

SPECIAL REPORT:

Discover Why 90% of Women On Thyroid Replacement Hormones Are Likely to Continue Suffering With Low Thyroid Symptoms... and Learn The Natural Strategies That Can Help You Feel Better Now And Into The Future!

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Dear Low Thyroid Sufferer:

Are you one of the unlucky thyroid patients who continue to have thyroid symptoms, even though you take your prescribed thyroid replacement, and even have your labs move back into the 'normal range'? Do you continue to have these thyroid symptoms:

- **Tired, Sluggish**
- **Can't lose weight even with exercise**
- **Feel cold in hands, feet, or all over**
- **Require excessive amounts of sleep to function properly**
- **Increase in weight gain even with low-calorie diet**
- **Gain weight easily**
- **Difficult, infrequent bowel movements**
- **Depression, lack of motivation**
- **Morning headaches that wear off as the day progresses**
- **Outer third of the eyebrow thins**
- **Thinning of the hair on scalp, face or genitals or excessive falling hair**
- **Dryness of skin and/or scalp**
- **Mental sluggishness**
- **Nervous and emotional**
- **Insomnia**
- **Night sweats**
- **Infertility**
- **Hypoglycemia / Low Blood Sugar**
- **Constipation**
- **Problems with Balance and Coordination**

Are you tired of feeling this way? Are you tired of hearing that there is nothing else that can be done? Or, worse than all of these, **are you tired of hearing..."your thyroid levels are normal now, your remaining symptoms can't be from your thyroid?"**

I am sure it is a huge frustration getting rushed in and out of your doctor's visits...each visit, walking out with a new prescription and NO ANSWERS. Your thyroid dose goes up...but you probably continue to have some or all of the effects of low thyroid. **Why?**

If you said yes to any of these questions then you are not alone. In the United States 4 out of every 1000 women suffer with hypothyroidism. Just like you, most of these people continue to suffer, even after they receive the standard thyroid replacement hormone treatment.

So many patients battle their thyroid problem their whole life. After you read this report you are going to see that there are natural ways to support and improve your thyroid that move beyond thyroid replacement. The replacement model **doesn't have a great chance to make you feel better because it simply doesn't consider so many other factors that contribute to the suffering of thyroid patients; factors that contribute to how you feel.**

The "thyroid replacement as the sole basis of treatment model" is **based on a totally false premise.**

"This faulty premise is that you can make up the lost thyroid function by replacing the deficiency of hormones with external hormones like Synthroid or Armour... and ignore the many factors that are contributing to your body's faulty function in the first place."

This replacement approach alone, MAY work for about 10-20% of hypothyroid patients, but I am going to explain why it WILL fail to produce optimum results with the other 80-90%.

Treating Hashimoto's Autoimmune Hypothyroidism with replacement as the sole treatment is like treating the common cold virus with antibiotics. Antibiotics never were and never could be effective against the cold virus because antibiotics don't kill viruses, yet they are still commonly used.

In this report, I am going to share some things with you that you probably have never heard about. You may even be a little angry and frustrated for a short while, because ***you know that if you had this knowledge from the beginning you may feel better now than you do.***

I share in your frustration. I see and consult with patients every day who have been through exactly what you have been through. After reading this entire report you will be armed with information and knowledge that will help you make good choices about your thyroid management moving into the future. We can't look back but can move forward, and that is my hope for you.

By reading this entire special report you are going to learn:

1. Why 80-90% of hypothyroid patients will never get optimum results from hormone replacement alone. There are too many other factors that should be accounted for, and most of them are in your control.
2. **Why your thyroid replacement dose continually goes up, yet you continue to experience most of the same symptoms.**

3. Why the common **argument between natural vs. synthetic hormone replacement is completely irrelevant for 90% of hypothyroid sufferers.** (Hint: They are fighting the wrong battle.)
4. That **80-90% of low thyroid cases in the United State have an Autoimmune Hashimoto's mechanism**, which means the body's very own immune system has begun to attack and destroy the thyroid gland.
5. The reason **why** Hashimoto's Autoimmune Thyroid Sufferers **often continue to feel crummy...even after their labs are "balanced" with thyroid replacement**, natural or synthetic.
6. Why an effective management protocol will focus on, and include immune system modulation.

My name is Dr. Chris Heimlich, DC. My journey into healthcare began because I had a desire to help sick people, but I didn't want to just give drugs to them. Most doctors will tell you that they didn't choose to become a doctor, becoming a doctor chose them. That was the case with me. I always knew I was going to be a doctor someday, although I didn't know exactly what kind.

In school I was always asking questions. I am not one to take everything taught to me at face value. I need to UNDERSTAND the reasons and mechanisms behind material presented.

My goal in becoming a doctor was to understand what was really going on with a sick person's physiology, and work WITH the body to restore better function. **There is a huge difference between dealing with a set of symptoms and taking care of a PERSON.** The second one requires understanding what is causing those symptoms and working on the faulty physiology.

It didn't take me long to realize, and you may have come to this conclusion because of your own circumstance, that **when a person has a health condition that is not considered life threatening, and there is no easy fix, the traditional health care model doesn't always provide the attention and care you need.**

I would see the desperation on the faces and in the eyes of the patients I treated. They were yearning to have someone listen to them, to spend the time necessary to get to the bottom of their problem, and most importantly, to help them break the chains their illness had put on their lives.

I understood them, and I knew I had to engineer my practice to allow me to function as the doctor I needed to be for them. **I couldn't rush people in and out in 10 minutes like commonly happens in the insurance medical model.** I couldn't squabble with insurance companies, trying to get them to pay for testing that they considered unnecessary, because we were stepping outside of the box.

I not only stepped outside the box, I LEAPED out of it. Inside that box was a system that wasn't designed to help the people in the way they needed to be helped.

"There had to be something missing..."

I went on a personal journey for understanding and through it I made an important personal discovery. I realized that early on, even though I had good intent, I was doing what most other doctors do. I was looking at the human body as if it was compartmentalized. I would focus on a specific symptom or system, without looking at the hormone system, immune system,

and gastrointestinal function. I knew I would have to understand and look at all these systems, at the same time, if I wanted greater and more consistent results for my patients.

So for a period of time, I hibernated at night and on the weekends. I pored through scientific journals, text books, and articles. I traveled across the country to learn from the best teachers I could find. I burned the midnight oil so to speak.

It was this intense study of physiology, neurology, and immunology that led to my greatest discovery...**everything in the body effects everything else.** In order to manage any chronically sick or ill patient you must look at EVERYTHING, all at once.

I began actually looking at and measuring everything. I began running the necessary laboratory tests needed to take this big picture approach. As I started doing this on more and more patients, **I found that most of the patients we had previously had the least success with had some type of autoimmune reaction as part of their condition.**

Since it was an autoimmune mechanism, meaning the body's immune system has gone haywire and has begun attacking the thyroid gland or other tissues, **we knew we had to focus on calming the immune system if we were to stand a chance at managing these patients.** So I took everything I knew about functional neurology, functional endocrinology, functional blood chemistry analysis, science based nutrition, and functional immunology and began helping patients in a new way.

"The immune system (and all the things that affect the immune system – remember, everything affects everything else) was a huge missing factor for the causes we used to consider the toughest..."

For most thyroid sufferers today, the immune system will NEVER be looked at and measured. In fact most doctors won't consider anything that falls outside traditional 'medicine' as effective. They fail to look at how diet, GI function, supplementation, and lifestyle alterations can bring greater function to their thyroid patients.

"Listening to that advice will only leave you feeling bad, and keep you from the information that you can use to help yourself..."

As you continue reading this report you are going to discover many clinical pearls we have found to help Hashimoto's Autoimmune Hypothyroid patients, naturally, without side effects or completely suppressing the immune system, and why we think our all-natural approach to managing autoimmune thyroid should be incorporated into every Hashimoto's patient's management.

"Let me explain why thyroid replacement hormones as the sole source of management are completely ineffective for so many women taking them..."

Worldwide the number one cause of low thyroid function is iodine deficiency, but it is NOT the number one cause in the United States. In the United States, the number one cause of low thyroid is Hashimoto's Autoimmune Thyroid. Hashimoto's is an autoimmune attack against thyroid cells, meaning your body's immune system is targeting and killing your own thyroid tissue.

Although Hashimoto's can cause symptoms of hyperthyroidism, in most cases there is a slow gradual attack against the thyroid. **This eventually leads to the loss of enough thyroid cells and function that it presents as primary hypothyroidism.** When the thyroid does not work adequately, in this case because the cells are being destroyed, the pituitary gland (in your brain) increases the production of TSH (thyroid stimulating hormone) as an attempt to increase thyroid gland activity.

Over time people with Autoimmune Thyroid's start to develop the symptoms of low thyroid function which will prompt them to have their thyroid checked by their medical doctor. When the TSH is measured it will usually be found to be elevated, representing low thyroid function, and they are typically diagnosed as having primary hypothyroidism. They are then placed on thyroid replacement hormone, **for the rest of their life, without considering how the other factors in their body could be making the problem worse over time, and that if changed, could allow them to feel better.**

"Yet the question is never really asked, "why did they become hypothyroid? . . . "

The issue of the autoimmune attack is not addressed. Instead, they are considered to be managed properly when the TSH normalizes with the replacement hormones. *In a sense the patient is having their TSH managed, but not the underlying mechanism for their thyroid loss (their autoimmune attack).*

In the replacement model when the TSH is "normalized" from taking the thyroid replacement, any symptoms that remain, after the normalization of the TSH, are attributed to something else.

For example, if your thyroid condition is causing depression, which it commonly does, then the doctor will give you antidepressants. Why? Because if the thyroid levels are now in the "normal" range, how can the depression symptoms be coming from the thyroid?

On the surface it seems logical but I'll show you why the symptoms could still be coming from poor thyroid function.

If you haven't had this experience yet, you probably will. **You will go into your doctor's office because you STILL suffer with the same symptoms, and in an attempt to move you out of the office in the allotted 10 minutes the doctor has given for your visit, he or she is**

going to shove an anti-depressant prescription at you, and tell you that it will help some of the symptoms.

Do you suffer from depression? Maybe...as a result of the thyroid problem that is not being managed properly, or maybe you're depressed because you have a chronic problem that no one is taking seriously and just wanting to shove pills at you so you will go away. Either way, an anti-depressant isn't the FIX.

In most cases, since the actual autoimmune response is ignored, over time you will continue to lose more thyroid cells, and the requirements for your thyroid replacement hormone continue to rise. Even more importantly, **despite the fact that "TSH is considered managed" with replacement thyroid hormones, Autoimmune Thyroid patients will continue to have all the symptoms of low thyroid function.**

So in a nutshell, if you fail to look at factors affecting your GI system, Blood Sugar System, Hormone System, along with taking your thyroid replacement, you could be making your autoimmune condition worse every day.

Since the autoimmune mechanism is the most common cause of hypothyroidism in the United States, you would think that it is commonly screened for. **In reality, rarely is it ever checked.** This is mostly because the treatment would still be thyroid replacement hormones only. Why run extra tests if you are not going to alter the treatment based off the test results? This is considered "waste" in the HMO insurance model, that has become prevalent in this country.

What About "Natural Thyroid Support?"

You may have been to an alternative health doctor or nutritionist looking for some relief from your thyroid symptoms. They may have given you some supplements that contained iodine, B Vitamins, and thyroid glandulars to try to improve thyroid function.

There is a big problem with this approach. Clinically, when a patient presents with an autoimmune thyroid pattern, nutritional support specific for the gland, thyroid glandular therapy, or hormone replacement does very little to improve the individual's response and physiology. **Remember it is an immune battle.**

At the Scottsdale Thyroid Institute we focus on this crucial factor, which is why many patients choose us to help naturally support their thyroid problem.

We know we are fighting an immune battle. If we make progress in that battle, YOU can begin to feel more normal again. **If we fail to consider and address the immune system naturally...it's game over!**

So What Can Be Done To Help Modulate The Autoimmune Attack Against the Thyroid?

In Hashimoto's Autoimmune Thyroid your body is literally "chewing up" your thyroid tissue and the longer you go without modulating and calming the immune attack, the more thyroid cells you lose.

They Treat Other Autoimmune Conditions Why Do They Ignore The Immune System in Hashimoto's?

Before I tell you about our natural approach to modulating the immune system, **let's talk about the traditional treatment used in most autoimmune conditions.**

Whether a person is diagnosed with Rheumatoid Arthritis, Lupus, or Multiple Sclerosis, the basic medical treatment is cortisone, other immune suppressing drugs, or thymectomy. In other words complete immune suppression. The approach is to suppress the immune system as an attempt to dampen the attack against the thyroid gland.

Unfortunately, this model creates many side effects. To be totally honest this rarely is done in Hashimoto's. **In Hashimoto's usually the immune treatment is..NO treatment at all. They just completely ignore the immune issue.**

If you want to save yourself a laundry list of side effects from the immune suppressing drugs, and you want to avoid completely shutting down your immune system, you need an approach that is centered on specific immune evaluation. **You need someone who is going to "dissect" YOUR immune system with lab panels, and make natural changes based on the specifics of YOUR immune physiology.**

Before we can begin to modulate the immune system, a very specific evaluation must be done. It is terribly dangerous to suppress your entire immune system. The immune system does more than just protect us from foreign invaders like bacteria, parasites, or viruses. It is involved with destroying our own cells to help us eliminate dead or senile (old) cells. This process is called cellular apoptosis and if this system fails, cancer develops.

"Let's Talk A Little Bit About Your Immune System..."

*The immune system has two sides like a teeter-totter. **The first side, called our "T"-Helper 1 System (TH-1 System), is our immediate immune system.** It is responsible for an immediate attack against foreign invaders like bacteria or parasites. The cells involved in the TH-1 system are called macrophages, natural killer cells, and cytotoxic T Cells. It is our front line defense.*

The other side of our immune teeter-totter is our T-Helper 2 (TH-2) system. It involves the production of antibodies to "tag" onto invaders so our TH-1 system can more easily destroy the invaders. It is our B cells that are responsible for producing the antibodies.

Most of the time our TH-1 system will successfully destroy invaders, before antibodies are ever produced. If the invader is not destroyed by the TH-1 system immediately, the TH-2

antibody system gets involved and produces antibodies. These antibodies are like attaching strobe lights to the foreign invaders. It makes it extremely easy for the TH-1 cells to find and kill the foreign invaders. .

In order for the various immune cells of the TH-1 and TH-2 system to communicate and coordinate their function they produce little messenger proteins called cytokines.

"In an autoimmune condition, like Hashimoto's Autoimmune Thyroid, the two sides of the immune teeter-totter get terribly imbalanced..."

It is almost like there is a person on only one side, which if you've ever seen a teeter-totter, you know that this does not work. It is this dysregulation in the immune system, the imbalance between the two systems, that tricks your body into attacking its own tissue.

This "dominance" on one side of the immune system is also why the hormone replacement model as the sole treatment source doesn't always result in patients feeling better, even though lab markers may look normal for a time. (Remember I told you I would get to this)

The cytokines that are produced in the autoimmune attack actually interfere with the thyroid receptor sites, keeping them from producing normal responses. **This means even if you have an adequate amount of thyroid hormone in the blood stream, the hormones won't necessarily bind to your cells and create a normal metabolic response.** Which means...you still have thyroid symptoms even with normal levels of hormones circulating in your blood stream.

Normally when a thyroid hormone binds to a cell it causes the cell to increase its metabolism and this increases the production of certain proteins inside the cell. This is called a "proteomic response." In Hashimoto's the proteomic response is diminished by the inflammatory cytokines that are produced from the autoimmune attack.

So even when the thyroid hormones bind to cell receptors there isn't a very strong proteomic response. This is exactly why the replacement only mode of thyroid management can result in continuing thyroid symptoms.

Most doctors don't acknowledge this concept. They will try to make your lab panels look "normal" with replacement hormones and when you tell them you still have the same symptoms they are going to assume that you are depressed, or that it is "all in your head." Not a lot of credence is paid to how you as the patient feel . . . what your everyday experience is.

Or if you are continually gaining weight, without ANY change in diet, they will assume you are just overeating...that you need to exercise.

I see this scenario every single day. It breaks my heart because I know these women and men have been suffering for years and have been relying on a form of management that never really looked at the big picture. That is why I have written this report. I don't want to see people suffer when there are natural alternatives that can complement your current management program and be very effective.

So How Did You Get An Autoimmune Thyroid? What Caused Your Body To Attack Your Own Thyroid?

All Autoimmune thyroid sufferers start with some sort of genetic susceptibility that predisposes them to the disorder. At some point the genes for the disease "turn on" and the destructive immune attack against thyroid tissue begins. **Possible triggers that are known to "turn on" autoimmune attacks in general are:**

1. Environmental Compounds - things like heavy metals, pesticides, etc.
2. Endocrine Imbalances
3. Chemical Exposures
4. Stress Responses
5. Antigen Responses

Any number or combination of these factors combined with some genetic susceptibility can "turn on" the autoimmune response and lead to the slow gradual destruction of your thyroid cells by your own body. Most importantly we must understand that once these genes turn on we have no way of completely turning them off.

Think of these genes as a light switch that when turned on, the light switch breaks. You can no longer turn the light switch off but we can modulate the immune system like a dimmer switch. **With the right management we can turn down the dimmer switch by removing things that are playing an impact on keeping the immune fire burning.**

"We look at thyroid sufferers through a different set of 'glasses'..."

Because of our understanding of functional immunology and functional endocrinology we take a very detailed look at a Hashimoto's sufferer. We run special functional lab tests and immune panels that actually tell us where the physiology is going wrong, and help us determine what needs to be done to manage your condition.

We start with a comprehensive thyroid panel, including antibodies, to see exactly what the source of the thyroid problem is. There are over 30 different thyroid dysfunctional patterns, with Autoimmune as the most common mechanism we see.

We then run laboratory panels to look at blood sugar disorders, hormone regulation, anemia patterns, and adrenal dysfunction. All of these things play a crucial role in thyroid function and we go through your case with a fine tooth comb to uncover the possible mechanisms that are contributing to you feeling bad.

When we are dealing with Autoimmune Thyroid we go even further in our assessment. We may run a cytokine panel to determine what side of your TH-1 and TH-2 teeter-totter is dominant.

Next we usually run a panel that is going to look at all of your lymphocytes (Your T Cells) called a Lymphocyte Subpopulation analysis. This is going to give us insight into the health of your immune system. There are numerous possibilities when we look at these two panels together, and we have strategies to help functionally manage the scenarios we see.

From the information we derive from these immune panels we are going to devise an all natural treatment plan to support your specific immune dysfunction. We use all natural botanicals and plant extracts that have been shown in the peer-reviewed medical literature to have very specific immune stimulating and modulating effects.

There are many natural substances studied that have immune stimulating or suppressing properties, but the key to our treatment is the judicious use of only things shown to have a particular property applied to a specific immune pattern.

Something that may have a beneficial effect in one Hashimoto's patient by producing just the desired immune effect may have a detrimental effect in another. There is no way to know this until the immune system has been "dissected."

"One of the biggest mistakes I see natural medicine doctors make is giving autoimmune patients broad spectrum immune support..."

This may seem counterintuitive at first. If the immune system is obviously unhealthy in an autoimmune patient then providing things that are known to help *boost* the immune system should help, right? **Wrong.**

It is a totally different game with autoimmune situations. Ideally your TH-1 and TH-2 systems would be balanced, and work together. This is not the case in autoimmune attacks. The immune system is malfunctioning to the point that it thinks your own tissues are foreign invaders.

It is absolutely critical that only botanicals and compounds that are known to have specific immune responses be used with an autoimmune case. With broad spectrum immune support you can actually further stimulate the dominant side of the immune system and make the autoimmune attack stronger.

This results in greater tissue destruction. We take this very seriously which is why we **MUST** base our treatment off the details contained in each individual's immune panels. If you are wondering what might fall under the category "immune support," I tell people to avoid supplements that are labeled as "immune support products." You may have some in your cabinet right now.

Most alternative medicine based patient management is NOT based on lab testing. At best, treatment in traditional natural medicine is based on old outdated testing models like checking basal metabolic temperature or even worse, solely based off history. **Rarely is lab testing done.**

In the traditional medical "box" the immune testing becomes irrelevant because it does not dictate or change the management of the patient. In the medical model once it is determined that an autoimmune mechanism is involved, drugs to suppress the immune system are given, bringing with them a multitude of side effects. Long term immune suppression is only going to make you sicker. Fortunately in most parts of the world immune suppression drugs are not commonly used in Hashimoto's.

So when we determine that it is an autoimmune mechanism that is producing your hypothyroid symptoms then we are going to run our **specific immune panels**. Those include:

1. **Lymphocyte Subpopulation Analysis**
2. **Cytokine Panel**

The results of these two panels are going to give us a clearer understanding of what the immune dysfunction is. We are going to apply specific nutritional strategies to calm down the immune attack against your thyroid.

Using our understanding of functional immunology and review of the peer-reviewed literature involving natural plant botanicals and extracts, those that have been shown to have specific, desirable, effects on the immune system give us the most highly effective strategies available to support your immune system. Most importantly we can do this without all of the side effects of immune suppressing drugs.

Along with turning down the dimmer on your autoimmune attack, **long term success necessitates that we remove any triggers that are flaring up your immune response.** Triggers that may be involved include:

1. **Food Sensitivities** - we will run additional lab testing to determine if there are foods that you eat that are creating an immune response. Foods that you are sensitive to flare your immune response every time you eat them, furthering your attack on the thyroid, leading to even greater cell loss.
2. **Iodine** - even though iodine is a very important nutrient for thyroid function, and even though iodine deficiencies are very common across the country, **iodine-containing supplements can actually trigger a Hashimoto's response.** Bottom line is that iodine is a very important supplement for many people but in supplemental form it may not be the most effective thing to use for Hashimoto's.

There are numerous studies in the peer-reviewed literature that show this connection. We get almost all of our Hashimoto's patients off iodine supplements. Most natural healthcare practitioners, without considering the immune interaction, insist on giving iodine supplements for thyroid conditions in much the same way as the medical community uses thyroid replacement hormones as a "blanket" treatment for all hypo-thyroid conditions.

3. **Hormone Imbalances** - this is especially true when looking at estrogens and pregnancy. In the third trimester of pregnancy a female is TH-2 dominant and postpartum they have a tendency to be TH-1 dominant. This fluctuation of hormones is enough to turn on the Hashimoto's response for some women. **It is very common to have a woman deliver her baby and then months later get diagnosed with hypothyroidism. Really it was Hashimoto's that "turned on" after pregnancy.**

Birth control pills are another source for estrogen surges. It is a common scenario

for women to go on birth control pills, gain a lot of weight, and get depressed. When they go off the pill it doesn't really help them lose weight or decrease their depression. **Being on the pill in the first place may have triggered the Hashimoto's response against the thyroid.**

The third issue with estrogens and Hashimoto's is perimenopause. As a woman loses her feedback loop between the pituitary and ovaries as a consequence of normal aging, there are surges of estrogens produced because the pituitary can no longer regulate the ovaries. These surges of estrogens can turn on the Hashimoto's response. When these estrogen surges occur it will actively cause thyroid cells to be destroyed.

The estrogen surges act like gas on a fire and really increase the autoimmune destruction. This increased attack will release some of the thyroid hormone into the blood stream, creating a short term increase in thyroid hormone levels. This increases the metabolic rate and the woman gets hot flashes, insomnia, and irritability.

This is usually attributed to a deficiency of estrogens from going through menopause, but usually it is not the case. Sometimes it's not the estrogens that are causing the hot flashes, insomnia, and irritability; it's the immune attack that was promoted by the estrogen fluctuations from the menopause process that creates a temporary hyperthyroid response.

Whenever we see a post-menopausal woman who developed hot flashes, insomnia, and irritability that didn't resolve with estrogen replacement, we know we are dealing with a Hashimoto's response that turned on with menopause. In these cases many times we can totally normalize the hot flashes by treating the autoimmune thyroid.

4. **Insulin Surges** - surges in insulin really promote the Autoimmune Attack on the thyroid. The insulin surge actually stimulates the immune cytokines responsible for your autoimmune attack. **Insulin surges occur in diabetics, pre-diabetics, and hypoglycemics.**

Many people get checked by their medical doctor and are told that everything is OK. I am going to tell you right now that the sheer number of functional hypoglycemics and insulin resistant (pre-diabetics) people walking around is staggering. **Even if you were told your labs were "normal", the lab ranges they used are not functional, and there is a good chance there is an underlying blood sugar problem.**

I could write pages and pages on the harmful effects of altered blood sugar patterns. Suffice it to say we are going to test for this and look at functional markers that are going to let us know what is really going on. We MUST deal specifically with these things or else you will continue to promote attack against your thyroid and continue to feel lousy.

5. **Hypocortisolism** - cortisol is your body's stress hormone. It is produced when your body's emergency demands increase. When there is an active stress response or a defect in your brain's ability to modulate stress then you will have increased cortisol production. The increased cortisol promotes insulin resistance, and therefore insulin surges. This will cause your immune attack to get worse. We look at this from a neurological brain control mechanism and a metabolic mechanism.
6. **Gastrointestinal Infections (GI)** - there are a number of GI infections that promote the autoimmune response. Your gut has a huge number of healthy bacteria that live and actually produce positive benefits for normal functioning. When the balance between good and bad bacteria is skewed, called dysbiosis, it is known to promote autoimmune inflammatory

responses. We do lab testing to reveal the health of the GI system. If we ignore this our chance of fixing your autoimmune thyroid condition is greatly compromised.

There is NO cookie cutter approach to dealing with autoimmune thyroid. Until we look at all of the triggers that cause and promote the autoimmune attack, and systematically work at removing those triggers, and then look specifically at your immune system with the lab panels we discussed, there really isn't a way to know what is going on 'under the hood' and deal specifically with the issues involved.

We deal with these problems every day, and we are very good at using natural management to help turn the "dimmer" down on your immune response so you can begin to feel like you used to.

Isn't That A Lot of Tests?

That probably sounds like a lot of tests, doesn't it? Well it is. And I know you may have already had a laundry list of tests, **but I will guarantee you haven't had these.** Even if you had been lucky enough to get some of these tests done, the doctor who ordered them didn't know how to interpret them, or what to do with the results. (No slam on your previous doctors. It's just the awful truth of the state of health care).

Not everyone needs every test run. We do one of the most thorough and extensive case reviews you have experienced. From your history, current presentation, and an initial consultation, we work with each individual to determine what is needed. **It is truly an individualized approach.**

"So You're Probably Wondering, 'This Makes Sense . . . Why Doesn't Everybody Do It This Way?'. . . "

One reason is they just don't know that they need to. They're *seriously* behind the times, living in 1940s, 50s and 60s. They are using a model that is outdated and doesn't work for the majority of people. They may not understand how to use natural supplements and nutrition.

The second reason is - **they and the insurance companies don't consider this comprehensive approach and testing "medically necessary."**

"Necessary" should include everything that is going to contribute to you having a better functioning body, and that will help you feel as good as you possibly can.

Because the tests we run are not considered medically necessary we have formed a lab CO-OP for tests requiring a blood draw (some tests require stool, saliva, and urine collection). We can use the "Costco Principle" to get a great rate on these tests. We are going to get the absolute best rate so you can get the tests you need to determine where your body is malfunctioning.

I commonly get asked...Dr. Chris Heimlich, my doctor has run lab tests in the past and the insurance paid for them. I hate to tell you but the HMO's often dictate that doctors run the bare minimum or just run the completely wrong tests. In the past I persuaded some patients' medical doctors to run some of the tests and try to get the insurance to pay for them . . . and guess what? **The insurance company said they were medically unnecessary and the patient**

ended up with a lab bill that was 5 times more than if we had ordered them directly from our office.

Either way I work with patients to make it the easiest possible to get the tests that will help improve their condition. I have no interest in any lab company. Any money a patient of mine may pay for a particular lab is only the price the lab charges. My job in this area is to facilitate the gathering of the proper information to make the appropriate natural changes.

I know you may not have experienced this before, but **it is truly a partnership when you work with a doctor on your health condition.** That is the way it was always intended, but unfortunately medicine and healthcare in general have moved away from that.

"We help our patients start to feel better because we are thorough and look for the right things. We don't cut corners. This is your health on the line..."

Believe me, after you've seen some truly desperate people suffering with thyroid problems-- AND you've seen, with your own eyes, and heard them tell you how much better they are; how much happier they are now...that they can go through a day without crying from the fatigue, constant weight gain, hair loss, depression and frustration—AND thank you for finally doing what needed to be done to find out how to help them...well then you understand how "medically necessary" this kind of approach really is. No matter what any insurance company, drug company, or doctor thinks to the contrary.

Now the goal of the case review, consultation, and any initial testing is to tell us what your functional imbalances are, what your immune dominance is, and what triggers and lifestyle factors are contributing to your problem. Then we can design a powerful, all-natural, step-by-step approach to helping you achieve your desired results.

We will most likely have many things we have to work on. We will create a management program that is going to support the abnormal physiological shifts we measured with our testing. Most times we have to support one dysfunction before we can effectively support the others.

"Have you ever put together a piece of furniture, or a kid's toy, without reading the instructions...because you thought you could figure it out on your own? . . ."

Then you get to the very end, realize you missed a step, and have to go back and take everything apart, because you missed that one little piece? **Supporting these functional immune, hormone, and metabolic imbalances has to be done in the proper sequence.** We look at everything we need to up front so we know what sequence we have to take to help you.

**"How Am I Going To Know My Body Is Improving?
Will This Even Work For Me? . . . "**

We are going to know we are making the functional changes we are after, because we are going to be doing re-testing of the labs we used to determine our specific plan of action. This is absolutely necessary.

We can't just spend time and effort finding out what is wrong, and then just hope our natural management made the changes. We have to measure, make alterations in treatment protocol, and measure again. Not that you won't be feeling better as we make these changes, but we have to measure our change so we keep moving toward the goals we set together.

In reality we may have to make a series of changes before you start "feeling better," but at every point we have labs to guide us. **We will SEE that things are changing in the right direction.**

Based off of your specific case we are going to have a schedule of our re-tests so we can make corrections, and know when we need to move on to the next thing. Sometimes we can't effectively support a particular physiological until we normalize another thing first.

A lot of doctors will not do this for you. Like I said **most natural medicine is based off of NO testing, minimal testing, or the wrong testing. Mainstream medicine is going to shove hormones and antidepressants at you no matter what the labs say so there isn't a lot of testing done on that end either.**

Functional changes take time. Remember our job is not to give you a pill and hope a symptom goes away. **Our job is to take a step back, look at the big picture, and systematically support your physiology.**

The reason you may not have gotten help yet is because no one dug deeper, was willing to listen, understand your problem, and take the time necessary to make changes.

"What If This Doesn't Work For Me? . . . "

If you are sitting here reading this, you know that your present approach to helping your thyroid problem is not what you want. Honestly I could teach my six year-old son to give you the current treatment you are getting. I'd tell him to "look at the thyroid labs, and if the TSH is greater than "X" give synthroid. When the TSH drops down to "Y" and the patient still has symptoms, give the patient anti-depressants, because the remaining symptoms are in their head." Of course I am being sarcastic but that is exactly what I hear and see from patients every day.

You deserve better than this. You deserve to have a doctor who listens, who understands you, who is willing to do what it takes to work with you and help you, regardless of what some out of touch doctor or HMO thinks. Because it doesn't matter what anybody else thinks, what matters is that you're still suffering and you need someone that is going to treat you right and help you.

The number one factor that determines success and failure with a case is how closely the patient follows my recommendations. If you do the things I prescribe, then you are going to go down the road you have been wanting, probably for a long time, which is...moving toward "normal" again.

You are reading this because you are one of the smart few who want to take control of their health, and do what it takes to help your body. Nothing else matters when your health

goes south. I love working with patients like you because you are willing to sit here and learn about your problem, and listen, and make the changes necessary to get your health back on track. To get back to the business of living well again.

What About Cost?

Our initial review of your case and consultation is normally \$450 (but if you schedule your case review within 2 weeks of requesting this report it is only \$197). As we discussed our unique approach steps out of the "medical box" so we can do what is necessary, and take the time necessary, to help YOU. Until we know the specifics of your case, what labs we need to run, and how long we anticipate it taking to make the functional changes we need, there is no way to say what the cost is going to be.

Just rest assured that I am on your side. My job is to work with YOU, to help you improve your condition. My job is to deal with all of the specifics of your case, listen to you, and work with you to make the proper functional changes.

Everything can be done in steps. The first step is a case review and consultation so we can get to specifics.

There is always a way to make it work out financially. We have financing available through our office, and many different payment options to help out-of-pocket expenses have a very minimal impact on your financial situation. We can make it work.

Your main concern should be getting well and feeling better again. You have the rest of your life in this body, and you can be energetic, healthy, and enjoy it, or suffer with fatigue, depression, weight-gain, and hair loss. **The smartest choice is to get to the root of the problem, not get passed through the medical system, getting treated like you don't know what you are talking about or feeling.**

Ask yourself if you can afford not to get treated? If you are honest with yourself, the answer is you CAN'T. The hormone replacement is making up for internal thyroid production, but it does not address your immune problem. Immune-suppressing drugs are going to create long term side effects, and greater problems in the long run. Natural support for the thyroid gland itself is often futile for Autoimmune Hashimoto's Thyroid.

You can be one of the fortunate few who get the proper support and management and live well OR you can continue feeling like you do now. The choice is yours...but the correct option is staring right at you. It's here. I believe you know in your "gut" that this is what you need to do.

"I'm Ready To Get On Track and Start Feeling Good Again, What Do I Do?"

At this point you should realize that your thyroid condition has not been managed properly or completely, and your current thyroid protocol is not going to get you where you want to go. You really should be asking, how can I get this type of functional support approach? How can I get the kind of management you describe?

"How Does Consulting With Your Institute Work? . . . "

Every new client we work with begins with a case review and consultation like I spoke of previously.

When you schedule your case review and consultation, we will send you our comprehensive case history and dietary & nutritional questionnaire. This will allow us to learn everything about your case and your history. We will also review all your previous lab tests.

We will have you fax or mail both the questionnaires and the previous labs to our office prior to your scheduled consultation. This allows us adequate time to review your case before your scheduled appointment. **This makes our time together extremely efficient and productive for you.**

Your consultation and case review consultation will take approximately 30-45 minutes. During that consultation we are going to thoroughly discuss your case and talk about the dietary, lifestyle, and supplemental changes **we can make immediately to make a positive impact on your condition.**

We are also going to discuss the specific lab tests that will give us the information needed to uncover the mechanisms (causes) of your condition. We will direct you to the proper labs locally and have the results sent back to us.

After we direct you to the appropriate labs we will usually receive your results in 2 to 4 weeks. At that time we will have a follow-up consultation to review the results, and we will **make very specific lifestyle, nutrition, and supplemental changes according to the results of YOUR labs, custom tailored to your exact needs.**

****Special Note About Labs:**

1. **We have absolutely no financial interest in any lab companies.** The labs we use, we do so because those labs are the absolute best at what they do. Any lab payment that you may have for a particular test reflects the total cost of the lab with absolutely none of the cost being passed to our office. (We have no financial gain from any lab that you do.)
2. **Our only goal is to obtain the information needed to make a functional diagnosis and get to the root cause of your problem.** We want you to improve your condition and we will do all we can to facilitate that for you.

How we continue our relationship after our initial consultation and follow-up appointment is completely up to you. After we have completed our initial consultation, and made our initial set of treatment recommendations, we will decide on our next step.

Usually we will prescribe to you a series of diet, lifestyle, and supplemental changes, and then schedule another consultation in the future. This will allow us to review your progress, review your most recent lab findings, and move onto the next phase of care.

"What do I mean by the next phase of care? . . . "

When we are working in the functional model (looking at the mechanisms for dysfunction) there is usually a logical progression of changes that we have to make in order to improve your condition.

We may identify three imbalances, call them A, B, and C. Your particular case may require optimizing imbalance B before we can be effective with A and C.

"This is an advantage to you..."

What usually happens is a practitioner will ONLY ever look at imbalance C, because that is their "specialty," and after two or three attempts to support that imbalance they will give up . . . with no results achieved. Had the "specialist" looked at the big picture and had specific lab findings like we do, they would have known that imbalance B was the area that must be optimized before they ever had a chance to fix imbalance A or C.

We can work together to truly improve your condition. Just remember that we are going to work at your pace, and take the necessary steps to help you reach your goals.

Initial Consultation with Dr. Chris Heimlich, DC

- \$450 (Only \$197 if you schedule within 2 weeks of requesting this report)

"What Is Included In The Initial Consultation? . . . "

1. **A consultation with me, Dr. Chris Heimlich DC, to discuss your problems and concerns.**
2. **A complete case history and questionnaire.**
3. **A dietary and nutrition evaluation.**
4. **A complete analysis of dietary habits.**
5. **In addition we are going to analyze your current supplements, herbs, natural medicines, botanicals, and homeopathics to determine whether they are beneficial or actually detrimental to your condition.**
6. **We will also review your medical records and lab tests, and we are going to go over them with a fine tooth comb.**
7. **We are going to determine whether you have had the appropriate lab tests ordered, and make a decision of what further testing is required.**
8. **Implementation of any immediate beneficial changes we can make based off of previous labs and your history.**

To Schedule Your Initial Consultation Visit:

<http://ScottsdaleThyroidDoctor.com/Schedule/>

If you are sick are tired of being tired and would like to take a natural and functional approach to help and enhance your current thyroid management approach then call us at (480) 991-9355 and schedule your Complete Hypothyroid Case Review and Consultation, or

visit <http://ScottsdaleThyroidDoctor.com/Schedule/>. We will get you scheduled and send out our new patient history and questionnaires. The cost for the initial consultation will cover the review of your history, review of past medical records, and our consultation.

DON'T continue feeling bad for another day, when the potential answer to your SUFFERING is here, right in front of you. How would you feel, finding out years from now that the answer to your problem was right in front of your face all along...and you let it slip through your fingers? Visit <http://ScottsdaleThyroidDoctor.com/Schedule/> to schedule. You won't regret it.

Sincerely,

Chris Heimlich DC, DACNB