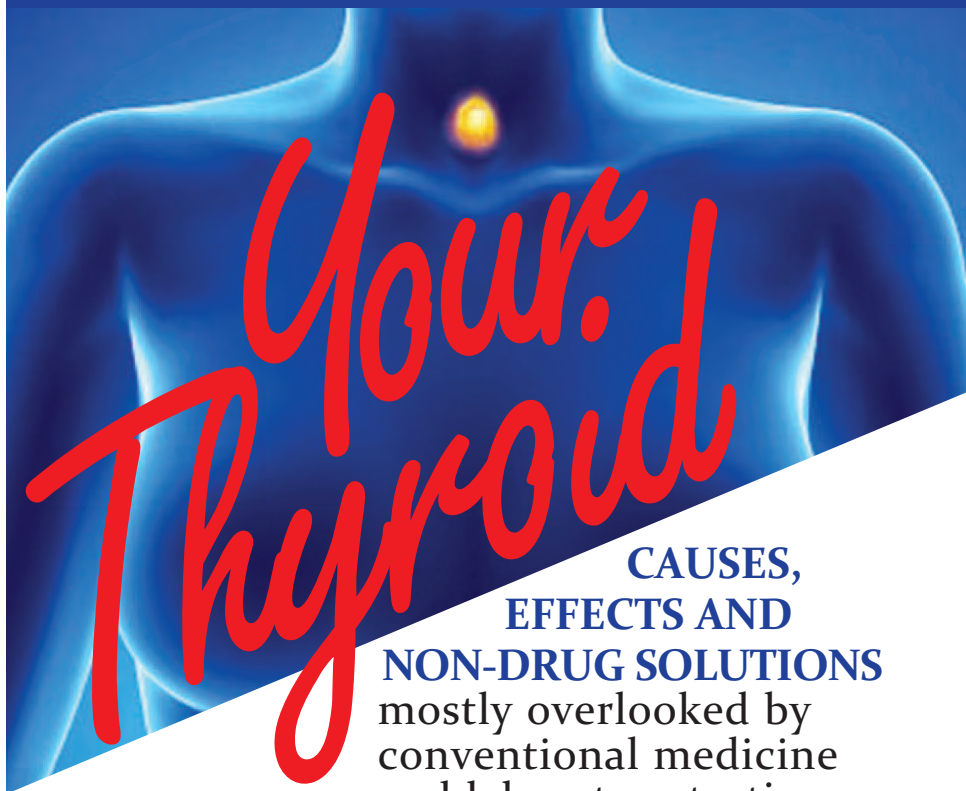


Your symptoms are NOT in your head,  
hips or expanding waistline. They're in...



**CAUSES,  
EFFECTS AND  
NON-DRUG SOLUTIONS**  
mostly overlooked by  
conventional medicine  
and laboratory testing.

*Learn to test your thyroid function for less than  
\$5 and how to use a bio-available natural supplement  
that **DOES NOT** require your body's conversion to  
useable "fuel" for your thyroid.*

## **GLORIA GILBÈRE**

CDP, DA Hom, ND, PhD, DSC, EcoErgonomist,  
Wholistic Rejuvenist,<sup>™</sup> Certified HTMA Practitioner

*BEST-SELLING AUTHOR OF 18 BOOKS INCLUDING...*

I was Poisoned by my body AND Chemical Cuisine

*Your symptoms are NOT in your head, hips or expanding waistline.  
They're in... Your Thyroid*

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# Meet the Author

**I was POISONED by my body...and the rest of the story...** It's been twenty-five years since my life almost ended because my liver was so damaged it could no longer protect me – causing me to be homebound several months and allergic to everything I ate or was exposed to environmentally, as detailed in my best-selling book, **I was Poisoned by my body**. The cause was from prescription medications necessary after a life-threatening fall and the resulting blood clots and pulmonary embolism, pain, inflammation and then the allergic responses as side-effects of medications.

Those of you who read my best-selling book, **I was Poisoned by my body**, know how challenging it is to become allergic to everything and yet all the conventional testing shows, “within normal range”.

After I recovered from my “multiple chemical sensitivities” (MCS) and the fibromyalgia, I was again able to resume a busy professional and personal life with a few exceptions. I went on to write 18 books, 8 courses, and over 1,700 health articles and blogs...all the while continuing my private consulting practice and traveling to teach and lecture. This series of reports came about after hundreds of requests wanting to know what other disorders or health challenges have ensued after my initial recovery.

For those of you that follow my career and writings, you know that I created a series of four courses (each over 300 pages) to teach Wholistic Rejuvenation to health professionals around the world – using the benefits of everything I've learned and experienced both personally and professionally to help usher in a new generation of Wholistic Practitioners. Now the time has come to complete a series of reports about all the aspects of my health so that you may benefit from what worked and what didn't...after all...I AM the Canary in the Coal Mine! My life's work has been to assist all those with chemically-induced immune system and inflammatory disorders; these reports further my commitment of Health thru Education®.

I travel around the world teaching, lecturing, consulting and doing research. Is it challenging? Yes, at times. However, the few precautions I must take to insure my health and stamina stay strong are worth the little effort and are modifications most people should make not only to maintain their health but to avoid these disorders in the first place. Do I get sabotaged occasionally? You bet I do. That said, it serves to help me share those experiences and solutions with all of you so that you can benefit from those challenges...after all...been there, done that and still working at full speed, as of this printing at age 70, and proud of it...I practice what I teach and intend to continue to age without looking or feeling old, Naturally.



**Gloria Gilbère**  
CDP, DA Hom, ND, PhD, DSC,  
EcoErgonomist™,  
Wholistic Rejuvenist™  
Certified HTMA Practitioner



#### Professional Affiliations...

- American Academy of Environmental Medicine
- Coalition for Natural Health
- American Association of Nutritional Consultants
- American Society of Safety Engineers (Ret.)
- American Holistic Nurses Association
- Alliance of Women Owned Businesses
- Soroptmist Int'l
- Int'l Association of Colon Therapy **Diplomate...**
- American Academy of Homeopathy
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- I was Poisoned by my body
- Chemical Cuisine –
- Who REALLY know what you're eating?
- MARS: Multiple Allergic Response Syndromes
- Pain / Inflammation Matters
- Wholistic Skin & Body Rejuvenation (Certificated Courses)
- Are Your Infants and Children Being Poisoned?
- I was POISONED by my teeth

*Dr. Gloria*

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Institute for Wholistic Rejuvenation/EcoErgonomics Environmental Health/  
Gilbère Research Associates/Gilbère Spa Associates

*Your symptoms are NOT in your head, hips or expanding waistline.  
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# *Table of Contents*

**Meet the Author** ..... 3

**Introduction** ..... 5

**Section 1 – Are Your Symptoms Thyroid Related?** ..... 7

        Risk Factor Checklist ..... 7

        Symptom Checklist ..... 8

**Section 2 – Sleep-deprived, Tired, and Menopausal** ..... 11

**Section 3 – Inflammation, Inflammation, Inflammation** ... 15

**Section 4 – Testing & Feeding Your Thyroid, Naturally** ..... 17

        Iodine Skin Patch Timed Absorption Test ..... 21

**References** ..... 27

# Introduction

## First of all, here are some startling facts:

**It's estimated that over ONE BILLION people worldwide suffer from iodine deficiency and guess what?...90% of those affected live in the U.S.** This problem primarily stems from lack of iodine found in most food AND the negative affects that chlorine, bromine, and fluoride, found in our water supply, have on iodine levels. You should know that the thyroid uses iodine to make and send out its chemical messengers for control and regulation of the body's overall metabolism. A deficiency of iodine causes the thyroid to also produce its hormones at a significantly reduced rate. . . therefore, when the iodine titer in your body is less than 100%, by that same percentage of deficiency, the thyroid is unable to do its job – at least do it correctly.

**You should also know that the digestive tract metabolizes VERY SLOWLY.** In fact, something you eat today may not disturb you or cause an upset in your colon for at least two to four days later, sometimes longer. This is why digestive tract disorders are harder to identify and treat successfully; likewise, the digestive tract responds and recovers slowly. This is why it can take longer to observe or notice changes in your body when taking supplemental iodine.

Also noteworthy is that the digestive tract consumes vast energy just to operate normally – the reason why eating better and selecting healthier food becomes even more important.

There are SO many of our biological functions dependent on proper function of the thyroid. That said, I will touch upon the connection of the following as it relates to an underactive thyroid or what is clinically called *hypothyroidism*. If you experience any of the following symptoms, an underactive thyroid should be considered:

- *Poor memory, forgetfulness, dementia*
- *Nervousness and tremors*
- *Immune system problems*
- *Heavy menstrual periods*
- *Elevated Cholesterol Levels not improved through dietary changes and/or supplementation*
- *Symptoms associated with Menopause (hot flashes, weight-gain, night sweats, un-restorative sleep, hair loss/thinning, etc.)*
- *Expanding waist line that does not improve with exercise*
- *Tingling in hands and feet*
- *Muscle pain as in Fibromyalgia and Arthritis*
- *Edema (swelling in hands and/or feet)*
- *Fatigue and weakness*
- *Low basal temperature (cold intolerance)*
- *Dry and coarse skin*
- *Hair loss*
- *Cold hands and feet*
- *Weight gain & inability to lose it*
- *Insomnia & sleep that is not rejuvenating*
- *Constipation*
- *Depression*

Your symptoms are NOT in your head, hips or expanding waistline.  
They're in... *Your Thyroid*



SECTION

1

*Are Your Symptoms  
Thyroid Related?*

**Let's begin by having you perform a "self-check" to see how many risk factors you have for hypothyroidism:**

**Risk-factor Checklist**

- My family (parent, sibling, child) has a history of thyroid disease
- I've had a treated or untreated thyroid problem (i.e., hyperthyroidism, Graves' disease, Hashimoto's thyroiditis, post-partum thyroiditis, goiter, nodules, thyroid cancer) in the past
- A member of my family or I have currently or in the past been diagnosed with an autoimmune disease
- I am over 60
- I am female
- I am perimenopausal or menopausal
- I have recently had a baby
- I have a history of infertility or miscarriage
- I am currently a smoker, or was a heavy smoker in the past
- I am currently taking lithium, amiodarone (Cordarone), iodine, kelp, bladderwrack, bugleweed, or soy isoflavone supplements
- I have had radiation treatment to my head, neck, chest, tonsil area, etc.
- I had "Nasal Radium Therapy"
- I consume substantial quantities of any of the following foods, frequently raw: Brussels sprouts, rutabaga, turnips, kohlrabi, radishes, cauliflower, African cassava, millet, babassu, cabbage, kale, soy-protein supplements (i.e., protein powders)
- I live, lived, work, worked or grew up near or at a nuclear plant

## Symptom Checklist

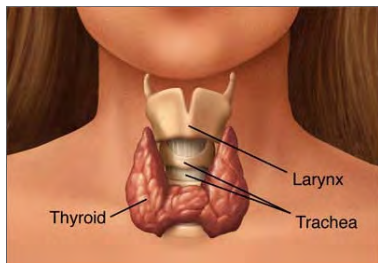
I have the following symptoms of *HYPOTHYROIDISM*:

- I am gaining weight inappropriately or unable to lose weight
- My "normal" body temperature is low, and/or I frequently feel cold
- I feel fatigued, exhausted more than normal
- I have a slow pulse, and/or low blood pressure
- I have high cholesterol
- My hair is rough, coarse dry, breaking, brittle, or falling out
- My skin is rough, coarse, dry, scaly, itchy and thick
- My nails have been dry, brittle, and break more easily
- My voice has become hoarse, husky or gravelly
- I have pains, aches, stiffness, tingling in joints, muscles, hands and/or feet
- I have carpal tunnel syndrome, arm or leg tendonitis, or plantar's fasciitis
- I am having irregular menstrual cycles (longer, or heavier, or more frequent)
- I am experiencing infertility, or have had one or more miscarriages
- I feel depressed, restless, moody, sad
- I have difficulty concentrating or remembering things
- I have no or low sex drive
- My eyes feel gritty, dry, light-sensitive
- My neck or throat feels full, pressure, choking, lumpy, larger than usual, and/or I have difficulty swallowing
- I have/may have sleep apnea
- I have puffiness and swelling around the eyes, eyelids, face, feet, hands and feet





### If you checked 6 or more on the previous questionnaire you mostly likely have a thyroid that is underactive.



Many patients and readers of my Health Blog asked, "Exactly what are the thyroid functions?" In response to those inquiries bear with me as I provide you with a very brief description. The thyroid is a small gland, shaped like a butterfly, located in the lower part of your neck. The function of a gland is to secrete hormones; the challenge is that many individuals do not associate the thyroid

with hormones. The thyroid gland makes two hormones, thyroxine-T4 (with four iodines in its composition) and triiodothyronine T3 (made up of three iodines). T4 blood levels are higher than those of T3, but T3 is four times more potent. So . . . In a healthy balanced body, the body will normally convert T4 to T3 as needed. However, keep in mind that if the supplemented thyroid is synthetic, conversion becomes more and more difficult, especially in those individuals with an existing compromised immune system and or inflammation.

#### ***These thyroid hormones deliver energy to all the cells of our body. The most common problems that develop in the thyroid include:***

- *hypothyroidism (an underactive thyroid);*
- *hyperthyroidism (an overactive thyroid);*
- *goiter (an enlarged thyroid);*
- *thyroid nodules (lumps in the thyroid gland);*
- *thyroid cancer (malignant thyroid nodules or tissue) and;*
- *thyroiditis.*

*Poor thyroid function (hypothyroidism) often results in high cholesterol levels..yet, the patient and health professional never connect cause and effect.*

*Plus estrogen suppresses thyroid gland function while progesterone promotes normal vascular tone...and as a bonus can prevent migraines.*

The function of the thyroid gland is to regulate the speed of the body's metabolism. In other words, this gland converts the food we eat into the energy needed for the body to function.

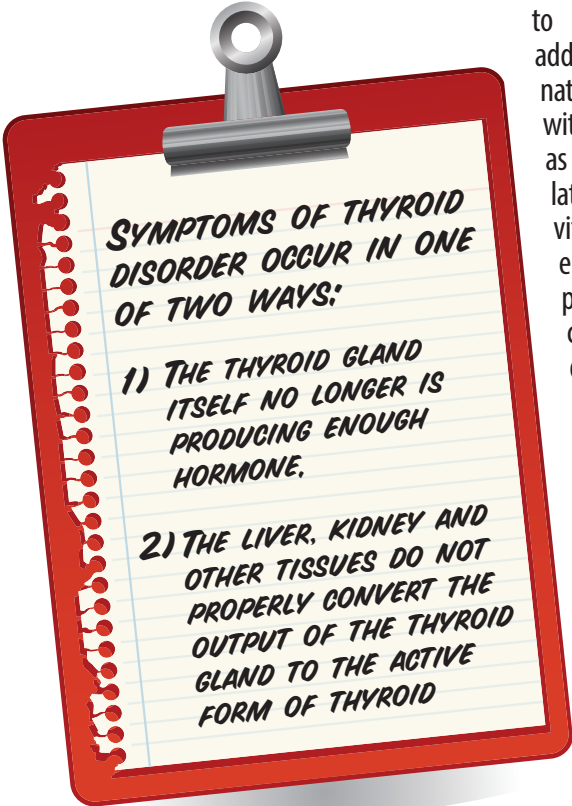
*Hypothyroidism* is a disorder that occurs when the thyroid system is underactive, meaning the thyroid gland makes less thyroid hormone than the body requires for healthy function. This may occur because you're not eating enough food rich in nutrients that feed the thyroid or are eating an overall imbalanced diet such as too much processed food or food with added chemicals.

*Your symptoms are NOT in your head, hips or expanding waistline.  
They're in... Your Thyroid*

When thyroid function is poor, usually due to a diet high in sugar, soft drinks, and processed food, it's generally also low in usable iodine, fat-soluble vitamins and other nutrients. When this occurs the body floods the blood with cholesterol to heal tissues and produce protective steroids. At this juncture, the body is actually using cholesterol to protect you but too much of a good thing can be disastrous.

Hypothyroid people are more susceptible to infections, heart disease, inflammatory disorders and cancer. The causes of heart disease are not animal fats and cholesterol but rather excess consumption of vegetable oils, hydrogenated fats, too many refined carbohydrates like white flours and sugar, deficiencies of vitamins, minerals, and deficiency of vitamin C and E.

The best way to nutritionally begin to improve thyroid function is by adding vitamin B6 and B12, using natural sea salt, and supplementing with a homeopathic iodine remedy as indicated by the testing discussed later in this report. Also, avoid vitamin and mineral deficiencies; eliminate, or significantly reduce processed foods and refined carbohydrates and make sure your diet is as natural and unprocessed as possible.



**SYMPTOMS OF THYROID  
DISORDER OCCUR IN ONE  
OF TWO WAYS:**

- 1) THE THYROID GLAND  
ITSELF NO LONGER IS  
PRODUCING ENOUGH  
HORMONE.**
- 2) THE LIVER, KIDNEY AND  
OTHER TISSUES DO NOT  
PROPERLY CONVERT THE  
OUTPUT OF THE THYROID  
GLAND TO THE ACTIVE  
FORM OF THYROID**

SECTION 2

*Sleep-deprived, Tired, and Menopausal*

According to Dr. John R. Lee, estrogen dominance inhibits thyroid activity. Stress, toxins, nutritional deficiencies, hormone imbalance, depletion of follicles and contraceptive pills are major causes of thyroid dysfunction, particularly in women.

***Progesterone is the hormone that helps the thyroid achieve normal activity.***



Medications that may weaken the thyroid include Premarin and Provera, two synthetic, chemical hormone products commonly prescribed as hormone replacement therapy for perimenopause, menopausal and postmenopausal women. Birth control pills are also harmful to the thyroid and when taken prior to age 40 symptoms may not manifest until later in life, most frequently after age 55.

Remember... too much estrogen is not good for the thyroid; it inhibits the gland's activity. Estrogen and progesterone have opposing actions in the body, and in this case, only progesterone helps the thyroid.

**There are three grades of hypothyroidism:**

- 1) *Grade three (sub-clinical form)* – decreased energy and depressed mood.
- 2) *Grade two (mild hypothyroidism)* – fatigue, dry skin, and constipation; blood levels of thyroid hormone usually reflect “within normal range” on blood testing.
- 3) *Grade one (overt hypothyroidism)* – a measurable decrease in circulating thyroid hormone, extreme weakness/chronic fatigue, dry skin, coarsening of hair/hair loss, constipation, lethargy, memory impairment/brain-fog, cold extremities, slowed speech and weight gain or inability to lose it.

***The connection between hypothyroidism and menopause is often overlooked***

Notably, women are far more likely than men to be afflicted with thyroid disorders. The risk of *hypothyroidism* is greatest in women over 35, greatly increases over age 50, and significantly increases past age 60.

Over 30% of menopausal women in the US are diagnosed with thyroid dysfunction – my experience and current reports show those numbers to be closer to 70% when tested by the iodine patch test – used since the 1800s by holistic medicine professionals worldwide.

Your symptoms are **NOT** in your head, hips or expanding waistline.  
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Recent studies suggest that millions more suffer from subclinical thyroid problems but are undiagnosed or misdiagnosed. For women in their late 30s or 40s, *hypothyroidism* is often a good indication that they are in perimenopause — the five, ten, or even 15 years of hormonal change preceding menopause.

### **Symptoms of hypothyroidism in women include:**

- fatigue
- weight gain (especially around the mid-section & breast)
- depression
- irregular periods
- hair loss
- extremely dry skin not improved through moisturizing
- inflammation (including fibromyalgia)
- brain-fog or lack of concentration
- irregular heart beat or pounding heart rhythms
- insomnia or lack of restorative sleep



Many of these symptoms are also common in menopause or perimenopause and may be mistaken as such. Likewise, women with a known thyroid disorder may not realize that perimenopause or menopause is contributing to their symptoms.

## **Menopause**

Okay, so by now you're probably asking what's the cause of this epidemic of thyroid disorders?

Before answering that question, let's remember that the thyroid cannot be viewed in isolation from the rest of your endocrine system. On the contrary, it sits at the very center of action. And... it is just as vulnerable to stress and lack of support as every other part of your body. Understanding how those stressors create illness and thyroid disease will also show us how to create balance and wellness — highlighting why problems with your thyroid gland are so likely in menopause and perimenopause.

### **Allow me to share with you some scenarios that you may be able to relate to but possibly haven't connected to low thyroid function:**

*Hypothyroid* is a quiet epidemic affecting approximately 15 million Americans (maybe even more that are undiagnosed), many of the victims women. No matter how much you sleep, you always wake up exhausted. You've been watching your diet, cutting out the junk food, exercising and not only haven't you lost weight or inches — you've gained even more more... especially as you observe your expanding waist line!

No, your scale isn't malfunctioning – but you may question if it's accurate when you get on it and then look in the mirror. And if you're running your hand through your hair and it now seems thinner – less robust – or it is literally falling out by handfuls, as evidenced when you clean the shower drain. **The stark truth is staring you right in the face...** clumps and wads of hair... and all of it yours!



**You're tired – all the time.** You just about drag yourself through the day on sheer willpower. When even that starts to dwindle, it's coffee, coffee, and more coffee – anything that will give you the caffeine buzz you need to function.

You attempt to shake the cobwebs from your head, you step on the scale. What! It just can't be true.



**The same holds true for all those so-called energy drinks** – basically they're super-charged caffeine hopped up with sugar and other ingredients, and... at up to \$4 a pop – mighty expensive way to fight fatigue and keep your body moving... all the while sabotaging your thyroid even more, not to mention your adrenals. Current research has now even connected some of these energy drinks to death because of the high caffeine content and stress specifically to the heart.



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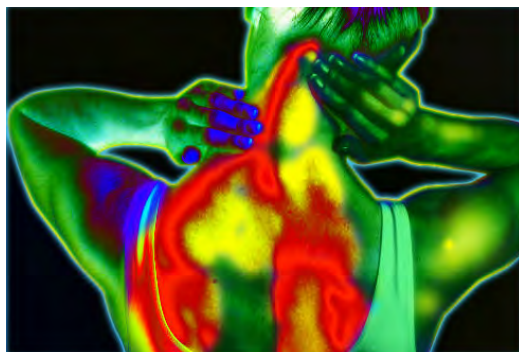
Maybe you go through the day in a brain-fog. It doesn't matter how much coffee you drink, or how many over-priced caffeine saturated concoctions you gulp down, **nothing seems to clear your head** or give you the sustained healthy energy you're desperately seeking.

**Then there's that secret fear** – the one you keep **hidden away deep inside**. You see yourself in the mirror, you see that expanding waistline and breast and that tired face staring back at you. Irrational? Maybe yes, maybe no. But that figure in the mirror sure doesn't look like the YOU that you remember.

***Ask yourself... is all this normal? What should we be expecting from Mother Nature at this stage in our life?***

Slowly, inevitably, unavoidably winding down as the years go by? Let me tell you my friends, understanding and implementing wholistic rejuvenation protocols, like effectively testing and supporting your thyroid function, can allow you to age without looking or feeling old.

AND...YES, inflammation, aches and pains CAN be attributed to a thyroid disorder.



## SECTION

# 3

## *Inflammation, Inflammation, Inflammation*

While not generally well-known or understood, *hypothyroidism* and *hyperthyroidism* can cause a variety of muscle and/or joint-related symptoms.

Both *hypothyroidism* and *hyperthyroidism* are known to cause what are called myopathies – the medical term for diseases that affect skeletal muscle.

Skeletal muscles are the muscles connected to your bones. An example of a skeletal muscle is your biceps in the upper arm, or the quadriceps in the thigh. It also includes all the supporting muscles in the shoulders, thoracic and neck area.

Myopathies most often are seen in what are known as the proximal muscles. These are the muscles, such as in the thigh and shoulder area, that is closest to the center of the body.

In myopathies caused by inflammation or metabolic conditions, such as autoimmune thyroid disease, white blood cells may attack parts of the muscle and the surrounding blood vessels, or abnormal levels of certain biochemical substances end up accumulating in your muscles, leading to weakness or pain like in fibromyalgia and soft tissue disorders. Keep in mind that other thyroid conditions can also be associated with particular types of muscle and joint problems.

*Hypothyroidism* can, and usually does, create a variety of muscle and joint-related symptoms. Most commonly, these symptoms are due to swelling of the muscles, and/or swelling that presses on nerves. They include, but are not limited to:

- *General muscular weakness and pain, including cramps, and stiffness*
- *General joint pain, achiness, stiffness, known as “arthropathy”*
- *Tendonitis in the arms, legs, shoulders and/or thoracic area*
- *Carpal Tunnel Syndrome which involves pain, tingling, weakness, achiness or numbness in the wrist, fingers or forearm. It is due to swelling of membranes that compress a nerve in the forearm.*
- *Tarsal Tunnel Syndrome similar to carpal tunnel, with pain, tingling, burning and other discomfort in the arch of your foot, the bottom of the foot, possibly extending into the toes.*

If you haven't been evaluated or consulted with a natural health professional about fibromyalgia you should if you have the above symptoms.



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## **Fibromyalgia - Myofascial Pain Syndromes**

Fibromyalgia is generally diagnosed when you have tender spots in at least 6 of the 18 spots shown in the diagram above. It is a syndrome that manifests not only with specific tender points but also widespread weakness and fatigue – you may look “just fine” yet feel like you’ve been beaten and your nerves are on fire.

It is further important to note that it is the opinion of most natural health practitioners that fibromyalgia has now become a “catch-all” diagnosis when there is wide-spread pain, tenderness, fatigue, insomnia and other symptoms associated with the condition. In my experience, it is really a condition as a result of overall body toxicity. Why do I make that statement? Because being a recovered victim, and having counseled thousands of patients to wellness, I know that once the overall body burden is reduced, specifically within the liver and intestinal tract, the symptoms are significantly reduced or eliminated. That’s aid, dietary modifications must also be made to eliminate chemicals in our food and immediate environment in our control.

I am proudly *President Emeritus of an International Fibromyalgia Organization* (14 years on the board of directors, 6 years as president) mostly because of my success in assisting victims with these disorders that defy conventional diagnosis and treatment. I can honestly say that the only patients that do not significantly improve or completely recover are the ones who do not make the necessary life-style modifications to reduce their toxic burden and support thyroid health. Once health is regained, you cannot go back to your “old” habits or you will again become a victim and that’s where *Health thru Education™* is so vital. The same is true with supplementing the thyroid. Once its fuel supply of iodine is compromised, you will have to supplement for the rest of your life...it’s not that you get your levels up, feel renewed, and then stop feeding the thyroid again.

Interestingly, on the subject of fibromyalgia, many practitioners of natural health hypothesize that fibromyalgia is actually a manifestation of *hypothyroidism*. I agree to an extent but it also has to do with total body burden of toxins.

*“I am proudly President Emeritus of an International Fibromyalgia organization (14 years on the board of directors, 6 years as president) – mostly because of my success in assisting victims with these disorders that defy conventional diagnosis and treatment.”*



SECTION

4

Testing and Feeding Your  
Thyroid, Naturally

## The Good News—The Bad News

**First the bad news:** Most of the symptoms mentioned previously – and a host of others – are caused by an under active thyroid, what the medical world calls *hypothyroidism*.

It usually starts when we pass our middle 20s, getting progressively worse as we age. Many women really don't notice their symptoms until after childbirth. . . when it just hits them, seemingly out of nowhere. That "baby weight gain" isn't lost. Depression and exhaustion are constant companions, and you just don't feel "right" in your own body anymore.

If you try talking to your doctor about it, you'll be humored by being given a thyroid blood test. Of course, when it comes back it'll say you don't have *hypothyroidism* - your thyroid is "within normal range". You'll then be told it's "all in your head", or at least the presumption that it is, and be given a prescription for an anti-depressant, which my colleague Dr. Sherry Rogers coined that it is not "A Prozac Deficiency". But the fact of the matter is this. . .

## Your "Head" is Fine. . . Your Thyroid Isn't!

Here's a dirty little secret most doctors won't discuss with you. When a medical test is done, any result within a wide range is deemed normal. Your thyroid could be functioning at 30% of peak efficiency, but your tests will say that's fine, or my personal pet peeve, "It's within 'normal' range".

Well, it's not fine - you're *hypothyroid*. And you have the **hair loss, insomnia, inflammation, the lethargy and fatigue**, and the **weight gain** to prove it.

Taking an anti-depressant won't do a thing for your symptoms or your *hypothyroid* condition. But it will make the big drug companies very happy in having yet another long-term customer hooked on their products. And, yes, I said "hooked" because trying to come off of those drugs is no easy task as many of the symptoms they are meant to treat they also cause after use!

If you keep insisting, you'll probably be told there's nothing else to be done. Since your tests are "normal" you won't be given the one prescription that would actually help: Natural iodine and thyroid.

Your symptoms are **NOT** in your head, hips or expanding waistline.  
They're in... *Your Thyroid*

**Here's the good news...**

## **You CAN Boost Your Thyroid Function, Eliminating Your Most Troubling Symptoms...**

*Without Begging Your Doctor to Take Your Symptoms Seriously!*

**How?** By adding a simple but vital supplement to your diet: A homeopathic blend of three natural iodines along with remedies to support thyroid health.

Just how important is iodine? **VERY IMPORTANT, IN FACT IT'S VITAL... AND THAT SUBSTANCE, OR LACK OF IT, IS WHAT** stands between an infant developing normally and one that'll be severely mentally handicapped the rest of its life.

Iodine is essential to a proper functioning thyroid and preventing *hypothyroidism*. But as we grow older, our thyroid starts slowing down. It just can't metabolize the iodine it needs as efficiently, and that means the hormone produced (also known as thyroid) goes down as well.

*There are 2 other reasons why most of us are iodine deficient:*

- Inadequate dietary intake mostly caused by prepared foods-additives, depleted soil, chronic stress, and medications.
- Exposure to toxic substances that displace iodine.

Iodine is a mineral, but one that is not abundant in the food we eat. Primarily found in very small quantities in seawater, soils are naturally deficient in iodine, especially the further away you get from the ocean.

Iodine is also fairly easily displaced from your body by toxins called toxic halides... fluoride, bromine and chloride.

### **Fluoride is by far the worst culprit.**

Found in toothpaste and in your water supply, every time you take a shower, brush your teeth or drink from the tap, your body gets a little exposure to fluoride – leeching-out good iodine. And contrary to popular belief, fluoridated water is ineffective at preventing tooth decay. Why is it in our water supply then? Because poor science combined with corporate greed and political ignorance paved the way. Basically a toxic by-product of aluminum production, fluoridation was sold as a way to prevent cavities because some areas with natural fluoride in the water also had lower instances of tooth decay. Based upon that flawed observation, fluoridation began.

### **If You're Human, You're Most Certainly Iodine Deficient!**

Because of these factors, 96% of all people tested are iodine deficient! This according to a study of 4000 patients conducted by Dr. David Brownstein, Medical Director for The Center of Holistic Medicine, and renowned author of several books on hormones, iodine and *hypothyroidism*.

The World Health Organization also concurs, estimating that 72% of the world's population is being affected by iodine deficiency.

This trend is worsening. Over the last 30 years, the NHANES (National Health and Nutrition Examination Survey) shows iodine levels have dropped 50% in the U.S.A. alone.

### **Hypothyroidism – Devastating Medical Disorders**

The downward spiral in your health is slight at first, almost unnoticeable. Your vitality isn't what it used to be, your get up and go seems to have got up and gone AND you simply attribute it to "getting older" or "excessive stress"

You tire more easily, but you sleep less deeply.

You gain weight. . . just looking at a carb like French fries and it goes straight to your hips or your midsection!

You continue to chalk it up to a busy lifestyle and poor eating habits, you probably ignore it, possibly for years. But the changes in your body go on and on. What kind of changes? The kind I listed previously in this report. All those symptoms are mostly due to your under active thyroid, and definitely not to "clinical depression" as so many of you are led to believe. In fact, your depression is yet another sign of *hypothyroidism*!

### **Iodine and Your Thyroid Gland**

There are actually four types of thyroid hormones: T1, T2, T3, and T4. The most important are T3 and T4.

The bottom line is that if there is not enough iodine in the thyroid gland, then it is impossible to have sufficient thyroid hormone of any type. The result is an under active thyroid or *hypothyroidism*.

As recently as 2007, a handful of progressive integrative doctors wrote prescriptions for thyroid hormones in patients who had clinical *hypothyroid* symptoms (regardless of blood tests). And their recommendations proved successful.

But now, natural health practitioners like me are finding out that iodine supplementation alone helps most of our patients, without ever having to resort to the medical prescription pad.

Your symptoms are **NOT** in your head, hips or expanding waistline.  
They're in... *Your Thyroid*

## Wholistic Thyroid Rejuvenation<sup>©</sup> The Choice I Use and Recommend

It would be great if you could just walk into your local drug store or health food store and get your iodine supplements without any problems, you can. However, it won't have all the iodine elements or the high concentration for maximum health because those are available from natural health professionals only.

You see, there are **three types of iodine necessary** for optimal nutrition and thyroid function: **Iodine, Iodide and Biological Iodine**. The iodine supplements you normally find are made from kelp – seaweed – lacking in iodide. Plus, the iodine supplements you'll see on the retail shelves are about **100 times too weak** to be effective in stimulating your thyroid and rejuvenating to correct *hypothyroidism*!

**Wholistic Thyroid Balance<sup>©</sup>** contains iodine in its purest, most elemental dietary form, which requires no further digestive breakdown – it is formulated to be 99% absorbable. It is designed for thyroid support and is further enhanced by the addition of key homeopathic remedies that address thyroid function, fatigue, obesity, poor digestion, etc.

***Low iodine equals low thyroid.***

***Low thyroid equals low energy, and a busload of other symptoms.***

***It's that straightforward.***

You'd literally have to be downing an entire bottle of over-the-counter supplements each day – not only impractical but downright expensive!

Iodine is essential because it is not only critical for a healthy thyroid, it's used in every single cell in your body, including...

- *Salivary glands*
- *Cerebrospinal fluid and the brain*
- *Gastric mucosa (intestinal lining)*
- *Choroid plexus (part of the brain)*
- *Breasts*
- *Ovaries*
- *Eyes – ciliary bodies (A ring of tissue that encircles the lens and contains smooth muscle fibers that help control the shape of the lens).*

Each drop of the homeopathic complex I use and recommend contains a full **5 mg of Iodine equivalent to approximately one dropper-full which is more or less 150 mcg per drop** – the optimal formulation for peak bio-availability. (**5 mg = 5000 mcg**)

### Functional Iodine Skin Patch Absorption Test

An unchanged iodine skin patch color over a 24-hour time period means that the iodine titer within your body is at or near the recognized standard 100% level of iodine.

## The Six Steps in Functional Iodine Skin Patch Testing

### STEP ONE

Purchase a small bottle of 2% Tincture of Iodine from your local drug store. Make sure to buy the orange liquid used for cuts and scratches, not the clear liquid. In some states, you may have to ask the pharmacist for it since it is now used as an ingredient in making illegal drugs.



### STEP TWO

Using the inside of your wrist (by the main veins where the skin is thinner) draw a small square about the size of a postage stamp with the iodine applicator. BE SURE not to rub or you will cause skin irritation. Carefully fill in the small square, reapplying iodine to the application after each stroke. Best done in the morning.



### STEP THREE

Make a note of the date and time you perform each test. Use the form on the following page to record date, time and result for each test. ONLY test once a month.

### STEP FOUR

Remember when performing an iodine patch test DO NOT WASH the area of application for the first 24 hours as it will change and offset the results, making the test invalid.



### STEP FIVE

Pay close attention to when the iodine square is almost faded or completely absorbed and make a note of the time it reaches this level on your test sheet on the next page.

### STEP SIX

If the square is significantly faded or gone before the 24 hours, repeat the patch test (steps 2-5) on the other wrist the next morning in the same location and make note of the time. Once the skin patch test has been successfully completed, review the homeopathic supplementation intake chart to see what amount is necessary to begin supplementing. The objective is for the skin patch test to be visible after 20+ hours... slowly increase your supplement by 2 drops each month until you can achieve that result. Ask for guidance from a natural health professional if results are not achieved within 3-5 months or if you experience new symptoms.

Your symptoms are **NOT** in your head, hips or expanding waistline.  
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	Test #1	Test #2	Test #3	Test #4
Date				
Time				
Time When Square is Significantly Faded				

### IODINE ABSORPTION CHART

**Absorption less than 4 hours = Severe deficiency**

*Begin with 2 drops morning and 2 midday (before 2pm) under tongue*

**Absorption 5 hrs. to 15 hrs. = Deficiency**

*Begin with 2 drops morning and 1 midday (before 2pm) under tongue*


**Absorption 16 hrs. to 20 hrs. = Moderate Deficiency**

*Begin with 1 drop morning under tongue*

**Absorption 20 to 24 hrs. = You DO NOT need supplementation**

REMEMBER, an unchanged, or slightly absorbed, iodine skin patch color over the 16-24 hour normal time frame means that the iodine titer within your body is at or near the recognized standard 100% level of iodine and no additional supplementation is needed.

Using the chart above will allow you to calculate the exact amount of *Wholistic Thyroid Balance*® remedy necessary to take at this time. I recommend that you perform a skin patch test and record its results at least once a month to regulate your remedy intake. When you reach the 100% iodine titer level when the patch lasts at least 16 hours, you can start to decrease the amount of drops of your remedy but continue to test monthly so that if your levels sharply decline you can increase supplementation before things get out-of-hand again.



*Excessive and/or chronic stress uses more of our iodine reserves. Therefore, testing monthly provides an accurate barometer of what your thyroid needs so that the condition does not get out of hand.*

*Never use iodine if you're allergic to shell fish or know you have an allergy to iodine.*

*Always do your iodine skin patch test in the morning so you're awake and can monitor how quickly it fades.*

The Iodine Tincture bottles have different applicators; some have rounded tips while others have a capillary tube applicator. Be consistent in each application by applying the iodine tincture evenly within the square and make sure it's a bright orange. If you apply varying amounts of iodine to the skin each time you perform a skin patch test the time for absorption could vary so try to get the patch about the same dark color each time you test.

As you get started in performing the iodine skin patch test, it helps if you take an initial picture. That said, keep in mind that there are only two colors you must be aware of, the original reddish brown color of the iodine on the skin and the absence of that color with time.

### **Skin Patch Timed Absorption Test**

The iodine tincture solution recommend is routinely used for cuts, scrapes and scratches and can be purchased at most drug stores as 2% Tincture of Iodine. In the skin patch testing procedure keep in mind that the faster your body absorbs the iodine the more deficient you are. However, when the iodine in your body reaches the desired 100% full titer level the iodine skin patch will retain its color over a 16-24-hour time period.

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## Thyroid Nutrition

At this time Wholistic Thyroid Balance® is one of the best daily dietary nutritional supplements. It is a homeopathic solution that helps bring hormonal balance to the body. It is special suspended colloidal iodine which requires no additional digestive breakdown. Simply place the drops directly under the tongue (immediate sublingual absorption) where it is absorbed and assimilated directly into the system.

*Wholistic Thyroid Balance* comes in a small eye-dropper type bottle. We recommend that you use a mirror to watch the number of drops that you place under your tongue. Remember to abstain from eating and drinking 15-minutes AFTER placing the drops under your tongue. And finally, take your remedy in the morning and NEVER after 2: pm or you won't sleep! Often as you begin to feel renewed, you notice your energy is high in the morning and then fades mid-afternoon. After 30 days of supplementing, begin to take half the dose at midday in addition to what you take in the morning as indicated on the chart. Example: 10 drops am and 5 drops midday (always BEFORE 2:pm).

## Estimating the time to reach the 100% level

During your monthly skin patch test the results will begin to change as you begin your thyroid nutrition application.

As the skin patch testing starts to take longer and longer to absorb, make note of the time and the amount of remedy you are taking until you reach the desired 100% level of iodine in your body – patch lasting 16-24 hours.



**Be Warned!** Prepare yourself for the shock, surprise (and even negativity) from your doctor. . . because they simply won't believe it's possible. . . but. . . body talk never lies!

If you've never started on thyroid hormone, then all the better. You won't have to worry about what your doctor thinks. Just take the iodine supplement I've described in this report and watch a majority of, or all of, your symptoms disappear.






### Feel Better, Live Better, Be Better!

Just some drops of bioavailable iodine each day, and you'll be assured in maintaining both your health and your vitality...far beyond what you were led to believe. Additionally, you'll be supplying your body with a major "tool" it needs to age without looking or feeling old.

By reversing your *hypothyroidism* and bringing your thyroid back to optimum activity, your energy will increase the natural way – banishing that chronic fatigue. You'll start to feel alive, motivated and refreshed, without the jitters and the eventual energy crash the energy drinks are well known to cause.

Plus... here's something that's bound to make you smile: Not only will you be getting the amazing health benefits iodine has to offer, and not only will you be getting it in a convenient form, it's not expensive and, most important, it's all natural at approximately a current cost of \$24.95, which equals to approximately .83 cents per day in the beginning and will decrease as your iodine levels increase and your "reserves" are replenished.



*If you are currently taking a thyroid hormone like Synthroid, Levothyroid, Levoxyl or Armour, taking the homeopathic remedy will actually reduce the amount of your prescription dosage needed – or even eliminate it altogether, which is why it's important to do the skin patch test...our body is our best barometer!*

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## Regaining Health & Quality of Life

There's absolutely no more excuse for not getting all the benefits a healthy thyroid has to offer you. The rewards will be nothing less than phenomenal – where exhaustion and depression just aren't in your vocabulary, being fit and firm is the norm and your runaway weight gain simply stops.

Your horrendous migraines fade away, your hair is full and lustrous, and your face practically shines with robust health.

Now you can look into the mirror, the “old you” has disappeared, being replaced with the woman you KNOW you're capable of being.

***It's possible. It's doable. It's easy. It's healthy.***

### **VERY Important...**

I, of course, cannot advise you to discontinue the medications prescribed by your physician. What I can do is share with you both personal and professional experiences and give you the information necessary for you to make informed choices.

You do not have to consult with me in order to purchase *Wholistic Thyroid Balance* unless you have questions not covered in this report. If so, I am offering a mini-consult of only 15 minutes to briefly discuss your concerns. The cost for this coaching is \$35. You must call and schedule your telephone consultation at (888) 352-8175 (U.S. and Canada only). I call you at the appointed time. The scheduling office is open Monday - Thursday, 8am to 2pm Pacific Time, closed Friday. If you need to schedule a consult from out of the U.S., email appointment request to: [gloria@gloriagilbere.com](mailto:gloria@gloriagilbere.com) and one of our assistants will contact you with available times/dates.



To purchase the proprietary blend of *Wholistic Thyroid Balance*, go to the exclusive distributor, Natural Rejuvenation Solutions at [www.naturalrejuvenation.solutions](http://www.naturalrejuvenation.solutions) OR call Toll Free (888) 352-8175 (U.S. & Canada only—sales representative is available Monday-Thursday, 8am to 2pm Pacific Time, closed Friday. Alternatively, you can call the local number (208) 255-5252.

### **Symptoms of Too Much Remedy**

If you experience ANY of the following symptoms after supplementing with the Thyroid Rejuvenation remedy, reduce your current dose in half and see if they disappear. Symptoms arise when the body is saying, “I don't need this much so pay attention.”

1. Rapid or irregular heartbeat not experienced prior to taking remedy.
2. Hyperactivity/Jitters like you've had way too much caffeine.
3. Lightheadedness

## Resources

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Human Nutrition Laboratory, Swiss Federal Institute of Technology Zürich, CH-8092 Zürich, Switzerland; and Division of Human Nutrition, Wageningen University, 6708 Wageningen, The Netherlands

## Are Your Symptoms Thyroid-related?

“After recovering from a life-threatening chemically-induced immune system disorder, I still wasn’t back to my usual high-energy self. All blood work showed *within normal range*. After learning about the century’s old method of testing my thyroid, it proved that the body never lies when given the opportunity to convey its needs. I have now taught this method to hundreds of health professionals who take my certificated courses for Wholistic Rejuvenation worldwide. This book will show you how to test your thyroid function at home for less than \$5 and how to supplement without drugs that cannot be easily converted into useable fuel for the thyroid.”

—Gloria Gilbère, CDP, DA Hom, ND, PhD, DSC, EcoErgonomist, Wholistic Rejuvenist



*Dr. Gloria Gilbère*

teaches, lectures, and consults worldwide via Skype and telephone (she calls you in 19 countries), and at new Health Sciences Institute in Cotacachi, Ecuador, S.A. with emphasis on...

- **Clients** for customized rejuvenation protocols and environmental modifications
- **Dentists** for pre- and post-procedural protocols to reduce body burden
- **Medical facilities, architects and builders** to create non-toxic, healthy environments
- **Corporations** to design and implement new product development and proactive wellness programs for employees

*This book will provide you with the following information and much more...*

**SECTION 1**—It’s estimated that over ONE BILLION people worldwide suffer from iodine deficiency and, guess what?...90% of those affected live in the U.S.

**SECTION 2**—An underactive thyroid can be at the foundation of hot flashes, weight-gain, an expanding mid-section, night sweats, unrestorative sleep, hair loss/thinning, and even depression and high cholesterol.

**SECTION 3**—Researchers confirm a link between inflammation and low thyroid function or hypometabolism—linking myofascial pain and trigger points to inflammatory disorders, especially as in fibromyalgia.

**SECTION 4**—If your conventional thyroid medical testing shows “within normal range,” yet you have many symptoms of *hypothyroid*, this book is for you!

CONTACT INFORMATION

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