 thyroid hormones

6. Active T3 thyroid hormone enters your bloodstream to be delivered to your cell.

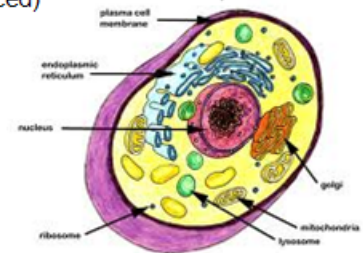
**Inactive T4
Thyroid Hormone**
(90% of hormone produced)

**Active T3
Thyroid Hormone**
(10% of hormone produced)

4. Inactive T4 travels to your liver to be converted into active T3. This process requires sugar, selenium, and other key nutrients.



5. Your liver produces 2/3 of your body's active T3 to be used by your cells.



7. Active T3 thyroid hormone is used by our cells to produce energy and protective steroid hormones.

The research study shows that the majority hypothyroidism sufferers fail to make this conversion of inactive T4 thyroid hormone to the active T3 thyroid hormone in the liver.

Therefore, the T4 treated patients could not effectively convert their thyroid medication and get it to their cells, which is one of the many reasons why they continued to have symptoms and oftentimes their symptoms got worse.

The only way to effectively overcome hypothyroidism or Hashimoto's Thyroiditis is to address and correct all of the underlying causes, or kinks, that are suppressing your thyroid and thyroid hormone pathway and restore proper metabolism so that your cells can properly metabolize the active T3 form of the thyroid hormone.

In other words, thyroid medication will never be the answer. You must restore the health and function of the entire thyroid system if you want to overcome hypothyroidism and your many thyroid related symptoms.

Why Your Thyroid Labs Are Normal When You're Still Hypothyroid

The Thyroid Stimulating Hormone (TSH) test is the standard thyroid lab that medical doctors use to diagnose hypothyroidism today. If your TSH measures within “normal” range then your doctor will tell you that your thyroid is working fine.

But if this was the case, why do you still have so many symptoms?

What's important to understand is that there are a number of extraneous factors that can effectively lower TSH to within normal range without addressing and correcting your thyroid or the kinks blocking your thyroid hormone pathway. So, you can manipulate and lower your TSH a number of ways, but that doesn't mean that you're getting the right thyroid hormone to your cells or that your thyroid function has improved.

Let me be very clear...

You cannot rely entirely on thyroid lab testing to determine whether or not you are still hypothyroid. There is another method that is extremely simple and essential to properly assess your thyroid function. There's no way around it. I'll share this with you in a minute.

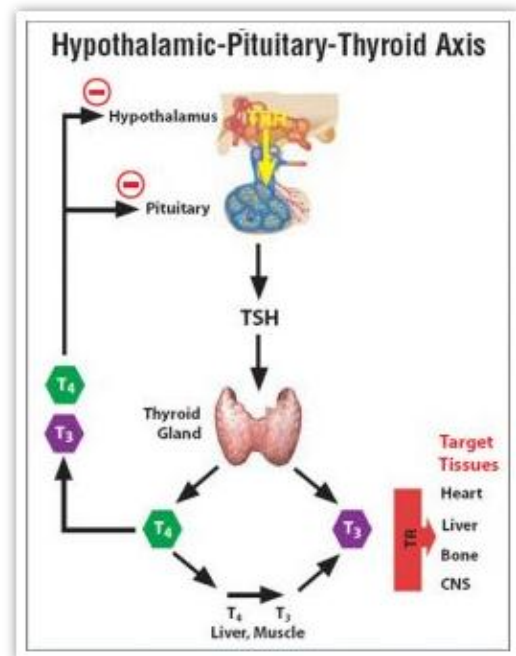
Affects of Thyroid Medication on TSH Lab Values

Your body is designed to self-regulate its own thyroid hormone production. In order to ensure that an ample supply of thyroid hormone is available, your body monitors how much thyroid hormone is in your bloodstream. This measurement of thyroid hormone is then fed back to your pituitary gland, which then produces more or less TSH as needed.

This is referred to as the *thyroid hormone feedback cycle*.

When thyroid hormone levels are low, your pituitary produces more TSH to stimulate your thyroid gland to produce more thyroid hormone.

When thyroid hormone levels are normal, your pituitary gland produces less TSH so that your thyroid gland produces less thyroid hormone.



If there were no kinks or blocks along your thyroid hormone pathway then this feedback cycle would work flawlessly as doctors expect it to. However, this is rarely, if ever, the case.

As we discussed previously, there are many extraneous factors that affect the health and function of your thyroid and thyroid hormone pathway. For consistency, we'll continue with the liver conversion example.

Doctors are trained to believe that the liver will automatically convert the inactive T4 thyroid medication they give you into the needed active T3 thyroid hormone. As we discussed previously, this is not the case, as the majority of hypothyroid sufferers can't properly convert their medication.

What do you think happens when you take your T4 only thyroid medication and your liver can't convert it properly?

The inactive T4 thyroid hormone begins to build up. This tricks your *thyroid hormone feedback cycle* into thinking that your thyroid is happily producing plenty of thyroid hormone for your cells. So, your body naturally lowers your TSH levels, oftentimes to within "normal range".

Remember, if your thyroid hormone pathway is blocked and your liver can't convert your thyroid medication properly, then your cells won't be getting the adequate active T3 thyroid hormone that they need to thrive and be healthy. So, you will remain hypothyroid regardless of what your test results indicate.

I have had a number of clients who have been told by their doctors that they needed to see a psychologist because their TSH was within normal range and they continued to complain that their symptoms had not improved with treatment.

One client in particular came to me in tears, because her doctor literally called her a liar to her face, after, despite medical treatment, she continued to complain of fatigue and that she still wasn't able to lose weight no matter what she tried. By simply monitoring her temperature and pulse, I was able to show her and explain that her medication wasn't working and that she still had all of her symptoms because she continued to be just as hypothyroid as she was prior to treatment. Once we addressed the kinks or blocks in her thyroid hormone pathway, she was amazed by the difference.



Not Taking Thyroid Medication and TSH Labs Still Normal?

There are also many other extraneous hormonal influences that can lower your TSH level and make it appear as if your thyroid is functioning normally, while in reality you are still very hypothyroid.

Some of these include the hormonal influences of...

- Aging
- Excessive Stress or Cortisol
- Infection
- Pain or Trauma
- Poor Dietary Choices
- Caffeine
- Fever
- Adrenaline
- Somatostatin
- Dopamine or L-dopa
- Amphetamine
- Feedback Effect of Thyroid Hormones

So, as you can see, it is not always so cut and dry. There are many factors that affect your hormones and that make it impossible to rely on the level of one single hormone (TSH) to tell a much bigger story. It is definitely not enough evidence to rule out hypothyroidism, especially when your symptoms say otherwise.

Additional Thyroid Testing

Few doctors understand the inadequacies of TSH testing and are even willing to run additional lab testing to see more of the bigger thyroid picture.

While additional thyroid testing can provide more insight into the function of the thyroid hormone pathway, it still does not answer the most important question you need to know; whether or not your cells are able to properly metabolize or use thyroid hormone.

As I have mentioned many times, you can supplement or medicate all of the thyroid hormone you want, but if you can't get the right thyroid hormone to your cells, it's a lost cause.

Therefore, we really do not have much choice but to take matters into our own hands and become educated as to all of the testing options available.

Believe it or not, there is a far more reliable and more accurate test that your doctor is not telling you about and you don't even need your doctor to do it.

The good news for you is that I'm going to show you the best way to test your thyroid function and answer the most important question that you need to know about how healthy your thyroid really is.

By monitoring your temperature and pulse you can effectively measure how much thyroid hormone your cells are getting and using. Something no lab can measure.

Dr. Broda Barnes provided the research demonstrating just how effective monitoring your temperature can be, which I discuss in detail in my free report entitled, [*The Best Test for Hypothyroidism - Test From Home, For Free, and In 10 Minutes or Less.*](#)

What Your Doctor Doesn't Know and What Drug Companies Want You to Believe

It's easy to want to place all of the blame on doctors and their inadequate thyroid testing and treatment methods, but the reality is that most doctors are simply doing what they are trained to do. They are following the standard protocols that are passed down to them.

I believe that doctors truly want to help, but they simply don't have the resources or education available.

What most people don't realize is that doctors today are being educated and trained directly by the very drugs companies that are more interested in selling more of their drugs and making more money than they are with finding real solutions.

Sound like a conflict of interest? I hope so!


Drug companies are misleading doctors into believing that their patients have no other options than to rely on their drugs or medication for the rest of their life.

Let me give you a perfect example...

Have you ever been told by a medical professional that your diet has no influence over the health or function of your thyroid?

Doctors receive very little training in diet or nutrition, so, without the proper education, how can they make that assertion in the first place? They say this because this is what they are told by the drug companies...

The image below was taken directly from the Synthroid website. Synthroid is the most widely used T4 only thyroid medication and is produced by Abbott Laboratories.



Diet & Hypothyroidism

↑↓Text Size Print Email a Friend

Are There Really Hypothyroidism Diets?

You may have heard of so-called hypothyroidism diets that can help restore the balance of your thyroid hormone. The truth is, there are no known diets, and there is no evidence that eating or avoiding certain foods will improve thyroid function in patients with hypothyroidism.

*Your Diet Doesn't Influence The Function of Your Thyroid?
Come on Synthroid... Let's See What the Research Really Says...*

Research on the other hand tells us that your diet plays an essential role in the health and function of your thyroid, especially the carbohydrates in your diet:

J Clin Invest. 1979 November; 64(5): 1336–1347.

Dietary-induced alterations in thyroid hormone metabolism during overnutrition.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC371281/>

Excerpt: It is apparent from these studies that the caloric content as well as the composition of the diet, specifically, the carbohydrate content, can be important factors in regulating the peripheral metabolism of thyroid hormones.

Clin Endocrinol (Oxf). 2001 Jan;54(1):75-80.

Isocaloric carbohydrate deprivation induces protein catabolism despite a low T3-syndrome in healthy men.

<http://www.ncbi.nlm.nih.gov/pubmed/11167929>

Excerpt: In contrast to the high and intermediate carbohydrate diets, carbohydrate deprivation decreased plasma T3 values (1.78 +/- 0.09 and 1.71 +/- 0.07 vs. 1.33 +/- 0.05 nmol/l, respectively, P < 0.01), whereas reverse T3, T3 uptake and free T4 levels increased simultaneously compared to the other two diets.

Diabete Metab. 1982 Dec;8(4):299-305.

Hormonal and metabolic changes induced by an isocaloric isoproteinic ketogenic diet in healthy subjects.

<http://www.ncbi.nlm.nih.gov/pubmed/6761185>

Excerpt: A significant fall in triiodothyronine [T3] and rise in reverse triiodothyronine [rT3] were observed, while thyroxine [T4] levels remained unchanged.

These are just three of a large number of studies that all demonstrate how low-carbohydrate diets suppress your thyroid.

Research also shows the thyroid suppressive effects of polyunsaturated oils in our diet:

OJHAS Vol. 8, Issue 1: (2009 Jan-Mar)

Comparison of the Effects of Coconut Oil and Soyabean Oil on TSH Level and Weight Gain in Rabbits

<http://www.ojhas.org/issue29/2009-1-7.htm>

Excerpt: At the end of 12 weeks we found that rabbits fed on soyabean oil had significant increase in TSH levels ($p=0.003$) and gained more weight ($p=0.000$) when compared to rabbits fed on coconut oil.

Gen Comp Endocrinol. 1988 Jun;70(3):395-400.

Effect of fatty acid administration on plasma thyroid hormones in the domestic fowl.

<http://www.ncbi.nlm.nih.gov/pubmed/3417114>

Excerpt: In the first study we observed that the iv administration of arachidonic (10 mg/kg) or oleic acid (15 mg/kg) to groups of 10-week-old cockerels (six per group) was associated with a significant reduction in concentrations of plasma T4, whereas there was little change in saline-injected controls.

Research also shows that even dietary trace minerals such as Selenium have a direct impact on the health and function of your thyroid, especially with Hashimoto's Thyroiditis:

Zhonghua Yi Xue Za Zhi. 2012 Aug 28;92(32):2256-60.

[Effects of selenium supplementation on antibodies of autoimmune thyroiditis].

<http://www.ncbi.nlm.nih.gov/pubmed/23158484>.

CONCLUSION: Se [Selenium] is effective in reducing TPOAb concentrations and the predominant decreasing TPOAb IgG subclasses are IgG1 and IgG3. And a high level of IgG1 subclass may explain the difficult decline of TPOAb.

Am J Clin Nutr. 1993 Feb;57(2 Suppl):236S-239S.

Selenium deficiency, thyroid hormone metabolism, and thyroid hormone deiodinases

<http://ajcn.nutrition.org/content/57/2/236S.full.pdf>

Excerpt: Thus, selenium-deficient rats have low tissue deiodinase activities and abnormal thyroid hormone metabolism.

These are just a handful of the dozens of studies showing the very close and intimate relationship between your diet and the health and function of your thyroid.

If you're familiar with my *Hypothyroidism Revolution Program*, then you already understand how big of a part your diet plays in every case of hypothyroidism.

Your diet has such a big impact on your hormones and thyroid, that if you don't change your diet, then it's pretty safe to say that you will never truly correct the underlying problem.

Your body needs the right vitamins, minerals, and nutrients in order to produce and properly regulate all of the necessary hormones in your body.

Your liver needs selenium and the right amount of carbohydrate to convert T4 to T3, the active form of thyroid hormone. Your body needs vitamin A and thyroid hormone in order to produce the hormone pregnenolone, which is the precursor hormone to a cascade of highly protective hormones that are essential to your health and the health of your thyroid.

Aside from getting the essential dietary nutrients your thyroid needs, you have to make sure that you're not eating foods that have a negative effect on your thyroid function.

For example, there are many foods, such as soy, that promote excessive estrogen in your body. And estrogen contributes directly to hypothyroidism and thyroid disease.

As demonstrated in the research provided, another very common example is eating the wrong kinds of fats in your diet. Studies have shown that polyunsaturated fats in your diet will block your thyroid hormone pathway on multiple levels.

For starters, it directly blocks thyroid hormone secretion at the gland. It then blocks the hormone from being properly transported within your bloodstream to your cells. It even blocks the response of your cells to the hormones, therefore, making your thyroid hormone far less effective.

So, it's pretty safe to say that you should get comfortable with your thyroid symptoms until you start feeding your body what it needs to correct the problem.



The Long-Term Effects of Improperly Treated Hypothyroidism

Where would we be today if more than 400 years ago everyone continued to accept the false idea that the world was flat?

Where would we be today if more than 250 years ago everyone continued to accept the false idea that using electricity was impossible?

Where would we be today if a hundred years ago everyone continued to accept the false idea that creating an automobile was unachievable?

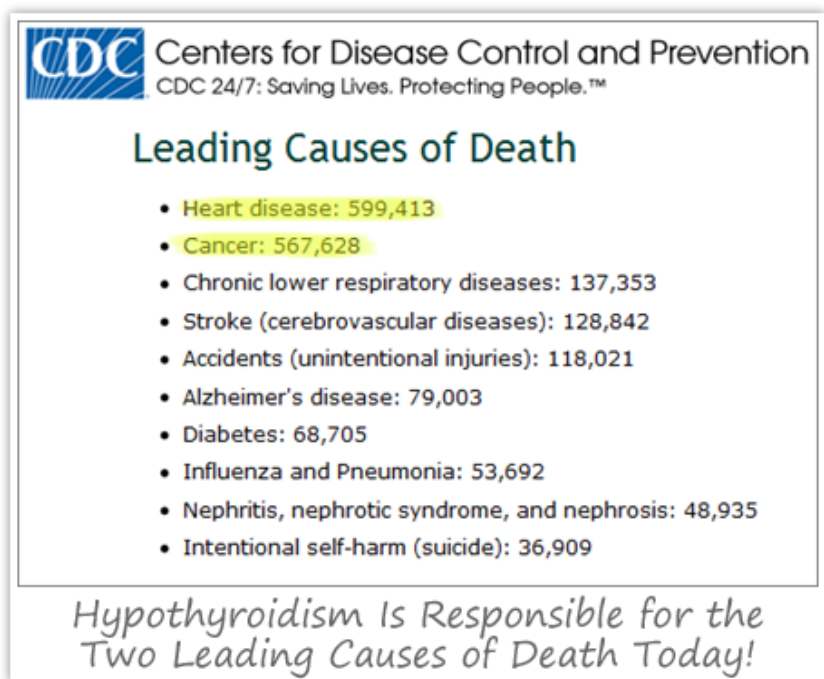
Now, think about this. Where will we be tomorrow if we continue to believe the false idea that today's medical approach and treatment is the best answer to hypothyroidism?

Modern medicine continues to ignore the obvious connections between hypothyroidism and many of the most deadly diseases known to man, including heart disease, cancer, as well as a number of other diseases that are rapidly rising today. Because of this, hypothyroidism continues to be the most vile silent killer today as heart disease and cancer continue to kill at unprecedented rates.

Simply looking at the leading causes of death, it's quite clear that heart disease and cancer are the two leading causes of death today, and both by astronomical margins.

Yet, there is an enormous amount of research demonstrating the connection between hypothyroidism and both of these diseases. So much so that even researchers today are noting the overwhelming evidence.

Here is an example. The following research not only proves that hypothyroidism leads to heart disease but it also mentions several other reports that have overwhelmingly proven the same exact connection.



Endokrynol Pol. 2005 Mar-Apr;56(2):194-202.

[The influence of thyroid hormones on homocysteine and atherosclerotic vascular disease].

<http://www.ncbi.nlm.nih.gov/pubmed/16335688>

Excerpt: Several reports have appeared in the literature proving that hypothyroidism is associated with increased risk for cardiovascular disease, especially coronary heart disease. This increased risk for premature atherosclerosis is supported by autopsy and epidemiological studies in patients with thyroid hormone deficiency.

There are even studies, like the following one, demonstrating that thyroid hormone levels dictate the severity of the heart disease as well.

Clin Cardiol. 2003 Dec;26(12):569-73.

Thyroid function is associated with presence and severity of coronary atherosclerosis.

<http://www.ncbi.nlm.nih.gov/pubmed/14677810>

Excerpt: Higher levels of [T3] hormone concentrations were associated with decreased severity of coronary atherosclerosis. Higher levels of [TSH] concentrations were associated with increased severity of coronary atherosclerosis.

But let's take it even one step further...There are also studies, like the next one, demonstrating that thyroid hormone levels are the most important predictor of death from heart disease. This means that the more hypothyroid you are or become, the greater your chance of dying from heart disease.

Intern Med. 2012;51(21):3009-15. Epub 2012 Nov 1.

A Low fT3 Level as a Prognostic Marker in Patients with Acute Myocardial Infarctions.

<http://www.ncbi.nlm.nih.gov/pubmed/23124142>

Excerpt: Using a multivariable Cox proportional hazards model, the fT3 level was found to be the most important predictor of cumulative death and MACE. A Kaplan-Meier analysis revealed that those patients with low fT3 levels had higher rates of MACE and death. Conclusion: A low fT3 level, a common phenomenon in patients with acute myocardial infarctions, is a strong predictor of short-term and long-term poor prognoses in patients with acute myocardial infarctions.

Even if you're one of the millions who haven't been properly diagnosed by the poor medical testing available today, research has shown that sub-clinical or undiagnosed hypothyroidism results in the same increased risk of heart disease and death.

Int J Cardiol. 2008 Mar 28;125(1):41-8. Epub 2007 Apr 16.

Impact of subclinical thyroid disorders on coronary heart disease, cardiovascular and all-cause mortality: a meta-analysis.

<http://www.ncbi.nlm.nih.gov/pubmed/17434631>

CONCLUSION: The present meta-analysis indicates that sub-clinical hypothyroidism is associated with both, a significant risk of CHD [Coronary Heart Disease] at baseline and at follow-up. In addition, mortality from cardiovascular causes is significantly higher at follow-up.

Believe it or not, this connection between hypothyroidism and heart disease has been well known for more than 70 years.

The research presented above was all conducted in the 2000's but hypothyroidism research pioneers like Dr. Broda Barnes had proven the hypothyroidism heart disease connection as far back as the 1930's.

Dr. Broda Barnes showed clearly through experimentation that when the thyroid gland was removed to induce hypothyroidism, heart disease developed rapidly. Yet, even today modern medicine continues to turn a blind eye and entirely ignore his research that could have been used to better prevent and treat heart disease for the past 70 years.

This trend of scientific ignorance is now continuing with cancer research as well.

The work of other brilliant scientists like Otto Warburg, who won the Nobel Prize almost a century ago for discovering and demonstrating the cellular defect that causes cancer, continues to be ignored by modern medicine to this day, while more than a half a million people die of cancer every single year.

Yet, even today research continues to prove what Otto Warburg discovered so many decades ago; hypothyroidism's role in the development of cancer.

For example, the research recognizing the role of hypothyroidism and thyroid disease in breast cancer is overwhelming. Following are just a few of the research studies that demonstrate this:

Breast Cancer Res. 2003;5(5):R110-3. Epub 2003 Jun 5.

Breast cancer in association with thyroid disorders.

<http://www.ncbi.nlm.nih.gov/pubmed/12927040>

CONCLUSION: Our results indicate an increased prevalence of autoimmune and nonautoimmune thyroid diseases in breast cancer patients.

Eur J Cancer Prev. 1996 Dec;5(6):504-6.

Thyroid disorders and breast cancer.

<http://www.ncbi.nlm.nih.gov/pubmed/9061284>

Excerpt: These findings provide clear evidence of a relationship between thyroid disease and breast carcinoma...

Thyroid. 2005 Nov;15(11):1253-9.

Hypothyroidism might be related to breast cancer in post-menopausal women.

<http://www.ncbi.nlm.nih.gov/pubmed/16356089>

Conclusion: Hypothyroidism and low-normal FT4 are related with an increased risk of breast cancer in post-menopausal women.

But the research is not limited to breast cancer alone. More and more research is showing the involvement of hypothyroidism in other forms of cancer, including lung cancer.

Br Med J. 1978 January 28; 1(6107): 210–212.

Thyroid function in lung cancer

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1602576/>

Excerpt: Overall, the pattern of thyroid hormone metabolism in lung cancer was a tendency towards reduced T3 concentrations with significantly increased T4/T3 ratios and modestly increased 3,3',5'-triiodothyronine (rT3) concentrations... These data suggest that thyroid hormone metabolism is altered in patients with lung cancer by decreased 5'-monodeiodination of T4.

Hypothyroidism's involvement in the disease process doesn't stop with heart disease and cancer. But I wanted to shed some light on these two in particular because they are responsible for nearly half of all deaths in the United States each year.

Imagine how many unnecessary deaths could be prevented by simply focusing your attention on healing your thyroid. Imagine the improvements in the quality of life.

The prevalence of other thyroid related diseases, like diabetes, which is currently the 7th leading cause of death, are rapidly increasing, and more and more research is demonstrating the involvement of hypothyroidism in diabetes today.

J Clin Endocrinol Metab. 2006 Sep;91(9):3337-43.

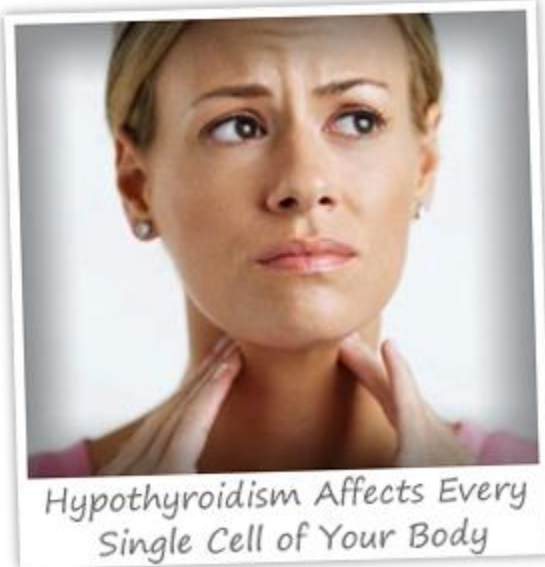
Thyroid function is intrinsically linked to insulin sensitivity and endothelium-dependent vasodilation in healthy euthyroid subjects.

<http://www.ncbi.nlm.nih.gov/pubmed/16804039>

CONCLUSIONS: Thyroid function tests are intrinsically linked to variables of insulin resistance and endothelial function.

Hypothyroidism is truly the most deadly silent killer.

The health of your thyroid is the most important factor in your overall health, and hypothyroidism plays a direct role in the development heart disease, cancer, and so many major diseases of today.



Every single cell of your body relies heavily on thyroid hormone because without thyroid hormone, your cells cannot produce the energy they need to function properly and remain healthy.

Think about it like this. If electrical system in your car wasn't able to produce an adequate amount of energy to keep your car running, your car would stop functioning and eventually die.

The same is true for your cells and organs. Without adequate thyroid hormone, your cells

and organs can't generate the energy they need to continue running, and your cells eventually become diseased and begin to die.

Just think about the major implications that hypothyroidism can have on your health.

Many of your body's most vital organs including your brain and heart rely heavily on your thyroid to maintain their energy and continue to function properly 24 hours a day, 7 days a week. Without adequate thyroid function, these vital organs struggle to function properly.

Hopefully, it's becoming clearer to you that your thyroid is directly responsible for the health of every cell, organ, and tissue within your body. And when thyroid function is impaired, every cell, organ, and tissue becomes susceptible to failure and disease.

The health of your thyroid is far more important to your overall health than you realize.

You Alone Decide What Your Future Holds...

I hope that I've shed some light on this controversial topic of hypothyroidism for you and exposed some of the major flaws with how hypothyroidism is currently understood, diagnosed, and treated.

I think that it's a pretty fair assessment to say that just about everything that is commonly accepted about hypothyroidism today is false.

This MUST change.

Hypothyroidism has become a major financial burden, not only a personal level, but on a national level as well. While modern medicine continues to ignore the severity of hypothyroidism, its related diseases including heart disease and cancer are only going to continue to rise year after year. As the rate of disease rises, medical costs and insurance premiums will continue to rise as well until eventually medical care becomes too expensive to sustain.

Look at how many people end up wiping out their entire savings along with their retirement savings because of ridiculous medical costs related to hypothyroidism.

Today, medical costs are the leading cause of bankruptcy in the United States.



Imagine how many people miss out on promotions, salary increases, advancement in the workplace, or even lose their jobs because they can't perform to their potential due to hypothyroidism.

People invest their money for retirement and other purposes in order to make their future better and brighter. Living with hypothyroidism is like investing everything you have into a sinking ship.

Investing in your health and healing your thyroid is one of the best investments you can make.

Showing people how to take their health into their own hands could make an astronomical difference. Simply educating people and teaching them how to periodically monitor their own temperature and pulse in order to determine the onset of hypothyroidism would save massive amounts in unnecessary medical costs.

Doctors' visits would be minimized, because patients would not have to continuously see their doctor and run dozens of unnecessary medical tests for chronic symptoms and conditions related to hypothyroidism that their doctor can't explain or properly treat.

People would not be trapped into over-medicating themselves in an attempt to manage their various symptoms to the point that their liver becomes severely damaged, resulting in a number of other medical issues.

One client of mine was on hormone replacement therapy and five different medications when she started working with me. We were even able to determine that a couple of her medications were partially responsible for worsening her hypothyroidism. Now, she's off the hormone replacement therapy and her meds and it's saving her thousands of dollars every year.

Most importantly, people would not feel helpless being trapped living a life of pain because their doctor has told them that their health issues are caused by some genetic anomaly that they have no control over and need to come to terms with.

It's time to make a change.

It's Time for a Revolution...

I'm tired of hearing doctors tell their patients that their thyroid is permanently damaged and they'll have to take some sort of medication for life that doesn't even help.

I'm tired of hearing doctors tell their patients that their diet has no affect on their thyroid health.

I'm tired of hearing doctors tell their patients that their thyroid is fine and that they just need more drugs to mask all of their other health complications that really stem directly from hypothyroidism to begin with.

If you want real answers, if you want a better quality of life, if you want to finally feel like yourself again, then there is something that you can do about it. But, you have no choice but to take control of your own health.

I discuss some simple steps that I use with all of my clients and that you can use to start taking control in my free report entitled, [7 Simple Steps to Start Saving Your Thyroid](#).

The Founding Fathers of the United States started a revolution because they believed that freedom and a better future were worth dying for.

The Hypothyroidism Revolution is about believing in freedom of disease and creating a healthier future, but instead of having to die for it, you have to overcome hypothyroidism and live for it.

This is about paving the way for and demanding better treatment options based on up

REVOLUTION

to date research. This is about stopping the insanity and instead, focusing on solving the problem instead of merely trying to sweep it under the rug.

This is about learning how to help ourselves, but more importantly, helping our children and future generations so that they don't have to deal with a lifetime of disease and poor quality of life.

This is about the desperate mother who came to me because her four year old daughter wasn't gaining weight, had dark circles under her eyes, was really behind in her motor and verbal development, was suffering from numerous food allergies, had chronic diarrhea, and was chronically fatigued to the point that she didn't even want to play.

In a short period of time, her diarrhea stopped, her energy returned, her cheeks began to fill out, and her weight began to normalize.

This is about the mother who came to me because her five year old son wasn't himself, was overweight, experiencing joint pain, and was chronically fatigued to the point that he refused to walk. All of this at the age of five!

His energy returned, all of his symptoms diminished, and his weight began to decrease daily. I'll never forget it when she told me that her son was finally acting like a normal five year old.

If we're going to stop the negative health trend of rising disease, then we have to stand up today, put our foot down, and say enough is enough.

BE THE CHANGE YOU WANT TO SEE.

If we can focus on the right research and the right plan, we can learn how to effectively address all facets of hypothyroidism that modern medicine continues to blatantly ignore.

Together, we can make a difference.

To your health,

Tom Brimeyer M.S.

www.HypothyroidismRevolution.com

P.S. – After reading this report, you should understand exactly why you still suffer from so many thyroid symptoms. You should understand exactly why you are still hypothyroid despite treatment. You should understand exactly why your drugs, doctors, and labs are failing you and your thyroid and why it's putting your health at serious risk.

We can't rely on our current medical system to solve our health problems. We can't continue to rely on the inaccurate and inadequate testing and treatment options that doctors are prescribing today.

But most importantly, you should now understand just how important the health of your thyroid truly is and how big of a role hypothyroidism plays in many of the most deadly diseases today, including heart disease and cancer.

With this knowledge, you now know more about thyroid health than your doctor. I hope that you continue to build upon this knowledge and help pave the way for a healthier, happier, and better future.

By learning how to address the underlying cause(s) of hypothyroidism, we really can make a difference and take back our health in the process.

If you like what you've learned in this report and you want to learn more about what you can do to overcome your hypothyroidism, then you might also be interested in a *free presentation* that I put together showing you exactly what I use with my clients to help them stop hypothyroidism directly at the source and take back their lives.

[Click Here to Learn More About the Safest, Natural, and Only Way to Truly Overcome Hypothyroidism](#)