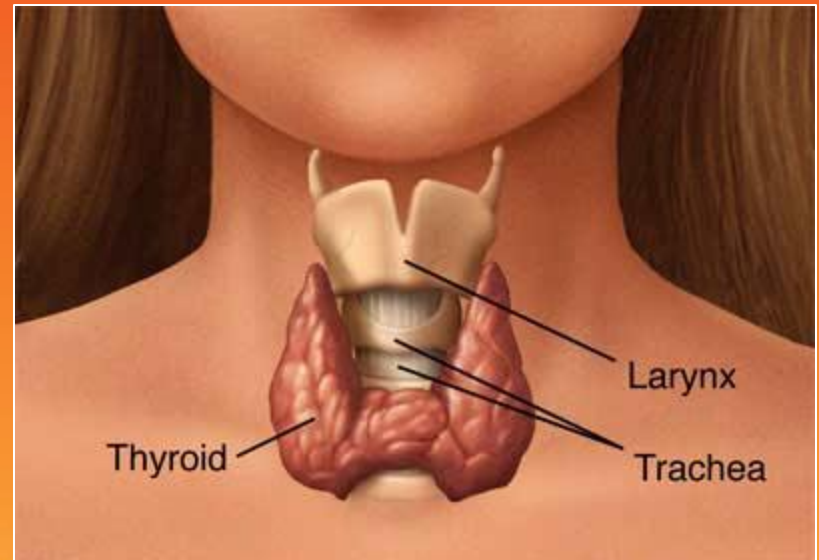


Your Thyroid

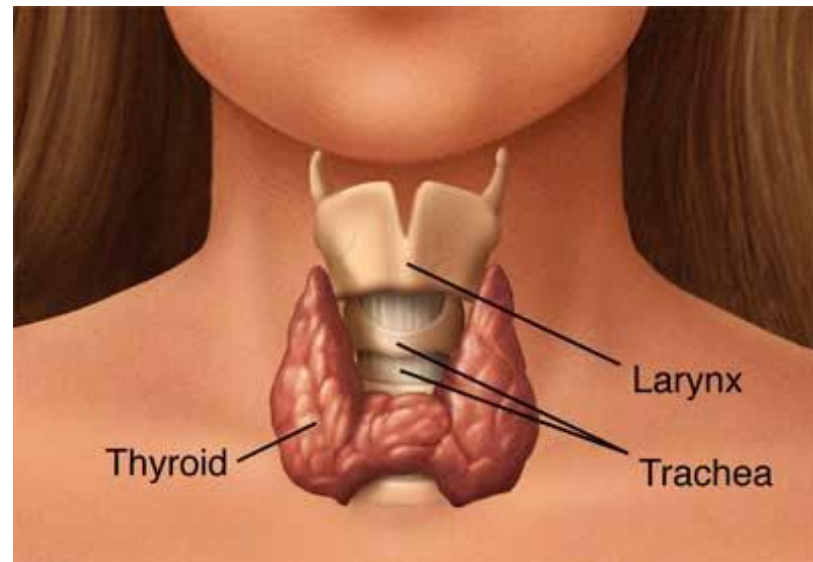
What you need to know

-Dr. Tom Bench



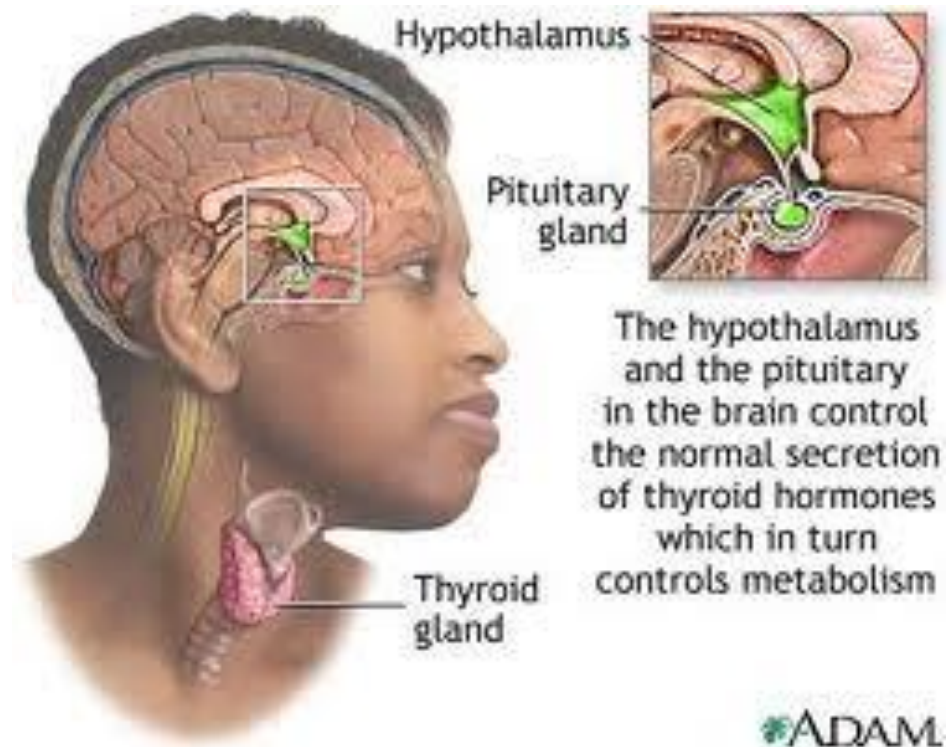
What is the Thyroid?

- The Thyroid is a gland located in the front of your neck.
- What does it do?
 - Regulates temperature
 - Metabolism



How does the Thyroid work?

- Hypothalamus
- Pituitary
- T3
- T4



Why does Thyroid Dysfunction occur?

- Adrenal fatigue
- Pituitary malfunction
- Nutrition
 - Soy, Caffeine, non-iodized salt
- environmental toxins such as pesticides, fluoride, heavy metals
- radiation
- infections
- Selenium, iodine deficiency
- high estrogen states (including pregnancy)
- chronic stress – both physical and mental
- autoimmune
- congenital
- drug-induced

CAFFEINE!



Thyroid Dysfunction

Hyperthyroidism

Hypothyroidism

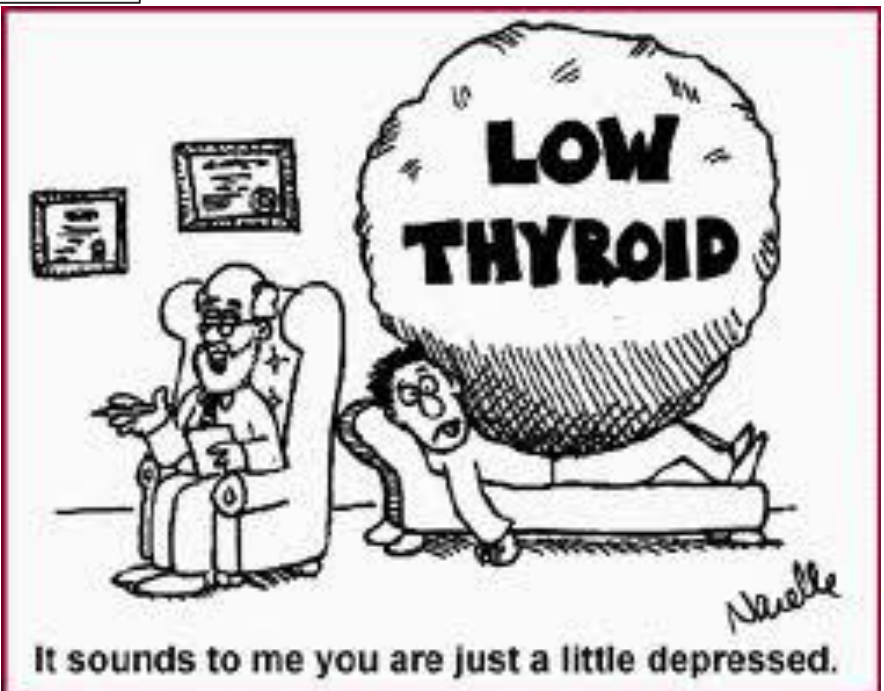
Hypo- or Hyper-?

SYMPTOMS-

- hormonal
- Hair, and skin
- gut; diarrhea, malabsorption
- cardiac; palpitations, tachycardia
- aggravate preexisting heart disease
- Neuromuscular pains
- fatigue
- sex drive (or lack of)
- Hot/cold intolerance
- Weight loss/gain
- Bulging eyes
- Neck bulge (goiter)
- Memory loss

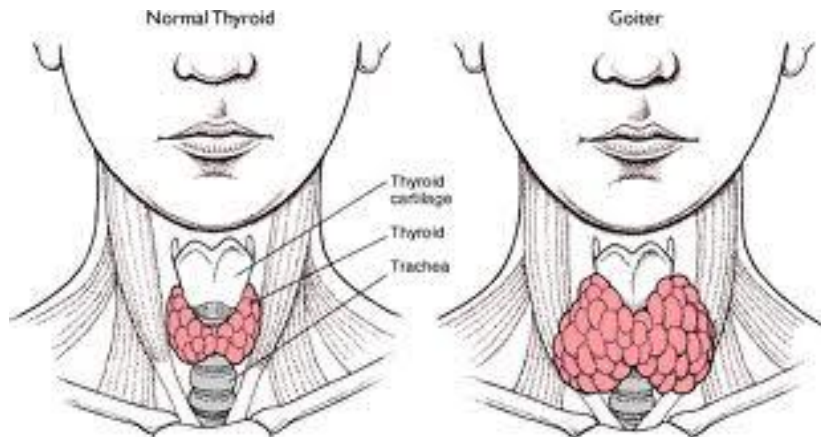


WELL, MR + MRS SPRAT, IT APPEARS
TO HAVE BEEN YOUR THYROIDS ALL ALONG.



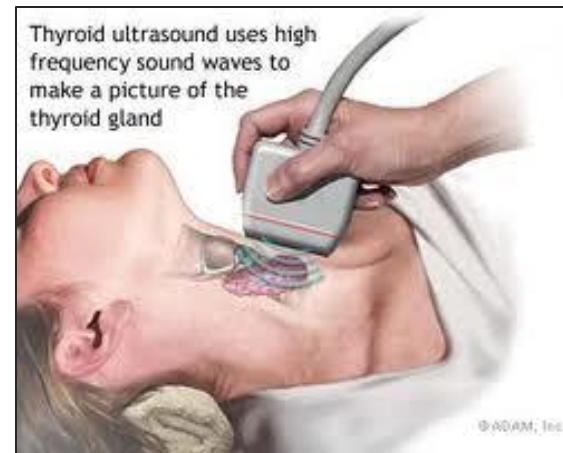
Common Diseases of the Thyroid

- Goiters
- Hashimotos
- Graves



How is it diagnosed?

- **Ultrasound**
- **Blood/Urine tests**
 - **TSH, T3, T4, iodine (Thyroid Panel)**
 - **What they tell you and don't tell you**



What is done about it?

- **Non-invasive procedures**
 - **Nutrition/supplementation**
 - **EFAs and omegas are essential**
 - **Iodine (the role it plays)**
 - **Spinal/Organ adjustments**
 - **CNS control**



©MMG 2002

What is done about it?

Continued...

- **Medications**
 - what they do
 - what they don't do

- **Surgical Procedures**
 - Thyroectomy?



Long term effects of neglect:

- Memory Loss
- Weight gain/loss
- Sex organ irregularities-infertility
- Weaker immune system

Why is a chiropractor talking about this?

Dr. Bench has seen successful Thyroid cases through his organ training and technique.

*Read Kim's Story on the next slide for example.

Any questions?
Call us! 208-552-9600

A patient's Hashimoto's (hypothyroid) Journey....

After our third baby was stillborn September 2007, blood work was rampant to find a cause of death. Nothing came about except that I had Hypothyroidism, and more specifically, Hashimoto's Disease. My endocrinologist informed me that nothing would ever change, I had Hashimoto's forever. At this time I underwent hormonal replacement therapy and starting taking a generic form of Synthroid....mostly because I wanted to get pregnant again and I didn't know any other way to fix my thyroid problem before having another baby.

I took Synthroid for almost 2 years and as soon as my fourth child was born March 2009 I stopped taking Synthroid so that I could focus on other natural remedies that I had researched with my Chiropractor, Dr. Tom Bench at Evolution Chiropractic. My chiropractor specializes in organ function as well as the spine. He started a thyroid adjustment technique and from there we checked my TSH and T3-T4 levels every 4 months. Within the first four months I was showing zero signs of hypothyroidism. I was ecstatic! I showed the medical doctor and endocrinologist my blood work and they were speechless. They couldn't believe that the body could make such a comeback on adjustments alone.

I remained Thyroid problem free until I became pregnant with our fifth child in 2010. I had my blood drawn at my 8 wk. appt. and found out that once again my thyroid was under stress and once again, Hypothyroid (obviously from the hormonal changes associated with pregnancy). Immediately I started the thyroid adjustment technique along with some supplementation specifically catered and monitored by Dr. Bench. Within just one month my blood work had changed so dramatically that my OBGYN was floored. In just 30 days my body was naturally recognizing its organs and working correctly-and no sign of Hashimoto's (something my Endocrinologist said would NEVER go away). I now have a healthy baby girl and a thyroid med- and symptom-free life. I am happy and glad that I can once again have a normal functioning body without meds screwing it up! Thank you Dr. Bench!