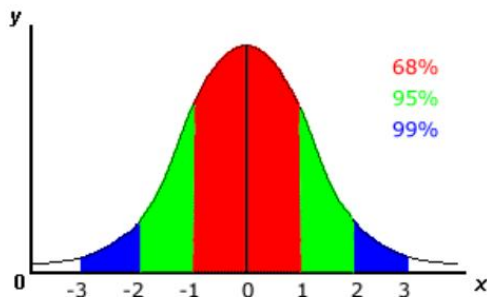


Greetings!

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Reference Ranges - Why Your NORMAL Lab Results May be Misleading



So you're convinced that you are LOW THYROID. You have classic symptoms, such as depressed moods, fatigue, weight gain, headaches, hair loss, etc, and you convince your doctor to test your thyroid level. Much to your dismay, you get a letter in the mail 2 weeks later that says your thyroid level is

normal. What's next? Your doctor offers you an antidepressant, Ibuprofen, and tells you to exercise. Does this sound familiar?

There are two problems here. First, this so-called 'normal' result might NOT be YOUR normal. Reference ranges for most lab values are established by testing a large number of healthy people and observing what appears to be "normal" for them. A large number of people are tested for a given lab, and in turn, a bell curve (i.e., normal distribution) is created. By statistical definitions, when one includes the results that extend 2 standard deviations beyond the average of that distribution, this encompasses 95% of the population studied. So if 95% of a sample population had thyroid levels that ranged from 5 to 500, that would be the reference range for a thyroid test. You must agree that 5 to 500 is a pretty broad range. So let's say your thyroid level, hypothetically, is 25. That certainly does fall 'within normal range', but perhaps YOUR normal is 350. For another example, let's say, hypothetically, that 5 yrs ago

THYROID DISEASES

What is thyroid:

Your thyroid is a small butterfly-shaped gland, located in your neck, wrapped around the windpipe, behind and below the Adam's Apple area. The thyroid gland produces two hormones: tri-iodothyronine (T3), the active, primary intracellular hormone and thyroxine (T4), the inactive, primary extracellular hormone. The thyroid gland governs the body's metabolism and growth through the production of these hormones. Once released by the thyroid, T3 and T4 travel through the bloodstream with the purpose of helping cells convert oxygen and calories into energy. These hormones determine our

your thyroid level was 400. Over the past 5 years, you've noticed a slow, but steady decline in your energy, moods, brain function, etc, and had your thyroid checked again. This time it is 200. Both of these numbers are well within 'normal range', but your thyroid is now functioning 50% slower than it did 5 years ago. Because these levels are within range, your thyroid problem won't be detected with bloodwork, and instead of replenishing your deficient thyroid, you are offered several prescription drugs to mask the symptoms that would otherwise be easily cured.

The second problem is that doctors are taught in medical school and residency training to interpret most lab values as black and white, i.e., no gray area. This includes thyroid. According to most doctors, you do not have a thyroid problem if your lab result is 'within normal limits'.

Over a 5 year period, I had developed depression, daily headaches, brain fog, and had gained 80 pounds. I had my thyroid checked several times and it was always "normal". Since I had no clear-cut diagnosis, I was prescribed antidepressants, Ibuprofen, and diet pills. My symptoms continued to worsen, and more pills were added every year to my regimen. After a long awaited revelation, I began taking bio-identical hormones, including a thyroid supplement. After just 2 weeks, I was able to discontinue my antidepressant, the weight started coming off, headaches were gone, and I could think clearly again.

My motto now is: If it looks like a duck, and walks like a duck, it's probably a duck!

By Mila McManus MD

[TEST YOURSELF FOR THYROID DISORDER](#)

[Thinking About Your Thyroid?](#)

body's metabolic rate, the rate at which our body's cells produce and utilize energy. If your thyroid gland were to be removed, and you were not given any supplemental thyroid, then you might live one year. You would slowly unwind like a doll on Christmas morning until your body would cease functioning. The thyroid hormones are essential for life.

When your thyroid is not functioning properly, thyroid disease usually results.

Sometimes, there are few symptoms and other times there are major symptoms such as goiters or unexplained weight gain. In this article, we will describe hypothyroidism, hyperthyroidism, and an auto-immune disease called Hashimoto's thyroiditis.

Hypothyroidism:

Hypo means low, so hypothyroidism relates to a medical condition manifested by low thyroid function,



Feeling tired? Got brain fog? Having trouble losing weight?

If you think there may be more to how you're feeling than old age or lack of sleep, and you don't want to accept that it's just a part of life, we can help!

[Contact Us](#)

**Melissa Langton Crowned Mrs. United States
2006**

not producing enough thyroid hormone, or by low thyroid hormone action in the cells. If T4 is not properly assimilated into the cells, or is not converted to T3 within the cells, then hypothyroidism results. This is the most common form of thyroid disease and one of the most overlooked because bloodwork does not always show a deficiency (see the article on Reference Ranges). It is not the level of thyroid hormone in the blood that is important, but rather, how much T3 is present within the cells. This is why blood tests are inconclusive and oftentimes do not correlate with a patient's clinical symptoms. Some symptoms of hypothyroidism include, but are not limited to, chronic fatigue, weight gain, cold extremities, headaches, brain fog, depression, hair loss, irregular menstrual cycles, low basal body



Melissa Langton has been crowned Mrs. United States 2006! The pageant was held at The Orleans Hotel and Casino in Las Vegas, Nevada on August 24. Ladies from all over the nation competed in areas of interview, fitness wear, and evening gown.

Not only did Melissa take home the crown, but she was also honored with two other special awards: Best Interview and Best Evening Gown.

Melissa has been married to her husband, Michael, for 10 years. They have two children, Gabrielle and Garrett. She is the owner of Faithfully Fit and a fitness consultant for The Woodlands Institute for Health & Wellness. We are so proud of her accomplishment and know she will do a great job in her new role!

Testimonial of the Month by Melissa Langton

As the fitness Director for Dr. McManus's practice, I visit with a lot of you in the early stages of your treatment program and hear such wonderful stories of your success with your treatment and yeast detox. The majority of you simply say your life has changed forever and that you feel amazing and almost instantly saw improved health, energy and vitality. Yet, there are a few that I have met that were like me.

I have always worked diligently at maintaining a healthy diet and exercise program. I was always up on the latest in supplements and health trends. I was even certified by the Cooper Institute and the Aerobic Research Center to educate and guide others to obtain their fitness and nutrition goals. So why, with all of this knowledge and commitment to health and only approaching age 40, did I feel so awful. I had progressively worsened after the birth of my second child. I had fatigue, moodiness, brain fog, depression, thinning hair, IBS, fibromyalgia, hypoglycemia, heavy bleeding, migraines, joint pain, diminished sex drive, and well, the list could go on infinitely but I have chosen to focus on the few that were beginning to take over my life. I sought help from physicians who only said, "Honey, you are just in peri-menopause". A doctor even said "You are just a type A personality and expect perfection from yourself". Others said "Here is a brochure that explains it all, you just need to take an anti-

temperature, low blood pressure and many more. If left untreated, thyroid deficiency can lead to migraines, recurrent and chronic infections, skin disorders, obesity, menstrual irregularities and infertility, emotional disorders, hypertension, coronary artery disease, cancer and the complications of diabetes. Sometimes, diagnosis may be detected by Free T4 and TSH (thyroid stimulating hormone) levels in the blood, but most commonly by a patient's symptoms. There are many causes of hypothyroidism, but one of the most common is Hashimoto's Thyroiditis.

Hashimoto's Thyroiditis: This is a type of autoimmune disease in which the immune system produces antibodies to the thyroid gland. The antibodies attack the thyroid gland and prevent it from making

depressant, that should help with the moodiness and depression". This type of response led me down a path with several doctors who only offered a pill, a pharmaceutical!

After several years of this and deciding that I truly was feeling worse and not better- and after adding the 10+ lbs I had mysteriously gained, I stopped all medications and trudged on in hopes that I could at least get back to the not so bad feeling that I felt before the pills! Maybe I was expecting too much for my age (40)? I then had the fortunate experience of meeting Dr. Mila McManus and could not believe the information that I had read in her brochures that very first day. Could this be true? Could someone really identify all of these life changing symptoms so easily?

Well that is where we began my treatment and I must confess I think I have been a tough nut to crack but I have worked closely with her for over a year and we have finally found the right combination of diet and hormone therapy that suits me perfectly. The program is not one size fits all and yes, medicine is an art! She is an amazing doctor who has given my future back to me. I had the opportunity to compete in the Mrs. Texas pageant a while back and, although I did not win, it was a great experience that I really struggled to accomplish. After a year in the program another opportunity was given to compete at my first national pageant for United States Mrs. 2006 – and I won! I had confidence, clarity, and amazing vitality and energy and the judges saw that! Thank you from the bottom of my heart, Mila- YES we can seek perfection!

Much love and many blessings to you and your amazing staff!

by Melissa Langton, CPT, Fitness Instructor, Mrs. United States 2006

Recipe of the Month - Ceci Dip (Yeast-free)

- 1 large can of Goya chick peas (garbanzo beans)
- 3 TBS of fresh lemon juice
- 1/3 cup Olive Oil
- 1 TBS garlic
- 1 Tsp of salt
- 1 cup of pine nuts



Put all in a food processor and blend until smooth. Ready to eat! It is great to eat with celery, carrots, or veggie chips! **Similar to hummus but without the tahini.

Fitness Factoid-Pump Some Iron

enough thyroid hormones to be properly assimilated in to the cells. This usually leads to hypothyroidism and therefore the symptoms are very similar. The symptoms include, fatigue, depression, constipation, muscle and joint pains, weight gain, brain fog, sensitivity to cold, puffy face, dry skin, increased menstrual flow, infertility, miscarriages and presence of a goiter. Diagnosis is based on blood levels of antibodies against thyroglobulin and thyroid peroxidase, as well as symptoms.

Hyperthyroidism

: When your thyroid starts producing too much thyroid hormone, you can become hyperthyroid, and your body goes into overdrive. This may be caused by too much thyroid hormone replacement, which is why it is extremely important to have routine follow up

Muscle is a twenty four hour furnace, allowing you to burn more calories even at rest ! Muscle is the body's major metabolic booster. The famous "yo yo" dieting syndrome is a result of muscle loss--if you diet without exercising, you lose muscle along with fat. The loss of muscle tissue translates into a slowdown , sometimes even a shutdown of your metabolism. Eating less will help you lose weight, but building muscle will help you keep it off.

by Melissa Langton

Are you finding it hard to make it to the gym?

Join us for a FIT walk! A complete total body workout that combines a cardiovascular and strength training workout.

- \$5 donation is recommended to the American Heart Association
- Go Red T-shirts available at www.goredforwomen.org
- Facilitated by a Certified Personal Trainer
- Provide your own 3, 5 or 10 lb weights (If you are unsure of your weight amount-please contact us for assistance)
- Free digital body fat analysis with first work- out
- 8 week- program begins Saturday, September 23rd
- 6: 30am-7: 30am
- Windvale Park (242/1488 area)

Sign up today with Faithfully FIT!
mlangton@faithfullyfit.net (832)818-7148

Got Allergies?

appointments and bloodwork done. Some symptoms of hyperthyroidism include insomnia, irritability or anxiety, unexplained weight loss, increased heart rate or palpitations, increased perspiration, shaky hands, feeling tired, menstrual abnormalities, muscle weakness, eye changes (bulging eyes, double vision), infertility, brittle hair, hair loss, lack of concentration or erratic behavior.

Treatment for Thyroid

Diseases: Most traditional doctors will prescribe Synthroid or Levoxyl for treatment of hypothyroidism or Hashimoto's. The Woodlands Institute for Health & Wellness treats first with Armour thyroid medication. Armour is a bio-identical, natural thyroid hormone. It consists of thyroid glands from pigs that are removed and desiccated (dried).

**Itchy eyes?
Recurrent
sinus
infections?
Constant runny nose?**



Don't suffer anymore! We now offer allergy testing and treatment with sublingual drop therapy. Convenient, safe, and effective.

For more information, or to schedule allergy testing, please call us toll-free (866) 680-WELL.

SUPPLEMENT OF THE MONTH-IODORAL



Iodoral is an inorganic, non-radioactive form of iodine. Iodine is the safest of all trace minerals and studies have shown it may be necessary for the production of every hormone in the body and for proper immune system function. Iodine is essential to the synthesis of the thyroid hormones thyroxine (T4) and triiodothyronine (T3).

Dr. Brownstein has tested hundreds of patients and >90% exhibit laboratory signs of iodine deficiency. The average salt intake in the U.S.A. is 10g/day which would theoretically supply 770ug of iodine however studies have shown that urine levels of iodine in 24-hour urine tests are 10 times lower. Deficiency of iodine is due to soil erosion, less use of salt due to fear high blood pressure, radioactive iodine exacerbates an iodine deficiency, exposure to many chemicals that inhibit iodine binding in the body (e.g., bromide, fluoride, chloride), diet and lifestyles (high consumption of bakery products with bromide, vegan diets, lack of ocean fish or sea vegetables). Note: Bromide is a halide and halides compete with one another for absorption and receptor binding in the body.

Measuring the amount of iodine in the urine is not a reliable method. An iodine-loading test is very useful information for the body's iodine status. The iodine-loading test is 5% mg of an iodine/iodide mixture given as a loading dose and the amount of iodine excreted in the urine over the next 24 hours is measured. In an iodine sufficient state, approximately 90% of a mixture of a 50mg dose of iodine/iodide would be excreted (i.e., 45 mg). Levels below 90% excretion would indicate an iodine-deficient state.

After the glands are dried, they are pulverized, ground into powder, emulsified and finally, punched into tablets. These tablets contain the exact same thyroid hormones (T3 and T4) that our bodies produce, as well as nutrients from the thyroid gland.

Drug companies look for chemical substances in nature that have therapeutic and medicinal value. The only way they can profit from them is by changing the chemical formula ever so slightly and creating a new synthetic drug to be patented and sold at a handsome profit. The pharmaceutical companies then market their drugs by employing salesmen to promote their products to private physicians. This includes Synthroid and Levoxyl.

These synthetic forms of thyroid contain only T4, which is the inactive form of thyroid. This

Iodine is not very soluble in water but Dr. Lugol found that potassium iodide added to water increased the solubility in water. He began using a solution of 5% iodine and 10% potassium iodide in water. Two drops of this solution contains 5mg of iodine and 7.5mg of iodide. Iodide is the reduced form of iodine which contains an extra electron. His recommended dose was 2 drops per day of Lugol's solution. This is very similar to the physiologic dose of iodine for sufficiency of the entire body. Lugol's solution can also be found in tablet form known as Iodoral.

Every cell utilizes iodine. It is concentrated in the thyroid gland, salivary glands, cerebrospinal fluid, brain, gastric mucosa, breasts and ciliary body of the eye. Because different tissues concentrate different forms of iodine, it is essential to use a supplement that contains both iodide and iodine (i.e. the prostate gland concentrates iodine, but the thyroid gland concentrates iodide). Using Iodoral could yield maximum benefits, providing both iodide and iodine for utilization.

Information provided by Physicians Preference.

[For More Information or to Order Iodoral.....](#)

means your body must convert that T4 into the active T3. Many people are resistant to this internal conversion, which explains why some hypothyroid patients do not feel much better when placed on synthetic thyroid replacements. For this reason, synthetic drugs and counterfeit hormones are not as effective as their bio-identical counterparts. Many synthetic drugs and counterfeit hormones have serious and harmful side effects. For this reason, we prescribe and recommend biologically identical hormones, including Armour Thyroid. Although the symptoms of functional hypothyroidism are many and diverse, virtually all will improve or resolve when the patient is treated with Armour Thyroid.

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