



# HEALTH REFORMER

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*(Natural Remedies Series 7)*

**PUBLISHED BY:**

Wake Up India, Doddadunnasandra  
Kadugodi, Bangalore 560067  
Cell: 91+9986653256  
Email: [wakeup77@gmail.com](mailto:wakeup77@gmail.com)



## India's Cities in the Grip of Thyroid Disease

In India, one in 10 persons is suffering from hypothyroidism. Among all the cities, Kolkata recorded the highest (21.67 percent), Delhi 11.07 percent and Hyderabad 8.88 percent. Iodine intake ceases to be the sole contender for thyroid disorders.

It has been estimated that about 42 million people in India suffer from thyroid diseases. Incidence of congenital hypothyroidism is the highest in India.

While the worldwide average is 1 in 3,800, in India, it is 1 out of 2,640. In Mumbai, out of 800 children with thyroid disease, 79% had hypothyroidism. Compared with other cities, Thiruvananthapuram has the highest thyroid cancer, and women there have the highest incidence, a 5.725% compared with men at 1.99%.

There are multiple risk factors. Lifestyle is the cause for majority of the disease. Five common thyroid diseases in India are:

1. Hypothyroidism
2. Hyperthyroidism
3. Goiter and iodine deficiency disorders.
4. Hashimoto's thyroiditis, and
5. Thyroid cancer.

Researchers suggest that despite iodization, the prevalence of goiter has not dramatically declined. In majority of the cases, the disease is due to their own immune system attacking the thyroid gland. And as radiation levels increase, thyroid problems are increasing in the cities.

The good news is that you can get well at home. We need to first understand what thyroid gland is, what it does for us, and what things hinder it from working properly and make some life changes for the best functioning of the thyroid gland. Ω

## The Endocrine System

Are you hot right now? Cold? What about your height? Are you tall? Short? Maybe your metabolism is lightning fast and you're always hungry, or maybe a bit slow and you stay full longer. All of these, regardless of which one you identify with, are regulated by the endocrine

system. What is the endocrine system? It's a network of glands throughout the body that regulates certain body functions, including body temperature, metabolism (sum of all chemical reactions to obtain energy), growth, and sexual development. Your brain is one busy place—neurons move at incredible speeds, blood is pumping, and glands are producing hormones. These glands, specifically the hypothalamus and pituitary, are working all the time to keep your body running at optimal performance. Every hormone the endocrine system releases follows a basic set-up: a signal is received, hormones are secreted, and the target cell undergoes changes to its basic functions. Parts of the endocrine system are:

### Hypothalamus

The almond-sized hypothalamus is located below the thalamus and sits just above the brainstem. Its primary function is to maintain stability of the internal environment in the body. Hypothalamus is like pituitary's older sibling. It not only controls the actions of the pituitary but it secretes at least nine hormones to the pituitary's seven.

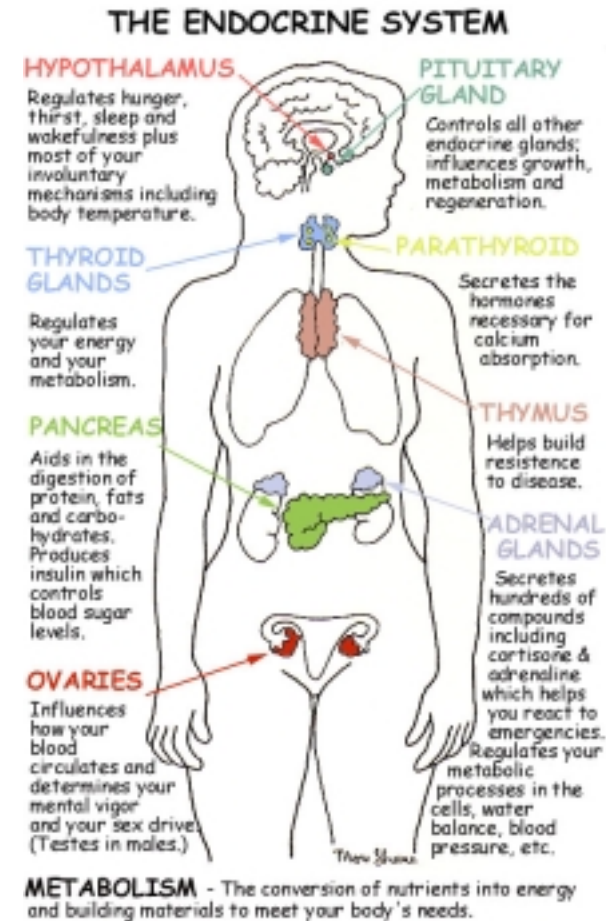
### The Pituitary Gland

Attached to the hypothalamus, the pituitary gland is a pea-sized body that stores hormones from the hypothalamus

and releases them into the bloodstream. Sometimes pituitary glands have tumors, common in adults, which either produce too much of a hormone or does not. These tumors can be monitored and controlled.

### Thyroid Gland—How it Works

Your thyroid gland is a small gland, weighing less than one ounce, located in the front of the neck. The function of the thyroid gland is to take iodine, found in many foods, and convert it into thyroid hormones: thyroxine (T4) and triiodothyronine (T3). Thyroid cells are the only cells in the body which can absorb



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iodine. Every cell in the body depends upon thyroid hormones for regulation of their metabolism. The normal thyroid gland produces about 80% T4 and about 20% T3. The thyroid gland is under the control of the pituitary gland. When the level of thyroid hormones drops too low, the pituitary gland produces Thyroid Stimulating Hormone (TSH) which stimulates the thyroid gland to produce more hormones. Under the influence of TSH, the thyroid gland will manufacture and secrete T3 and T4 thereby raising their blood levels. The pituitary senses this and responds by decreasing its TSH production.

One can imagine the thyroid gland as a furnace and the pituitary gland as the thermostat. (A thermostat is a component which senses the temperature of a system so that the system's temperature is maintained near a desired setpoint, like when you set your oven to 350° heat.) Thyroid hormones are like heat. When the heat gets back to the thermostat, it turns the thermostat off. As the room cools (the thyroid hormone levels drop),

the thermostat turns back on (TSH increases) and the furnace produces more heat (thyroid hormones).

The pituitary gland itself is regulated by another gland, the hypothalamus. The hypothalamus is part of the brain and produces TSH Releasing Hormone (TRH) which tells the pituitary gland to stimulate the thyroid gland (release TSH). One might imagine the hypothalamus as the person who regulates the thermostat since it tells the pituitary gland at what level the thyroid should be set.

### The Liver

**The liver converts 60 percent of T4 to T3. Poor liver function will cause poor T4 to T3 conversion.** T4 is the storage hormone and is not the active thyroid hormone. It must be converted into active T3 in your body in order to exert its effects. The majority of this conversion does not occur in your thyroid gland. Most T4 to T3 conversion in your body happens in your liver, kidneys and muscles.

## Why do we need liver protection?

Daily life overloads the liver leading to poor health and disease



### The Gut

One little known role of the gut bacteria is to assist in converting T4 into T3. **20 percent of T4 is sent to the gut to be converted to T3. If there is stomach problem or Leaky Gut Syndrome, this will cause poor T4 to T3 conversion.** The remaining 20 percent of T4 is converted to T3 in the various endocrine glands. 80 percent of conversion in the liver and the gut is a lot. So, in order to cure thyroid disease, would it not be wise to treat the liver and the gut first instead of blindly taking Thyroxine tablets? Also, most times, one's own immune system

attacks the thyroid gland and does not allow it to function. This could happen due to external causes (radiation, stress) or internal (inflammation, bacteria, worms, leaky gut syndrome, etc.) in which case the cause for this inflammation should be searched out and removed. We present to you two excellent articles written by two doctors who run lifestyle centers and please note the suggestions they give to boost your immune system, and to cleanse the liver, gut, etc. Let us follow these instructions to strengthen not only our endocrine system but the body as a whole. Ω

## Thyroid Disease

Agatha M. Thrash, M.D., Preventive Medicine

### Problems Caused by Overactive and Underactive Thyroid

The thyroid gland affects every cell in the body because thyroid hormone affects the metabolism of all body tissues. An overactive thyroid, a condition known as hyperthyroidism, is manifested by an increase in body temperature and pulse, occasional bouts of diarrhea, fatigue, a large appetite in the presence of a loss of weight, and often a mental state resembling mania. Under-function of the gland, called hypothyroidism, affects about ten percent of women sometime in their lives, most commonly after the age of 50. Signs include any of the following: mental sluggishness, poor memory, weakness, coarse and dry skin and hair, brittle nails, thinning of the hair, intolerance of cold, puffiness of the face and extremities from fluid retention, and decreased sweating. Such persons may gain weight, talk and move more slowly, and have slow reflexes and a slow pulse. Constipation and muscle cramping are common. Hoarseness may occur, and they may suffer from depression. Young women with this condition may develop menstrual irregularities.

Less common causes of hyperthyroidism include a focus of overgrowth of the thyroid called adenoma, the hyperthyroid phase of acute thyroiditis, and hyperthyroidism due to hydatidiform moles (tumors of a retained placenta) or choriocarcinoma. Rare causes are excess TSH (thyroid stimulating hormone from the pituitary) and excessive intake of thyroid hormone supplements. Hyperthyroidism should not be regarded as irreversible, as many cases can be treated with non-surgical and non-pharmaceutical remedies.

Goiter is an enlargement of the thyroid and produces a swelling in the neck. It may cause too much or too little hormone to be produced. An inadequate intake of iodine may cause goiter. The swelling associated with goiter may reduce in summer, as iodine in the diet goes up when fresh vegetables are eaten.

The most common cause of excess production of thyroid hormones is Graves' disease. Graves' disease, due to a goiter producing too much thyroid hormone,

Table 7.1. Endocrine glands and the hormones they produce.

GLAND	LOCATION	HORMONE	FUNCTION
Pituitary	at the base of the brain	1. Growth hormone 2. Oxytocin	regulates growth Stimulates contraction of uterus in a pregnant women.
Thyroid	in front of neck below the larynx	Thyroxin	regulates rate of metabolism in body and growth.
Adrenal gland	located on each kidney	Adrenalin	regulates blood pressure, prepare the body to meet emergencies and to be ready to fight.
Pancreas	below stomach	1. Insulin 2. Glucagon	controls carbohydrate metabolism regulates amount of sugar from liver.
Ovaries	abdomen	1. Oestrogen  2. Progesterone 3. Relaxin	develops female genital organs and secondary sexual characters  attaches foetus to uterine wall widening of pelvis at birth.
Testes	Scrotum	testosterone	develops male reproductive organs and secondary sexual characters.

may also cause an abnormal protrusion of the eyeballs known as exophthalmos. It is five times more common in women than in men. Graves' disease tends to be hereditary and occurs most frequently between the ages of 20 and 40 years. It often arises after an infection or emotional stress. Graves' disease is felt by many to be an autoimmune disorder, since an increased production of immune globulins is found in more than 60 percent of cases. Certain lymphocytes that should normally be suppressed following an infection, survive because of breakdown in one aspect of immune watchfulness. The lymphocytes interact with an antigen on the thyroid cells producing a thyroid stimulating immune globulin, simulating the action of TSH. Denaturing the immune globulins in the intestinal tract can help control the hyperthyroidism. Therefore one must pay attention to any bowel toxicity and encourage good bowel function in hyperthyroidism. Bacterium *Yersinia*, a germ growing in the intestines, has been associated with hyperthyroidism as *Yersinia* suppresses the proper functioning of T-

lymphocytes and the overall effect is to give a TSH-like stimulus to the thyroid. Persons with an overactive thyroid should recognize that a strain is put on the body. Sometimes the heart rate goes above 100, or even above 120. The blood pressure may be elevated, and the mouth temperature may be above 100.

### Treatment for Hyperthyroidism—Overactive Thyroid

#### Plant medicines

**Bugleweed** holds in check iodine metabolism. It also holds in check thyroxin and some of the other hormones in the body. Use one-half teaspoon of the tincture three times a day, building up to one teaspoon three times a day in about four days. If the tincture cannot be obtained, the tea may be used, taking one cupful four times a day.

A tincture of **motherwort** is helpful for palpitations and tachycardia. Start with one-half teaspoon of the tincture, three times a day, and build up to one tea-

## Thyroid Suppressing Foods

Almonds	Beets	Blackberries	Broccoli*
Beans	Cabbage*	Cassava (Manioc)	Cauliflower*
Brussels Sprouts*	Celery	Cherries	Collards*
Carrots	Grapefruit	Grapes	Green peppers
Filberts	Kale*	Kohlrabi*	Lettuce*
Honeydew	Millet	Onions	Oranges
Corn	Peaches	Peas	Prunes
Peanut skins	Raspberries	Rutabaga*	Sorghum
Radishes*	Strawberries	String Beans	Sugar cane
Spinach*	Walnuts	Yams	Pears
Turnips*	Apricots	Bamboo Shoots	
Apples			

spoon three times a day. **Hawthorn berry** tea may be used instead, if preferred, four to six cups daily.

We suggest one to two tablespoons daily of **echinacea** and one tablespoon daily of **golden seal powder (turmeric)** for *Yersinia*. Boil them for 20 minutes in one quart of water. The entire amount should be taken daily for 30 days. Other herbs can be mixed in the same formula. Make up fresh daily.

**Quercetin**, 1,000 milligrams twice a day in capsules, can help to reduce inflammation in the thyroid, as well as in the gastrointestinal tract. Other anti-inflammatory agents are **hawthorn berry**, **licorice root**, **flaxseed oil** (one teaspoonful three times a day), and **feverfew**. Use the herbs in standard quantities, one teaspoonful per cup of water. All roots, barks, berries, etc., are boiled gently for 20 minutes; whereas all leaves and flowers are merely steeped in freshly boiled water for 30 minutes.

Use sedative herbs such as **catnip**, **valerian**, **passion flower**, and **skullcap** as needed. A good herbal formula is 1-1/2 quarts of water and 2 tablespoons powdered **hawthorn berries** boiled gently for 25 minutes. Remove from the stove, add 2 tablespoons of **bugleweed**, 2 tablespoons of **skullcap**, and 1 tablespoon

each of **valerian**, **passion flower**, or **catnip** if you need extra sedation. Up to seven herbs can be mixed in one formula. Cover and steep for half an hour.

A person with hyperthyroidism should put **kelp** in their food generously. It is high in iodine and can suppress the function of the thyroid. It is well for them to use iodized salt and eat seaweed as much as tolerated. Iodine in pharmacologic doses (as compared to nutritive or homeopathic doses) prohibits the release of T3 and T4. Iodine can be obtained from a pharmacy. Get as much outdoor exercise as you deem appropriate in order to use up excess thyroid hormone. Take the exercise in the cool of the day, being careful not to overdo.

Apply alternating hot and cold compresses to the thyroid area. This includes hot compresses molded to the neck and upper chest and maintained for six minutes, alternating with ice cold compresses for 45 seconds. Have three to five changes. Do this treatment twice daily for seven days, then once in the morning for 30 days. If there is inflammation in the gland causing it to be hyperactive, this treatment will be helpful.

While there are certain foods that have a tendency to lower thyroid function, tofu and other soy products can mildly

stimulate thyroid function. If a person has an overactive gland, they should avoid the soy products, whereas those with underactive glands should concentrate on eating them. Avoid certain foods which contain pressor amines which may stimulate the thyroid. Sauerkraut (histamine), cheese (tyramine, tryptamine, and phenyl ethylamine), bananas (dopamine, norepinephrine, and serotonin), and wine (histamine).

Thiourea tends to reduce the function of the thyroid. It is known to be present in large quantities in turnips, kale, cabbage, and rape seed. (Endocrinology. 43:105, August, 1948) The use of cabbage juice may provide a convenient way to obtain the anti-thyroid component. Consume at least one serving daily of the foods listed below, as they contain substances which suppress the activity of the thyroid. Goitrin is slightly more active than propylthiouracil in man. About 25-50 milligrams of goitrin is found in one to four pounds of fresh Brassica foods, such as cabbage, rutabaga, cauliflower, broccoli, Brussels sprouts, collards, kohlrabi, and kale.

For hyperthyroidism take six to eight ounces of cabbage juice daily, and eat as much cabbage and its relatives (those foods marked with the \* in the above list) as one can eat every day.

Foods having red, yellow, and blue coloring in flowers and fruit can restrain thyroid function. Millet consumption can depress the functioning of the thyroid by means of a compound it contains called thiocyanate. Cooking the millet and storing it for a week increases its antithyroid activity by six-fold.

Constipation and diarrhea may both be present in hyperthyroidism, as the GI tract tends to empty itself periodically and then be unresponsive. Take one tablespoon of charcoal powder in water mid-morning, mid-afternoon, and at bed-

time for one month. The charcoal tends to regulate the bowel function and may also take up some excess thyroid hormone if it is not already attached to protein. It may also help remove Yersinia.

Wear a heating compress or a charcoal poultice over the thyroid area each night to reduce inflammation.

Give a neutral bath for 40-90 minutes, the water being neither hot nor cold.

Prolonged cold to the thyroid area, as by an ice bag, for 30 minutes should be used in the mid-day beginning from the first day of the treatment with hot and cold compresses. The prolonged cold may suppress the activity of the thyroid.

Drink 8 to 12 glasses of water daily, sufficient to keep the urine pale and the bowels moving well.

The gastrointestinal function should be carefully monitored because the excess thyroid hormone can be secreted into the gastrointestinal tract and denatured or excreted there. To assist in gastrointestinal health, try the following:

(a) Three days of a water fast, or a juice fast if the water fast cannot be tolerated, to cleanse the bowel and reduce the total antigenic load. Antigens can be a cause of hyperactivity in some people. Fasting is sedating.

(b) Use gastrointestinal stimulants as needed, such as **flaxseed** or **psyllium** seed (one to three tablespoons), or **slippery elm** tea. These may also tie up products from Yersinia.

(c) Take two tablespoons of **charcoal** stirred into a large glass of water four times daily beginning on the day before the fast begins, and continue after the fast ends with one tablespoon in a large glass of water four times daily.

(d) Use digestive enzymes, especially trypsin, to help break up the immune globulins in the gastrointestinal tract.

Amylase and lipase have also been recommended by some.

## Treatment for Hypothyroidism – Underactive Thyroid

Low functioning thyroid should not be regarded as an irreversible condition, as many patients regain normal thyroid function after having low function for some weeks or months, even years. Iodine deficiency OR iodine excess may suppress the thyroid, certain drugs, items in the diet that depress thyroid function, as well as inflammation of the thyroid gland, may all cause reversible hypothyroidism. There are environmental agents having an antithyroid action, one of which is lithium carbonate, a common drug. The production of antibodies can sometimes prohibit thyroid function instead of stimulating it.

Women diagnosed with low functioning thyroid are often treated with thyroxin (Synthroid is the commercial name), the expectation being that they will be on Synthroid for the rest of their lives. However, after menopause a smaller dose is needed, if it is needed at all. Long-term use of thyroxin can weaken the bones and increase the risk of breast cancer; although many women are not warned that osteoporosis or breast cancer can result from long-term use of thyroid hormone replacement.

To correct low functioning thyroid naturally, use the following simple remedies.

### Treatment

1. Lack of sunshine may result in a thyroid deficiency. Get out in the sunshine at least 70 minutes a week.
2. Free fats (margarine, butter, mayonnaise, fried foods, cooking fats, salad oils, and peanut butter) can restrain the thyroid. These should simply be omitted from the diet.

3. An increase in exercise can increase the function of the thyroid by stimulating TSH production in the pituitary. T3 increases slowly in the blood during and after vigorous exercise.

4. For hypothyroid babies, mother's milk is a good treatment. It gives immune protection, and also protects against hypothyroidism in babies, lasting until the baby is weaned. Every baby deserves the right of breast feeding.

5. In cretins who were born hypothyroid, after three years of supplementation try taking them off the thyroid medication. It may be that the thyroid will start up on its own after a bit of maturity occurs.

6. Avoid those foods which are known to hinder the function of the thyroid. See list on page 7.

7. Use one serving each of oats, soybeans, and bananas daily, as they stimulate the thyroid.

8. In general, vegetables tend to suppress the thyroid, especially those listed on page 7. Fruits can be more generally eaten, except the ones listed. Avoid corn and corn products.

9. Take a cool shower mornings and nights to stimulate the thyroid, water temperature about 98 degrees.

10. Use a cold spray from the shower to the adrenal areas followed if possible by tapotement (tapping with fingertips) over the area immediately beneath the shoulder blades to stimulate the adrenals, which subsequently stimulate the thyroid.

11. Use a healing treatment of alternating hot and cold to the thyroid area as described under hyperthyroidism morning and evening for seven days, then mornings only for 30 days. If this treatment cannot be done, a charcoal poultice to the thyroid area each night, worn for eight hours, can be substituted.

12. Use no electric blanket. Require the thyroid to produce its own heat to warm the body.

13. Get three to five hours of out-of-doors labor daily to stimulate the thyroid gland.

14. Use a salt-free, oil-free, sugar-free diet until the thyroid is under control. Blood fats tend to be abnormally elevated. Fluid tends to accumulate.

15. Use a cup of **dulse tea** daily, or sprinkle one teaspoon on foods for flavoring daily instead of salt, for a little iodine.

16. **Coleus forskohlii** and **Commiphora guggul** are good herbs to stimulate the thyroid function.

Concomitant with the treatment for hypothyroid conditions should be support for the liver to increase the conversion of T4 to T3. Use **licorice, dandelion,** and **milk thistle**. This routine assists in adrenal function as well, and more readily makes the conversion of T4 to T3 through the support to the liver and adrenals.

### **Foods Allowed in Hypothyroidism**

**Grains** – Amaranth, buckwheat, quinoa, wheat, rye, rice, barley, spelt

**Thickener** – Arrowroot

**Vegetables** – Alfalfa sprouts, artichoke, asparagus, cucumber, cilantro, eggplant, garlic, portabella, maitaki, or shiitake mushrooms, potatoes, okra, parsley, parsnips, pumpkin, squash (acorn, zucchini, butternut, Hubbard, summer), Swiss chard, tomatoes, legumes – Soybeans (boiled, baked, ground and scrambled, soy grits, etc.), tofu.

**Fats** – Avocado, seeds (sesame, sunflower, poppy, psyllium, flax), Brazil nuts, cashews, coconut, macadamia nuts, olives, peanuts without skins, pecans, pine nuts, pumpkin seeds.

**Fruits** – Cantaloupe, cranberries, currants, dates, figs, kiwi, mangoes, watermelon, persimmon, pineapple, papaya, pomegranate, nectarines, bananas, raspberries.

**Miscellaneous** – Yeast, small amount of seaweed (kelp, dulse).

### **Thyroid Supplementation**

The need for thyroid hormone often gets less as one gets older. If you are taking a thyroid supplement such as Synthroid and would like to try getting off the supplement, begin reducing the number of doses of Synthroid you take by one dose per week. Let us say that currently you are taking seven doses per week, the next week take only six doses, the next only five doses, the next four, etc. At any point you believe you are having symptoms from low thyroid function, hold at that number of doses per week for four weeks to see if the thyroid will adjust itself to the reduced level of supplement. When you have stabilized for about one month, then begin reducing the number of doses per week again, but staying one month at each reduced level.

At that time you can get another TSH level from the laboratory to see if your pituitary is picking up its activity. Watch yourself for symptoms of hypothyroidism, excessively dry skin, increased cholesterol level in the blood, sluggishness, slow talking, reduced reflex time, and sensitivity to chilling. You may notice in reduced reflex time that it takes you a longer time to catch something which is falling, or to turn your head to see something moving.

Supplementation may cause severe side effects. Doctors once said that while thyroid supplementation “may do you no good, it will do you no harm.” We now know it can cause a number of severe physical problems, even death. Heart problems can be caused in rare cases by

thyroid supplementation. In the person whose cardiac reserves are very low, the giving of thyroid supplementation may increase the metabolism more than the heart muscle is capable of supporting. Congestive heart failure, or even cardiac arrest may be the result.

### **Case History**

When I was in medical school I had a job at a small Georgia institution for which I received a small stipend and room and board. I was frequently called out of bed at night to attend the father of one of our staff members at the institution. In addition to a marginally low thyroid function, the elderly man had cardiac asthma, and would require a shot of aminophylline to get him breathing properly again so that he could finish the night of sleep.

After two nights in one week of getting out of bed at 2:00 a.m. to attend him, I suggested to him and his son that they take him to the university to the medical clinic where I was receiving training and get some thyroid medication to correct his low thyroid and see if this would not help him. The old country doctor who had cared for the elderly man for 20 years had “neglected his thyroid” in my opinion. The son dutifully followed my suggestion, took him to the clinic, where the young resident immediately put him on a medium sized dose of thyroid. About ten days later I was called out of bed very urgently in the middle of the night to attend the elderly man. The son sounded desperate when he called. I rushed to the clinic to find the man already dead. The thyroid supplementation had given him a cardiac arrest. I went to see the old country doctor in a few days and asked him his opinion about the course of the old man. He said that as long as his thyroid was working at half mast, his flagging heart energies were just barely capable of keeping up. Putting him on supplementation was the

straw that pushed him over the cliff. Adrenal insufficiency can occur for very much the same reason as cardiac arrest. The adrenals will be functioning slowly because of the deficient thyroid hormone, as every organ in the body is slowed in its metabolism because of thyroid insufficiency. To increase the need of tissues for metabolic support at a time when the adrenals have not yet recovered sufficiently from their having been low in thyroid, now makes the body recognize an adrenal insufficiency and react. Adjustment to thyroid supplementation may require a few weeks.

Diabetes can be made worse by thyroid supplementation, as thyroid supplementation also increases the need for insulin. Anticoagulants can be upset. The dosage must be readjusted when thyroid supplementation is begun. Thyroid supplementation increases the need for more Coumadin. In newborn children synostosis can be caused by maternal thyroid supplementation.

For the skull bones to close early can mean the brain does not develop as well as it should.

Estrogen increases the production of certain thyroid fractions, particularly thyroid binding globulin.

Thyroid supplementation will increase the need of many patients for antidepressants. It may turn a simple case of depression into a case of agitated depression. Cardiac arrhythmias may occur either from thyroid deficiency or from thyroid supplementation.

Digitalis (digoxin) may become more toxic with thyroid supplementation. Angina and tachycardia may occur with thyroid supplementation, even without thyroid toxicity. Hair loss occurs in some persons with thyroid supplementation. Upon withdrawing the thyroid supplementation, the hair usually grows back within a year. — [www.ucheepines.org](http://www.ucheepines.org)

# When Self Is The Enemy:

## Autoimmune Inflammatory Diseases

By John G. Clark, M.D.

“How long will he have to live in that bubble?” David Vetter, born with a dysfunctional immune system had lived in a sterile plastic “germ-free isolator” world all of his life. The question was; when would science deliver on its quest, through some new technological advance, to find a solution to David’s dilemma? If allowed to encounter the environment, the one we live in every day, David would most certainly pick up a pathogen that would end his life. Even NASA got involved! Top engineers put their heads together and crafted a most eloquent space suit for David. But after a few forages out into the real world, David’s fears of contamination, microbes and death drove him back to his reclusive spot at Baylor University Medical center. David finally died when an attempt to solve his life threatening condition with a tissue transplant operation, failed to resolve his immune system deficiency.

If we did not have an immune system, we like David, would die. But where did our immune system come from? “I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.”

### The Advantage Of An Immune System

The skin is our first line of defense. “Every square inch of human skin consists of 19 million cells, 60 hairs, 90 oil glands, 19 feet of blood vessels, 625 sweat glands, and 19,000 sensory cells that can transmit information at more than 200 miles an hour.” What’s more, immune cells of the skin secrete antibodies that can stop invaders. And not just from the skin of our bodies, antibodies from the immune system emerge to protect the nose, sinuses, throat, lungs, stomach

and intestines. Without these antibodies from the immune system, we’d all be doomed.

After the skin, our next line of defense centers in our immune system’s ability to mount an all out counter attack to invaders, and I do mean counter attack. These invaders can be identified or unidentified. If the immune system identifies them (has had experience with them before) then it can deal more specifically and carefully with them. If the immune system has never seen them before, then it gets out the big guns and shoots anything that seems out of place. As long as this line of defense only destroys invaders we are happy. This line of defense is called inflammation. It is especially active to deal with any new injury, antigen, bacteria or virus.

### Friendly Fire: Why Autoimmune Inflammatory Disease?

A compromised immune system cannot deal with infections and antigens in its usual healthy way, consequently it resorts to inflammation. Tissue damage often occurs as the body attempts to rid itself of disease. When the only weapon available is a sledgehammer, collateral damage is sure to occur. Autoimmune inflammatory diseases arise under several situations where the immune system is not able to function most efficiently. Inflammation can occur when: the immune system is not in optimal health, the immune system is confused by hostile antigens, the immune system is overstimulated, the immune system’s inflammatory process is secretly triggered, or the immune system is overpowered by oxidative stress or other sources of inflammation. A few examples of autoimmune inflammatory diseases that

occur under these conditions are: rheumatoid arthritis, polymyalgia rheumatica, psoriasis, ankylosing spondylitis, polyarteritis nodosa, scleroderma, inflammatory bowel disease, ulcerative colitis, Crohn’s disease, irritable bowel, some cases of type I diabetes, fibromyalgia, multiple sclerosis, systemic lupus erythematosus, allergy, chronic fatigue and asthma, etc.

### What Perturbs The Immune System

The list of what brings down the immune system so that it resorts to primitive means of defending the body could be very long. We will try to point out some of the ones most common and the most dangerous, rather than giving an exhaustive list.

### The Aging Immune System

As we age our immune system tends to lose its acuity making autoimmune inflammatory diseases more likely. Now you may be thinking, “There is nothing I can do about aging!” But, as you will discover, aging can be influenced for better or for worse.

### Stressing The Body’s Defenses

Stress essentially drives the immune system to suicide. Emotional stress or job “burn out” provokes inflammation, increasing the risk of cardiovascular disease and autoimmune inflammatory disease. Having experienced major stressful life events within the last 2 years increases the risk of developing an autoimmune inflammatory disorder 140%.

### Anti-Oxidants

A deficiency of anti-oxidants favors oxidative stress. Oxidative stress kills cells; the immune system then makes antibodies to their spilled DNA. Many autoimmune inflammatory diseases are identi-

fied by the presence of anti-DNA antibodies.

### Heavy Metal Blues

Heavy metals increase the body’s inflammation, increasing the risk of autoimmune inflammatory diseases. Top heavy metal villains include lead, mercury, beryllium, nickel, chromium, cobalt, cadmium, and vanadium. Mercury increases inflammatory tissue damage by 50%.

### The Drugged Immune System

Many drugs are known risk factors for these diseases. For example estrogens: estrogens enhance the release of inflammatory mediators from white cells in the immune system. Oral contraceptive use increases autoimmune inflammatory disease risk by 90%. [Hormone replacement therapy increases autoimmune inflammatory disease risk 150%](#). Pharmaceutical drugs are not the only source of these hormones. Chemicals and animal products are also big sources of hormone and hormone-like substances that can cause autoimmune inflammatory disorders.

### Better Living Through Chemistry?

There are many [chemicals](#), especially in some work environments, which increase the risk of autoimmune inflammatory disease. For example, hair preparations, especially dyes, increase the risk of an autoimmune inflammatory disease by 90%. Another culprit is Sodium Lauryl Sulphate (SLS), which breaks down the body’s barriers to antigen invasion and it also causes inflammation. SLS is the most common major ingredient in shampoos, toothpaste and other personal care items.

What are you eating? Food preservatives, such as BHA (3-tertbutyl-4-hydroxyanisole), and additives, such as emulsifiants, thickeners, surface-finish-

ing agents and contaminants like plasticizers can trigger inflammation in the body.

Do you eat crackers with soup? The stomach's job is to produce acid for the digestion of food. When alkali substances such as baking soda/powder are ingested, as found in crackers, many biscuits and cakes, the stomach has to work twice as hard to achieve the same level of acidity. Baking soda/powder intake is associated with a 190% increase in risk of stomach cancer, a cancer often the result from increased stomach acidity, irritation and inflammation.

Toxins and waste products are eliminated through the skin. People avoid jobs that provoke sweat and as a result skin pores become clogged with waste. Consequently a greater burden is placed on the liver, bowels and kidneys to dispose of these. This leads to increased inflammation and increased skin, liver, bowel and kidneys disease. Good skin hygiene helps combat inflammatory disease. Good skin hygiene may involve thorough scrubbing, brushing and sweating.

### Would You Like That Fresh Or Rotten?

Can you find a good banana in a dumpster? Aflatoxins, formed in the process of aging or fermenting, are a source of inflammation. Dietary sources of aflatoxins include: cheese, wine, vinegar, and any food created by rotting or fermentation. Scientists use weak vinegar solutions to cause inflammatory bowel disease in rats as a model for studying ulcerative colitis and Crohn's disease in humans. What's more, chemicals formed when foods are pickled increase oxidative stress, inflammation, autoimmune disease and cancer.

Another source of aflatoxin exposure is the environment. Mold in the environ-

ment increases the risk of autoimmune inflammatory: 180% for the lungs and 360% for joints. Shade trees and shrubbery close and dense around a house, water-damaged buildings, decaying leaves, compost heaps, sauna baths, wet basements, swamps and lowlands—all sources of aflatoxins and inflammation. Avoid all decay both personal and environmental.

### Perfect Health Depends On Perfect Circulation

Inflammation increases when blood flow is congested and slowed. As a result autoimmune inflammatory diseases are more likely with a sedentary lifestyle, tight clothing or cold extremities. On the other hand, when circulation is quickened, inflammation decreases. In cold weather, wearing short sleeves or short pants exposes the limbs to cooling, chilling the blood back from the extremities to the chest, abdomen and pelvis where inflammation can set in. Additionally the circadian rhythm (your internal equilibrium clock which controls the balance between inflammation and anti-inflammation) is disrupted, inflammatory mediators are released, and the risk of autoimmune inflammatory disease increases.

Studies show that tight clothing has a negative effect on the body. From slowed digestion of food to increased inflammatory mediators, tight clothing is sure to increase one's risk of autoimmune inflammatory disease. Another way in which circulation is unbalanced, and can be the source of inflammation, is through overwork of the brain. Over work of the brain in the absence of good outdoor physical exercise results in increased inflammation. Inflammatory diseases are significantly more prevalent in those doing mental work compared to those involved in physical labor.

### Sleeping Off The Disease

Sleep loss is associated with increased inflammation and autoimmune disease. Many of the things that we are discussing affect sleep quality and therefore also affect the risk of disease.

### Air Quality Control

Indoor air has far more contaminants than outdoor air. Indoor air contaminants are a source of inflammation. Contaminants include: breathable dust, nitrogen dioxide, chemicals such as formaldehyde, aspergillus aflatoxins and various molds.

### Don't Let This One Get Out Of Hand

Some causes of autoimmune inflammatory disease start small and increase with time to something bigger than expected. Improper use of the voice, voice strain, shallow or improper breathing can all cause inflammation of the lungs and throat increasing the risk of autoimmune inflammatory diseases.

Repetitive or forceful tasks cause tissue microtraumas leading to inflammation that can spread to the whole body increasing the risk for autoimmune inflammatory disorders.

### Condiments and Spices

Strong dietary condiments and spices can be the source of inflammation leading to autoimmune disease. Mince pies, cakes, preserves, highly-seasoned meats with gravies, pickles, excessive salt, grease, pepper, mustard, and ketchup etc.

Excessive salt intake increases hypertension and renal injury caused in part by oxidative stress and inflammation in the kidneys and blood vessel walls. Red and black pepper significantly increase the stomach's acidity leading to cell destruction, microbleeding, and inflammation. Red pepper increases stomach acid excretion 700%.

### Stimulants

What about caffeine? Caffeine and its relatives increase the risk of acquiring an autoimmune disease. Once inflammation starts in the body, caffeine can accelerate it by 300%-600%. Chocolate increases the risk by 150%, cola drinks by 120% and coffee 118%. Does alcohol impair the immune system? Alcohol consumption increases free radical formation and whole body inflammation. Wine can be especially aggravating, worsening such inflammatory diseases as asthma. Smoking (even secondhand smoke) causes increased inflammation thereby using up the body's protective anti-oxidant resources. Toxic fumes and caustic chemicals from burning tobacco increase the risk of acquiring an autoimmune inflammatory disease. The risk of acquiring an autoimmune inflammatory disease increases 65% with smoking and 98% with alcohol consumption.

### Food And Autoimmune Inflammatory Disease

Notice that we have been writing about a lot more than just diet. Diet is important, but there is a whole lot more to autoimmune disease than just diet.

### Snack Attack!

Fried potatoes, salty snacks, desserts and processed meats are among the top instigators of elevated oxidative stress and whole body inflammation. Can you name one snack food that is healthy?

### Western Diet Woes

A number of studies have identified the western diet, (described variously as including; red meat, processed meat, pork/hot dogs, butter, lard, hydrogenated fats, high saturated fat, high-fat dairy, eggs, french fries, potatoes, regular and diet soft drinks, pizza, refined grains, breads and pastas, coffee and tea, sweets/candy and desserts), as increasing the risk of



autoimmune inflammatory diseases by as much as 210%.

### **The Key Is To Eat For Your Protection**

Patients suffering from autoimmune inflammatory disease have significantly lower blood anti-oxidants levels. Studies also show that commercial supplements are of no value in correcting this deficiency. Proper diet is the only solution to poor nutrition and reducing the risk of autoimmune inflammatory disease.

### **Fiber: Start Roughing It**

Patients suffering from autoimmune inflammatory disease can also have significantly lower fiber and magnesium intakes. Fibrous foods are usually higher in magnesium. Fiber and magnesium deficiency are associated with a 300%-400% elevation in inflammation.

### **Mineral Depletion Is A Global Issue**

The amount of magnesium in all foods has decreased by 19% in the last 50 years. Low levels of zinc, selenium, and magnesium are associated with increased inflammation. Whole wheat flour has 530% more magnesium, 320% more zinc, and 110% more selenium than white flour. Pumpkin seeds are a rich source of zinc and Brazil nuts are a good source of selenium.

### **Doughnut Despair**

Doughnuts are a huge source of advanced glycation end products! Carbohydrates fried with oil accumulate advanced glycation end products (AGEs), toxins that activate the body's inflammatory mediators. AGEs can also be formed in the body if the blood sugar becomes elevated. A slice of 100% whole wheat bread has 536 AGEs units, while a plane-glazed doughnut weighs in at a whopping 4,25,740 units of AGEs.

### **High-Fructose Is High Risk**

Fructose (in all its forms, e.g. high fructose corn syrup) activates inflammatory mediators in the liver and blood vessels increasing the risk for autoimmune inflammatory disease.

### **Risk Management**

The results of a study that came out of Israel help put things in perspective. Dietary choices that increase autoimmune inflammatory disease risk include: sugar (430% increased risk), cholesterol (360%), eggs (350%), saturated fat (animal fat, 310%), soft drinks (300%), and vegetable oil (22%).

### **Fat and Cholesterol**

Dietary cholesterol is especially harmful. Cholesterol provokes the immune system to increase inflammation. A high cholesterol diet more than triples the risk of autoimmune inflammatory disease.

High fat food is at greater risk for lipid oxidation or peroxidation. Cheese is high in fat and is created by decay, thus it is high in oxidized lipids (fats). These oxidized cheese lipids significantly increase the risk of autoimmune inflammatory diseases. Butter significantly increases oxidative stress by stimulating the immune cells to produce inflammation when there is no other reason to be causing inflammation.

High fat diets increase body inflammation. Of special concern are trans-fats that significantly increase the inflammatory responses of the body. Saturated fat, as found in animal products and tropical oils such as palm oil, have been shown to increase the body's inflammation. Compared to a diet predominating in monounsaturated (vegetable) fat, eating a high saturated (animal) fat diet increases body inflammation 270%. What's more animals fed a fatty diet develop a high rate of autoantibodies (an-

tibodies against one's own self), a classic finding in autoimmune inflammatory diseases.

Of special concern are oils that have been oxidized. Oxidized oils pose an immediate and long-term threat to body anti-inflammatory reserves heightening the risk of multiple autoimmune inflammatory diseases. Oxidized oils are common to deep fat fryers, fried foods, and packaged foods with a long shelf history.

Cooking food in oil (frying) produces trans-fat, acrylamide and lipid peroxidation. These byproducts of frying are all stimulators of inflammation leading to increased risk of autoimmune inflammatory disorders. Trans-fat can also be found in hydrogenated and partially hydrogenated vegetable oils, margarines and shortening.

Oxidized cholesterol promotes tissue inflammation and cell death leading to atherosclerosis (inflammatory heart disease) and autoimmune inflammatory disease. Common sources of oxidized cholesterol are: spray dried egg powders (such as found in pancake mixes), Parmesan cheese, butter oil, ice cream, sausages and beef tallow. Oils and cholesterol are especially apt to oxidation when heated in the presence of air for a longer period for example in deep-frying at fast food restaurants.

### **Same Foods Everyday?**

Eating the same foods day after day overwhelms the body's food tolerance mechanisms and can result in food allergy and/or autoimmune inflammatory disease.

### **Enriched!**

A diet high in refined carbohydrates negatively affects the balance of free radical generation and antioxidant defense leading to inflammation overload. A breakfast consisting of a bowl of corn flakes with skimmed milk, a piece of toast and a glass of orange juice converts al-

most instantly to 16 teaspoons of sugar. Sixteen teaspoons of sugar will increase the body's oxidative stress and inflammation by 240%. A can of soda has 12 teaspoons of sugar.

Refined grain products, (e.g. white bread, white rice, white pasta), tip the body's oxidant / anti-oxidant balance toward oxidation, increasing inflammation and the risk of autoimmune disease.

### **The Gluten Connection**

Patients with autoimmune inflammatory diseases have a high incidence of sensitivity to wheat gluten, as high as 10 times higher than normal individuals. Patients with autoimmune inflammatory diseases have a high incidence of sensitivity to wheat gluten, as high as 10 times higher than normal individuals.

### **Animal Antigens**

Individuals with autoimmune inflammatory disease show higher than normal sensitivities to animal product antigens: 1200% higher for dairy, 600% for eggs, 460% for pork, and 400% for fish. If you have autoimmune disease or know you should be taking precautions to avoid autoimmune inflammatory disease it might be prudent to stay away from these sources of disease.

### **More On Milk**

The link between dairy and autoimmune inflammatory diseases is multifactorial: milk is immunosuppressive, it has many hormones which increase disease risk, milk is the source of many infectious agents (viruses and bacteria) that precipitate autoimmune inflammatory disease, it contains many antigens which initiate the autoimmune process, and milk provokes and aggravates the inflammatory process.

### **Go Big Red**

Why is red meat red? Heme iron makes red meat red and red cells red. Heme iron

increases the body's sensitivity to oxidative stress and inflammation. Consumption of red meat increases the risk of autoimmune inflammatory disease by 130%. Epidemiological studies comparing the amount of meat eaten in countries around the world with how much autoimmune inflammatory disease have shown that with increased meat consumption there is increased disease. The message of course is, if you need an autoimmune inflammatory disease, eat more meat.

### **Protein Portions**

Many people these days are worried about whether or not they are eating enough protein in their diet. It is a bit of a mania. In fact it is actually hard to achieve a low protein diet. Protein, eaten in excess of body needs, increases the risk of autoimmune inflammatory diseases by 190%.

### **Variety, The Spice Of Life?**

Most people in developed countries like to eat a large variety of food at each meal as though they had to balance their entire life's nutritional requirements at one sitting. Excessive antigenic load, as encountered in a complex meal comprised of multiple diverse foods, can provoke autoimmunity, allergy and inflammation.

### **Eat To Live, Or Live To Eat?**

Another instigator of the autoimmune inflammatory process is overeating. Overeating provides fuel for a bigger fire then can be healthfully managed. Excessive caloric intake is associated with increased body oxidative stress and increased incidence of autoimmune inflammatory diseases. On the other hand reduced caloric intake decreases autoimmune inflammatory disease risks.

### **Weight Management**

For the avoidance of these diseases, carrying extra weight is not ideal. Stud-

ies show that whole body inflammation increases with increasing body weight. Being overweight increases the risk of acquiring an autoimmune inflammatory disorder by 275%.

As a person gains weight, fat tends to gather about the abdomen. While much of this fat is external, a large portion of it is also internal, around the organs. This internal fat is termed organ or visceral fat. Visceral fat is another source of inflammation and oxidized fat. For each 1% increase in visceral fat, the risk for increasing inflammation goes up an additional 140%.

### **A Case Of Mistaken Identity**

Worms: could there be a case of mistaken identity? Trichinellosis, a parasite acquired from eating pork and bear, is associated with increased inflammation. Musculoskeletal symptoms include muscle pain, joint pain, muscle weakness, and restriction of joint movements.

Trichinellosis is not the only infection implicated in autoimmune inflammatory conditions. Viral and bacterial infections are being implicated more and more in the development of autoimmune inflammatory diseases. Autoantibodies increase with the number of infections a person has suffered in their lifetime. Numerous infectious agents, including Salmonella, E. Coli, Streptococcus and Mycobacterium, have been linked to autoimmune inflammatory diseases. The most abundant source of these infectious agents is animal products.

### **Needling The Immune System**

There are some risky behaviors that may need to be avoided. One of these, about which more and more scientific evidence is emerging, is vaccination. For example receiving measles, mumps and rubella vaccine (MMR) vaccination significantly increases the odds of acquiring chronic inflammatory arthritis. Compared to receiv-

ing the common tetanus vaccine: receiving a hepatitis B vaccine increases the odds of acquiring multiple sclerosis by 420%, systemic lupus erythematosus by 810%, and rheumatoid arthritis by 1700%!

### **Exercise**

It has been said, "If you don't find time to exercise, you will have to find time to be sick." When one sits around, its like a car idling; smoke and fumes build up. For the sedentary individual, inflammation builds up, increasing the risk for autoimmune inflammatory disease.

### **Strict Schedule**

How regular are you? I mean in your schedule? Studies show that extended and irregular shift work confers an increased risk of contracting an autoimmune inflammatory disease.

## **Outcome of Perturbing the Immune System**

Once the immune system becomes off balance it can really fall a long way from normal resulting in signs and symptoms that culminate in autoimmune inflammatory disease. Besides all the well recognized autoimmune inflammatory diseases listed earlier there are other unhappy outcomes to letting the immune system fall into disarray. We will list just a few.

The presence of an autoimmune inflammatory disease is a good sign that the immune system is probably going to have trouble performing its usual function with success. Most autoimmune disease is associated with immune suppression or dysfunction. People with autoimmune inflammatory disorders are 85% more likely to acquire serious life threatening infections. The most common sites of infection include, joints, skin, soft tissues and the lungs. Despite increased medical treatment options, patients with autoimmune inflammatory diseases do not enjoy lengthy lives.

Pneumonia, tuberculosis, and liver disease are significantly increased as causes of death in these patients.

Chest pain: should autoimmune inflammatory disease patient be worried? Inflammatory disease not only affects bones, connective tissue and joints, but blood vessels and heart muscle as well. Patients with autoimmune inflammatory disease are 90% more apt to have congestive heart failure, 95% more likely to die of sudden cardiac arrest, and 220% to have a heart attack.

Many autoimmune inflammatory disease patients suffer from osteoporosis, (thinning of the bones), making them more susceptible to fractures. The inflammatory process involved in autoimmune disease is also a major player in osteoporosis. Many of the medications with which autoimmune inflammatory disease are treated also cause osteoporosis.

Cancer is also often the result of a deficient immune system. Immunity is a function of white blood cells. As a consequence of inflammation and immune compromise, the risk of leukemia (blood cell cancer) increases 150%.

## **Restoring and Maintaining the Immune System**

Let's change gears now and talk about how to restore a failing immune system and maintain it in a condition to assure the avoidance of further inflammatory disease, its complications, and its pain.

### **Fresh Morning Air**

Occupations involving physical work in the open air are protective, while working in artificial, air conditioned environments increase the risk of contracting an autoimmune inflammatory disease. One of the most effective immune boosters is an early morning walk in the fresh

air near a body of water as the sun is just coming up.

### Have You Seen The Smiling Sun Recently?

Sunlight exposure reduces inflammation in the body. Sunlight exposure is a major source of vitamin D. Vitamin D deficiency increases the risk of many common cancers, multiple sclerosis, rheumatoid arthritis, hypertension, cardiovascular heart disease, and type I diabetes. It is recommended that at least 25% of your skin be exposed to the sunlight for 20 minutes each day, and longer if you have darker skin.

### What About Exercise?

“But I can’t exercise, I have pain!” you may be thinking. Exercise tips the inflammatory/anti-inflammatory balance in favor of reduced inflammation and reduced disease risk. With few exceptions, sufferers of autoimmune inflammatory diseases benefit significantly from physical activity, which leads to significant improvements in strength, pain, and fatigue without making the disease worse.

As individuals age their immune systems decline. Being physically fit helps to slow this decline. The immune system responds positively to moderate exercise, while too much exercise tends to suppress it.

While you are out exercising, as I know you will be, loose clothing is of greater benefit than clothing that restricts movement and blood flow. Tight clothing has been shown to interfere in body temperature variations, blood flow and hormone levels, factors implicated in autoimmune inflammatory disease.

### Circadian Rhythms: The Bodies Internal Clock

Our bodies run on clocks. The anti-inflammatory/inflammatory balance cycles

on a clock called your circadian rhythm. The anti-inflammatory circadian clock malfunctions when: meal times are varied or meals are taken late in the evening, sleeping times are varied, insufficient or shifted to a late bedtime and/or late rise time, a job requires shift work where daily schedules vary on some days, such as on days off or weekends. Regularity in sleeping hours improves overall sleep quality and anti-inflammatory effect. For the autoimmune inflammatory patient, we recommend a strict schedule for sleeping hours with a set nightly bedtime no later than 9:30 p.m., and a set regular rise time between 7.5 and 8 hours later on all weekdays and weekend days. We recommend regular mealtimes every day of the week not varying by more than 5 minutes with no meal later than 5:30 p.m. We recommend regularity in exercising every day of the week including days off and weekends.

### Dietary Choices

A study was performed comparing four diets: (1) fats and processed meats diet (fats, oils, processed meats, fried potatoes, salty snacks, and desserts)—the western diet, (2) beans, tomatoes, and refined grains diet (beans, tomatoes, refined grains, and high-fat dairy products)—a Mediterranean like diet, (3) vegetables and fish diet (fish and dark-yellow, cruciferous, and other vegetables)—sea food diet, and (4) whole grains and fruit diet (whole grains, fruit, nuts, and green leafy vegetables)—vegetarian vegan diet. The western diet raised three markers of inflammation, the Mediterranean diet raised one marker of inflammation, the seafood diet lowered one marker of inflammation and the vegetarian vegan diet lowered four markers of inflammation; showing the superiority of the vegan diet in addressing autoimmune inflammatory diseases.

### Vegetarian Advantage

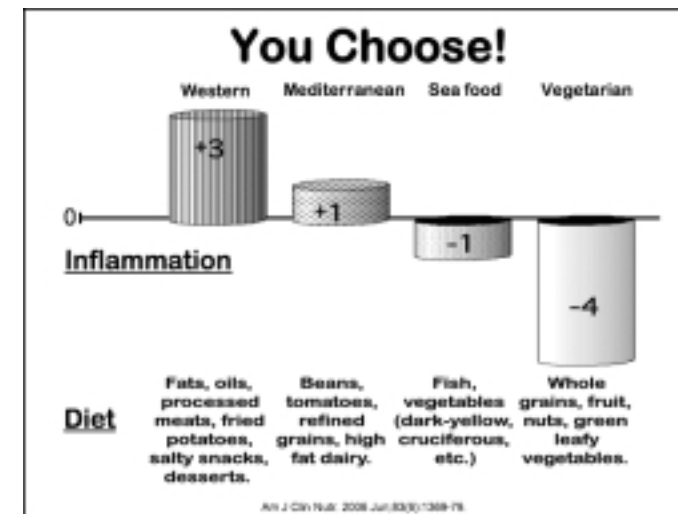
A vegetarian diet has been found to have an anti-inflammatory effect on patients with active autoimmune inflammatory disease. A vegetarian diet stimulates the immune system, improves tolerance to noxious antigens found in less ideal diets, and is loaded with anti-oxidant anti-inflammatory vitamins and phytochemicals. Another advantage to the vegetarian diet is its high content of natural anti-oxidants. Studies show that patients suffering from autoimmune inflammatory diseases eat significantly fewer anti-oxidant foods. On the other hand studies show that high antioxidant intake decreases the bodies inflammation.

There is a real advantage to eating fruit and vegetables. Fruits and vegetables are high in flavonoids, phytochemicals and anti-oxidants that have been found to lower the oxidative stress, inflammation and oxidation of lipids (fats) in the body. Fruits and vegetables are high in vitamin A. Deficiency in vitamin A leaves the body unguarded against oxidative stress and autoimmune inflammatory disease. Good sources of vitamin A include sweet potatoes, carrots, kale, spinach, winter squash, cantaloupe and broccoli.

Whole grains and fiber are also a part of an autoimmune inflammatory disease fighting diet. Diets high in whole grains have been shown to have a protective effect against systemic inflammation reducing the risk of autoimmune inflammatory disease. Fiber, as found in whole grain products and bran, reduces inflammation in patients with inflammatory disorders.

What about a “low carb” diet for reducing inflammation? To the contrary, low fat, high carbohydrate diets have been shown to significantly reduce whole body inflammation.

What diet provides the maximal amount of anti-oxidant, antiinflammatory benefits? Fresh food, that taste of Eden, is most effective. Fresh food is an uncooked vegan diet consisting of berries, fruits, vegetables and roots, nuts, germinated seeds and sprouts, i.e. rich sources of carotenoids, vitamins C and E, (some call this a “raw food” diet). People on a fresh food diet have been shown to enjoy improvements in symptoms of autoimmune inflammatory disease including: pain, joint stiffness, quality of sleep, health quality, cholesterol and weight management.



Another consideration is the health benefits of omega-3 fatty acids. Omega-3 fatty acids are associated with decreased inflammation, improvement in disease symptoms and reduced risk of acquiring autoimmune inflammatory disease. Good sources of omega-3 fatty ac-

ids are a vegetarian diet, olives, and flax seed. Olives and olive oil, with their high levels of anti-oxidants, omega-3 fatty acids and phytochemicals, have been found to be helpful in the prevention and treatment of autoimmune inflammatory disorders. The most preferable way to obtain the olive oil is from the eating of whole olives. Results are not immediate but usually felt within 12 weeks.

Another single food we want to mention is lemon juice and citrus. Citrus contains many bioflavonoids, phytochemicals, and anti-oxidants that have been found to reduce inflammation and improve symptoms of autoimmune inflammatory disease.

We mentioned that too much protein has deleterious effects for the would-be autoimmune inflammatory disease survivor. But not all proteins are created equal. Soy protein reduces the risk of autoimmune inflammatory disease by 60% compared to a diet high in animal protein.

### **Chew Your Food**

Are you drinking juices or slurping smoothies? Are you a python? Do you swallow your food whole? A better method is to chew your food well and savor every bite. The immune tissue in the mouth and throat (tonsils), tests substances coming into the body to let the body know what is food. Allergy and autoimmune inflammatory diseases are more likely to flair up when food is not chewed long and well, when the body has not had a chance to recognize the antigens.

### **Temperance: Abstinence From Things Harmful, Moderation In Things Good**

A program designed to benefit patients with autoimmune inflammatory disease will most surely include methods for eliminating the use of such stimulants

as tea, coffee, caffeine, tobacco and alcohol.

Another aspect of temperance is the eating moderate amounts of food. When more calories are consumed than are needed, inflammation increases. On the other hand, reducing calorie intake reduces the body's inflammatory responses. The goal is to match caloric intake to body energy needs.

Taken a step further, fasting is a quick way to get an energy imbalance under control. Fasting has been found to reduce oxidative stress and inflammation, and improve symptoms of autoimmune inflammatory disease. The outcome of caloric restriction could have another desirable result for some; that being weight loss. Being overweight is associated with increased risk of autoimmune inflammatory disease. Weight loss is associated with a decrease in oxidative damage to lipids (fats) and proteins and decreased inflammation.

### **Water Consumption: I'll Drink To That**

Studies show that optimal water intake can lower the risk of autoimmune inflammatory diseases by as much as 60%. On the other hand, dehydration (being low on water) enhances the inflammatory response of the body to hostile antigens. We recommend 8-12 eight ounce glasses per day.

What water should I drink? We have a saying; "friends don't let friends drink tap water." Contaminated water is also a source of inflammation. Water should be obtained which is pure and free from all substances, which can potentially induce inflammation. Depending on your water condition, filtering, distilling or other treatment may be necessary.

Drinking it is not the only beneficial use of water. Many people have discovered the benefits of hydrotherapy; the use of

water for treatment of disease and maintenance of health. Acute inflammatory pain can be treated with either superficial heat for reducing guarding (fear and tensing) or with cold for reducing pain. The application of heat or cold to inflamed joints tends to improve pain, joint stiffness and joint function. The application of cold tends to raise the pain threshold. Contrast (alternating hot and cold) hydrotherapy tends to improve circulation, greatly lowering inflammation.

### **Avoiding The Obvious**

The avoidance of heavy metal exposure is key to reducing the risk of and/or symptoms of autoimmune inflammatory disease. If a high level of exposure has been experienced in the past, it may be necessary to take steps to eliminate these toxins from the body.

### **Vaccination Burnout**

Repeated over stimulation of the immune system, as in immunizations, can result in immune fatigue and burnout resulting in increased risk of autoimmune inflammatory disease.

### **Should I Do A Cleanse?**

When toxin accumulation is the cause of immune dysfunction, toxin elimination may be the only way to get the immune system back in balance. Sweating, something we don't like to do in this day and age, may be just what is needed to expel the aggravating toxins. Skin brushing (exfoliation) can also be a part of this elimination process. Chelation is another effective way to get rid of especially heavy metals. This can often be accomplished with dietary modifications. Sometimes a diet totally devoid for a while of the toxin to be expelled can accomplish the same goal. Some have even found a colon cleanse beneficial. I knew of a patient who was successful at managing their inflammatory arthritis if they did a

colon cleanse once a quarter (which made me wonder what they were doing the rest of the time to pollute their colon again).

Another useful modality for the removal of toxins and inflammation is charcoal. Charcoal can be used for inflammation as an oral supplement, and as a topical treatment. Studies show that it is effective in reducing the symptoms and signs of autoimmune inflammatory disease.

### **Mind Body Connection**

Trust in Divine power: spirituality is associated with less depression and increased feelings of health in patients with autoimmune inflammatory disease. Studies reveal that religious intervention such as intercessory prayer increases immune function, improves rheumatoid arthritis, and reduces anxiety. In a study of autoimmune inflammatory patients, six hours of one-on-one intercessory prayer was associated with significant overall improvement in disease that lasted the entire subsequent year of the study's duration.

Given the relationship between stress and autoimmune inflammatory disease, stress reduction should be a priority with autoimmune disease sufferers. The dietary changes we advocate have also been found to reduce the psychological symptoms of stress. Improved spiritual health has been shown to be a valuable aid in stress management. Has not God said, "Come unto me, all ye that labor and are heavy laden, and I will give you rest." He is the great burden bearer; trusting in Him alleviates stress.

### **In Summary**

As you engage in an autoimmune inflammatory disease recovery program you will find it helpful to **eliminate** all:

- Animal products including dairy and eggs.

- Possibly wheat gluten.
- Oxidized oils or cholesterol.
- Refined foods: sugars, starches, grains, and oils.
- Excess dietary calories.
- Foods or drinks created by aging or fermentation.
- Stimulants: coffee, tea, tobacco and alcohol.
- Strong irritating spices.
- Excess body weight.
- Tight clothing and clothing that does not provide adequate and evenly distributed warmth.
- Excessive meals (fasting may be helpful).

As you engage in an autoimmune inflammatory disease recovery program you will find it helpful to:

- Have a regular schedule throughout the day for sleep, meals and exercise.
- Eat a whole plant food diet with plenty

of fresh fruits and vegetables, omega-3s and fiber.

- Chew your food thoroughly and swish it around your mouth.
- Make use of pure water: drink plenty, bathe often, and perform hot and cold treatments.
- Make wise application of charcoal as poultices and taken by mouth.

And what dietary program are we really talking about? The original Bible diet! Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.” “And you will eat the plants of the field.” Should it be any surprise that the Maker of this marvelous immune system, which is designed to protect this marvelous body we have been given, should have the best lifestyle prescription necessary for its upkeep?  $\Omega$

[www.northernlightsheltheeducation.com](http://www.northernlightsheltheeducation.com)

## More About Thyroid

### How to Suppress Your TSH

Eat fiber. Avoid overconsumption of soya (moderately is alright). Take herbal supplements: guggul, tyrosine, kelp, bladderwrack, iodine, and vitamins. Manage your diet, stress and sleep. Your entire endocrine system responds to sleep deprivation and to periods of extreme stress. Eat a healthy, balanced diet and improve your sleep habits to enhance your mood and stabilize your TSH levels. — [Livestrong.com](http://Livestrong.com)

### Why Does Anyone Produce Reverse T3?

T4, a storage hormone and the most abundant, is meant to convert to T3, the active hormone. T3 is also made directly. In any given day, it's stated that 40% of T4 goes to T3 and 20% of T4 goes to

Reverse T3 if there is emotional, physical, or biological stress, low/high cortisol and iron levels, B12, Lyme, chronic inflammation and other health issues.

When iron goes low, which is common in thyroid patients due to low stomach acid, your red blood cells become weak and pale, and carrying thyroid hormones via your blood becomes inadequate, causing thyroid hormones to pool in your blood. The body responds by producing excessive amounts of RT3 to clear out the excess T4. The more RT3 you have, the less T3 you will have.

Change your lifestyle. Improve your food choices. Take Selenium high foods. Low Selenium can increase RT3. Use a good liver cleanse. — [stopthethyroidmadness.com](http://stopthethyroidmadness.com)

### 5 Keys to Improving Thyroid Hormone Conversion

Thyroid replacement hormones like Synthroid is synthetic T4. Giving it to a patient and tell them to call you in 6 months, doesn't work that way. The reason it doesn't work is that thyroid hormone must be converted from T4 into T3 in order for the body to utilize it. This conversion happens differently in different parts of the body.

Hashimoto's is more than a thyroid problem and way more than a thyroid and autoimmune problem. It is a multi-system disorder that can only be healed using a multi-system approach. Five important areas that need to be assessed and addressed are:

1. Liver detoxification and other metabolic pathways.
2. Increasing T3 and lowering reverse T3 levels.
3. The Gut and Thyroid hormone conversion.
4. Adrenal stress can cause lower T3 and higher Reverse T3.
5. Systemic inflammation lowers T3.

[www.hashimotoshealing.com](http://www.hashimotoshealing.com)

### Symptoms of Thyroid Cancer

Five percent of Thyroid nodules are cancerous and can sometimes grow rapidly, resulting in symptoms such as hoarseness, difficulty swallowing, and troubles with breathing as the nodule expands. One can also have painful swallowing or neck discomfort that spreads up the jaw and into the ears, as well as lymph node enlargement in the neck, around the jaw, ears, and under the collarbone.

The most serious complication of thyroid cancer is the spread of the cancer to other tissues and organs. What causes thyroid cancer? Damage to DNA—the genetic blueprint of the body—is the leading cause of most types of cancer.

Unchecked DNA damage causes certain cells to grow out of control, eventually leading to tumor growth and spread. Aging also leads to DNA damage as cells lose their ability to repair themselves. Also, exposure to environmental contaminants and radiation causes thyroid cancer.

How is thyroid cancer diagnosed? The evaluation of a thyroid nodule or multiple nodules detected on physical examination proceeds in a stepwise manner. Blood test, ultrasound, FNA (fine needle aspiration of the thyroid where a small needle is used to withdraw thyroid cells for examination, may be considered. FNA is considered to be the most accurate diagnostic study.

What is the conventional treatment for thyroid cancer? Surgery, radioactive iodine, use of natural remedies, trust in God. Any treatment for cancer, conventional, alternative or a combination of both, can be enhanced by simple lifestyle, diet and nutritional supplement strategies. — [www.drweil.com](http://www.drweil.com)

### Parasites and Thyroid Health

It is common for people with thyroid and autoimmune thyroid conditions to have infections—bacterial, fungal, viral, and parasitic infections. Natural Treatment Methods For Parasites are:

1. Probiotics.
2. Anti-parasitic herbs: wormwood leaf, black walnut hulls, Stemona root, neem leaves (make tea of them); Clove bud essential oil (it is anti-fungal, antiviral, and supports healthy bowel function). Put a drop on jaggery and eat it.
3. Garlic (it is antimicrobial and antibacterial).

[info@NaturalEndocrineSolutions.com](mailto:info@NaturalEndocrineSolutions.com)

### What is Thyroiditis?

Thyroiditis is an inflammation of the thyroid gland. It may be painful and tender

when caused by an infection or trauma, or painless when caused by an autoimmune condition or medications.

### Signs and Symptoms:

- \* Firm and enlarged, but not tender
- \* Enlarged and painful, with pain extending to the jaw or ears
- \* Enlarged, but not painful
- \* Enlarged on only one side, hard like a stone, and sticking to other neck structures.

**Drug Therapies:** Thyroxine, inflammation relievers, antibiotics.

Alternative Therapies:

- \* Foods to lower thyroid activity
- \* Avoid refined foods, dairy, wheat, alcohol.
- \* Essential fatty acids: flaxseed oil.
- \* Turmeric
- \* Bromelain (from the pineapple plant)
- \* Selenium helps prevent against thyroiditis.
- \* Herbs are a way to strengthen and tone the body's systems. Use herbs as dried extracts (capsules, powders, teas) or tinctures (alcohol extracts). For hyperthyroid conditions: Bugleweed (normalizes overactive thyroid); Motherwort (helps regulate rapid heart beat); Turmeric; Avoid ashwagandha and bladderwrack as they can make hyperthyroidism worse; Exercise; Massage (relieves stress).

*University of Maryland Medical Ctr.*

### Is Natural Thyroid Safe?

Natural Thyroid is pig's thyroid, ground, dried and made into tablets. It follows the principle, if someone's kidney is failing, give him kidney to eat, and if someone's thyroid fails, give him thyroid to eat. This is against God's health principle. When a person gets ill, it is because his organs have failed him—either kidney, liver, or heart fails. Those who eat diseased organs borrow diseases from diseased animals.

In Exodus 29:1,12-14, God gave strict instructions to the Israelites (and to the world through them), not to eat organs, fat and blood: "And thou shalt take all the **fat** that covereth the inwards, and the **caul** that is above the **liver** ("the appendage of the liver" or "the long lobe of the liver"), and the **two kidneys**, and the **fat** that is upon them, and burn them upon the altar. But the **flesh** of the bullock, and his **skin**, and his **dung**, shalt thou burn with fire without the camp."

The lobe of the liver and the two kidneys were sacrificed as a burnt offering for sin upon the altar. The fat was used to enhance the burning. These two large organs, responsible for the direct elimination of waste material from the body, were of such a contaminating or "dirty" nature that they were burned as a sin offering outside the encampment. The skin (hide) contained the millions of little pores or "sewers" that eliminated poisons and impurities from all areas of the body; and the dung or bowel waste, pertains to the elimination of the bulk of waste products from the small and large intestines. We should avoid eating any organ or animal products because in the last days, God's mercy is being withdrawn from the world and in its place, his curse is resting and it first touches the animal kingdom and they are diseased.

Hosea 4:1-3 reads: "Hear the word of the Lord, ye children of Israel: for the Lord hath a controversy with the inhabitants of the land, because there is no truth, nor mercy, nor knowledge of God in the land, by swearing, and lying, and killing, and stealing, and committing adultery, they break out, and blood toucheth blood, therefore shall the land mourn, and every one that dwelleth therein shall languish, with the beast of the field, and with the fowls of heaven; yea, the fishes of the sea also shall be taken away." Ellen White says that even the cow eating

good grass in our backyard will also be touched, and that there will be no safety in consuming any animal products, including eggs, milk, butter, etc.

### What About Cow Urine Therapy to Treat Hypothyroidism?

When we apply the above principle that the animals are diseased, how can intake of its urine, a waste material, be safe? In India, the cow is considered sacred and we think that anything that comes from the cow will be good for our healing. It is not so. There is a God in heaven who has a message for every generation, and we need to hear His voice. Fortunately in India, I do not think that natural thyroid will become popular as both Hindus and Muslims consider pig as an unclean animal. Unfortunately, I cannot say the same about Christians who consume pork against Bible principle that a pig may not be touched. Unclean animals have viruses in them, and these are being passed to humans and are causing strange diseases due to such experiments and transplants.

### Synthroid Has Harmful Ingredients

Synthroid contains levothyroxine sodium salt, acacia, sugar, yellow dye, lactose (milk), magnesium stearate, povidone, talc and gluten. Synthroid is not identical to your natural thyroid hormone. Not a single cell in the human body can be 'tricked' into considering it bio-equivalent. If the pharmaceutical in-

dustry created a thyroid drug truly identical to the natural hormone, it would not be able to get patentable rights. Most people cannot convert the T4 in synthetic thyroid preparations. Synthroid is a drug that is notoriously hard to prescribe and keep within the optimal dosage range. Take too little and your hypothyroidism will not improve, take too much and you are at risk of numerous serious side effects. Synthroid does not address the underlying causes of thyroid problems. — *Mercola.com*

### Natural Treatment for Thyroid

Thyroid is the most undiagnosed and misdiagnosed disease. Thyroid mostly occurs due to imbalance in the thyroid levels caused due to poor diet, poor immune system, viral infection, radiation damage, medications, pregnancy, too little iodine, liver problems, stomach problems, worms, a tumor in the pituitary, etc. You can treat it with natural remedies such as: vitamins, pumpkin, green leafy vegetables, carrots, fruits, sprouts, yellow vegetables, onions, oats, pineapple, tomatoes, ginger, coriander, coconut, bottle gourd, strawberry, lima beans, sesame seeds, all of which have iodine in them. Drink a glass of wheat grass daily. Increase your physical activity as you cannot get rid of thyroid if you live a sedentary lifestyle. Cleanse your system from all toxic substances that have accumulated.—*Chandrabalansudhakar.*

#### Essential Oils for Underactive Thyroid:

Chamomile	Frankincense	Lemongrass	Thyme oil
Clarysage	Geranium	Myrrh	Zen
Clove	Lavender oil	Sandlewood oil	Carrier oil 1.5 parts

In a 5 ml roller bottle, apply topically over thyroid area at the base of the neck and massage thrice daily or inhale through a diffuser. These essential oils will balance your hormones and will help you to live well.

## Thyroid Gland Function Tests

The thyroid gland produces T4 and T3. But this production is not possible without stimulation from the pituitary gland (TSH) which in turn is also regulated by the hypothalamus's TSH Releasing Hormone. Now, with radioimmunoassay techniques it is possible to measure circulating hormones in the blood very accurately. Knowledge of this thyroid physiology is important in knowing what thyroid test or tests are needed to diagnose different diseases. No one single laboratory test is 100% accurate in diagnosing all types of thyroid disease; however, a combination of two or more tests can usually detect even the slightest abnormality of thyroid function.

For example, a low T4 level could mean a diseased thyroid gland—OR—a non-functioning pituitary gland which is not stimulating the thyroid to produce T4. Since the pituitary gland would normally release TSH if the T4 is low, **a high TSH level would confirm that the thyroid gland (not the pituitary gland) is responsible for the hypothyroidism.**

If the T4 level is low and TSH is not elevated, the pituitary gland is more likely to be the cause for the hypothyroidism. Of course, this would drastically effect the treatment since the pituitary gland also regulates the body's other glands (adrenals, ovaries, and testicles) as well as controlling growth in children and normal kidney function. Pituitary gland failure means that the other glands may also be failing and other treatment than just thyroid may be necessary. The most common cause for the pituitary gland failure is a tumor of the pituitary and this might also require surgery to remove.

### The following are commonly used thyroid tests

#### Measurement of Serum Thyroid Hormones: T4 by RIA

T4 by RIA (radioimmunoassay) is the most used thyroid test of all. It is frequently referred to as a T7 which means that a resin T3 uptake (RT3u) has been done to correct for certain medications such as birth control pills, other hormones, seizure medication, cardiac drugs, or even aspirin that may alter the routine T4 test. **The T4 reflects the amount of thyroxine in the blood.** If the patient does not take any type of thyroid medication, this test is usually a good measure of thyroid function.

#### Measurement of Serum Thyroid Hormones: T3 by RIA

Thyroxine (T4) represents 80% of the thyroid hormone produced by the normal gland and generally represents the overall function of the gland. **The other 20% is triiodothyronine measured as T3 by RIA.** Sometimes the diseased thyroid gland will start producing very high levels of T3 but still produces normal levels of T4. Therefore measurement of both hormones provides an even more accurate evaluation of thyroid function.

#### Thyroid Binding Globulin

Most of the thyroid hormones in the blood are attached to a protein called thyroid binding globulin (TBG). If there is an excess or deficiency of this protein it alters the T4 or T3 measurement but does not affect the action of the hormone. If a patient appears to have normal thyroid function, but an unexplained high or low T4, or T3, it may be due to an

#### What is a Normal Thyroid Range?

Test	Range
TSH	0.5 to 5.5 mIU/L (UK) 0.3 to 3.0 mIU/L (USA)
Total T3	80 to 220 points
Free T3s2	3 to 4.2 pg/ml
Total T44.	5 to 12.5 pg/ml
Free T4	0.7 to 2.0 pg/ml

*www.buzzle.com*

## Hypo/Hyper Thyroid - What Are the Symptoms?

I consider hyperthyroidism and hypothyroidism (including Graves' disease and Hashimoto's thyroiditis) as different phases of the same disease. I'm quite confident that both are caused by nutrient deficiencies, but hyperthyroidism is the result when the deficiencies become more severe.

### Symptoms of Hypothyroidism (an underactive thyroid)

fatigue, exhaustion  
feeling run down and sluggish  
depression  
difficulty concentrating, brain fog  
unexplained or excessive weight gain  
dry, coarse and/or itchy skin  
dry, coarse and/or thinning hair  
feeling cold, especially in the extremities  
constipation  
muscle cramps  
increased menstrual flow  
more frequent periods  
infertility/miscarriage

### Symptoms of Hyperthyroidism (an overactive thyroid)

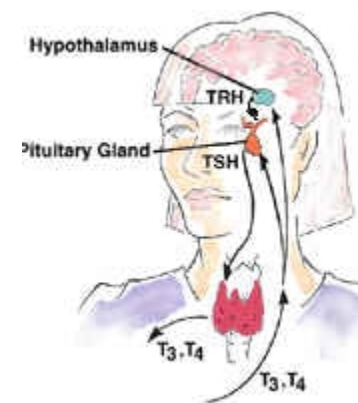
nervousness  
irritability  
increased perspiration  
thinning of your skin  
fine brittle hair  
muscular weakness especially involving the upper arms and thighs  
shaky hands  
panic disorder  
insomnia  
racing heart  
more frequent bowel movements  
weight loss despite a good appetite  
lighter flow, less frequent menstrual periods  
— *www.curezone.org*

increase or decrease of TBG. Direct measurement of TBG can be done and will explain the abnormal value. Excess TBG or low levels of TBG are found in some families as an hereditary trait. It causes no problem except falsely elevating or lowering the T4 level. These people are frequently misdiagnosed as being hyperthyroid or hypothyroid, but they have no thyroid problem and need no treatment.

#### Measurement of Pituitary Production of TSH

Pituitary production of TSH is measured by a method referred to as IRMA (immunoradiometric assay). Normally, low levels (less than 5 units) of TSH are sufficient to keep the normal thyroid gland functioning properly. When the thyroid gland becomes inefficient such as in early hypothyroidism, the TSH becomes elevated even though the T4 and T3 may still be within the "normal" range. This rise in TSH represents the pituitary

gland's response to a drop in circulating thyroid hormone; it is usually the first indication of thyroid gland failure. Since TSH is normally low when the thyroid gland is functioning properly, the failure of TSH to rise when circulating thyroid hormones are low is an indication of impaired pituitary function. The new "sensitive" TSH test will show very low levels of TSH when the thyroid is overac-



tive (as a normal response of the pituitary to try to decrease thyroid stimulation). Interpretations of the TSH level depends upon the level of thyroid hormone; therefore, the TSH is usually used in combination with other thyroid tests such as the T4 RIA and T3 RIA.

### TRH Test

In normal people TSH secretion from the pituitary can be increased by giving a shot containing TSH Releasing Hormone (TRH...the hormone released by the hypothalamus which tells the pituitary to produce TSH). A baseline TSH of 5 or less usually goes up to 10-20 after giving an injection of TRH. Patients with too much thyroid hormone (thyroxine or triiodothyronine) will not show a rise in TSH when given TRH. This "TRH test" is presently the most sensitive test in detecting early hyperthyroidism. Patients who show too much response to TRH (TSH rises greater than 40) may be hypothyroid. This test is also used in cancer patients who are taking thyroid replacement to see if they are on sufficient medication. It is sometimes used to measure if the pituitary gland is functioning.

### Iodine Uptake Scan

A means of measuring thyroid function is to measure how much iodine is taken up by the thyroid gland (RAI uptake). Remember, cells of the thyroid normally absorb iodine from our blood stream (obtained from foods we eat) and use it to make thyroid hormone. Hypothyroid patients usually take up too little iodine and hyperthyroid patients take up too much iodine. The test is performed by giving a dose of radioactive iodine on an empty stomach. The iodine is concentrated in the thyroid gland or excreted in the urine over the next few hours. The amount of iodine that goes into the thyroid gland can be measured by a "Thyroid Uptake". Of course, patients who

are taking thyroid medication will not take up as much iodine in their thyroid gland because their own thyroid gland is turned off and is not functioning. At other times the gland will concentrate iodine normally but will be unable to convert the iodine into thyroid hormone; therefore, interpretation of the iodine uptake is usually done in conjunction with blood tests.

### Thyroid Scan

Taking a "picture" of how well the thyroid gland is functioning requires giving a radioisotope to the patient and letting the thyroid gland concentrate the isotope. Therefore, **it is usually done at the same time that the iodine uptake test is performed**. Although other isotopes, such as technetium, will be concentrated by the thyroid gland; these isotopes will not measure iodine uptake which is what we really want to know because the production of thyroid hormone is dependent upon absorbing iodine. It has also been found that thyroid nodules that concentrate iodine are rarely cancerous; this is not true if the scan is done with technetium. Therefore, all scans are now done with radioactive iodine. Pregnant women should not have thyroid scans performed because the iodine can cause development troubles within the baby's thyroid gland.

Two types of thyroid scans are available. A camera scan is performed most commonly which uses a gamma camera operating in a fixed position viewing the entire thyroid gland at once. This type of scan takes only five to ten minutes. In the 1990's, a new scanner called a Computerized Rectilinear Thyroid (CRT) scanner was introduced. The CRT scanner utilizes computer technology to improve the clarity of thyroid scans and enhance thyroid nodules. It measures both thyroid function and thyroid size. A life-sized 1:1 color scan of the thyroid is obtained giving the size in square cen-

timeters and the weight in grams. The precise size and activity of nodules in relation to the rest of the gland is also measured. Knowing the weight of the thyroid gland allows more accurate radioactive treatment in patients who have Graves' disease.

### Thyroid Scans are used for the following reasons:

- \* Identifying nodules and determining if they are "hot" or "cold".
- \* Measuring the size of the goiter prior to treatment.
- \* Follow-up of thyroid cancer patients after surgery.
- \* Locating thyroid tissue outside the neck, i.e. base of the tongue or in the chest.

### Thyroid Ultrasound

Thyroid ultrasound refers to the use of high frequency sound waves to obtain an image of the thyroid gland and identify nodules. It tells if a nodule is "solid" or a fluid-filled cyst, but it will not tell if a nodule is benign or malignant. Ultrasound allows accurate measurement of a nodule's size and can determine if a nodule is getting smaller or is growing larger during treatment. Ultrasound aids in performing thyroid needle biopsy by improving accuracy if the nodule cannot be felt easily on examination.

### Thyroid Antibodies

The body normally produces antibodies to foreign substances such as bacteria; however, some people are found to have antibodies against their own thyroid tissue. A condition known as Hashimoto's Thyroiditis is associated with a high level of these thyroid antibodies in the blood. Whether the antibodies cause the disease or whether the disease causes the antibodies is not known; however, the finding of a high level of thyroid antibodies is strong evidence of this disease. Occasionally, low levels of thyroid antibodies are found

with other types of thyroid disease. When Hashimoto's thyroiditis presents as a thyroid nodule rather than a diffuse goiter, the thyroid antibodies may not be present.

### Thyroid Needle Biopsy

This has become the most reliable test to differentiate the "cold" nodule that is cancer from the "cold" nodule that is benign ("hot" nodules are rarely cancerous). It provides information that no other thyroid test will provide. While not perfect, it will provide definitive information in 75% of the nodules biopsied.

### Do I need to stop taking my thyroid pills for these tests?

Since Euthyrox or Synthroid (and most other thyroid pills) behave exactly as normal human thyroid hormone, they are not rapidly cleared from the body as other medications are. Most thyroid pills have a half life of 6.7 days which means they must be stopped for four to five weeks (five half lives) before accurate thyroid testing is possible. An exception to the long half life of thyroid medication is Cytomel - a thyroid pill with a half life of only forty-eight hours. Therefore it is possible to change a person's thyroid replacement to Cytomel for one month to allow time for his regular pills to clear the body. Cytomel is then stopped for ten days (five half lives) and the appropriate test can then be done.

[www.endocrineweb.com](http://www.endocrineweb.com)

## Thyroid Cancer is on the Rise due to Radiation Exposure

Last night I watched a documentary by NOVA on the world's greatest earthquake—the Fukushima disaster. It was by God's providence, I think, because I had completed my magazine, and while watching news on my computer, this movie came up on my screen without my expecting it. It is about thyroid. How



good God is that He did not want this magazine to close without proper instructions to His people on how to protect themselves from radiation exposure! I thank God for the article below.

In Japan, after a 6 minute earthquake, a 55 ft. tidal wave hit Japan, and the lights went out. By the time the officials borrowed all bus and car batteries, laid cables for 5.5 miles, and got the power back on, the four nuclear reactors had melted and had put radiation in the air and in the sea. The authorities' first concern was about thyroid cancer to Tokyo's children. After this disaster, they did thyroid screening to children below

18. After this incident, thyroid cancer is on the raise in Japan.

Since this disaster, thyroid cancer is also on the rise in America as the radiation has reached there. This radiation is said to have reached all the oceans in the world via the rain clouds as the sea animals and birds are dying in various seas. (After Chernobyl disaster, thyroid cancer multiplied 4 times in Russia.)

Did this radiation reach India as a result of which, thyroid cases are on the rise? Officials are not saying it, but we need to take precautions. Given below is the article on how to protect ourselves from radiation exposure.  $\Omega$

## Natural Remedies for Radiation Exposure

Dr. Edward Group, Global Healing Center

The earthquake and nuclear power plant meltdown brought up many concerns involving radiation levels in Japan, and the entire globe. Here at Global Healing Center, we are committed to educating and helping individuals reduce radiation exposure caused by nuclear fallout, as well as everyday exposure to harmful electromagnetic frequencies (EMFs).

### Harmful Effects of Radiation Exposure

Over time, low level exposure can lead to major digestive imbalance, blood alteration and even the destruction of many cellular structures in the body's key organ and tissue systems. Common signs of low level radiation exposure include symptoms such as fatigue, headaches, nausea, scalp tenderness, scalp discoloration and dry/itchy skin. In extreme cases, low exposure of radiation may also cause brain damage, memory problems, mood changes and reduced listening capacities, psychomotor abilities and information processing times. All good reasons to consider protecting ourselves from this type of exposure.

Large amounts of radiation exposure can have devastating consequences such as bloody vomit, hair loss, nerve damage, blood vessel destruction, seizures and, with prolonged strong exposure, can even lead to death.

Our circulatory system is also vulnerable to radiation. Even very low levels reduces lymphocytes in the blood. When lymphocytes are lowered, we are more likely to get infections, and what is known as mild radiation sickness. Symptoms are flu-like and may increase the likelihood of developing leukaemia and lymphoma in the future. The reproductive system is also vulnerable to exposure. Long-term radiation exposure can even lead to sterility, birth defects and still-births.

### Reducing Radiation Exposure with Natural Remedies

1. **Iodine.** Radiation has a direct effect on the thyroid gland, prohibiting its ability to create iodine, an imperative player in healthy DNA integrity, immune function, metabolic and endocrine balance, as well as cardiovas-

cular health. Supplementing with iodine helps counteract the effects of radioactive Iodine. It may lower accumulated and stored radioactive toxins in the thyroid. Iodine containing foods are: sea vegetables, kelp, navy beans, strawberries, potatoes.

2. **Potassium.** In addition to radioactive iodine, the body may also be exposed to a radioactive isotope of caesium known as Cesium-137. This is formed as biproduct of nuclear fission. Potassium can prevent the accumulation of Cesium-137. Getting enough potassium from food such as bananas is a good first step at preventing radioactive cesium-137 retention. Foods containing potassium are: beans, dark leafy greens, potatoes, avocados, bananas, coconut water.
3. **Calcium and Manganese.** Each of these essential minerals can decontaminate a form of nuclear waste known as Strontium 90. Dr. Linus Pauling recommends calcium supplementation, as it can lower Strontium absorption by up to 90 percent. I recommend using calcium and magnesium. These two minerals are coming as supplements. Foods containing them are: tomatoes, potatoes, carrots, radishes, garlic, beet greens, raisins, and dried fruit.
4. **Zeolite clay.** Nuclear waste is typically "cleansed" or "stored" in the environment by mixing it with Zeolite clay and packing it underground. Zeolites can attach themselves to and remove nuclear waste from the cellular level. Zeolite was used to decontaminate animals affected by the nuclear waste disaster in Chernobyl. It can be taken internally for detoxing radiation. It was widely used in the nuclear meltdowns at Three Mile Island, Chernobyl, and the British Nuclear Fuels, where it was used to adsorb radioactive strontium and ce-

sium-137 from walls and floors. The US nuclear weapons facilities use Zeolite clay to line walls and floors to prevent toxicity. Zeolite clay is a natural product formed in the rocks.

5. **Other clays: Kaolin, Red Clay, Bentonite, Fuller's Earth, Montmorillonite, French green clay, etc.** These are formed from volcanic ash over centuries. These clays possess the ability to rid radiation, toxic metals and chemical residues from the human body. Bentonite clay was used in Chernobyl in 1986. The Soviet Union added this type of clay to chocolate bars that were given to the citizens to help them remove radioactive waste from the system. Bentonite clay is volcanic ash and comes from Fort Benton, Wyoming, where are many volcanoes. It has 80 minerals. Eat it, Make a drink of it, bathe in it, brush your teeth with it. It removes psoriasis, eczema, alkalizes the body, boosts probiotics, relieves digestive problems, kills harmful bacteria and viruses and boosts immunity. When you apply it in the mouth, it attaches itself to unhealthy, harmful substances in the mouth. Because it is antibacterial, it is used in toothpastes.
6. **Activated Charcoal.** Studies show that charcoal possesses the ability to neutralize radiation, and that 10 grams of charcoal can neutralize upto 7 grams of toxic material. In Fukushima disaster, Japan sprinkled bamboo charcoal on their fields, crops, in the water, on the ground, and consumed it mixed with water to rid themselves of radiation.
7. **Papain.** Is the white milky substance (latex) that comes out of green papaya or leaves when broken. It reduces toxicants. It was found that half of rats supplementing with papain could survive a lethal amount

of radiation, whereas control rats did not survive. Papain is also a wound healer. Eating papayas will remove toxins.

8. **Bee Pollen.** Bee pollen significantly lowers radiation exposure from radium, x-rays and cobalt-60 radiotherapy. Because exposure to radiation lowers many of your natural vital substances like white and red blood cells and antibodies, bee pollen is a natural way of boosting these vital functions.
9. **Beets.** Rats eating beet pulp were able to reduce radioactive cesium-137 than rats which did not eat beets. Beet-eating rats absorbed and detoxified up to 100% more effectively than the control group animals.
10. **Cold-pressed Organic Vegetable Oils.** Seseme oil, olive oil and coco-

nut oil help pull radiation out. Drink 4 ounces of oil if you have been exposed. Olive oil protects from x-rays ranging from 300 to 2,400 roentgens.

11. **Organic Germanium-132.** An oxygen-rich, free-radical scavenging organic compound. The Japanese recommend 100 mg. per day.
12. **Shilajit.** Is a sticky tar-like substance that oozes from the mountains when they are heated in the summer. It has 85 minerals. It is sacred in Ayurveda. It is water soluble, pulls toxins and radiation. Heat water, put a piece of it. When melted, drink the water.
13. **Foods that naturally detox radiation:** Spirulina, chlorella, seaweed, kelp, garlic, onions, wheat grass, apples, lemons, parsley, beets, ginger, avocado, radish, leafy greens, coconut oil.  
—*Global Healing Center & other sites.*

## Natural News

### The many health benefits of herbal tea

From relieving insomnia, to calming an upset stomach, to fighting viruses and infections, and more, herbal teas have so many powerful health benefits. You also provide your body with hydration.

**Ashoka leaves tea** - Leaves are used in Indian medicine in various therapies. Treat menstrual disorders associated with excessive bleeding, abdominal pain, uterine spasms; flowers treat dysentery, diabetes; bark tea treats piles, scorpion bites and improves complexion of the skin.

**Chamomile tea** - calms the nerves and cleanses the system.

**Cinnamon tea** - fights viruses, stabilizes blood sugar.

**Dandelion tea** - cleanses the liver, eases constipation, stimulates digestion, reduces fluid retention, and relieves pain and swelling of arthritis.

**Gauva leaves tea** - has vitamin C, treats diarrhea, lowers cholesterol, prevents diabetes.

**Ginger Tea** - stops nausea in its tracks, eases the pain of arthritis and rheumatism, lowers cholesterol, and can help with weight loss. Ginger tea has many topical benefits.

**Hibiscus Tea** - High in vitamin C and antioxidants, sweet-tasting, pretty hibiscus tea is well known for lowering blood pressure. It is calming, relieves insomnia, helps with weight management, and fights free radicals.

**Liquorice tea** - treats ulcer symptoms, canker sores, digestive problems, indigestion, weight loss aid, helps reduce body fat. The plant is 30 times sweeter than sugar and is used in confectionary. Use it to sweeten your herbal teas. You may mix the above herbs+liquorice to make your tea.

**Mango leaves tea** - rich in vitamin C, B, and A. Treats diabetes, lowers blood pressure, treats restlessness, gall and

Contd. on p. 46

## Recipes

### Thyroid Juice

Ginger, lime, carrot, cucumber, celery, greens, coconut water or water. Grind, strain and drink.

### African Food Recipes

### Corn Butter (to spread on bread)

Cornmeal (finely ground), water, garlic, lemon juice, salt, dry coconut (shredded small size). Blend it in a blender.

—*Carrie Beets*

### Ezekiel Bread

2 pkts of yeast in 1/2 c warm water  
8 c whole wheat flour  
4 c barley flour  
2 c soya flour  
1/2 c millet flour  
1/4 rye flour  
1 c cooked and mashed lentios  
4 T honey  
4-5 T olive oil  
1 1/2 c warm water  
Dissolve yeast in the water and let sit for 10 minutes. In a separate bowl, mix to-

gether flours and set aside. Blend lentils, honey, oil and a small amount of water in blender, then transfer to a large mixing bowl. Add remaining water and 2 cups of the mixed flours to lentil mixture. Add yeast mixture. Then stir in remaining flours. Knead smooth. Put in oiled bowl. Let rise until double in size. Punch down. Knead again and shape into four loaves. Place into oiled loaf pans. Let rise. Bake at 375 degrees for 45 minutes to 1 hour.

—*Youtube*

### Ragi Malt

Wheat - 3/4 kg.  
Ragi - 2 kg.  
Sabudana (Sabbaki or scrapped, dried tapioca) - 300 g.  
Barley - 1/2 kg.  
Dried coconuts - 2 (scrape)  
Dry figs - 1/4 kg.  
Green gram - 1/4 kg.  
Soya - 1/2 kg.  
Optional - Almonds, cashew nuts, Pistachio  
Mill the above ingredients and make a hot drink.

—*Mrs. Pushpa Reddy*

### Herbal Health Mix\*

- |                |                  |                                 |
|----------------|------------------|---------------------------------|
| 1. Red rice    | 12. Bengal gram  | 23. Cardamom                    |
| 2. Soya beans  | 13. Split gram   | 24. Psyllium husk               |
| 3. Wheat       | 14. Horse gram   | 25. Himalayan Salt              |
| 4. Maize       | 15. Kidney beans | 26. Tulasi                      |
| 5. Corn        | 16. Barley       | 27. Adathoda (Malabar nut)      |
| 6. Ragi        | 17. Peanuts      | 28. Thuduvela                   |
| 7. Thennai     | 18. Flax seeds   | 29. Athimaduram (liquorice)     |
| 8. Bajra       | 19. Black gram   | 30. Ashwagandha (Winter cherry) |
| 9. Chick pea   | 20. Seseme seeds | 31. Dry ginger                  |
| 10. Green pea  | 21. Almonds      | 32. Mochai (field bean).        |
| 11. Green gram | 22. Cashew       |                                 |

—*Kalai Anto*

\* Some ingredients are in Tamil. Please get help from your Tamil neighbors.



## How To Reduce Thyroid Swelling Naturally

1. Fulvic Acid (Shilajit) - heals, detoxifies toxins, radicals, adaptogen - is water soluble
2. Sargassum tea - adds iodine to the diet
3. Citrus fruits - reduce phlegm around nodules
4. Edible parts of the bamboo plant
5. Ginger - tea for thyroid nodules
6. Iodine rich foods - turnips, brussel sprouts, beans, cauliflower
7. Soya
8. Exercise the neck
9. Watercress (scurvy grass) has high iodine content. Watercress paste for the neck for 20 minutes.
10. Flaxseed paste for goiter - leave half hour or all night.
11. Dandelion leaves paste for the neck for 1/2 hour daily for 2 weeks.
12. Sorrel leaves pste for the neck + 2 tbsp. olive oil for 1/2 hr.
13. Kanchanara (orchid tree) herbal remedy - treats swollen glands in head and neck region. Helps sinusitis, sorethroat, diarrhea, abdominal discomfort, skin ulcers, glandular enlargements (hypo/hyper), has balancing effect on thyroxine. Stimulates to produce more or checks extra production - make decoction from its bark powder - these are pink, purple, yellow flowering trees all over Bangalore. Make tea with bark powder and ginger.
14. Garlic - reduces swelling of your neck.
15. Eat Selenium rich foods - Brazil nuts, sunflower seeds, whole grains, onions - Selenium protects against goiter.
16. Eat goitrogenic foods in moderation.
17. Bubleweed - make tea
18. Lemon balm - tea
19. Motherwort - tea
20. Coconut oil - 1 tbsp. per day - add to your curries when done - coconut oil and olive oil are to be consumed raw - not to be heated.

## Liver Detox Herbs

Artichoke or beet leaf	Garlic	Oregon grape root
Beets	Grape fruit	Organic yellow dock root
Black Walnut	Greater Celandine	Peppermint
Borotutu bark	Indian milk Thistle	Plaintain leaf
Burdock root	Liver-friendly herbs	red clover flower
Chanca Piedra	Bitters	Sarsaparilla
Chaparral leaf	Ginger	Sassafras root bark
Chicory root	Milk Thistle seed	Turmeric
Dandelion root	Nettles	Wormwood
Echinacea root		

## Thyroid Tea Ingredients:

Ashwagandha	Ginger	Mahagony seeds	Kachanara bark
Catmint	Ginseng	Mango peel	Orange peel
Cinnamon	Licorice	Gooseberry	Tulasi

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## Section II

# Get Out of the Cities

Ellen G. White (Statements made between 1897-1911)

Introduction: The Seventh-day Adventist church has another unique message to give to the world. That is, to get out of the cities before they are destroyed. While people in rural areas are selling their lands and are moving to the cities because the cities are becoming bigger and better with lots of job opportunities, conveniences and attractions of the world, One will find the Seventh-day Adventists selling their city lands and moving to rural mountainous areas. And many have been living in such places past 100 years. They own and operate institutions in the countryside. Given below are Ellen White's reasons and warnings not to live in the cities, published here, for the benefit of Indians and the world at large. The time has indeed come to leave the cities!

"Out of the cities" is my message. The time is near when the large cities will be visited by the judgments of God. In a little while these cities will be terribly shaken. No matter how large or how strong their buildings, no matter how many safeguards against fire may have been provided, let God touch these buildings, and in a few minutes or a few hours they are in ruins. The ungodly cities of our world are to be swept away by the besom of destruction. In the calamities that are now befalling immense buildings and large portions of cities, God is showing us what will come upon the whole earth. I said that 'the earthquakes will come; the floods will come;' and that the Lord's message to us is that we shall 'not establish ourselves in the wicked cities. 'What terrible scenes will take place when the Lord shall arise to shake terribly the earth! Then the words of Rev. 18:1-3 will be fulfilled.' ["And after these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory. And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird. For all nations have drunk of the wine of the wrath of her fornication, and

the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich through the abundance of her delicacies.] The whole of the eighteenth chapter of Revelation is a warning of what is coming on the earth.

But I have no light in particular in regard to what is coming on New York, only I know that one day the great buildings there will be thrown down by the turning and overturning of God's power. From the light given me, I know that destruction is in the world. One word from the Lord, one touch of His mighty power, and these massive structures will fall. Scenes will take place the fearfulness of which we cannot imagine.

Let centers be no longer made in the cities. Let children no longer be exposed to the temptations of the cities that are ripe for destruction. The Lord has sent us warning and counsel to get out of the cities. "Out of the cities," is my message at this time. Be assured that the call is for our people to locate miles away from the large cities. Proportionate to their sins will be their visitation. When one city is destroyed, let not our people regard this matter as a light affair, and think that they may, if favorable opportunity offers, build

themselves homes in that same destroyed city.

The end is near and every city is to be turned upside down every way. There will be confusion in every city. Everything that can be shaken is to be shaken and we do not know what will come next. The judgments will be according to the wickedness of the people and the light of truth that they have had. O that God's people had a sense of the impending destruction of thousands of cities, now almost given to idolatry.

The Protestant world have set up an idol sabbath in the place where God's Sabbath should be, and they are treading in the footsteps of the Papacy. For this reason I see the necessity of the people of God moving out of the cities into retired country places, where they may cultivate the land and raise their own produce. As God's commandment-keeping people, we must leave the cities. As did Enoch, we must work in the cities but not dwell in them.

Again and again [Yahuwah] has instructed that our people are to take their families away from the cities, into the country, where they can raise their own provisions; for in the future the problem of buying and selling will be a very serious one. We should now begin to heed the instruction given us over and over again: Get out of the cities into rural districts, where the houses are not crowded closely together, and where you will be free from the interference of enemies. **"Said the messenger of God, 'Shall not the cities be warned? Yes, not by God's people living in them, but by their visiting them, to warn them of what is coming upon the earth.'"** "Leave the cities, and like Enoch come from your retirement to warn the people of the cities."

"Let children no longer be exposed to the temptations of the cities that are ripe for destruction. [Yahuwah] has sent us

warning and counsel to get out of the cities. Then let us make no more investments in the cities. Fathers and mothers, how do you regard the souls of your children? Are you preparing the members of your families for translation into the heavenly courts? Are you preparing them to become members of the royal family? children of the heavenly King? "What shall it profit a man, if he shall gain the whole world, and lose his own soul?" How will ease, comfort, convenience, compare with the value of the souls of your children?

"Out of the cities; out of the cities!"—is the message [Yahuwah] has been giving me. The earthquakes will come; the floods will come; and we are not to establish ourselves in the wicked cities, where the enemy is served in every way, and where God is so often forgotten.

One look at San Francisco as it is today would speak to your intelligent minds, showing you the necessity of getting out of the cities. "[Yahuwah] calls for His people to locate away from the cities, for in such an hour as ye think not, fire and brimstone will be rained from heaven upon these cities. Proportionate to their sins will be their visitation. When one city is destroyed, let not our people regard this matter as a light affair, and think that they may, if favorable opportunity offers, build themselves homes in that same destroyed city"

Let all who would understand the meaning of these things. Read the eleventh chapter of Revelation. Read every verse, and learn the things that are yet to take place in the cities. Read also the scenes portrayed in the eighteenth chapter of the same book. The instruction is still being given, Move out of the cities. "Who will be warned? We say again, Out of the cities." ( Based on the above statements, it should be quite obvious

that it has been time to leave the cities for more than one hundred years.)

The time is not far distant, when, like the early disciples, we shall be forced to seek a refuge in desolate and solitary places. As the siege of Jerusalem by the Roman armies was the signal for flight to the Judean Christians, so the assumption of power on the part of our nation in the decree enforcing the papal sabbath will be a warning to us. It will then be time to leave the large cities, preparatory to leaving the smaller ones for retired homes in secluded places among the mountains.

(It has always been the practice of Seventh-day Adventists to compare scripture with scripture and build our positions by harmonizing all of the Word of [Yahuwah]. We do not build our theology on a single statement— especially at the expense of a great weight of scriptural evidence. We must follow this same principle if we would understand the signal to leave the cities.)

There was a coming out, a decided separation from the wicked, an escape for life. So it was in the days of Noah; so with Lot; so with the disciples prior to the destruction of Jerusalem; and so it will be in the last days. Again the voice of God is heard in a message of warning, bidding His people separate themselves from the prevailing iniquity."

"I could not sleep past two o'clock this morning. During the night season I was in council. I was pleading with some families to avail themselves of God's appointed means, and get away from the cities to save their children. Some were loitering, making no determined efforts. The angels of mercy hurried Lot and his wife and daughters by taking hold of their hands. Had Lot hastened as [Yahuwah] desired him to, his wife would not have become a pillar of salt. Lot had too much of a lingering spirit. Let us not be like him. The same voice that warned

Lot to leave Sodom bids us, "Come out from among them, and be ye separate, and touch not the unclean." Those who obey this warning will find a refuge. Let every man be wide awake for himself, and try to save his family. Let him gird himself for the work. God will reveal from point to point what to do next."

We must show to the world that we recognize, in the events that are now taking place in connection with the National Reform movement, the fulfillment of prophecy. That which we have, for the last thirty or forty years, proclaimed would come, is now here; and the trumpet of every watchman upon the walls of Zion should raise the alarm.

(By the way, we now hear the rumble of the return of the Roman armies. But this will be the Second Siege! The unabridged Catechism of the Catholic Church (1994 edition) calls for Sunday legislation. The Lord's Day Alliance is alive and well and announced just after 9/11 that we have entered a time of special opportunity to promote Sunday. Incidentally, The Lord's Day Alliance was another major backer of the Blair bill in 1888. Still today their official letter head has the words, "Serving the Churches and the Nation since 1888". Indeed, the time has come!)

Whenever possible, it is the duty of parents to make homes in the country for their children. The children and youth should be carefully guarded. They should be kept away from the hotbeds of iniquity that are to be found in our cities. The time has come, when, as God opens the way, families should move out of the cities. For years we have been instructed that our brethren and sisters, and especially families with children, should plan to leave the cities as the way opens before them to do so. Many will have to labor earnestly to help open the way.

(Here we see that God must open the way, and yet the only way that we will know if it "Is possible" is if we are actually exerting efforts along those lines. In fact, how can we expect to know we are moving "As fast as possible" unless we are earnestly seeking to find the way out of the city.)

Let men of sound judgment be appointed, not to publish abroad their intentions, but to search for such properties in the rural districts, in easy access to the cities, suitable for small training schools for workers, and where facilities may also be provided for treating the sick and weary souls who know not the truth. Look for such places just out from the large cities, where suitable buildings may be secured, either as a gift from the owners, or purchased at a reasonable price by the gifts of our people. Do not erect buildings in the noisy cities.

I am bidden to declare the message that cities full of transgression, and sinful in the extreme, will be destroyed by earthquakes, by fire, by flood. All the world will be warned that there is a God who will display His authority as God. His unseen agencies will cause destruction, devastation, and death. All the accumulated riches will be as nothingness.

Calamities will come—calamities most awful, most unexpected; and these destructions will follow one after another. If there will be a heeding of the warnings that God has given, and if churches will repent, returning to their allegiance, then other cities may be spared for a time. But if men who have been deceived continue in the same way in which they have been walking, disregarding the law of God, and presenting falsehoods before the people, God allows them to suffer calamity, that their senses may be awakened. The Lord will not suddenly cast off all transgressors, or destroy entire nations; but He will punish cities and places where men have given themselves up to the pos-

session of Satanic agencies. Strictly will the cities of the nations be dealt with, and yet they will not be visited in the extreme of God's indignation, because some souls will yet break away from the delusions of the enemy, and will repent and be converted, while the mass will be treasuring up wrath against the day of wrath.

There are reasons why we should not build in the cities. On these cities, God's judgments are soon to fall. The time is near when large cities will be swept away, and all should be warned of these coming judgments. O that God's people had a sense of the impending destruction of thousands of cities, now almost given to idolatry.

Parents flock with their families to the cities, because they fancy it easier to obtain a livelihood there than in the country. The children, having nothing to do when not in school, obtain a street education. From evil associates, they acquire habits of vice and dissipation. The parents see all this, but it will require a sacrifice to correct their error, and they stay where they are, until Satan gains full control of their children. The cities are filled with temptation. We should plan our work in such a way as to keep our young people as far as possible from this contamination.

There is not one family in a hundred who will be improved physically, mentally, or spiritually, by residing in the city. Faith, hope, love, happiness, can far better be gained in retired places, where there are fields and hills and trees. Take your children away from the sights and sounds of the city, away from the rattle and din of streetcars and teams, and their minds will become more healthy. It will be found easier to bring home to their hearts the truth of the Word of God. It is not God's will that His people shall settle in the cities, where there is constant turmoil and confusion. Their children should be

spared this, for the whole system is demoralised by the hurry and rush and noise. To many of those living in the cities who have not a spot of green grass to set their feet upon, who year after year have looked out upon filthy courts and narrow alleys, brick walls and pavements and skies clouded with dust and smoke—if these could be taken to some farming district, surrounded with the green fields, the woods and hills and brooks, the clear skies and the fresh, pure air of the country, it would seem almost like heaven.

Instead of the crowded city, seek some retired situation where your children will be, so far as possible, shielded from temptation, and there train and educate them for usefulness. The prophet Ezekiel thus enumerates the causes that led to Sodom's sin and destruction: "Pride, fullness of bread, and abundance of idleness was in her and in her daughters; neither did she strengthen the hands of the poor and needy." All who would escape the doom of Sodom, must shun the course that brought God's judgments upon that wicked city. The Lord desires His people to move into the country, where they can settle on the land, and raise their own fruit and vegetables, and

where their children can be brought in direct contact with the works of God in nature. Take your families away from the cities, is my message. Again and again the Lord has instructed that our people are to take their families away from the cities, into the country, where they can raise their own provisions, for in the future the problem of buying and selling will be a very serious one. We should now begin to heed the instruction given us over and over again: Get out of the cities into rural districts, where the houses are not crowded closely together, and where you will be free from the interference of enemies.

Last Friday morning, just before I awoke, a very impressive scene was presented before me. I seemed to awake from sleep, but was not in my home. From the windows I could behold a terrible conflagration. Great balls of fire were falling upon houses, and from these balls fiery arrows were flying in every direction. It was impossible to check the fires that were kindled, and many places were being destroyed. The terror of the people was indescribable.

—*From the books: Last Day Events, Evangelism, Selected Messages, etc.*  
& David Westbrook

## Christians' Duty to Open Homes to the Homeless Believers

Ellen G. White

"Be not forgetful to entertain strangers: for thereby some have entertained angels unawares" The Bible. "Prosperity multiplies a mass of professors. Adversity purges them out of the church." EGW

"Years ago I was shown that God's people would be tested upon this point of making homes for the homeless; that there would be many without homes in consequence of their believing the truth. Opposition and persecution would deprive believers of their homes, and it was the duty of those who had homes to open a wide door to those who had not.

I have been shown more recently that God would specially test His professed people in reference to this matter. Christ for our sakes became poor that we through His poverty might be made rich. He made a sacrifice that He might provide a home for pilgrims and strangers in the world seeking for a better country, even an heavenly. Shall those who are

subjects of His grace, refuse, or even feel reluctant to share their homes with the homeless and needy? You whose hearts and houses are too narrow to make a home for the homeless, Read Isaiah 58. The Prophet is addressing Sabbathkeepers, not sinner, not unbelievers. The reason why God's people are not more spiritually minded and have not more faith, I have been shown, is because they are narrowed up with selfishness.

### **Separation and Unity**

The time is not far distant when the test will come to every soul. The mark of the beast will be urged upon us. Those who have step by step yielded to worldly demands and conformed to worldly customs will not find it a hard matter to yield to the powers that be, rather than subject themselves to derision, insult, threatened imprisonment, and death. The contest is between the commandments of God and the commandments of men. In this time the gold will be separated from the dross in the church. In the absence of the persecution there have drifted into our ranks men who appear sound and their Christianity unquestionable, but who, if persecution should arise, would go out from us. There will be a defection among the church leaders—many a star will go out in darkness.

### **Ministers and doctors may depart from the faith**

As the storm approaches, a large class who have professed faith in the third angel's message (SDAs), but have not been sanctified through obedience to the truth, abandon their position and join the ranks of the opposition. The Lord has faithful servants who in the shaking, testing time will be disclosed to view. There are precious ones now hidden who have not bowed the knee to Baal. They have not had the light which has been shining in a concentrated blaze

upon you. But it may be under a rough and uninviting exterior the pure brightness of a genuine Christian character will be revealed.

As trials thicken around us, both separation and unity will be seen in our ranks. Some who are now ready to take up weapons of warfare will in times of real peril make it manifest that they have not built upon the solid rock; they will yield to temptation. Those who have had great light and precious privileges, but have not improved them, will, under one pretext or another, go out from us.

### **New Converts Will Take the Places of Those Who Leave**

The broken ranks will be filled up by those represented by Christ as coming in at the eleventh hour. There are many with whom the Spirit of God is striving. The time of God's destructive judgments is the time of mercy for those who now have no opportunity to learn what is truth. Tenderly will the Lord look upon them. His heart of mercy is touched, His hand is still stretched out to save, while the door is closed to those who would not enter. Large numbers will be admitted who in these last days hear the truth for the first time. Standard after standard was left to trail in the dust as company after company from the Lord's army joined the foe and tribe after tribe from the ranks of the enemy united with the commandment-keeping people of God.

### **New Testament Principle of Sharing Will Repeat**

When persecution came in Jerusalem, all the believers sold their possessions, pooled their monies, and lived together. Acts 2:44-45: "And all that believed were together, and had all things common. And sold their possessions and goods, and parted them to all men, as every man had need." Those who are joining together should be fair in sharing their

means and not be like Ananias and Saphiras who hid their money and pretended they did not have much to give. We should not take undue advantage of those who are willing to share.

### **A Call to Those on The Hillside to Accept New Believers**

I know some people in India who are living in beautiful remote and hilly places with vast amounts of land. This includes me with 1.5 acres in rural, and I, too, am looking to move to a hillside. In these last days, we need to give up the men-

tality of me, my family and my state, but think of India as our territory and all Indian likeminded believers as our brothers and sisters. EGW said that unity will come in the last days. If fellow believers wish to purchase some plots in my land, I am willing to sell. Or if you wish to join to purchase land on a hillside with us, you are welcome to join. Please call my number. Likewise, those who already have land in the hillside and can accommodate people who wish to buy plots from you, please be open to invite them in. Let us invite new believers who will be homeless due to persecution.—Ellen Ω

## **Secular Websites Are Warning to Leave the Cities**

A lot is happening in 2016. Scientists warn that Yellowstone super volcano will burst in 2016, and that more than a million will die. It will affect 20 states and will cause a 100 ft. tsunami and will break up USA. Signs to this are—more new geyser vents are spewing hot gases with fury, a river closeby is boiling, and thousands of bison have left the area. Molten lava underneath it is said to be 55 miles wide. 2016 is called a year of volcanoes. 40 volcanoes are burning in the ring of fire, two more super volcanoes: St. Helens and the Hawaiian volcano have become active. This month, a river close to St. Helens volcano became milky white, which scientists explain as volcanic ash.

In America, the first and second Amendments—free speech and right to arm yourself—are being removed and martial law has been signed. The governments are gearing up to give Internet and facebook ID cards. In 1992, all the countries had signed off sovereignty of their nations to Rome (to the Ten Economic Zones) in case of a national emergency. Now the countries are changing their law to confiscate all citizens' money from the banks, their properties,

their children and the people themselves. In May 2016, Obama signed some executive orders to take all properties of citizens in case of an emergency. Now lately he signed that all citizens will be forcefully asked to do free labor for the government in case of an emergency. What happened in Venezuela is about to happen in Europe and America, and soon it will touch India, the day the dollar dies and the Indian banks close.

In Venezuela, due to starvation, people ate dogs and cats. Would a vegetarian do this? I thought. Won't he be searching for fruits and roots? This is a good reason to become a vegetarian. Satanic appearances among the crowds, devil possessions of hundreds of people, alien killings, ritual killings are on the rise. Radiation levels due to cell phone towers, wifi, electricity substations, nuclear disasters are on the rise and are giving diseases to humans. Cell phones cause cancer. Wifis cause sleeplessness, affect cell growth, damage childhood development, derail brain function, reduce brain activity in females, provoke cardiac stress, and is linked to cancer and neurological disorders. Soon God's people will need to give up these tech-

nologies. Pharmaceutical drugs are killing people. America and Russia have begun WWII games in Poland. Wick-edness has increased on this earth. Soon, when no one is expecting, fire, brim-

stone from God, earthquakes, lava flows, tsunamis, will kill millions living in the cities. The time, in deed, has come to flee the cities. Let us heed God's warnings to leave them now. — Ellen Ω

## **Editorial—On Thyroid**

I have hypothyroidism. It runs in the family. I have taken Eltroxin for more than 20 years. I was started with 50 mcg. and it was raised to 100.5 mcg. If I were taking it today, probably I would have been taking 200 mcg. per day and would have been developing a heart problem. But I gave up taking the tablet six years ago, after following the health message. And I have no heart problem nor pains in any part of the body as I consume soya. However, the thyroid problem did not go away.

If you have doctors in your family, they always look at you as a patient. Recently my brother and sister-in-law (both doctors) visited me. He felt my slightly swollen thyroid gland and she noticed my deep breath. Brother cautioned me about serious complications if I neglect to take synthroid. And they had a new bargain—If I take synthroid, then they would take activated charcoal, and my sister-in-law pulled a synthroid bottle and offered me.

A few days later, I began to think. My brother should have thyroid problem as it is in the family, but how come the bottle came from my sister-in-law's purse? I called and found that he does not have, but that she recently developed hypothyroidism. Then I decided that I would research and write about thyroid disease in the next issue, and also would face my own thyroid issue. I went for a lab test. My T4 and T3 were normal, but my TSH level was way high, 41.21. Normal is between 0.5 to 5.5. I enquired with friends and they said that it could prob-

ably be due to irregular hours of sleep. I also know about my irregular sleep and improper meals. I also feel an inflammation in my thyroid gland. This newsletter is actually meant for me, for my sister-in-law, and for the 10% in India who take synthroid meaninglessly.

You have now learned that hypothyroidism is due to improper diet, radiation, stress, lack of sleep, stomach problems, worms, lack of vitamins, lack of iodine, impurity in the blood, toxins, low immune system, etc. which in turn are affecting the thyroid gland. Our immune system is attacking the thyroid gland. Is it not common sense that we detox our gut, liver, kidneys and body as a whole, eat good food, take supplements, to rid ourselves of thyroid disease? Hypothyroidism has now engulfed the cities due to night shift work which disturbs our body clocks and radiation. We need to do our best to preserve our health under such circumstances.

From the time I got wifi in my home, I feel pressure on the nerves of my head and so I use charcoal neck band to cover my thyroid gland when my wifi is on. Yesterday I got it connected directly to my laptop through a wire. If someone is long on the cell phone with me, I take a table spoon of charcoal in water to remove radiation. In spite of frequent use of charcoal (I emptied 3, 500 gm. bottles in two years), yet it was not sufficient to remove inflammation from my thyroid gland. **I can tell you that the time is here when every person including children will need to take a minimum of 2 tbsp. charcoal per day due to radiation in the atmosphere.** Also take the clays mixed in water and use them in your cooking, or in bath.

To heal myself, I began to follow Dr. Agatha Thrash's advise of taking 2 tbsp. charcoal, good, timely diet, vitamins, and timely sleep. I eat daily 1 tsp. psyllium seeds soaked in water to help my gut; and vegetable juice, liver cleanse tea and charcoal to cleanse the liver. In two weeks, the irritation in the throat reduced, the gland swelling reduced, my health has improved, taking deep breath stopped, and even my sight improved.

Do you know what those who do not understand about the disease would do? They will take high doses of Eltroxin as they age which will affect their heart; for anxiety, nervousness and depression - depression pills; for sleeplessness - sleep aid pills, for constipation - some other pills, and the list goes on. Ultimately it is the liver and the kidneys that will eliminate Eltroxin and other pills, which adds more poison to them.

By the way, it is not the thyroid gland that converts storage T4 into active T3, but the liver and the gut. Then why are we treating the thyroid gland? The ayurvedic doctor mentioned on p. 27 is right. Thyroid is the most undiagnosed and misdiagnosed disease. Taking Eltroxin is like putting a hand on a soda bottle to keep the contents from spilling out. How long can we hold our hand there? Recently, it was reported that two assassinations were stopped in one day, one of them by Putin when someone attempted it on Obama in Hong Kong. Putin told them: "Go after those who are making Obama do such things, and not Obama." I hope that you got the point. Go after your liver, the gut and the radiation in your body and cleanse them. Improve your overall health with supplements, good food, charcoal to remove inflammation and radiation, and detoxify your body so that your pituitary and the thyroid gland will function well. For those with thyroid disease, it is necessary to take charcoal on a daily basis

due to radiation in our environment and to wear the charcoal band all nights. You may order charcoal powder, tablets and capsules, and charcoal band from us. **One tablespoon charcoal powder equals 10 tablets and 14 capsules.** Charcoal detoxifies all organs of the body including the brain, shrinks tumor in the pituitary if there is one, shrinks the enlarged thyroid gland and also purifies the blood. India's population in 2016 is 1,319,577,958. Ten percent of that is 13,195,779 (131 lakhs). That is a lot of business for pharmaceutical companies to manufacture Eltroxin. I hope that it will stop with you.

I appeal to the endocrinologists to take time to find the underlying causes of the disease instead of blindly prescribing Eltroxin. You may run detoxification and rejuvenation programs in your hospitals because, Eltroxin dosage, if it is more, could cause dangerous side effects. Besides, it does not cure other ailments in the body. Please advise your patients about radiation in the atmosphere that is effecting the thyroid gland and prescribe to them natural remedies. Please make your patients permanently whole instead of permanently putting them on Eltroxin. Please educate them about the beneficial use of charcoal and prescribe it to them as part of your treatment.

Dear friends, you can treat thyroid in your own home naturally. Do the lab tests and be your own doctor. You, like me, know exactly where your failures are. Let us together bring down the 10% thyroid statistics of India to 5% or less. If we think we can, we can do it. I would like to hear the testimony of someone who followed instructions from this newsletter and got rid of thyroid disease, so that others will benefit from your testimony. If you have appreciated this magazine, we would like to hear from you. Thank you and may God bless you. Ω

— Ellen Prasad

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 When Self is the Enemy: Autoimmune inflammatory Diseases by John G. Clark, MD.

kidney stones, respiratory problems, cures dysentery, ear aches, heals burns, treats hiccups and throat problems, and is a stomach tonic.

**Neem tea** - Neem leaves are full of powerful antioxidants, are antimutagenic, and anticarcinogenic (treats cancer), lowers high blood pressure, helps lower irritation connected with chicken pox, heals psoriasis, eczema, boils; lowers blood sugar (diabetes); and lowers the amount of insulin a person should take to 50%. It is a

natural birth control agent for both men and women. It expels worms.

**Peppermint Tea** - Easy to grow, it can clear a stuffy nose, soothe a sore throat, ease stomach cramps, and ward off a cold. It can reduce flatulence and bloating. Avoid it if you have GERD or hiatal hernia!

**Periwinkle (Sadabahar) tea** - It prevents all forms of cancer, cancer treatment, anti-diabetic, stomatic, reduces high blood pressure, relieves anxiety, nose bleeding, sore throat, and mouth ul-

## Price List

Item	Description	Qty	Cost
1.	Acne Cream (100% herbal)	20ml.	Rs. 30
2	Activated Charcoal Powder	500 gm	Rs.300
3.	Activated Charcoal Powder	250 gm	Rs.180
4.	Activated Charcoal Tablets, 250 mg	500 tablets	Rs.400
5.	Activated Charcoal Capsules	60 capsules	Rs.210
6.	Back to Eden, New Revised, 1000 pages,	2 avail. 1 book	Rs.3,200
7.	Charcoal Eye, knee, neck Pad s	Each piece	Rs.150
8.	Charcoal Remedies.com book	book	Rs.240
9.	Charcoal Magazine	Book	Rs. 25 ea
10.	Diabetic Tea	125 gm.	Rs.100 ea
11.	Eczema Ointment	50ml.	Rs. 80
13.	Past issues of Health Reformer	Book	Rs. 25
14.	Evidence of Modern Science in the Bible	Book	Rs.100
15.	Handwriting for School and Church	Book	Rs.50
16.	Health Reformer yearly subscription	(4 issues)	Rs.100
17.	Hymns, Choruses, School Songs	Book	Rs. 80
18.	Papaya Wound Healing Salve	50ml	Rs. 80
19.	Psyllium (seeds)	250 gm.	Rs. 50
20.	Sacred Audio Books (Bible & Spirit of Prophecy	2 DVDs	Rs.200

**ADD POSTAGE:** Please add Rs. 100 for parcel weighing 1 kg toward registered parcel postage by India Post, packing and transportation. Call or email us and we will calculate the postage cost. Payment may be made by a bank transfer. Please pay only after getting confirmation from us. Thank you.

cers. It treats diabetes, enhances memory. It has more than 400 alkaloids. It treats childhood leukemia, Hodgkin's disease, testicular cancer and cancerous tumors. It alleviates vascular dementia, in which the arteries supplying blood to the brain develop atherosclerotic plaques. Take the whole plant and not the extracts.

**Red Clover Tea** - Made from the dried flowers of the perennial red clover plant (rudraksha), it lessens symptoms and discomforts of menopause, reduces hot flashes, improves sleep, strengthens bones, lessens anxiety, and heals cancer by selectively killing cancer cells. It is better than chemotherapy. Cancer patients should take 6 cups to a jug per day.

**Tulasi tea** - Leaves are germicidal, fun-

gicidal, anti-bacterial, and anti-biotic properties. They are packed with antioxidants and essential oils. Supports immune system, respiratory system, digestive system and is a good substitute for coffee.

## General Rules in Making Herb Teas

### From Back to Eden

The usual amount of herb used is 1 teaspoon of the dried herb or 3 teaspoons of the freshly crushed herb to one cup of boiling water. Pour the cup of boiling water over the herb and let steep for 5 to 10 minutes. To make tea stronger, use more of the herb. Do not steep for longer time as this will tend to make



the tea bitter. In warm weather, herb tea must be made fresh every day to prevent souring. It can be kept for one week in a refrigerator, but not longer.

**How much to take?** 4 cups a day, one cup an hour before each meal, and one cup upon retiring. If good results are not obtained, increase or decrease as may be best. For example, if the herbs are not laxative enough, increase the dose; if too laxative, decrease the dose. The bowels should move one or two times a day if three meals are eaten. Never use aluminum pans. Golden seal (turmeric) may be taken in 3 ways:

1. Take 1/4 to 1/2 tsp. turmeric dissolved in 1/4 glass of water. Follow by drinking one glass of water. Take 1-4 doses a day. One No. 00 capsule equals 1/4 to 1/2 tsp. of powder.
2. Steep a heaping tsp. of turmeric in a pint of boiling water for 20 minutes, stir thoroughly, let settle, and pour off the clear liquid. Take 8 tbsp. a day, taking 2 tbsp. 15 minutes before each meal and the remainder upon retiring. Double the amount for more benefit.
3. Take geletin capsules and drink one or more glasses of water with the capsules. Take 2 of the 00 size for a dose, more or less according to the need. Ω

WUI is a public charitable trust helping the society through deed and printed page. We care about the health of the people of India. If you liked this magazine, please become a member and donate to help us to print more such magazines. Thank you.

## ANNOUNCEMENTS

- ▶ **10-Day Health Vacation, Detox and Rejuvenation programs will be conducted from September, 2016 at WUI Campus.**
- ▶ **Medical Missionary Training Program will also begin in September 2016.**

Contact 9945966707 or 9986653256



### Our Address:

Wake Up India  
Doddadunnasandra  
Kadugodi, Bangalore 560067  
Cell: 91+ 99866 53256  
Email: wakeup77@gmail.com

