

My story below illustrates the danger of trusting my Doctors and drugs and practices prescribed for me. In order to know what I need to do for the health of my body I am beginning to learn to listen to my body. It communicates with me to tell me what I need. The symptoms of illness that arise are messages to me that my body is out of balance in some area. It is so important to listen to my body. Sadly this “ah hah” too a long time coming.

STOP!! DON'T NUKE THAT THYROID!

For seven years my totally hyper (overactive) thyroid went undiagnosed by my former physician. I was seeing him for a litany of stress based problems, but I did not understand stress at that time. Over seven years I constantly experienced severe hot flashes, heavy sweating, a heart beat twenty beats faster than my normal sixty beats a minute, and eventually heart arrhythmia so strongly that I couldn't function for several hours each bout lasted. A tremor in my hands prevented me from spooning soup to my mouth. Ultimately a six week bout of severe insomnia triggered by being on vacation in a warm climate was added to my symptoms. I was always so very hot. I was very overweight but during one year I spontaneously lost about forty pounds which I attributed to my saying positive affirmations of being thin. My left ankle thickened and my under arm body hair disappeared.

One New Year's Eve I spent four hours on a heart monitor in emergency at Foothills Hospital because of arrhythmia. I was told that my heart was fine, but that they didn't know why it was doing what it was doing. I thought perhaps my heart is opening through my meditation practices. On another occasion my doctor sent me to a nerve specialist who said that I had a benign essential tremor and that it was not Parkinson's disease.

Since I was over fifty years of age when problems began, my doctor thought that I was experiencing menopausal symptoms. He prescribed some estrogen patches (without progesterone) for me which started my menses again, but did not solve my problems. (Indeed they caused a later problem, endometrial hyperplasia (thickening of the uterine lining) due to having been given estrogen without progesterone, but that's another story.)

One day in desperation, I asked whether there wasn't a doctor that specialized in stress disorders and was given a referral to another general practitioner who practices hypnotherapy. I had begun to understand that my problems were related to too much stress due to my business, rather than to menopause. The hypnotherapy treatments were helpful. I changed my attitudes, but did not relieve my symptoms.

Then a young lady visitor who had been hospitalized nearly dying from thyroid complications spotted my symptoms. She suggested that I get a Thyroid Stimulating Hormone test. She thought that I could have a thyroid problem. I took her advice and the test. The T.S.H. results came back at a totally abnormal reading of 0. My doctor,

however, said that I must be taking some vitamin supplement that was causing it and did nothing further. The naturopath that I was also seeing suggested that I get a second opinion. She gave me the name of my present open minded doctor. He obtained the same test results, noted the abnormality of reading and then went on to administer T3 and T4 tests, which were also totally abnormal with readings, if I remember rightly, of 7 and about 70. He sent me for a radioactive scan test of my thyroid which indicated that the whole thyroid gland was totally involved in over activity. Additional blood tests confirmed that I had the autoimmune version of hyperthyroidism called Grave's disease.

Now I was sent to a specialist in endocrinology and internal medicine who gave me a choice to take a drug called Phytothyracil for at least a year to see whether it would calm my gland down or to have my thyroid irradiated with radioactive iodine. If I chose that option I would need to take a thyroid supplement for the rest of my life. I elected to take the pills.

By the time a year had gone by I had experienced so many drug side effects that I reduced the dosage, but at least my hyperthyroid symptoms were being relieved and my life was more bearable. So I continued on lower dosage of the drug for another nine months, valiantly fighting off weight gain that began to occur, but eventually losing that battle. During this period I also experienced hemorrhaging after minor surgery and dentistry, a side effect I later learned of the drug. Contra indications that I found in a prescription book for the drug explained why my stomach bulged forth in tumescence. I could no longer wear belted clothing. My energy levels were low. I began to experience aching arthritic joints, also described as a side effect. When my ankles burst out with raw red rashes after I had been doing a lot of walking one day, my doctor took me off the drug for good. Rash biopsy tests showed possible leucocytoclastic vasculitis. Now my only other option was to nuke my thyroid I thought, but I did not feel right about killing a part of my body.

I was advised to wait for two months for the chemical buildup of Phytothyracil to leave my body in order to see whether my thyroid could normalize itself. At two months the tests were mostly normal readings. At three months the test readings were still in normal range but moving away from optimum levels. I began resigning myself to the possibility of having to accept radiation.

At this point, in October 1996, I had the great good fortune to be introduced to a line of nutraceutical supplements and began taking one for the endocrine system that is based on dioscorea yam, plus another one for the immune system based on the stabilized healing molecules of aloe vera gel, as well as a phytochemical supplement based on the freeze dried goodness from fully ripened fruits and vegetables with aloe vera. Within three days I noticed a marked improvement in my energy levels. At night I was also waking up fewer times. My chronic sinus post nasal drip disappeared after a few weeks. Five months after stopping the drug and two months after starting the nutraceuticals my thyroid test results were all normal, surprising my doctor. I still have an occasional hot flush but have been able to actually feel cold for the first time in many years. My desire for sweets has largely

disappeared. My weight has not gone down as yet, but I understand that it may begin to drop as my system is normalized. I look forward to continued improvement of my health as days go by and as my body clears itself of its stored toxins.

Thank God I did not agree to nuke my thyroid! and thank God for Mannatech!

February 16, 1997

Nana

P.S.

Now another 11 years have past since my thyroid recovered. I have been able to maintain my thyroid health through continuing to take Mannatech products and other supplements. The Graves disease symptoms have subsided but sadly my stomach still protrudes and while I have lost some weight I am still obese. I still have more to learn to understand my body's communication signals and am now slowly releasing my over weight.

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