

BY TOM BRIMEYER

# 7 Simple Steps to Start Saving Your Thyroid

Natural Steps to Start Turning the Table on Hypothyroidism



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## Natural and Necessary Steps to Start Turning the Table on Hypothyroidism

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**Disclaimer:**

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# Grabbing Hypothyroidism by the Horns

I wrote this report for the millions of hypothyroidism sufferers out there who are tired of constantly getting the “run-around” when it comes to their thyroid and their deteriorating health in general. Every day I sit and watch people developing *obesity, heart disease, stroke, premature aging, cancer, chronic fatigue, depression, diabetes, autoimmune disease, fertility issues*, and dozens of other diseases. All of these could be easily prevented if only people understood the important role that hypothyroidism plays in the development of these diseases and how to effectively treat it.

Many of the answers that we need to solve this seemingly impossible hypothyroidism puzzle have been right under our noses for decades, provided by the work of some of the greatest, most honored, and well-respected scientists of the 20<sup>th</sup> century. But, their work, which has opened doors into the true understanding of disease, continues to be ignored by modern medicine to this very day.

Human ignorance has a long history of slowing and deterring the advancements in science and medicine.

For example, most people can recall the name Galileo, a physicist, mathematician, astronomer, and philosopher who, during the 16<sup>th</sup> and 17<sup>th</sup> centuries, played an integral role in the advancement of science, later known as the Scientific Revolution.

Galileo was one of many great thinkers who questioned the authoritarian belief at the time that the Earth was the center of universe. He provided research and proof that it was the Earth that revolved around the sun.

What you may not recall about Galileo is this... Regardless of his research and proof, Galileo was persecuted, imprisoned, threatened with torture, forced to recant his research, and was confined under house arrest until his death in 1642.

Why? Because, Galileo’s research provided radical views that directly questioned and opposed the authoritarian beliefs at the time. If his research, and the truth, were made available to the public, then it would call into question the credibility of the authorities who could potential lose power.

While Galileo was imprisoned and his work concealed and suppressed for centuries, other scientists and philosophers were killed for these same beliefs. Giordano Bruno was burnt at the stake in 1600 for merely suggesting that the earth revolved around the sun.



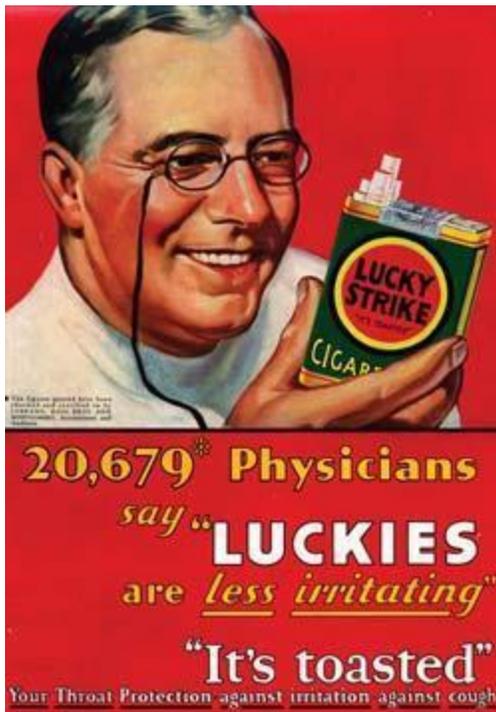
Today, Galileo is referred to as the “Father of Modern Science”, yet his work was concealed for more than 100 years, long after his death, before it was studied and found to contain many of the monumental scientific breakthroughs that we know and use to this very day.

While today we have accepted the fact that the earth does in fact revolve around the sun, it’s easy to take for granted that so much scientific advancement was literally suppressed and brought to a halt simply because it challenged what the authorities wanted the public to believe.

I’m here to tell you that today, NOTHING has changed.

While scientists are no longer being imprisoned or burnt at the stake, the work and research of some of the brightest and most advanced scientists of the 20<sup>th</sup> and 21<sup>st</sup> centuries continues to be swept under the rug and ignored simply because it challenges the current health beliefs of today.

The most prominent “peer reviewed” medical journals responsible for bringing the latest advancements in medical and scientific research to the public eye have been constantly under scrutiny for misleading the public, since their inception.



The Journal of the American Medical Association (JAMA) published its first cigarette advertisement in 1933.

A prominent research journal receiving substantial funding by the Tobacco Industry provided a massive conflict of interest. The Tobacco Industry went on to become a significant source of funding for numerous medical organizations and journals.

JAMA continued to support and promote the Tobacco Industry for 20 years despite the consistent and mounting evidence and research demonstrating the dangers of smoking.

The editor of JAMA actually went as far as to help the Tobacco Industry design its advertising campaigns.

It took 30 years of research demonstrating the dangers of smoking before the *American Medical Association* finally issued a statement on smoking, calling it “a serious health hazard.”

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# The BEST Test for Hypothyroidism

Test From Home, For Free, and In 10 Minutes or Less



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# Understanding Your Thyroid Testing Options

I wrote this report for you for a number of reasons. For starters, I wanted to share with you one of the most accurate techniques for testing your own thyroid function that is being used by myself and some of the other most highly skilled thyroid practitioners out there today. I'm going to show you just how effective this technique can be if used properly and the absurd reasons why your doctor doesn't want you knowing about it.

But, I also wrote this report with the intention of helping you to save a lot of unnecessary time, money, and hassle by helping you get real answers instead of constantly getting the run around with your hypothyroidism.

No, you don't have to be a doctor or receive extensive medical training to test your own thyroid. In fact, the less medical training you have the better, and I'll show you why.

So, let's get right to it...

Over the past hundred years, there have been many tests that have been developed to screen for hypothyroidism and monitor the function of your thyroid. Some of the early tests were quite effective. However, over the years modern medicine seems to have taken many steps in the wrong direction with the development of more technologically advanced testing. Many of problems associated with today's testing are covered in detail in my free report entitled, [Why You Still Have Thyroid Symptoms and Why Doctors, Drugs, and Labs Are Failing You.](#)

In this report, I'm going to focus more on the three most common thyroid testing options that are readily available today along with the advantages and disadvantages of each.

## 1. TSH (Thyroid Stimulating Hormone) Testing

Odds are that if you've been tested for hypothyroidism by your doctor, then you've had your TSH level measured and they may have been above "normal" (at least the medical interpretation of normal that is). This is currently the standard test that medical doctors use to diagnose hypothyroidism today. And it's the ONLY test they typically run.

While TSH is a test that is generally covered by medical insurance and is measured simply through a blood draw, it has a number of disadvantages.

If you're not familiar with human physiology, TSH is a hormone that tells the thyroid gland that more thyroid hormone is needed and to release more thyroid hormone into your bloodstream. So, if TSH is high then this is thought to mean that your thyroid gland is not able to produce adequate thyroid hormone, thus you must be hypothyroid.

Think of your thyroid like using a garden hose to fill a bucket. The faucet represents your thyroid gland, the hose represents your thyroid hormone pathway, the water represents your thyroid hormone, and the bucket represents your cells that rely on getting adequate thyroid hormone to survive and function properly.



TSH is the equivalent of the water pressure. Normally, when you turn the water pressure up then you get more water (thyroid hormone) into your bucket (cells).

But what happens if your garden hose (thyroid hormone pathway) is kinked and water (thyroid hormone) can't get through?

You can turn the faucet on as high as you want, but regardless of how high the water pressure is you can't get any water (thyroid hormone) into your bucket (cells).

This is one of the biggest problems with relying on TSH testing.

It's simply a measure of how stimulated your thyroid is, but it doesn't tell you the most important piece of the puzzle that you need to know which is how much thyroid hormone you're getting into your cells.

TSH testing can be influenced by a number of extraneous factors unrelated to the direct function or health of the thyroid gland including:

- ♣ Aging
- ♣ Stress
- ♣ Infection
- ♣ Blood Sugar
- ♣ Excessive T4
- ♣ Etc.

It's important to understand that any thyroid test is merely giving you a snapshot of your hormone levels at one single moment in time. Any factor, including the list above, can cause an immediate or drastic change in your hormone levels. So, let's say you're under a considerable amount of stress, you've caught a cold, or you didn't have time to eat before your doctor's appointment... these variables can affect the outcome of your test and lead to false results.

There are a number of factors that can drive TSH down to within "normal" range without actually removing the kinks in your thyroid hormone pathway or helping you to get the right thyroid hormone you need to your cells.

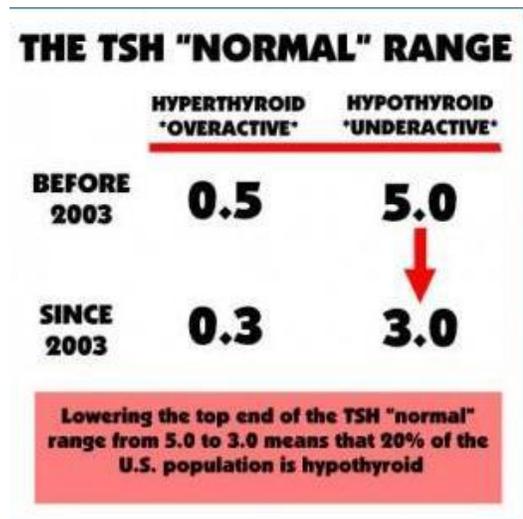
For example, doctors typically prescribe T4 only medications like Synthroid or Levothyroxine that can easily lower TSH without actually delivering more of the right thyroid hormone to your cells or improving your thyroid function.

The most important piece of the puzzle that you need to know is how much thyroid hormone you are getting to your cells and simply looking at TSH alone is highly inaccurate and leads to millions of people suffering with either undiagnosed or misdiagnosed hypothyroidism every day.

Another reason why TSH tests are highly inaccurate is that they are based entirely on illogical reference ranges. Any lab test is only as accurate to the degree that its reference ranges are accurate. And there is a lot of evidence surrounding the illogical reference ranges that have been established for TSH.

The original TSH reference ranges were based on the results of the Protein Bound Iodine test, which was one of the many tests that have been deemed entirely inaccurate and unreliable.

So, basing TSH reference ranges on a test that was proven to be inaccurate and unreliable makes the results of the TSH test... inaccurate and unreliable at best!



# Why You Still Have Thyroid Symptoms

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



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**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...



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