

Interview with Dr. Lawrence Wilson



Dr. Lawrence Wilson is a Nutrition and Lifestyle Consultant at Scottsdale and Prescott, Arizona, course author and instructor at University of Natural Medicine, Santa Fe, New Mexico and Westbrook University, Aztec, New Mexico; Author for the Eck Institute Bulletin (a monthly bulletin for physicians), Eck Institute of Applied Nutrition and Bio-Energetics, Ltd., Phoenix, Arizona. He is also a consultant at Analytical Research Laboratories, Phoenix, Arizona. He has a medical degree but he chooses, however, to work as a nutrition consultant. What he is famous with is his work and articles on different health

topics like: **How Nutrition Affects Emotions and Behavior**, Toxic Metals, Nutrition and Energy, Biochemical Basis of Positive Thinking, Behavior and Learning Disorders and Nutrition, Sauna Therapy, **Tissue Mineral Analysis and Nutritional Aspects of Arthritis, Allergies, Candida Albicans**, Developmental Disorders and other health conditions. His website provides a lot of information about all this problems, as well as many other disease: <http://drlwilson.com/index.htm>

Dr. Lawrence Wilson, my name is Svetla Bankova and I am the owner of www.Gravesdiseasesecure.com -website providing information about Graves' Disease and Hyperthyroidism. Since you have a lot of articles and books regarding the influence of different chemicals on our body and their connection with different diseases, I would like to use this opportunity and ask you a few questions about your research, findings and experience that will be very helpful for my clients battling with Graves' Disease and Hyperthyroidism.

1. Dr. Wilson, to my best knowledge Hyperthyroidism is a condition in which an overactive thyroid gland is producing an excessive amount of thyroid hormones that circulate in the blood. Thyrotoxicosis is a toxic condition that is caused by an excess of thyroid hormones from any cause. Thyrotoxicosis can be caused by an excessive intake of thyroid hormone or by overproduction of thyroid hormones by the thyroid gland. **Graves' Disease** is caused by a generalized over activity of the thyroid gland, and is the most common cause of **hyperthyroidism**. In this condition, the thyroid gland is diffusely enlarged and hyperactive, producing excessive thyroid

hormones. Although Graves' disease is the most common cause of hyperthyroidism, not *all* patients suffering from hyperthyroidism have Graves' disease and not *all* patients with Graves' disease suffer from hyperthyroidism. Would you like to add any more information to this?

1. We do not worry too much about the name of a condition. Medicine often has many names for conditions to mask the fact that they do not have a complete understanding of what is going on. More important is to figure out the cause of the condition. In the articles you have posted on your website that I wrote, I discuss some of the causes we have found such as toxic metals like copper and mercury, stress as a factor, and some nutritional imbalances as well such as fast and slow oxidation.

2. According to my understanding, we'll be discussing Hyperthyroidism, which is caused by reasons other than Graves' Disease?

The answer to this is the same as that above. We do not like to concern ourselves with names of diseases, as they are not descriptive of the real problem. They are just titles that have little to do with why a person is not feeling well.

3. As far as I am aware the standard tests regarding proper thyroid imbalance diagnose only measure the circulating hormones (T3 and T4) and pituitary stimulation of the thyroid (TSH). In your article **THYROID DISEASE AND ITS HEALING** you are recommending other tests as well, in order to determine the correct diagnose. What are these tests what do you consider a "mandatory" test, when thyroid imbalance is suspected?

We use the hair tissue mineral analysis on everyone. It must be done at a laboratory that does not wash the hair. There are two such labs, Analytical Research Labs and Trace Elements, Inc. Testing by other labs is much less useful. There are many other tests, of course, but this is what we use. We would consider it the only mandatory test for our evaluation. Remember, though, that it must be done by Analytical Research Labs or Trace Elements, Inc. and it must be

interpreted properly by the method developed by Dr. Paul C. Eck and taught by myself and just a few others in the field.

5. Dr. Wilson, what minerals, vitamins and substances one patient should be tested if Hyperthyroidism is suspected?

Testing for vitamins and minerals is harder than it sounds. We can only test one or another compartment of the body, like a tissue such as hair, or the blood. But the vitamins and minerals are scattered all over the body. Instead, we can test for the body's response to stress. That is why we use the hair mineral test, and only as described above. Other physicians use other tests they are comfortable with. We understand how to use the hair analysis and are happy to share this knowledge with any practitioner, even a non-physician who is quite interested in learning how to use this wonderful test.

Note that the hair analysis does NOT reveal the total body load of a mineral such as calcium, even if the level is high. This is a common misconception and cause for great confusion and disrespect for hair tissue mineral analysis. A high hair calcium level, for instance, just means there is too much calcium in the hair, usually due to what is called biounavailability of calcium in the blood. This means that the body is not able to keep calcium in sufficient quantity in the blood.

The goal of the hair mineral test is not to find out how much of a mineral is present, though at times, such as with copper, this may be true. The goal is to determine how the person's body is responding to stress. That is the real value of the hair analysis in most cases. It can also show some toxic metals, which definitely play a role in many cases. So we don't test for specific vitamins or minerals except as described here through the hair analysis.

6. What test readings/results we should be looking for in hyperthyroidism patients that will prove a chemical imbalance or chemical toxicity as a reason for their hyperthyroidism?

The answer to this is also in the article on your website that I wrote, **THYROID DISEASE AND ITS HEALING**. I would rather not

repeat the article, because the answer is quite involved. As stated in that article, though, we look for fast oxidation, slow oxidation, copper toxicity, mercury toxicity and other imbalances as revealed on the hair mineral analysis, when properly performed and interpreted by the method of Dr. Paul C. Eck.

7. To your opinion, thyroid problems can be corrected without using natural or synthetic hormone replacement. You say that "When needed, natural thyroid supplementation is usually far superior to synthetic drugs such as Synthroid or Levoxyl. Thyroid-inhibiting drugs, RAI (radioactive iodine) or thyroid surgery are never required in my experience. In many cases, these treatments are absolutely incorrect once one understands the physiology". I also agree with that, even though my reasons probably are different from yours. **What would you recommend to be done instead in order to correct the thyroid problem and imbalance?**

We recommend a method of nutritional correction we call *nutritional balancing science*. It is a particular use of foods, nutrients, lifestyle, detoxification, rest and other methods as well, at times, to correct body chemistry and reduce stress. This process is offered by a number of practitioners who are listed on my website, <http://www.drlwilson.com/> I train many practitioners in this work as well over the phone. I have been offering this for some 25 years or so, right now. (I think your article says 18 years, but that is not up to date).

8. In your articles you say that hyperthyroid symptoms are due to copper or mercury toxicity of the thyroid gland. Is there any particular diet you would recommend or specific steps to be taken in order to correct that mercury and copper toxicity in a natural way or any other way for that matter?

I believe the article says that some hyperthyroid symptoms may be due to mercury or copper toxicity, but certainly not all of them. Some symptoms, of course, are due to the thyroid hormones themselves, and others to underlying imbalances such as toxic metal excess or nutrient deficiencies such as selenium and at times even copper.

There are many steps that are helpful for correction. The basic diet is described in a recent article, [The Healing Lifestyle](#). The vegetables, cooked, are most important to eat in quantity. In addition, the diet can be modified according to one's oxidation rate. Fast oxidizers in general need more fats and oils. Slow oxidizers may need more proteins and especially the vegetables.

The other specific steps are also discussed in the [Healing Lifestyle](#) article.

9. Since a lot of my clients have hyperthyroidism, most of them don't know if it is primary or secondary hyperthyroidism. Would you explain the difference? And what tests would show if the patient had **primary or secondary hyperthyroidism? What would be your recommendations for metabolic balancing in both cases?**

By **primary hyperthyroidism** we mean a condition that begins in the thyroid gland. It could be due to a toxic metal, a nutritional imbalance, a tumorous condition or some other cause that only affects the thyroid gland.

Secondary hyperthyroidism denotes a condition in which the thyroid hyperactivity is more due to a response to an imbalance somewhere else in the body. This type is actually more common in our experience. Causes could include adrenal gland overactivity as the number one cause. The thyroid then appears to attempt to compensate by becoming overactive. This cause has to do with the sympathetic nervous system going into 'overdrive' due to stress.

Another cause is adrenal weakness with thyroid compensating again, this time often due to copper toxicity. Another cause would be a pituitary problem driving the thyroid. This is not uncommon either. The cause in this case may be a toxic metal affecting the pituitary area of the body. This can upset hormone regulation in the hypothalamic-pituitary axis or HPA axis, as it is called.

Another cause for pituitary problems is a feedback imbalance involving the adrenals and extreme stress. Cortisol imbalance, for example, can affect the pituitary and thus create a temporary

condition in which the thyroid gland can become overactive. There are other causes as well, such as pituitary tumors, but the ones mentioned are among the most common.

The difference between the two types (primary and secondary) is not easy to guess at without some kind of testing. The only possible way to tell without tests is that a secondary condition might give a mixed symptom pattern – some symptoms of hyperthyroidism and some of hypothyroidism like fatigue. But this is not reliable, as even a primary hyperthyroidism could produce a mixed picture, since the thyroid gland is so connected to every other bodily organ and system.

For testing, I recommend the hair tissue mineral analysis from a lab that does not wash the hair to tell which kind is present. However, if one suspects a pituitary problem, further testing is needed, as there could be a tumor or other problem present. Many blood tests and others are possible, and are excellent to do.

MRI testing will reveal a pituitary tumor, as it did on a good friend. We advised her to eat mostly vegetables, lightly steamed, and to get plenty of rest each day, about 11 hours daily as much as possible. This she did much of the time, but not all the time.

She also drank 3-4 quarts of distilled water only for about 4 months. She also spent 30-45 minutes in a near infrared light sauna every single day to remove toxins from the body and to deeply relax her body. She took a few nutritional supplements during this time, such as some ginkgo biloba to improve brain circulation and a multiple vitamin sporadically.

She also did sporadic yoga classes and briefly attended Christian Science services and read several spiritual books to help reduce stress. She also had several sessions with an intuitive counselor that talked with her on the phone for several hours, at times, to help her with emotional issues that might have contributed to the cause of her stress.

With this mainly lifestyle modification and dietary program, the hyperthyroid condition resolved itself in about 6 months from the time

it was diagnosed. She took medication to control symptoms during that time, but did not need it after about 4-5 months. The main "cure" in this case was loads of rest, relaxation, natural approaches, freedom from worry and fear, and lots of support and love from myself and others.

10. I see that you describe different types of personality, based on the copper presence in the body. I also believe that our disease and health imbalances have a lot to do with our character and personalities. What kind of personality a hyperthyroid patient would be? How would you describe this personality?

In our experience, this type of person has a very high stress level. This can be a major factor in hyperthyroidism. The stress often comes from within, although it may seem that it comes from without. The hyperthyroid person also has issues about expression of creativity. The thyroid is located in the area of the body associated with expression of creativity – the throat area. So when there is difficulty and blocks in this area, it can manifest itself as thyroid difficulties. We would say this is often due to the person believing that they have little or nothing to contribute, when in reality they have much to contribute.

11. What are the most typical physical and mental symptoms for people with copper imbalance, especially if they are diagnosed with Hyperthyroidism?

Common symptoms of copper imbalance are many, depending on the person. These are described more fully in the article entitled [Copper Toxicity Syndrome](#) that is also on this website. They may include fearfulness, agitation, headaches, fatigue, spaciness, skin problems such as acne or eczema, and others.

12. Are there any particular behaviors or activities that may correct such imbalance, in order this person to heal naturally and avoid these patterns in the future?

To correct copper imbalance usually requires a combination of dietary change, lifestyle correction, and nutritional supplements.

13. What foods the people with Hyperthyroidism are most likely to be attracted to? What will be a corrective diet for them?

There are no particular food cravings for all people with hyperthyroidism that I am aware of. It depends upon one's body chemistry in most cases.

12. I see that you, Dr. Wilson, also suffered from copper imbalance. How did you correct that and what methods did you use?

I used the methods described above and in the Copper Toxicity Syndrome article. The meditation exercise taught by Mr. Roy Masters was very influential for me as well, and I continue to do it to this day, some 28 years later.

13. Meditation and breathing exercises are included in your "tools list". I am also recommending these methods to my clients, even though I come from another "psychological" point of view to bring balance into their lives. Are there any other natural methods that you want to recommend for them?

There are many natural therapies that can be helpful. These can include bodywork, energetic therapies, healing machines, and much more. I encourage people to seek out many alternative methods and to experiment with them. Their success depends a lot on the practitioner and perhaps on the relationship that one has with particular practitioners and counselors. So there is not one treatment that fits all. This is a mistake fostered by the conventional medical system, in my opinion. Healing is more a journey than just a "treatment system". So one needs to have faith, and follow the healing path as best one can. I once wrote an article about this, entitled **The Healing Path**. (Svetla, you re welcome to put this more metaphysical article on your site as well, as it contains some important healing ideas).

14. What minerals and vitamins would you recommend that may help and balance the thyroid hormone overproduction?

This really depends on the hair mineral analysis as to what a person's oxidation rate is like, and what the toxic metal situation is, and so forth. There is no specific nutrient that will reduce the hormones.

15. What symptoms would one individual experience while reducing excess copper?

There are many, such as skin eruptions, headaches, upset stomach, diarrhea, anxiety, fears and more. This is covered in more detail in another article entitled [Copper Elimination](#).

16. What are the correct attitudes to balance copper?

One needs to check on one's fear level and reduce it in whatever way works best. Another attitude is to be more positive about the world situation. This is a spiritual decision, in my opinion, that God or whomever you wish to call the Creator, is in charge and all is well. This is most important for those with the copper personality type, who are very sensitive individuals and prone to fears and negativity.

Other attitudes that are always helpful for healing are an attitude of gratitude for all that one has, regardless of how one feels. Also, forgiveness is most important for high-copper types as these people are often angry and full of rage inside, although they may seem very calm on the outside.

17. Dr. Wilson, I see that you also have very "spiritual approach" to the diseases and you don't consider the patients as "lab values" only. Do you have any special advices, recommendations or suggestions for my clients, suffering from hyperthyroidism regarding their life style in general?

Lots of rest and relaxation is probably the single most important lifestyle factor. Some people emphasize exercise, but I think this is a huge mistake. Most people with hyperthyroidism are very toxic and tired. So exercise is not going to make them better, though it has symptomatic benefits.

Other lifestyle factors that matter a lot can be going to bed at an early hour, by nine PM most evenings. Another is to help reduce stress in all ways possible, so life is smooth and easy with as few upsets as possible. This can be done more than one may imagine. The key is to take on less, reduce your needs and wants and rest more. Meditation of the type recommended above by Roy Masters (<http://www.fhu.com/>) is also wonderful for keeping track of what is causing stress at all times.

18. If they want to do the Hair Test Analysis, how they can reach you and where they can find more information about prices and conditions?

Go to our website, <http://www.drlwilson.com/>. From the home page there is a list of practitioners who offer the hair analysis whom I have trained. These are the only people I can really recommend, as most practitioners do not understand the test well enough for the best success.

I appreciate your time and efforts to provide this valuable information for the clients of www.GravesDiseaseCure.com.

Thank you very much!

Svetla Bankova