Prevent & Reverse Thyroid Dysfunction
A Model For Cellular Healing

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In the discourse “Autoimmunity – A Reversible Disease¹,” our clinician-to-clinician dialog established that autoimmune diseases medically labeled with names such as Hashimoto’s, Multiple Sclerosis, Crohn’s, Graves’ Disease, Rheumatoid Arthritis, etc., are reversible and have always been.

The Natural Health Model, based on both biochemistry and bioenergetics, has been helping people reverse chronic-degenerative and autoimmune diseases for the past 50 years, and now Modern Medicine is discovering the scientific basis on how natural therapies impact the cells' expressions of health and thus have a sound basis for viability as therapeutic agents. Food, herbs, and homeopathic remedies are documented as affecting how the cells express health as opposed to symptoms and diseases.

**Autoimmune Disease** – any of a large group of diseases characterized by abnormal functioning of the immune system that causes the immune system to produce antibodies against the body's own tissues which results in damage to tissues and metabolic processes.

**Comment:** This standard medical definition is due a major overhaul. It has not yet considered that the immune system is responding perfectly to the circumstances encountered which should include environmentally-acquired toxicity, pathogens, electro magnetic frequencies (EMF’s), vaccinations, antibiotics, nutritional deficits, and genetically modified foods, all of which derange the body’s biochemical and bioenergetic functions e.g. 1) the immune system, 2) the cell membranes, 3) mitochondrial and cellular DNA.

¹ Autoimmunity—A Reversible Disease is available at www.openbookhealth.com
Today, thyroid dysfunction is at an all time high, and growing every month. It is expected to continue to skyrocket because the Fukushima Daiichi Nuclear Disaster continues to spew massive amounts of nuclear fall out (affects the thyroid via Iodine-131, and affecting other cells via other radioactive isotopes) blanketing a significant percentage of the world’s food supply. In the United States, Fukushima radiation goes into the above- and below ground water reservoirs as well as onto crops that affect milk, meat as well as fruit and vegetables. People who are not directly contacting radiation from the air are exposed through food and water. Basically the governments, being democratically oriented, decided that it was fair to disperse the radiation in the Pacific Ocean that feeds many people, and through American agriculture; thus they provide equal opportunity for unsuspecting people to filter the radiation through their bodies—and this means that you and I have been selected to be filters when the damaged reactors were not closed (encased in cement) to reduce the spread of the lethal radiation.

Radiation, coupled with pandemic Iodine and Selenium deficiencies, plus the gross lack of phyto-antioxidant nutrients in the diet (unless one eats according to the Pro-Vita! Plan\(^3\) method taught to us by Doc Wheelwright), the thyroid is bearing the brunt of “life in the 21st Century,” and protecting itself by lowering its and the body’s metabolic processes. It’s just a basic self-protective function of the body’s Innate Intelligence. Note: a small percentage of people express “hyper-thyroidism” when the thyroid TSH receptors are over-stimulated by the immune system’s antibodies and its activity becomes “runaway.”

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Discourse “Ionizing Radiation — A Smarter Plan On How To Protect Yourself” discusses nutritional solution for nuclear radiation and repair of radiation damaged chromosomes. Available at www.systemicformulasmedia.com

When the thyroid goes “hypo” it is because: 1) the person does not have enough basic nutrients (iodine, selenium, tyrosine, B-vitamins) dietarily, or 2) the body’s *Innate Intelligence* (self-regulatory mechanism) lowers the thermostat in an attempt to protect the thyroid’s mitochondria and cell membranes from oxidative damage, or 3) the target cells’ membranes are inflamed and their receptors unable to perform, thus giving the feedback-signal to the hypothalamus that there’s plenty of T4 in circulation, or 4) mercury toxicity depletes selenium and also blocks the conversion of T4 to T3. The thyroid is particularly vulnerable to oxidative damage because it manufactures thyroxine (T4) and triiodothyronine (T3) via the oxidative reductive molecule hydrogen peroxide (H$_2$O$_2$). The Innate Intelligence can reduce the use of thyroid hormones in the body by lowering the basal metabolic rate as well as by filling cellular receptors with “reversed T3” (rT3) molecules to decrease the cell’s metabolic activity. Further, environmental toxicity can bind with cell membrane receptors and interfere with the T3 messengers.

It’s interesting to note how quickly modern medicine is to diagnose a body process as “a disease” when actually the body is performing perfectly to the stimuli given. Such a short-sighted approach fails to address the cause, and instead calls the body’s efforts to manage the distress a “disease.” This is how cholesterol got blamed for arterial plaque when it’s actually trying to help the body deal with inflammation. This is how the body’s decision to “lower the thermostat” that results in fatigue, a self-protective measure, is blamed as a thyroid disease. The Natural Health disciplines understand that for the body to restore health, "Remove the Source" is absolutely essential.
So the body has several reasons to lower the thermostat (the activity and vitality of life), and there are other causes and contributors outside of the thyroid itself including, for example, stress causes adrenal hormones, epinephrine, norepinephrine, and cortisol to elevate and all three of those hormones suppress the thyroid’s activity and cause an elevation of reversed T3 (rT3).

Here we have a secret on why Chronic Fatigue Syndrome has been so illusive to medical-scientific research—it’s caused by factors outside the scope of their model and understanding. Specifically, CFS is often a decision by the body’s Innate Intelligence to lower the thermostat (based on epigenetic response to the environment) coupled with the chromosomal damage of environmental pesticides, chemical toxicity and radiations (ionizing and non-ionizing) that interfere with thyroid performance at the cell-receptors throughout the body. Set the stage with nutrient deficiency. Further, confuse the immune system with mercury in dental fillings, antibiotics, and vaccinations. Toss in a good bit of 21st Century stress, and voila! 70% of the USA population is hypothyroid according to endocrinologist and thyroid researcher, Dr. Broda Barnes.

Unfortunately, people in a hypothyroid metabolism often express fatigue and many are diagnosed as having Chronic Fatigue Syndrome. When the metabolism is “turned down,” the body does not digest food as well nor detoxify as well. Liver function slows down, and the liver is the lifeline! The immune system often goes “hyper and hypo” in that it tries to compensate, but struggles to keep up with the increased workload of pathogens that occur when the liver doesn’t detoxify adequately.

This is why thyroid function is so important as a prerequisite to set the stage for all healing throughout the body. Simply put, the body needs its metabolic processes (energy, transcription of DNA, hormone communications, neurotransmitter function, immune activity, and detoxification) to cure itself of its symptoms and disease processes. Hypothyroidism is not only an early warning of more symptoms and diseases to come, it’s an obstacle to cure. If the natural health practitioner fails to address the thyroid, there will not be a lasting cure for the patient.

**Key Reasons For Autoimmune Diseases In The 21st Century:**
The following nine topics are both causes and contributors to meteoric rise in autoimmune diseases.

1. **Chronic Cellular Inflammation.** Free radical damage to mitochondrial and nuclear DNA, environmental toxicity (heavy metals), processed food (trans fats, sugar, etc.), Electromagnetic fields (EMFs),
biotoxins (mold), sugar & aspartame consumption. This activates excessive immunological activity and impeded healthy cell performance.

2. Leaky Gut/Brain Syndrome. Enteric Nervous Systemic activation of cytokines throughout the body that raise the immune system’s activity level allowing more collateral damage from immune dysregulation (caused by overconsumption of grains, dysbiosis (too many pathogenic bacteria and not enough of probiotic bacteria in the intestines), use of antibiotics by people and in agriculture, impaired neuroendocrine regulation and neurotransmitters due to zonulin opening the door—both the intestinal barrier as well as the blood/brain barrier. This allows inflammation and disrupted cell membranes with the brain’s regulatory processes, specifically the hypothalamic regulation of hormones as well a neurotransmitter processes.