



## Month One – Video #3

### Thyroid & Weight Loss Resistance

1. A global pandemic. 27 million Americans alone affected.
2. The standard American diet =
  - a. 1 in 2 die of heart disease
  - b. 1 in 3 cancer
  - c. 3 in 8 women breast cancer
  - d. 6 out of 10 people suffer with depression half of whom are on psychotropic medication.
3. We spend more on healthcare than any other country, take in the neighborhood of 75% of the world medication and have more degenerative and chronic disease than any other industrialized nation.
4. Typical presentation and symptoms
  - a. Low energy or lack of energy
  - b. Significant fatigue after exercise
  - c. Brain fog or inability to concentrate
  - d. Hair loss and loss of the outer 1/3 of the eyebrows
  - e. Cold hands and feet
  - f. Inability to lose weight despite diet and exercise

5. Why your blood work is normal and you still feel lousy
  - a. Blood hormone levels are normal but your cells can't hear the hormones
6. What is the root cause?
  - a. Inflammation on the cell membrane
  - b. Blunted or damaged cell receptors cannot hear the hormones
7. What is happening?
  - a. Inflamed cell membranes and damaged cell receptors cannot hear very important hormones leading to hormone resistance
  - b. Significant hormones involved are T3 (active thyroid hormone), Insulin, Leptin and Ghrelin
  - c. The major drivers of the inflammation and blunting or damaging of the hormone receptors are 1) Bad Fat 2) Sugars 3) Toxins – Heavy Metals, Biotoxins (Mold / Lyme Disease), General Toxicity due to the standard American diet.
  - d. The cells become congested and not only can't hear hormones and get their messages into the cell, but the cell cannot detox itself due to low energy production (decreased ATP production) and therefore decreased GSH production (Glutathione).
  - e. The cells then have two options, they adapt or mutate (move towards precancerous or cancer) or they die (apoptosis) or premature aging.
  - f. In order to get well we must fix the cell. We do this by removing the drivers listed about from our diet and detox the heavy metals, Biotoxins (if present) and toxins from the body.