

What Anxiety, Depression, Chronic Fatigue, Mental Fog, Insomnia, Tooth Decay, and Apathy Have in Common

Introduction

Anxiety, depression, chronic fatigue, mental fog, insomnia, tooth decay, and apathy all have a common denominator: Hypothyroidism.

Depression is a common illness worldwide, with an estimated 3.8% of the population affected, including 5.0% among adults and 5.7% among adults older than 60 years. Approximately 280 million people in the world have depression. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when recurrent and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Over 700,000 people die due to suicide every year. Suicide is the fourth leading cause of death in 15-29-year-olds.

Learn the causes for the leading worldwide disability

As with most medical issues, there are multiple causative factors. Among the list of causative factors for hypothyroidism are the halogens: chlorine, bromine, and fluoride. The public water supply is laced with chlorine or the stronger form chloramine. Bromine is used to bleach flour products. Hot tubs use bromine as a disinfectant; the plastic dashboards of cars degas bromine in the hot weather. Fluoride is present in many public water sources plus present in 99% of all toothpastes (aquaessencetoothpaste.com). All three halogens suppress the function of the thyroid.

Other causative factors include:

- Heavy metals especially mercury from dental fillings (silver jewelry)
- Glyphosate (Monsanto's herbicide Round-Up)
- Chemicals - perchlorate: inhibits the uptake of iodine into the thyroid gland, reducing the production of thyroid hormone at very low levels of exposure.
- Phthalates: found in cosmetics, shampoos, soaps, lotions, lubricants, paint, pesticides, plastics and in the coating of some timed-release medicines; may lower testosterone levels, which prevent conversion of T4 to T3,
- Childhood vaccines especially tetanus (traps in left lobe of thyroid)
- Nutritional deficiencies especially iodine, manganese, selenium, B-12 and B-2, vitamin C, vitamin E, protein, zinc, magnesium; Vitamin D₃ and Vitamin A are required to activate the receptors for T3.
- Drugs: Prozac has three molecules of fluoride which suppresses the thyroid. Accutane, (used to treat acne), the antiviral drug interferon-alpha, and corticosteroids, can increase your risk of depression. Barbiturates, benzodiazepines (Valium).
- Dental infections: toxins drain via the lymphatics to the thyroid
- Calcium suppresses thyroid activity
- Foods: soy, cruciferous vegetables (especially radishes- isothiocyanate), excess sugar intake, casein from milk, peanuts and peanut butter
- Synthetic hormones: Synthroid, Levoxyl, Levothyroid- contain only the synthetic version of T4 (inactive form)
- Excess vitamin A and zinc; selenium deficiency
- Excess intake of polyunsaturated fats: sunflower, safflower oils
- Amino acid deficiency of L-tyrosine (direct precursor to thyroxine)
- Trans Fatty Acids (also called trans-unsaturated fatty acids): Most trans fats are formed through an industrial process that adds hydrogen to vegetable oil (hydrogenated or partially hydrogenated oil), which causes the oil to become solid at room temperature. Because the longer chain

fatty acids are deposited in cells more often as rancid and oxidized fat, it causes impairment of the conversion of thyroid hormone T4 to T3, which is symptomatic of hypothyroidism.

Increased risk of heart attacks, stroke, and type 2 diabetes.

Trans fats in your food

- Commercial baked goods, such as cakes, cookies and pies
 - Shortening
 - Microwave popcorn
 - Frozen pizza
 - Refrigerated dough, such as biscuits and rolls
 - Fried foods, including french fries, doughnuts and fried chicken
 - Nondairy coffee creamer
 - Stick margarine
- Brain allergies from food (chicken, strawberries, peas, etc.): Brain Allergies by Philpott and Kolita.
 - Chronic pain
 - Prolonged exposure to EMFs: Though not reported on by the mainstream media, there are now numerous studies confirming a link between high amounts of EMF radiation exposure and negative psychiatric symptoms. The neurotransmitter, melatonin, is responsible for regulating our sleep-wake rhythms. It has been established that EMF exposure suppresses the secretion of melatonin by the brain's pineal gland.

Reducing the Risk of Depression

- Diodes placed on your cell phones reduce your exposure.
- Faraday cages placed on smart meters, routers, and other electronic devices like cell phones.
- Imprinting your eye glasses with scalar energy.
- Use blue blockers or full spectrum hyperpolarized lens when working in front a your computer.
- Wearing the Tesla Energy Card helps reduce EMF exposure.
- Go hard wire with your wi-fi connections; turn off your wi-fi at night
- Cordless 900 MH base phones are worse than cell phones.

Why water purification, toothpaste, and bleaching agent for baked goods are a universal cause for depression and anxiety

Most water purification processes use chlorine or chloramine. Both suppress thyroid function. Most toothpastes have fluoride, which also suppresses thyroid function. Much of the baked goods use bromine as the bleaching agent, which also suppresses the thyroid. A low functioning thyroid is a major cause for depression and anxiety.

How to protect yourself with natural remedies from succumbing to depression, anxiety and related symptoms

First you **MUST** filter your water at least one time but preferably two or three times to remove the chlorine, fluoride , bromine, and numerous other drugs and chemicals in today's water. Brita type filters will not do the job.

The NSF (National Sanitation Foundation) provides a website that lists which filters remove the following items: <https://www.nsf.org/consumer-resources/articles/contaminant-reduction-claims-guide>

- Lead
- Arsenic
- Bacteria/Coliform/Cyst/Virus
- Chlorine
- Chromium (Hexavalent)
- Fluoride
- Nitrate/Nitrite
- Total Trihalomethanes (TTHM) and Volatile Organic Compounds (VOCs)

My recommendations:

1. **Vitasalis:** www.vitasalus.net - full selection of systems
2. **Adya Water Filter System:** researchers at the University of Washington.

3. Royal Berkey (3.25 gallons): \$430 Good for 2 to 6 people.

Without clean water your organs, tissues, cells cannot be properly cleansed. Remember if you do not filter your water, your organs will.

Natural remedies to counter act depression and anxiety

The key is to define or diagnose the underlying cause; one can also energetically test the compatibility of the vitamins, herbs, homeopathics, minerals, etc. using kinesiology, Bi-Digital “O” Ring, pendulum, or divining rods.

Key areas to focus one’s approach:

- 1. Intestines: Evidence for Intestinal Toxemia (Appendix G in my book, *Remove the “Splinters” and Watch the Body Heal*)**
- 2. Restore microbiome of intestines**

if it’s heavy metals:

1. Glutathione: foods high in-asparagus, globe artichokes, and avocado
2. Platinum Plus: an amino acid formula has methionine
3. Liquid Zeolite
4. Medi-Dental Clay (Premier Research): must mix with Liver ND
5. NAC (N-acetylcysteine): Research shows that people with depression are more likely to have higher levels of inflammatory cytokines like C-reactive protein, interleukin-6, and tumor necrosis factor-alpha. Taking NAC may help reduce inflammation and ease depressive symptoms.

Heavy metal detox foods to eat include:

- cilantro
- garlic
- wild blueberries
- lemon water
- spirulina

- chlorella
- barley grass juice powder
- Atlantic dulse
- curry
- green tea
- tomatoes
- * probiotics

Beating Depression Naturally – Natural remedies from the inside and out

Nutritional Support to Combat Depression

The SAM-e thing

S-adenosyl-L-methionine (SAMe) is a compound made naturally by the body. It helps produce serotonin, melatonin, and dopamine. Serotonin is an important chemical and neurotransmitter. Much clinical research suggests that SAMe may have short-term beneficial qualities. However, long-term studies are lacking.

SAMe can interfere with other medications. People who take blood thinners may have a higher bleeding risk if they also take SAMe. The compound itself can cause a variety of side effects, including dry mouth, diarrhea, dizziness, and insomnia.

5-HTP

5-hydroxytryptophan (5-HTP) is a chemical the body makes from L-tryptophan. L-tryptophan, or tryptophan, is a protein-building block.

5-HTP may help raise your brain's serotonin level. Medications that increase serotonin tend to help ease symptoms of depression.

Not all research supports the use of 5-HTP. A 2012 analysis Trusted Source of 5-HTP studies found that the benefits of the chemical were largely exaggerated.

In fact, the study, published in the Journal of Neuropsychiatric Disease and Treatment Trusted Source, claims 5-HTP may make underlying symptoms of depression worse. Long-term use of 5-HTP may deplete other neurotransmitters.

Omega-3 fatty acids:

These essential fats may be good for relieving symptoms of depression. The human body can't make omega-3s on its own.

A 2003 study in European Neuropsychopharmacology found that people who took omega-3 fatty acid supplements had reduced depression symptoms.

Taking fish oil supplements for depression

Based on the research of Dr. Brian S. Peskin, fish oils are rancid at room temperature and will deplete CoQ10 which can result in congestive heart failure. Dr. Peskin has formulated a plant-based supplement of organic, cold-pressed oils which include: Flax oil, Evening Primrose oil, Pumpkin seed oil, Sunflower oil, and extra virgin Coconut oil. This formula provides an 11:1 ratio of omega A, EPA or any other oil. Most oils being sold as essential are derivatives and the body cannot use them to make other oils.

Vitamin B: must be food based

B vitamins are important to your brain health. Vitamins B-12 and B-6 are particularly significant.

They help produce and control the chemicals that influence mood and other brain functions. Indeed, low levels of these vitamins are linked to depression.

If your levels are low, you can increase your vitamin B through your diet. B-rich foods include meat, fish, eggs, and dairy.

As will all supplements they must be food based to maximize results.

A total of 14 drugs are known to interact with Vitamin B Complex 100 (multivitamin) categorized as 2 major, 11 moderate, and 1 minor interaction.

Vitamin D₃

People with depression tend to have low vitamin D levels, but most people in the United States are deficient in vitamin D. Increasing your levels of the vitamin might ease depression symptoms. You can get vitamin D from certain foods, including milk, sardines, and eggs. Not all vitamin D supplements are equal. Most retail sources are made from irradiated lanolin. I personally take 10,000 IU a day. Symptoms of vitamin D toxicity include weight loss, heart arrhythmias, and excessive urination.

Saffron (*Crocus sativus*)

Packed with antioxidant compounds, including the carotenoids crocin and crocetin. Interestingly, saffron has shown promise as a natural treatment for depression (7Trusted Source).

Studies have observed that it increases levels of the mood-boosting neurotransmitter serotonin in the brain. While it's unknown exactly how this process works, it's thought that saffron inhibits serotonin reuptake, thereby keeping it in the brain longer (7Trusted Source).

A 2013 study in the Journal of Integrative Medicine (Trusted Source) found that saffron supplements actually improve mood and reduce symptoms of major depressive disorder more than placebo supplements.

Saffron is generally very expensive because many plants are needed to make a tiny amount of the spice. Therefore, saffron supplements aren't easy to find, and they can also be costly.

An analysis of five randomized controlled trials found that supplementing with saffron significantly reduced depressive symptoms in adults with MDD compared with placebo treatments (7Trusted Source).

What's more, the review found that saffron supplements were similarly effective at reducing depressive symptoms as antidepressant medication (Trusted Source).

Kava kava

One study published in PsychopharmacologyTrusted Source investigated the effectiveness of kava kava. Researchers found that a water-based version of kava produced anti-anxiety and antidepressant activity in people with depression.

Researchers also noted the extract brought up no safety concerns in the amount and duration studied (250 milligrams of kavalactones per day).

Rhodiola is an herb linked to a variety of potential health benefits when taken in supplement form. These include reduced depressive symptoms and an improved stress response, which can help your body adapt to stressful situations.

The herb may exert antidepressant effects via its ability to enhance nerve cell communication and reduce overactivity of the hypothalamic-pituitary-adrenocortical (HPA) axis.

The HPA axis is a complex system that regulates your body's stress response. Research suggests overactivity of the HPA axis may be associated with major depression (3Trusted Source, 4Trusted Source).

A study in 57 people with depression found that treatment with 340 mg of rhodiola extract per day for 12 weeks led to clinically meaningful reductions in depressive symptoms (3Trusted Source).

Rhodiola treatment is maybe less effective than some of the antidepressant medications it has fewer side effects (3Trusted Source).

Another study found that a supplement composed of Rhodiola and saffron significantly reduced depression and anxiety symptoms in adults with mild to moderate depression after 6 weeks.

Cordyceps (Dr. Stanley Ngui's source): It is a phenomenal modulator balancing hormones, increasing stamina, oxygenation of the blood, and balancing neurotransmitters.

Pure Synergy: Has 60 different organic and wild crafted grasses, herbs, minerals, vitamins, etc.

Zinc: Zinc deficiency is strongly linked to an increased risk of depression and depression symptom severity. Zinc is a mineral that's critical to brain health and the regulation of neurotransmitter pathways. It also boasts antioxidant and anti-inflammatory properties.

One analysis of 17 observational studies found that blood zinc levels were around 0.12 $\mu\text{g/mL}$ lower in people with depression than in those without

the condition. The study also associated greater zinc deficiency with greater depressive symptoms (27Trusted Source).

Key to successful treatment is to test the dosage on all supplements.

[Learn a simple home test to diagnose a potential cause for depression, anxiety and related symptoms](#)

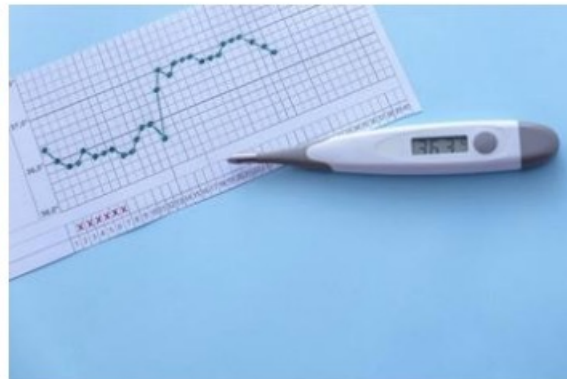
How to Take a Basal Body Temperature

What is a basal body temperature?

The "basal body temperature" test was developed by Broda O. Barnes, M.D. Barnes developed and promoted a diagnostic test for thyroid function that became known as the "Barnes Basal Temperature Test".

A mildly hypothyroid person can still appear to have normal thyroid lab results. The basal temperature test will give a good indication of thyroid problems but is not definitive. Use this as one more tool to recognize potential hypothyroidism.

Body temperature is very sensitive to hormone levels and may be higher or lower when a woman is ovulating or having her menstrual period.



How to take and record basal temperature

- Use the same thermometer throughout the duration. An accurate thermometer is important. A fertility/basal thermometer, found at any pharmacy is the most accurate
- If menstruating, wait until the third day of onset before recording temperature.
- Menstruating can lower basal temperature to as low as 97.2 F
- Immediately upon awakening, and with as little movement as possible, place the thermometer under the tongue or underarm.
- Take temperature before eating, drinking, or getting up to use the bathroom.
- Take your temperature at the same time every morning
- An armpit (axillary) temperature is usually 0.5°F (0.3°C) to 1°F (0.6°C) lower than an oral temperature.
- Record the readings on three consecutive days at the same time of day.
- For a more accurate average many practitioners recommend recording temperatures for 10 days.
- If the average temperature is less than 97.8 (oral) or 97.3 axillary (armpit) for three (preferable ten) consecutive days, then hypothyroidism is strongly suspected.

Factors affecting basal temperature

Other factors can affect body temperature, such as taking readings at different times, alcohol, illness, a restless night, and stress. Also do not use an electric blanket during the test. This can result in a higher than actual basal temperature.

References:

<http://www.webmd.com/children/tc/fever-temperatures-accuracy-and-comparison-topic-overview>

https://en.wikipedia.org/wiki/Broda_Otto_Barnes

To learn more about the thyroid, check out our **Thyroid Continuing Education Package!**

