

Home | About Natural News | Contact Us | Write for Natural News | Media Information | Advertise with Natural News



NaturalNews.com

Natural Health, Natural Living, Natural News



"Every day, I forward the NaturalNews Insider to probably five friends, and they love it!"
- C. Engel

SUBSCRIBE FREE!

Latest News & Articles
Reference Information
Special Reports
Streaming Video
Podcasts
Cartoons
Music
Library
RSS Feeds
Forum

Search All News & Articles:

Search
SUBSCRIBE TO NATURALNEWS INSIDER EMAIL ALERTS >>

Hypothyroidism Reaches Epidemic Proportions, Causing Fatigue and Weight Gain

Monday, August 17, 2009 by: Barbara L. Minton, citizen journalist
[See all articles by this author](#)
[Email this author](#)

Key concepts: [Thyroid](#), [Hypothyroidism](#) and [Disease](#)
 View on NaturalPedia: [Thyroid](#), [Hypothyroidism](#) and [Disease](#)

Low Thyroid

Find local endocrinologists in the Las Vegas area.
www.DexKnows.com

Thyroid Not Working?

Recharge Your Thyroid with Iodine Safe & Easy, No Doctor Visit Needed
1-Thyroid.com

Fibromyalgia & CFS Center

Our MDs specialize in treating CFS and Fibromyalgia. Free Seminars.
www.FibroAndFatigue.com

Ads by Google

[Share / Save](#) [Email this article to a friend](#) [Printable Version](#) [FREE Email Newsletter](#)

(NaturalNews) Is the average temperature of the human body still 98.6 degrees Fahrenheit? This often quoted average was determined in the nineteenth century. A more recent study has reported an average temperature of 98.2, and experts believe the decrease in body heat is the result of an epidemic of mild or moderate hypothyroidism. Some believe we are evolving into a population with the propensity for low thyroid function because antibiotics have allowed people who would have died from pneumonia and other diseases associated with hypothyroidism to remain alive and reproduce. Others see rising hypothyroidism rates as the result of diet and environmental factors. Whatever the answer is, one thing is sure. More people than ever are suffering from the myriad of symptoms associated with low thyroid levels, especially women.

Thyroid is the most important hormone in the body. Because it stimulates the production of cellular energy, production of all other hormones will be negatively impacted when thyroid hormone levels are less than optimal. Every aspect of health is affected by low thyroid function.

Hypothyroidism is behind many disease states

Hypothyroidism is signaled by fatigue and loss of energy. People with the disease don't have any sparkle in the morning, and as the day goes on they find themselves falling asleep sitting in meetings or while driving on the highway, reading or watching TV. The only time they feel energized is from continuous movement, such as jogging or doing housework. As soon as the task is completed and they sit down, chances are good they will start to nod off.

Yet while they are fatigued, low thyroid people are often hyperactive at the same time. Thyroid expert Dr. Alan Gaby reported a study of 49 people diagnosed with hypothyroidism. Among them, 61 percent met diagnostic criteria for attention deficit-hyperactivity disorder. When thyroid hormone is deficient, the nerves require abnormal stimulation to function or the body produces excess adrenalin to keep it going. The result is people become tired and tense at the same time, according to Dr. Gaby.

People with low thyroid exhibit many of the characteristics that are blamed on aging, with difficulty concentrating being the most blatant. They tend to flit from task to task and often accomplish little they set out to do. They can find themselves standing in front of an open refrigerator, unable to remember what they are looking for. They may have difficulty reading, needing to read sentences again because their mind wandered off the first time.

Low thyroid sufferers are always the coldest people in the room, and their body temperatures can go down to 95 degree (F) in the cold winter months. People with moderate levels of low thyroid can experience the cold as extremely painful, and they plan their activities with minimizing exposure to cold weather as a priority. They also have trouble dealing with heat, and usually find comfort only in a very narrow range of temperatures, usually in the lower 70s. They are quite uncomfortable in overly heated rooms.

Other symptoms include inexplicable weight gain, painful premenstrual periods, fertility problems, muscle weakness and cramps, dry skin, yellow bumps on the eyelids, hair loss that includes the lower third of the eyebrows, susceptibility to infection, migraines, hoarseness, constipation, depression, difficulty getting words out when speaking, and goiter.

Articles Related to This Article:

- The Nature of Energy-Depleting Thyroid Problems
- How iodine accelerates weight loss by supporting the thyroid gland
- Oprah's Thyroid Problem Explained



ANCIENT MINERALS®
 Natural News Readers **SAVE 10%**

A Revolutionary Approach to Magnesium Supplementation.

USE CODE **NEWS10**

Support NaturalNews advertisers - Advertise with NaturalNews

BOOKS FROM TRUTH PUBLISHING

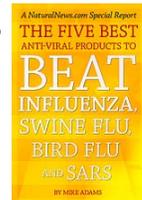
Help support NaturalNews with health books and educational programs from Truth Publishing:

- Swine Flu Advanced Preparedness
- 8 Weeks to Vibrant Health
- Raw In Ten Minutes (recipes)
- How to Halt Diabetes in 25 Days
- ... and much more.

FREE Report: The Five Best Anti-Viral Products to Beat Influenza, Swine Flu, Bird Flu and SARS

- Top anti-viral remedies
- Where to get them now
- Four things to avoid
- Become self-reliant
- Boost your family safety

[Click here to read the FREE report now.](#)



W.H.O. Declares Global Pandemic Turn FEAR into Confidence!

Listen to the complete 3.5 hour recording on 4 audio CDs of the Health Ranger's *Swine Flu Advanced Preparedness Course*, covering natural anti-virals, family safety, infrastructure disruptions, quarantine, preparedness gear and much more.

Testimonials:

"Mike Adams' preparedness course turned our fears into confidence. This is POWERFUL information, coming from a trusted source. If you want to save yourself countless hours researching and getting prepared and if you want to do everything in your power to protect your family, I highly recommend the Health Ranger's Advanced Preparedness Course." - N. Nelson (Arizona)

"This is packed information no one should miss." - T. Valenzuela

"Thanks Mike... during this class you covered prevention and preparedness from A to Z with integrity, brave honesty and outstanding knowledge! Thank you for your steadfast, thorough and cool-headed approach to well being. With deep gratitude for your service." - Bev

Available NOW for immediate shipping. 100% satisfaction guarantee

[Click here to learn more...](#)

NEW Product: Valley of Longevity Shampoo from the Health Ranger

- 98% Organic
- 100% Natural



Miscarriage, fibrocystic breast disease, ovarian fibroids, cystic ovaries, endometriosis, and PMS are caused or aggravated by hypothyroidism, especially when it's coupled with [estrogen](#) dominance, a condition of hormone imbalance that happens as progesterone levels decline starting as early as the late 20s. This is because estrogen inhibits thyroid secretion, while progesterone stimulates it.

A newly released study to determine the prevalence of hypothyroidism in patients with benign breast disorders found that 23.2% of the women tested had unsuspected hypothyroidism. Symptoms of benign breast disease were alleviated in 83% of the patients with hypothyroidism through the use of only thyroxine replacement. (*World Journal of Surgery*, July 30)

Although the common perception of low thyroid people is that they are [overweight](#), many people with low thyroid are underweight, so weight alone is not a determining factor. If the person is overweight, most of the extra weight is in [water](#), not fat. People with low thyroid can drink and drink, but hardly ever need to urinate. Thyroid treatment can help an anorexic or other sick person gain weight.

Sleep is a problem for the person with low thyroid who may fall asleep easily but awaken after only a few hours and be unable to return to sleep for the rest of the night. Headaches can often plague low thyroid sufferers, not only migraines but stress and tension [headaches](#).

There is a connection between multiple sclerosis (MS) and low thyroid. In a study by thyroid researcher Dr. Ray Peat, it was found that thyroid therapy caused MS symptoms to disappear in patients who had no other obvious causes such as heavy metal poisoning.

Depression is a classic symptom of low thyroid. Women with low thyroid are the most susceptible to severe bouts of post-partum depression following childbirth, and thyroid treatment helps restore their emotional equilibrium. Low thyroid can contribute to inability to let go of old hurts and angers, particularly against one's mate.

Adrenalin and its synthetic drug copies, such as the inhalers used for asthma, are toxic when used continuously in response to the stress of hypothyroidism and endurance exercise. Excess adrenalin is toxic to the heart because it damages heart mitochondria. According to Dr. Peat, this is due to abnormally rapid mobilization and oxidation of unsaturated fatty acids leading to peroxidation aggravated by inadequate antioxidant protection. Dr. Broda Barnes, who runs a not-for-profit organization dedicated to research in the field of thyroid and metabolic balance, has found that the cardiovascular complications of diabetes are due to low thyroid function rather than insulin.

Researchers in Italy have just released results from their study to determine the effect of hypothyroidism on [coronary artery disease](#). They examined the occurrence of the disease and long-term prognosis in patients without a history of primary thyroid disease, myocardial infarction, or chronic heart failure to determine if their disease related to serum levels of biologically active thyroid hormone. They found that levels of the active thyroid hormone (T3) were inversely correlated to the presence of coronary artery disease. Low T3 syndrome conferred an adverse prognosis, even after adjusting for traditional coronary risk factors. (*Clinical Cardiology*, July)

Dr. Barnes has concluded that [cancer](#) risk increases in male and female hypothyroid patients. He sees this as directly related to hormone imbalance with increased production of estrogen and decreased production of the primary [anti-aging](#) steroids from cholesterol: pregnenolone, progesterone and DHEA, all of which are thyroid dependent.

Researchers in Spain studied the relationship between thyroid hormone and tumor development. They found mixed results. Although hypothyroidism might be a risk factor for liver and [breast cancer](#) in humans, a lower incidence of breast carcinoma has been reported in hypothyroid patients. Changes in the stromal cells of people with hypothyroidism can modulate tumor progression and metastatic growth independently of the presence of thyroid receptors on the tumor cells. However, they also found that hypothyroidism can promote tumor growth and invasiveness. (*PLoS One*, July 29)

Hypothyroidism can be life threatening

A rare condition that can result from long-term undiagnosed hypothyroidism is called [myxedema coma](#). The coma can occur during illness, after an accident, from exposure to cold, as a result of the ingestion of narcotics and/or sedatives, or when the body temperature drifts below 95 degrees (F). It is a medical emergency that requires immediate treatment.

Diet and environment have major impact on thyroid function

What is happening to our thyroids to cause such problems? Putting the natural selection theory aside, Dr. Lita Lee reporting on the work of Drs. Peat and Barnes says that the majority of people seen in doctor's offices have some form of thyroid dysfunction. She notes radiation is the greatest environmental cause of hypothyroidism and other thyroid problems, including tumors and thyroid cancer. Since Chernobyl, radioactive fallout has become a worldwide phenomenon. Her hypothesis remains unproven for lack of an unexposed control group.

Epidemiological studies of radiation downwinders show many of the symptoms of hypothyroidism including chronic fatigue syndrome and fibromyalgia. According to Dr. Peat, fibromyalgia is a combination of edema, inflammation and low [blood sugar](#), all symptoms of hypothyroidism. He too believes that radiation is a major culprit in the hypothyroid [epidemic](#).

"Organic animal protein is essential for the production of thyroid hormone and its conversion to the active form in the liver. Veganism leads to low thyroid function and low cholesterol which can lead to all of the major chronic degenerative diseases," says Dr. Lee. She sees women as especially vulnerable because their low thyroid function goes hand in hand with hormone imbalance. Because pesticides mimic unbalanced estrogen in the body, she urges people to consume only organic produce.

Use of polyunsaturated oils contributes to low thyroid function whether the oils are processed or not. These include soybean, canola, safflower, corn, flax, fish, evening primrose and borage. According to Dr. Peat, the more unsaturated the oil is, the more strongly it interferes with thyroid secretion, the transport of thyroid hormone in the blood, and the response of the tissue thyroid receptors." Olive oil, coconut oil and saturated fats do not compromise thyroid health.

Dr. John Lee, famed Harvard Medical School Professor and author, cautioned that [soy](#) products contain goitrogens, substances which inhibit thyroid function and the conversion of T4, the inactive form of thyroid hormone to T3, the active form of thyroid hormone. Genistein, an isoflavone found in soybeans, can block thyroid hormone production. Phytate found in unsoaked nuts and legumes including beans can accentuate these effects because it binds zinc and copper, leaving little of these important minerals available for the production of thyroid hormone. A transport protein called *GLUT1* is shut down by genistein. This protein sends [glucose](#) into the cells where it is used to generate energy. Slowing the transport of glucose means less energy production not only of thyroid hormone, but of every other action in the body.

Fluoride from water, foods and toothpaste causes severe hypothyroidism.

Synthetic and genetically engineered hormones used in birth control pills, hormone drug therapy, and as growth stimulants in the non-organic production of [food](#) animals block the release of thyroid hormone from the thyroid gland.

While some iodine is critical to thyroid functioning, too much can become a powerful thyroid inhibitor.

How to determine if you have a sluggish thyroid

There is no accurate medical test for thyroid function, according to Dr. Lita Lee. Anyone having high cholesterol is practically assured of having hypothyroidism, because thyroid hormone controls the conversion of cholesterol to important

- 100% Fragrance Free!
- No SLS
- No Parabens
- No synthetic chemicals
- FREE shipping in U.S. on orders over \$75

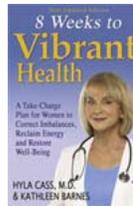
[Click here to read more...](#)

FREE report by the Health Ranger, plus a FREE subscription to his Vilcabamba, Ecuador real estate announcement list:



Enter your email address to download it now:

(Email privacy guaranteed.)



8 Weeks to Vibrant Health A Breakthrough Guide to Women's Health by Dr. Hyla Cass M.D.

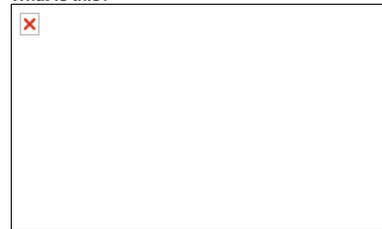
Learn why this is the *must-read* guide to women's health you've been waiting for... [Click here...](#)

Breaking News Stories:

- [Ten Things That Are Missing from Obama's Health Care Reform Debate](#)
- [NaturalPedia.com Delivers New Encyclopedia of Natural Health Knowledge to the World](#)
- [Swine Flu Vaccine Linked to Paralysis, Leaked Memo Reveals](#)
- [Why Are Smart People So Ignorant When it Comes to Health, Vaccines and Vitamin D? \(Part Three\)](#)

[See more breaking news...](#)

What is this?



Enter your email address to learn more:

(Email privacy guaranteed.)

Free Special Reports

- [How to Build Your Financial Safety Net](#)
- [The 7 Principles of Mindful Wealth](#)
- [The Healing Power of Sunlight and Vitamin D](#)
- [The pH Nutrition Guide to Acid / Alkaline Balance](#)
- [Pet Food Ingredients Revealed! \(shocking\)](#)
- [Medicine From Fish](#)
- [The Water Cure](#)

Recommended Products Related to This Article*:

anti-aging hormones and to bile salts. The lack of this conversion causes cholesterol levels to rise. However, many people with low cholesterol from a depressed immune system or from eating a low protein diet may also have hypothyroidism.

Dr. Barnes introduced the basal temperature test as a way to determine adequate thyroid function. The oral temperature is measured with an oral digital thermometer immediately after waking in the morning. This temperature should be 98.0 degrees F. It should then rise to 98.6 to 99 degrees during the daylight hours, and the resting pulse should be about 85 beats per minute. If temperature and pulse rates are below these levels, hypothyroidism is indicated.

For more information:

<http://webpages.charter.net/jdrzecz...>

<http://webpages.charter.net/jdrzecz...>

http://www.naturalnews.com/024388_t...

http://www.naturalnews.com/025108_t...

5 votes

2 diggs

[digg it](#)

About the author

Barbara is a school psychologist, a published author in the area of personal finance, a breast cancer survivor using "alternative" treatments, a born existentialist, and a student of nature and all things natural.

 Get articles like this delivered to you FREE in our popular email newsletter

Ratings (7)

Average rating:

Want to contribute?

[Join](#) or [Sign In](#)

 85 beats per minute?! That's huge. (Heh?)
Unknown 8/17

 This author didn't mention that chlorine is a major cause of hypothyroid conditions. Chlorine in our... [More »](#)
Natalie mannering 8/17

 The most obvious reason for the epidemic is the shift in the mainstream thought process when it comes... [More »](#)
Maureen Urbanski 8/17

 Important article - thanks for helping to promote awareness of this issue. The fact that Ms. Minton ... [More »](#)
Scott 8/17

 According to Dr. Brownstein and others, our diets are lacking in iodine and selenium, which are th... [More »](#)
5Vh.G3YwktbmhnE4QIFULzGsmvbj 8/17

 Exposure to electromagnetic/microwave radiation destroys the thyroid gland. Think cell phones, cordl... [More »](#)
blaze 8/17

 The reason everybody's thyroid gland is struggling is because everybody is now having their thyroid g... [More »](#)
blaze 8/17

[Translate »](#)

Free download: Selling Sickness (summary)

Read the best book on disease mongering for learning the truth about Big Pharma

The Weiss Method for Heart Disease

How to reverse heart disease naturally for heart disease, high cholesterol

How to Halt Diabetes in 25 Days

Health Ranger guide to reversing diabetes for reversing type-2 diabetes

Additional Products of Interest to All

Katadyn Exstream XR Water Purifier

#1 personal water purifier for clean, pristine water in seconds

Preparedness Tools Natural News Bundle

For preparedness and safety: 60% off for preparing for natural disasters

Revealed: Natural Health Solutions (free)

Free summary of book by Mike Adams for learning censored natural health remedies

Exposed! The Toxic Chemistry of Products

Free summary of this shocking book for learning the truth about toxic products

Appetite for Profit (free download)

Free download summary of this top book for discovering the truth about food companies

The Biology of Belief by Bruce Lipton

A free download of Biology of Belief for learning about the mind-biology connection

The Genie In Your Genes by Dawson Church

A free, downloadable summary of this book for learning about the biology of intention

Katadyn MicroPur Water Purifier Tablets

The best water purification tablets for purifying almost any water source

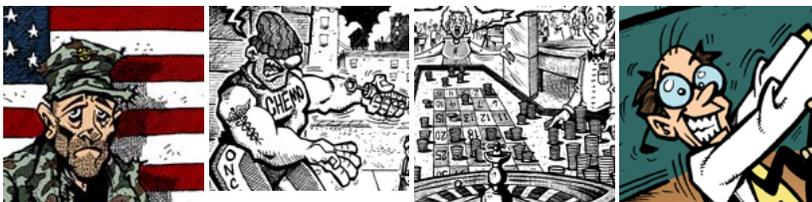
* Products do NOT pay to be listed here. These are genuine, independent recommendations by the Health Ranger

© Products with this symbol are sold by NaturalNews or its affiliates and earn revenues for NaturalNews

Also on NaturalNews:

- Streaming Health Ranger Videos
- CounterThink Cartoons
- FREE Special Reports
- Podcasts

Related CounterThink Cartoons:



Related Articles:

Take Action: Support NaturalNews.com

- The Nature of Energy-Depleting Thyroid Problems
- How iodine accelerates weight loss by supporting the thyroid gland
- Oprah's Thyroid Problem Explained

✉ **Email this article to a friend**

🗨 **Share this article on:** [NewsVine](#) | [digg](#) | [del.icio.us](#)

Permalink to this article:

```
http://www.NaturalNews.com/026853_thyroid_hypothyroidism_disease.html
```

Reprinting this article: Non-commercial use OK, cite NaturalNews.com with clickable link.

Embed article link: (copy HTML code below):

```
<a href  
= "http://www.NaturalNews.com/026853_thyroid_hypothyroidism_dise
```

Amazon.com Gift Cards

E-mail or print an Amazon.com Gift Card.



[Buy now](#)

[Privacy information](#)

[Home](#) | [About Natural News](#) | [Contact Us](#) | [Write for Natural News](#) | [Media Information](#) | [Advertise with Natural News](#)

This site is part of the Natural News Network © 2009 All Rights Reserved. [Privacy](#) | [Terms](#) All content posted on this site is commentary or opinion and is protected under Free Speech. Truth Publishing International, LTD. is not responsible for content written by contributing authors. The information on this site is provided for educational and entertainment purposes only. It is not intended as a substitute for professional advice of any kind. Truth Publishing assumes no responsibility for the use or misuse of this material. Your use of this website indicates your agreement to these terms and [those published here](#). All trademarks, registered trademarks and servicemarks mentioned on this site are the property of their respective owners.

