

Discover Why 90% of Women On Thyroid Replacement Hormones Are Guaranteed to Continue Suffering With Their Thyroid Symptoms, What's Really Behind This Problem... and What Can Be Done To Finally End This Rollercoaster Once and For All!

By Dr. Bryan C. Siegel

Founder of Food Allergy Center of North Scottsdale

Are you suffering with symptoms of an impaired thyroid even though you've been taking replacement hormones for months or years?

- **Tired, Sluggish**
- **Can't lose weight even with exercise**
- **Constipation**
- **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**
- **Insomnia**
- **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**
- **Night sweats**
- **Infertility**
- **Hypoglycemia / Low Blood Sugar**
- **Problems with Balance and Coordination**

People with these issues get burnt out & exhausted of feeling this way. A common answer is that nothing else that can be done and learn to live with it. Another scenario is that you are told, "**your thyroid levels appear normal, and whatever symptoms you have cannot be from your thyroid**"

Another frustration is getting rushed in and out of doctor visits and walking out with a new prescription and NO NEW ANSWERS. With this problem the medication dose typically increases...but most continue to suffer with some or all of the effects of an impaired thyroid. **Why?**

If you were able to say, "yes" to any of these questions then you are definitely not alone. In the United States 4-6 out of every 1000 women suffer with hypothyroidism. Just like you, most of these people continue to suffer, even after they receive the standard, typical thyroid replacement hormone treatment protocol.

Thyroid hormone problems are a frustrating life-long battle for many thousands of women. Through this report, I want to impress upon you that your life doesn't have to feel like a massive effort...you are going to see that you don't have to settle for feeling horrible. What I reveal here has the ability to change your life forever if you are willing to take the appropriate actions.

The Thyroid Hormone Replacement Model **really didn't have a chance to make you feel or function better.**

The traditional thyroid replacement model is actually based on a **false premise**. This false premise asserts that lost thyroid function can be made up for.

I'm going to be generous and say that this replacement approach might work for about 10% of those who are hypothyroid, but it **fails** to produce relief with the other 90%.

Treating Hashimoto's Autoimmune Hypothyroidism with replacement hormones as the sole treatment is like using diesel fuel in a gasoline engine. It's a mismatch and won't unlock the ability for the organ system to function properly.

Here are a few of the issues that need to be exposed and explained:

- 1. 90 % of hypothyroid patients never get last result or changes from hormone replacement alone.**
- 2. Thyroid replacement tends to continually increase yet the symptoms don't really change.**
- 3. The "natural vs. synthetic" hormone debate is not even relevant for the 90% because the real issue is not addressed.**
- 4. Over 90% of the hypothyroid issues in this country are related to and Autoimmune problem known as Hashimoto's Thyroiditis. This means that the immune system starts to attack the thyroid gland, mistaking it for an invader/enemy.**
- 5. If the immune system is not dealt with and balanced out, this autoimmune issue will persist and the thyroid will continue to degenerate.**

Thyroid Hormones Are Completely Non-Effective For 90% Of Women Taking Them

- The #1 cause of a dysfunctional thyroid in the world is a deficient amount of Iodine. However, in the US this is not the case... it is due to Hashimoto's Thyroiditis. This is when the immune system goes haywire and starts to attack the thyroid tissue.**
- Hashimoto's can cause a temporary increase in the thyroid activity known as hyperthyroidism, which overtime leads to hypothyroidism, a slowing down of the thyroid activity.**
- The pituitary (in the brain cavity) will increase the production of TSH (thyroid stimulating hormone) as a way to increase the activity within the thyroid gland.**
- If this goes unresolved, more of the thyroid gets injured which produces more symptoms. This is where the doctor misses the**

autoimmune aspect, just the TSH levels are identified and replacement for the thyroid hormone is given.

Why Was The Underlying Cause Of This Thyroid Problem Not Addressed Nor Identified?

- As long as the TSH lab values go back toward normal after taking the thyroid replacement hormone, the patient is considered to be successfully treated, despite the fact that they are still not feeling well nor healed!**
- Many low thyroid patients feel depressed, however, if the doctor sees the that lab values are “within normal range”, it is assumed that the depression, and other symptoms, have nothing to do with the thyroid, but they do, and then an anti-depressant medication is given.**
- Did you know that anti-depressants & hormone replacement therapy (HRT) lead to specific vitamin and mineral deficiencies, which rebound into more depression? They do..... but your doctor doesn't tell you about that.**
- All this continues to progress while the autoimmune response is IGNORED, you are continuing to loose more thyroid cells and the doctor will typically give you stronger doses of the thyroid medication due to this. Does This Sound Right To You??**
- The thyroid hormones do nothing to slow down nor regulate this immune system issue.**
- Doctors have virtually ignored this autoimmune issue despite the fact that it's so prevalent because even if they found out that it was autoimmune based, they still treat with hormones.**
- Now you are getting a glimpse at to how and why our healthcare system is broken.**
- Even the natural thyroid support from an alternative health doctor is a waste of time and money because this is a battle relating to the immune system, not just the thyroid gland.**

The Traditional Medical Approach To Treating The Immune System

- **Cortisone**
- **Immune suppressing drugs of other varieties**
- **Removal of the thymus gland**
- **This approach leads to massive, systemic symptoms and dysfunction. Your immune system functions to clean up old, damaged and abnormal cells, in addition to fighting off invaders such as parasites, bacteria, virus, etc. If and when this system fails to do so, cancer can easily develop.**
- **So why would doctors want to kill off our immune system to shut down an autoimmune problem? It's been the standard, accepted practice and no one really questions it.**

So How Does The Immune System Work?

There are two sides of the immune system and each are supposed to balance the other out:

- **T- Helper 1 System (TH-1 System)**
- **T-Helper 2 System (TH-2 System)**

TH-1 is the immediate immune response, which attacks foreign invaders such as parasites, bacteria, virus, etc.

The cells in the TH-1 system are: macrophages, Cytotoxic T cells, Natural killer cells, Helper T cells, Suppressor T cells, Regulatory T cells.

TH-2 is the other part of the immune system, which involves in the tagging of invaders and the production of antibodies. This makes it easy for the TH-1 system to more easily destroy the invaders. Antibodies being made to the invaders are sort of like attaching a big red flag on them, which makes them easier to be destroyed by the TH-1 system. The way the TH-1 and TH-2

systems communicate is by a protein messenger called Cytokines. During an autoimmune attack, these cytokines will act to block the receptor sites where thyroid hormones would need to bind thus preventing a normal response! These cytokines also block the cells ability to respond normally to thyroid hormone, even when the receptor site is available for binding. It's obvious to see that cytokines block the ability for the body to function normally and is a **BIG PROBLEM** and a reason why thyroid replacement therapy doesn't work well for this disorder.

When an Autoimmune condition occurs, the balance between these two systems, TH-1 and TH-2, is disturbed and imbalanced! Ultimately, it is this imbalance which leads the body to tricking itself to attack it's own tissues, organs and glands. This imbalance/dominance is the reason why hormone therapy doesn't work, despite lab findings looking normal for a period of time.

The Most Common Triggers For Autoimmune Thyroid Problems By Far Are Food Sensitivities & Food Allergies!

That's right, consuming foods can be the MOST SIGNIFICANT trigger as to why a person will get autoimmune reactions, including thyroid problems; fortunately, the answer is not to stop eating! You see, there is a complex chemistry that occurs when we eat food and when all of the links in this process do not follow it's chain of command, problems start to occur.

Our brain, immune system and gut are supposed to be able to recognize fats, proteins and carbohydrates as nourishing substances, which help to rebuild and refuel the body. As long as these foods get broken down into their most basic elements and absorbed as such, the system is working properly and in synch. For example, proteins need to get broken down into its most basic element called amino acids. The body then takes these amino acids, once in the bloodstream, and ties them together into creating new proteins, which become your new cells, tissues and organs. The same goes for fats, which have to be broken

down to fatty acids and carbohydrates into simple sugars. One of the major problems occurs when food is not fully broken down and enters the bloodstream as such. The body doesn't recognize foods in this form and thinks that it's an enemy/invader. So, a number of reactions begin to occur which leads to inflammation and the infamous immune response. Why the immune response? Approximately, 80% of our immune system lives in our intestinal wall. The cells of our immune system carefully watch over to make sure that nothing gets through that looks like it can harm the body.

Some Other Factors That Can Cause Thyroid Imbalance:

- **Hormone Imbalances, especially post partum**
- **Birth Control Pill due to estrogen surges**
- **Insulin Not Being Regulated due to cytokine cell activation**
- **Cortisol Imbalances- the stress hormone**
- **Gastrointestinal Tract Infections- imbalance of gut bacteria**

So What Can Be Done About This Problem?

Step One Is To Run A Full Body Reactive Scan

Our full body reactive scanner uses over 8,000 electromagnetic frequencies, which when applied to the human body, areas of underlying core imbalances & stresses get revealed.

During this scan, frequencies of dairy, gluten, wheat, parasites, hormones, enzymes, vitamins, amino acids, minerals are applied to the body and when there is a core issue relating to the function of these foods, chemicals and substrates, that becomes evident in our scanner. We then analyze if and where there are organ imbalances associated with the main testing mode. This allows us to then zone in on that area more specifically and determine the nature of the issue. As in the case of thyroid issue, there are many variables that can affect the function of this organ; this is where the scanning excels. To reveal the weak areas and determine what needs to be done to fix these problems. This goes past the level of testing the blood..... this is testing the nature of the cell's energy known as it's frequency. Think of frequency as that particular cells thumbprint.... It's exact bio signature. There are times that blood tests may need to be performed based upon what we find; if that is the case, we inform our patients why and what to do.

Once the testing phase is complete, we now have the architecture of the issues within your system. This becomes a path for us to start balancing your system to help return normal function.

Step Two Is To Re-Pattern Your System To Your Stressors

With the use of our proprietary digital laser technology, we are able re-program the way your nervous system, immune system and gut recognizes and relates to different core foods, environmental allergens, phenolic substances, oils and fats and a host of other nutritional and chemical stressors which commonly trigger the system into inflammation and dysfunction. When the body can recognize incoming foods as nourishing substances instead of as invaders/enemies (same goes for environmental allergens), inflammation in the system drastically reduces and digestion and energy goes back up. This protocol also causes the organs to return to normal operating energy so that they are capable of doing their job (sort of like a recharged battery): to manufacture, store and release the right amount of chemicals in the right amount and the right time. When the body returns to this synchronicity, all functions improve! This leads to balance, healing and you feeling normal again.

A number of aspects may need to be adjusted such as dietary intake, specific supplementation to deal with any recent or long standing deficiencies as well as exercise recommendations.

What About The Cost?

A full body reactive scan session is \$150 and takes approximately 60 minutes.

Do I Have To Have A Thyroid Problem Or Autoimmune Problem For This Treatment To Help Me?

Absolutely not. Many times people come in with allergies to the environment or they cannot consume dairy or gluten based foods. The digital laser treatments work fantastic for that. As an example, most of the dairy intolerant people I have worked on, whether they had that problem for many years or it was more recent, were consuming that food substance 3 hours after their first treatment! Just watch the testimonials on my website, there are many there who had this issue and now they can consume it with no

problem. This treatment is not some gimmick.... It's potent, it's scientific and it works!

“I’m Ready To Get On Track So I Can Start Feeling Good Again, What Do I Do?”

Call our office to set up your scanning session so we can determine exactly what needs to be done to help you get better. It doesn't take long at all to start feeling better.

What Is Included In The Initial Visit

- **A complete consultation with Dr. Bryan Siegel to discuss your problems and concerns.**
- **A complete case history and questionnaire.**
- **An analysis of dietary habits and nutrition.**
- **Your reactive body scan**

If you are tired of not feeling well and want to get to the bottom of your issues, **call us today at 480-219-0625** and request your **Full Body Reactive Scan**. This will put you on the road to turn your situation around and get you functioning and feeling great again.

Thank you for taking the time to read this report and I hope you found it intriguing and informative. More importantly, I hope you take action so that you can start getting better. Without the proper action, nothing changes for the better.

Sincerely,

Dr. Bryan Siegel D.C., P.L.C.

Food Allergy Center of North Scottsdale

www.AZFoodAllergyCenter.com

info@AZFoodAllergyCenter.com

480-219-0625

P.S. It is my desire to help restore people's health by using the most cutting edge tools and techniques and end the vicious cycle of needless suffering. I'm always inspired and amazed at how quickly someone's life can turn around and how much life can be enjoyed again.

P.P.S. You can request an appointment either by phone or email