Graves' Disease and Hyperthyroidism Manual For Kids, Teenagers, Adolescents and their parents

Svetla Bankova

Author: Svetla Bankova

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The reason for writing this book
My Story

I am a Graves' disease survivor. I am Graves' Disease patients' advocate for the past 5 years, and I am also a dedicated researcher on Hyperthyroidism, thyrotoxicosis and Graves' Disease.

I am also a mother, a wife and a psychologist, who wants to believe that our mind and our body are connected in one holy system, called "soul".

Graves' disease came to my life 7 years ago unexpected, unwanted, and made my world upside down. Today I want to believe that I am not only in remission, but I actually cured my disease. I am often asked by people "Are you cured?"- I really don't know what to say- because by the medical doctors I am considered "euthyroid", a very safe word used by them to characterize an unpredictable disease like Graves' Disease. I would prefer to say that I am cured, for 7 long years now, and I am planning to stay that way, like it or not.

I love my disease. I am probably one out of millions who would say such nice words about such a painful experience. But if it wasn't this, I am afraid that it could be something ever more serious like cancer, or maybe I would be still living the life that I was living before.

Even though your child can not die of Graves' disease, she/he, as me and many others out there, are practically dying every day.

Being a survivor without surgery, RAI, and no more pills (I used to take some prescribed by my doctor at the beginning) - in less than a year makes one believe that any person who has Graves' disease or Hyperthyroidism can do that too, and this is applicable for people any age, gender and race.

I was diagnosed in December 2003, finally, after I had symptoms for more than 6 months and after I had suffered from insomnia, muscle cramps, oligomenorrhea, bulging and protruded eyes, palpitations and tachycardia, symptoms that are very evident; and symptoms everyone who calls himself a doctor and who graduated medical school should know. However, my doctors could not figure out what was wrong with me

for more than 6 months and none of them bothered to send me for thyroid check and thyroid blood tests.

That's why I don't rely any more on the traditional medicine and I don't take the credibility and professionalism of any doctor for granted.

By the end of the summer, August 2004, I practically had no more symptoms and my thyroid test results were within the normal range. For less than 8 months I practically did not have Graves' Disease any more.

How? This is a book to teach you, or a member of your family how you can do that too.

During the past 5 years I have written totally 5 books on the subject "Graves' Disease and Hyperthyroidism", as one was not enough. During the same 5 years I have answered thousands of emails to people, who suffered from this disease.

But strange things began to happen, especially in the past 1 year.

As you all know Graves' Disease was "booked" for women usually, age 45-55, or more rare for men similar age. But this seems to be not valid anymore. During this past 1 year I started to receive numerous emails from concerned parents of kids ages 5—19 years old, devastated that their child has been just diagnosed with Graves' disease or hyperthyroidism and they don't know what to do and how to help them.

Little is known on the subject, researches by endocrinologist and scientist are limited, or misleading, parents have no information, no matter how hard they search on Internet or in books and even their family doctors and practitioners know little or nothing about Graves' Disease in kids. This is no surprise, there wasn't much time to react with proper steps and nobody knows anything.

With some of these concerned parents we had a long correspondence, as I was guiding them, to the best of my knowledge, through the healing process of their children. I never suggested them any of my books, as I thought that my books are not for kids, but for adults, even though I knew that most of the things I found could be applicable for their children as well. I still don't know. It was a very a cautious process, as nobody knew what the outcome could be. During my emails I followed one basic medical law, or procedure, if I can say that- "Primum ***non nocere"-*** which is a Latin phrase that means "**First, do no harm**".

Nonmaleficence, which derives from the maxim, is one of the principal precepts of medical ethics that all medical students are taught in medical school and is a fundamental principle for emergency medical services around the world. Another way to state it is that "given an existing problem, it may be better not to do something, or even to do nothing, than to risk causing more harm than good."

It reminds the physician and other health care providers that they must consider the possible harm that any intervention might do. It is invoked when debating the use of an intervention that carries an obvious risk of harm but a less certain chance of benefit. Since at least 1860, the phrase has been for physicians a hallowed expression of hope, intention, humility, and recognition that human acts with good intentions may have unwanted consequences.

I wish nowadays doctors and physicians would remember this phrase more often, especially before prescribing RAI treatment or Total Thyroidectomy for their patients, old or young, who are diagnosed with Graves' Disease. Unfortunately, this is often forgotten and neglected.

"**First, do no harm**". Following this rule, I was suggesting to parents usually harmless, delicate and easy to implement alternative and supplemental holistic methods. For my great fulfillment they proved to be useful and effective to a very big extend. Kids felt better and soon were Graves' Disease free, at least those who I am aware of. I also found that small changes in kids' daily routine, as well as some dietary changes may have a tremendous impact on their health and on how they feel.

This is the place to say again- if your child in on any kind of thyroid medication, prescribed by your doctor, **DO NOT STOP IT**, as this could be very dangerous for kid's health. A thyroid storm could happen and this is a life- threatening condition.

I did a lot of research on all the possible methods, reasons, and causes for Graves' disease. I am psychologist, so I wasn't looking only for herbs and alternative methods. I was looking to discover the cause for my disease. I knew that I had cured the symptoms, and I knew that if I didn't learn 'my lesson' and find out what went wrong, the disease would come back again and it will be even worse.

I am sure that most of you understand that this disease is not about thyroid blood tests, it is not about different ways to cure the disease of your child, it is about what causes the disease and how you prevent it from happening again. Most of all - it is about

changing your and your child' life, being aware of what's happening to her/him, and taking the necessary steps to correct what's need to be corrected.

I strongly believe as a psychologist, that we create our own diseases and illnesses, and that the cause for almost all diseases is due to mental/ psychological reasons. Logically, if we create our own illnesses, then we should be able to cure them.

I am writing about things that I went through, things that I tried and that worked for me. The understanding I gained I am passing on to you and your family, to help you and serve you in your battle. You won't find though a specific recipe that you can apply tomorrow and your child will wake up cured the other day. This is a process. This will be a change of your child's life style, of her/his habits and routine. There aren't 1, 2, 3 things on the list that you can do and everything will be alright- you should take from this book what applies for your child and what you find comfortable with. It is your right and responsibility to take care of her/him, so your child is healthy and happy again.

This is a strange book. I do realize that the age range of my auditory is a large one- there will be kids involved (but they'll not read the book), teenagers (they can read the book, but I don't know if they'll want to) and their parents as well (most probably). May be there will be young adults – 17-1 8 years old, and in people in their early 20-s.

This book is also created for the parents, whose kids are diagnosed with Graves' Disease and Hyperthyroidism, the book is not written for kids themselves. They may not be able to understand it completely, and may be they don't have to. So said, consider this book as a Chinese buffet and take from it whatever you feel is applicable and safe for your child, depending on the age.

I know that we love our children, no matter what, and we want to do everything that can help them- physically and mentally. We also should know that our love is often a one-way-ticket, we may not be loved in return, at least not the same way- unconditionally. It is our right and privilege, and obligation to do whatever needs to be done so they can be healthy and happy.

Also, don't blame your doctors. It's not their fault either. That's how they've been taught. At the beginning they want to help; it's just how the world is right now and they cannot do more than what they are doing now.

I hope that this book will guide you and your child in Graves' Disease world. One day, she or he will even not remember this disease. So said- please, please, do not

remove your child's thyroid- she/he will be thankful to you one day, very thankful. Trust me at least on this one.

Most of the things you'll find is this book are applicable also for adults, or they are taken from their experience with Graves'. Others are applicable just for kids/ teenagers. Take from here what you feel applies to your child, what you feel is safe for her/him, and if in doubt at any point- consult your physician, or just skip that part. I know that only a few small changes can make a big difference and you'll see results almost immediately. Some others will take time. Sometimes your child will refuse to do them, like giving up coke, for example and this is they are right to do so. Ask them to give it try and see how they feel. The bigger the child is, the stronger their opinion is. Be prepared for resistance, it's natural. Be patient, supportive and understanding, that's your job too.

Good luck to all the seekers in the world.

Svetla

What is an Autoimmune Disease?

An autoimmune disease occurs when the body's immune system becomes misdirected and attacks the organs, cells, or tissues that it was designed to protect. About 75% of autoimmune diseases occur in women, most frequently during their childbearing years, but this is not a law any more. One of the most common autoimmune diseases is Graves' Disease. What I have found though in the past few years is that many women under 30, kids and teenagers, and men are getting sick with Graves' Disease too. The disease has changed its face and previous research findings regarding age and genders are no longer valid.

What is Hyperthyroidism?

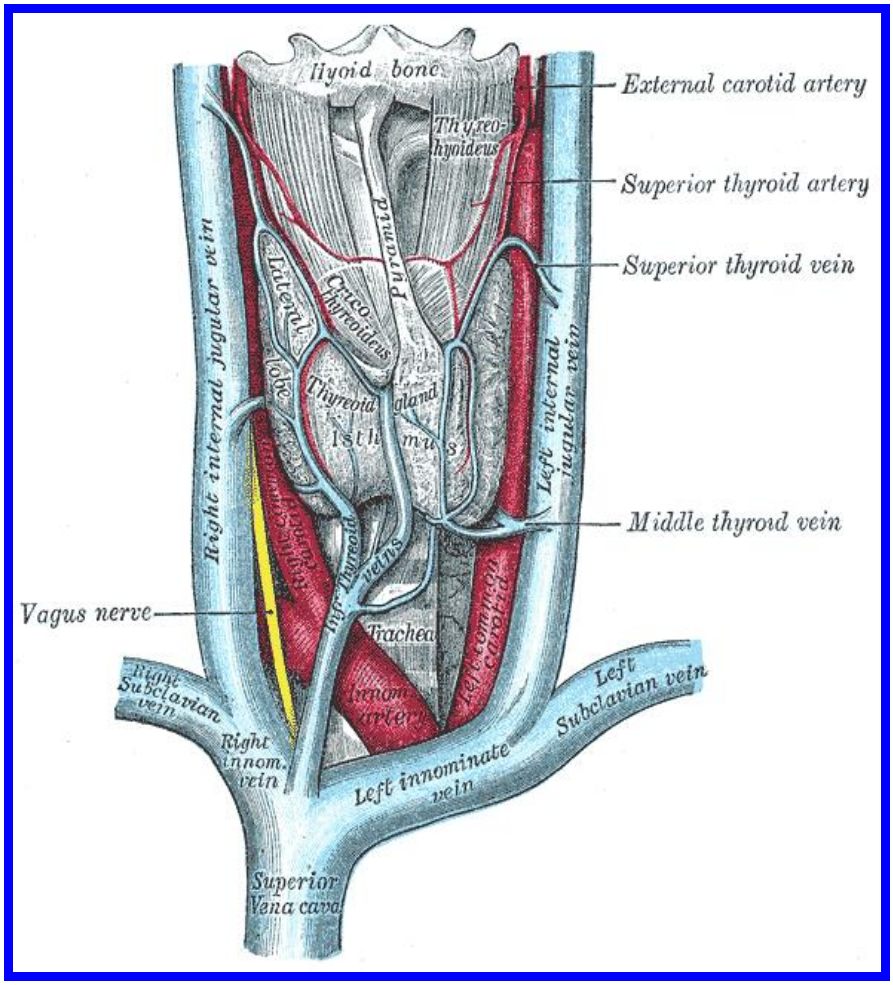
According recent researches 13 million Americans have a thyroid disorder and more than half of them are not aware of it. Twenty million people worldwide suffer from Hyperthyroidism.

Hyperthyroidism is a condition in which an overactive thyroid gland is producing an excessive amount of thyroid hormones that circulate in the blood. ("Hyper" means "over" in Greek.) 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 (for example so called "hamburger" thyrotoxicosis) or by overproduction of thyroid hormones by the thyroid gland. The thyroid gland removes iodine from the blood (which comes mostly from a diet of foods such as seafood, bread, and salt) and uses it to produce thyroid hormones.

The two most important thyroid hormones are thyroxine (T4) and triiodothyroxine (T3) representing 99.9% and 0.1% of thyroid hormones respectively. The hormone with the most biological activity (i.e., the greatest effect on the body) is actually T3. Once released from the thyroid gland into the blood, a large amount of T4 is converted to T3, the more active hormone that affects the metabolism of cells. The thyroid itself is regulated by another gland located in the brain, called the pituitary. In turn, the pituitary is regulated in part by thyroid hormone that is circulating in the blood (a "feedback" effect of thyroid hormone on the pituitary) and in part by another gland called the hypothalamus, also a part of the brain.

The hypothalamus releases a hormone called thyrotropin-releasing hormone (TRH), which sends a signal to the pituitary to release thyroid-stimulating hormone (TSH). In turn, TSH sends a signal to the thyroid to release thyroid hormones. If overactivity of any of these three glands occurs, an excessive amount of thyroid hormones can be produced, thereby resulting in hyperthyroidism.

Hypothalamus – (TRH)----→Pituitary- (TSH)----→Thyroid- T4 and T3



What is Graves' Disease? Why it is called Graves' Disease or Basedow Disease?

The disease is named after Robert Graves, the 19th century Irish physician who first discovered the condition. 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. It has lost the ability to respond to the normal control by the pituitary gland via TSH. It is believed that the triggers for this disease include stress, smoking, radiation to the neck, medications, and infectious organisms such as viruses.

Writing in "The Thyroid Solution", Dr. Ridha Arem explains that the most common effect of an overactive thyroid is anxiety and I agree with him 100%. Anxiety in Graves' Disease takes on an exaggerated form in which the increased worrying and overall feeling of insecurity and instability are worsened by mood swings, anger and inability to focus. This is very applicable when talking about kids/ teenagers.

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.

For example: You may have hyperthyroidism caused by Graves' Disease. Or you may have hyperthyroidism, caused by a goiter. Or you may have hyperthyroidism, caused by a chemical substance (we'll talk about that later).

Graves' disease physical/ psychological symptoms. Self - Checklist if your child has hyperthyroidism

	Possible Symptom	**Do my child has this symptom? Yes/No**
1.	Excessive sweating	
2	Heat intolerance	
3	Increased bowel movements	
4	Tremor (usually fine shaking)	
5	Rapid heart rate	
6	Weight loss	
7	Decreased concentration	
8	Pretibial myxedema (lumpy, reddish-colored thickening of the skin, usually on the shins)	
9	Weakness	
10	Shortness of breath	
11	Double vision	
12	Muscle wasting	
13	Mental impairment, memory lapses, diminished attention span	
14	Brittle nails	
15	Inability to concentrate	
16	Sleeplessness and restlessness	
17	Goiter (enlarged thyroid gland)	
18	Nervousness, agitation	
19	Trembling hands	
20	Irritability	
21	Fatigue	
22	Insomnia (inability to get enough sleep)	
23	Diarrhea	
24	Protruding eyeballs (Graves' disease only	
25	Decrease in menstrual periods (oligomenorrhea), Irregular and scant menstrual flow (Amenorrhea) (if any)	
26	Eye irritation	
27	Irritability and emotional lability	
28	Hair loss	
29	Increased sweating	
30	Heat intolerance	
31	Unexplained weight loss despite increased appetite	
32	Itchy skin, hives	
33	Heart palpitations	
34	Memory loss	
35	Restlessness	
36	Tachycardia (rapid heart rate: 100-120 beats per minute, or higher)	
37	Arrhythmia (irregular heart beat)	

38	Elevated blood pressure	
39	Erratic behavior/ very rare with teenagers	
40	Chronic sinus infections	
41	Eye pain, irritation, or the feeling of grit or sand in the eyes	
42	Swelling or redness of eyes or eyelids/eyelid retraction	
43	Sensitivity to light	
44	Deterioration of handwriting and school performance	
45	Hypertension	
46	Lumpy, reddish skin of the lower legs (pretibial myxedema)	
47	Smooth, velvety skin	
48	Increased appetite	
49	Increased energy	
50	Muscle weakness (especially in the large muscles of the arms and legs) and degeneration	

If you find 3-5 of these symptoms present in your child, you should inform your doctor and insist on further tests, as there is a good chance that he/ she might has hyperthyroidism. In some cases the children may not even notice some of the symptoms and report them to you, so you have to play sort of detective. But when specifically asked, in pretty much all the cases, the child will "remember" a given symptom. Children with thyrotoxicosis may even sit on their hands or clasp their hands to control fidgeting.

Most children have just a few of the above symptoms, but they are very representative and evident, for example, heart palpitations when they are not a result of normal physical activity, losing a lot of weight without any particular reason. In those cases- I would say trust your intuition and if you think that something may be wrong, it's better to check it and find out earlier than later.

However, some of the above mentioned symptoms may also be present when there is another disease, that's why I have written a separate chapter on Differential Diagnosis.

Differential Diagnosis for Hyperthyroidism/ Graves' Disease

The list below represents diseases that have similar symptoms with Graves' Disease/ hyperthyroidism, the only difference is that the child has an excess of thyroid hormone and he is not mentally sick, indeed. They even could be a very big picture of the symptoms; however, specific thyroid tests should be performed to determine the thyroid condition of the child. Sometimes the child could wrongly be diagnosed and treated for Anxiety disorder, or Attention deficit disorder, or anorexia, when the child actually has Graves' disease hyperthyroidism. In many cases when the Graves' disease is treated- the symptoms for anxiety disorder for example will just disappear. I would advise any parent, whose child is diagnosed with any of the mental disease listed below to require a thyroid test to be done, just in case.

1. Anxiety Disorder, Generalized Anxiety

Author: Dennis A Nutter Jr, MD, President and Director, North Georgia Neuropsychiatry, PC
Coauthor(s): Lene Holm Larsen, PhD, Instructor, Department of Child and Adolescent Psychiatry, Children's Memorial Hospital of Chicago; **Carrie Sylvester, MD, MPH,** Director of Education in Child and Adolescent Psychiatry, Professor, Departments of Psychiatry and Pediatrics, Northwestern University Medical School

Generalized anxiety disorder (GAD) was introduced in the *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition* (*DSM-IV*), replacing overanxious disorder of childhood (*Diagnostic and Statistical Manual of Mental Disorders, Revised Third Edition* [*DSM-III-R*]). GAD is associated with persistent, excessive, and unrealistic worry that is not focused on a specific object or situation.

Children with GAD worry more often and more intensely than other children in the same circumstances. They may worry excessively about their performance and competence at school or in sporting events, about personal safety and the safety of family members, or about natural disasters and future events.

The focus of worry may shift, but the inability to control the worry persists. Because children with GAD have a hard time "turning off" the worrying, their ability to concentrate, process information, and engage successfully in various activities may be impaired. In addition, problems with insecurity that often result in frequent seeking of reassurance may interfere with their personal growth and social relationships. Further, children with GAD

often seem overly conforming, perfectionistic, and self-critical. They may insist on redoing even fairly insignificant tasks several times to get them "just right." This excessive structuring of one's life is used as a defense against the generalized anxiety related to the concern about the individual's overall and specific performance.

The *DSM-IV* requires the following to satisfy a diagnosis of GAD:

- Excessive anxiety and worry, occurring more days than not for at least 6 months, about a number of events or activities
- Difficulty controlling the worry
- One of the following symptoms in association with the worry: restlessness, fatigue, poor concentration, irritability, muscle tension, or sleep disturbance
- Focus of worry that is not confined to features of another Axis I diagnosis, eg, worry about having a panic attack, social embarrassment, or separation from caregiver
- Clinically significant distress or impairment experienced in social, school, or other important areas
- Disturbance not due to a substance or general medical condition and does not occur exclusively during a mood disorder, a psychotic disorder, or associated with a pervasive developmental disorder

Physical

Children with GAD may experience somatic symptoms such as shortness of breath, rapid heart beat, sweating, nausea or diarrhea, frequent urination, cold and clammy hands, dry mouth, trouble swallowing, or a "lump in the throat." Problems with muscle tension also can occur, including trembling, twitching, a shaky feeling, and muscle soreness or aches. Patients often complain of stomachaches and headaches. Despite these symptoms, few findings are noted on physical examination.

Excessive laboratory exclusion of somatic complaints is to be avoided; however, careful interview and physical examination assessment of stress-related symptoms should be repeated if the psychological diagnostic picture is unclear.

Causes

Multiple factors are thought to contribute to the development of GAD and to the broad category of anxiety disorders. Biological, familial, and environmental factors are considered

important. Behavioral inhibition, an early temperament associated with aversion to novel situations, has been found to be associated with later development of anxiety disorders.

Research has demonstrated an association between parents with anxiety disorders and children with behavioral inhibition. The tendency of anxiety to occur in families also has been established. Anxious parents may genetically predispose their children to anxiety, model anxious behavior, and behave and/or parent in ways that encourage and maintain anxious behavior in the child. Environmental factors, such as other parental emotional problems, disrupted attachment, stressful life events, and traumatic experiences, also may place the child at risk for developing GAD. The role of the family in understanding child anxiety is important, particularly in situations in which the needs of younger children who are developmentally limited in their ability to benefit from direct individual intervention are considered.

As you can see, many of the symptoms of GAD are covered with the symptoms of Graves' Disease. Only a thyroid test will show what the reason for the disturbance could be.

Attention Deficit Hyperactivity Disorder

Author: Susan Louisa Montauk, MD, Medical Director, The Affinity Center, Cincinnati; Professor, Departments of Family Medicine and Public Health Science, University of Cincinnati College of Medicine

Coauthor(s): Christine A Mayhall, PhD, Clinical Psychologist, The Affinity Center

The term attention deficit is misleading. In general, the current predominating theories suggest that persons with attention deficit hyperactivity disorder (ADHD), attention deficit disorder (ADD), actually have difficulty regulating their attention; inhibiting their attention to non-relevant stimuli, and/or focusing too intensely on specific stimuli to the exclusion of what is relevant. In one sense, rather than too little attention, many persons with ADHD (ADD) pay too much attention to too many things, leading them to have little focus.

Three basic forms of ADHD (ADD) are described in the *Diagnostic and Statistical Manual IV (DSM-IV)* of the American Psychiatric Association (APA). They are (1) attentional; (2) hyperactive/impulsive; and (3) combined, which is most frequently a combination of attentional and hyperactive forms.

All of the following *DSM-IV* criteria for ADHD (ADD) must be present:

- Either the criteria for inattention or the criteria for hyperactivity/impulsivity must be met.
    - Inattention: At least 6 of the 9 symptoms of inattention listed below must have persisted for at least 6 months to a degree that is maladaptive and inconsistent with the patient's developmental level.
        1. Often fails to give close attention to details or makes careless mistakes in schoolwork, work, or other activities
        2. Often has difficulty sustaining attention in tasks or play activities
        3. Often does not seem to listen when spoken to directly
        4. Often does not follow through with instructions and often fails to finish schoolwork, chores, or duties in the workplace (not due to oppositional behavior or failure to understand instructions)
        5. Often has difficulty organizing tasks and activities
        6. Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort (eg, schoolwork, homework); often loses things necessary for tasks or activities (eg, school assignments, pencils, books, tools, toys)
        7. Often is easily distracted by extraneous stimuli (eg, toys, school assignments, pencils, books, tools)
        8. Often is forgetful in daily activities
    - Hyperactivity/impulsivity: At least 6 of the 9 symptoms of hyperactivity (symptoms 1-6) and impulsivity (symptoms 7-9) listed below have persisted for at least 6 months to a degree that is maladaptive and inconsistent with the patient's developmental level.
        1. Often fidgets with hands or feet or squirms in seat
        2. Often leaves seat in classroom or in other situations in which remaining seated is expected
        3. Often runs about or climbs excessively in situations in which it is inappropriate (in adolescents and adults, may be limited to subjective feelings of restlessness)
        4. Often has difficulty quietly playing or engaging in leisure activities
        5. Often on the go or often acts as if driven by a motor
        6. Often talks excessively
        7. Often blurts out answers before questions have been completed
        8. Often has difficulty awaiting turn
        9. Often interrupts or intrudes on others (eg, butts into conversations or games)

Social history

Inquire about the following:

- Home and family interactions consistent with ADHD (ADD)
    - Disorganization of personal space is the norm.
    - Anger or rage reactions are prevalent.
    - The child usually seems most awake in the late evening.
    - Awakening the child for school causes major problems.
    - The child is often unable to complete what appear to be developmentally appropriate chores.
    - Homework organization and completion are often a problem.
    - High activity level is noted.
    - Completion of multistep directions is difficult.
    - Losing or forgetting material or conversations is observed.

For a differential diagnosis other problems to be considered

TSH-secreting pituitary tumor

Autonomously functioning thyroid nodule

Toxic multinodular goiter

Ingestion of exogenous thyroid hormone

Hydatidiform mole/choriocarcinoma

Struma ovarii associated with a teratoma

Pituitary resistance to thyroid hormone

Subacute thyroiditis

Metastatic follicular carcinomaBipolar disorder

Bipolar Disorder

Bipolar Disorder is characterized by 2 major episodes:

1. Depressive episode. These symptoms are more typical for hypothyroidism, but can be a part from hyperthyroidism picture as well. Five or more of the following symptoms have to be present:

- Depressed mood most of the day, nearly every day, feeling of sadness and emptiness, irritable mood
- Markedly diminished interest or pleasure in all, or almost all, activities most of the day
- Significant weight loss when not dieting or weight gain (i.e. a change of more than 5% of body weight in a month)
- Insomnia or hypersomnia nearly every day
- Psychomotor agitation or retardation nearly everyday
- Fatigue or loss of energy nearly every day
- Feelings of worthlessness or excessive or inappropriate guilt (not merely self-reproach or guilt about being sick)
- Diminished ability to think or concentrate, or indecisiveness.

2. Manic episode: A distinct period of abnormality and persistently elevated, expansive, or irritable mood, lasting at least 1 week. During the period of mood disturbance three or more of the following symptoms have persisted:

    - Inflated self- esteem or grandiosity
    - Decreased need for sleep (e.g. feels rested after only 3 hours of sleep)
    - More talkative than usual or pressure to keep talking
    - Flight of ideas or subjective experience that thoughts are racing
    - Distractibility (i.e. attention too easily drawn to unimportant or irrelevant external stimuli)
    - Increase of goal- directed activity (either socially, at work or school, or sexuality) or psychomotor agitation.
    - Excessive involvement in pleasurable activities that have high potential for painful consequences (e.g., engaging in unrestrained buying sprees, sexual indiscretions, or foolish business investments).

Usually, patients, diagnosed with Graves' Disease are more likely to have only the manic episode, but there are cases where depression is also present. If there is an evidence of primarily hypomanic symptoms then the disease is more likely to be classified as Cyclothymic Disorder due to a General Medical Condition.

Anorexia Nervosa

As this disease became an epidemic for the past 20 years especially for teenage girls, and the symptoms are very similar to Graves' disease, it's worthy to mention here as a differential diagnose that needs to be excluded:

Anorexia nervosa is an eating disorder that involves an inability to stay at the minimum body weight considered healthy for the person's age and height.

Persons with this disorder may have an intense fear of weight gain, even when they are underweight. They may use extreme dieting, excessive exercise, or other methods to lose weight.

Risk factors include:

- Being a perfectionist
- Feeling increasing concern about, or attention to, weight and shape
- Having eating and digestive problems during early childhood
- Having a mother or father with anorexia or addictions
- Having parents who are concerned about weight and weight loss
- Having a negative self-image and a high level of negative feelings in general
- Undergoing a stressful life change, such as a new job or move, or events such as rape or abuse

Anorexia usually begins in adolescence or young adulthood. It is more common in females, but may also be seen in males. The disorder is seen mainly in Caucasian women who are high academic achievers and who have a goal-oriented family or personality.

Symptoms

To be diagnosed with anorexia, a person must:

- Have an intense fear of gaining weight or becoming fat, even when they are underweight
- Refuse to keep weight at what is considered normal or acceptable for her age and height (15% or more below the expected weight)

- Have a body image that is very distorted, be very focused on body weight or shape, and refuse to admit or acknowledge the seriousness of weight loss
- Have not had their period for three or more cycles (in women)

People with anorexia may severely limit the amount of food they eat, or eat and then make themselves throw up. Other behaviors include:

- Cutting food into small pieces or moving them around the plate rather than eating
- Exercising all the time, even when the weather is bad, they are hurt, or their schedule is busy
- Going to the bathroom right after meals
- Refusing to eat around others
- Using pills to make themselves urinate (water pills or diuretics), have a bowel movement (enemas and laxatives) or to decrease their appetite (diet pills)

Other symptoms of anorexia may include:

- Blotchy or yellow skin that is dry and covered with fine hair
- Confused or slow thinking, along with poor memory or judgment
- Depression
- Dry mouth
- Extreme sensitivity to cold (wearing several layers of clothing to stay warm)
- Loss of bone strength
- Wasting away of muscle and loss of body fat

As you can see, there are many other symptoms to be considered, before considering one or another diagnose. Unfortunately, the doctors will not be very cautions when writing the diagnose in the papers of your child, and some times they really have to be corrected, or their attention drawn to different symptoms. This is your job now to make the difference and to tell your family practitioner or endocrinologist.

Hyperthyroidism in newborns

Hyperthyroidism, an overactive thyroid gland, is seen only occasionally in newborns. This condition is referred to as neonatal hyperthyroidism.

If the mother has Graves' disease, the thyroid-stimulating antibodies in her blood can cross the placenta and stimulate the unborn child's thyroid gland, thus producing too much thyroid hormone. These stimulating antibodies can be measured and are helpful for

predicting the risk of an affected infant. Some newborns may hardly be affected if the levels of antibodies are low. No treatment may be necessary as the mother's antibodies will soon clear from the baby's bloodstream, usually within 2 to 3 months.

However, in rare circumstances, the levels of stimulating antibodies are enough to cause severe thyrotoxicosis. Immediate treatment with antithyroid medication will be given to correct the hormone imbalance.

Newborns with advanced hyperthyroidism may display similar symptoms to those in adults, such as an extremely fast pulse, irritability, flushed moist skin, and a ravenous appetite with failure to thrive (i.e. the infant's body tends to be long and thin).

Fortunately, treatment with antithyroid drugs is safe and effective, and will only be needed for a short period of time, until the stimulating antibodies pass from the baby's bloodstream. If the mother is on a high dose of antithyroid medication, the diagnosis can be delayed by about a week until the infant clears the antithyroid medication. Liaison with a paediatric endocrinologist is recommended prior to birth.

Symptoms & Treatments

According to Children's Hospital, symptoms of neonatal Graves disease include poor weight gain, a rapid heartbeat, high blood pressure, bulging eyes, diarrhea, vomiting, and difficulty breathing. Newborns who don't get correctly diagnosed---by a blood test---and receive immediate treatment risk complications including the premature closing of bones in the skull, mental retardation and delayed growth.

Infants diagnosed with hyperthyroidism are treated with medication which blocks the production of thyroid hormones. According to Children's Hospital, they usually recover fully within a few weeks; however, doctors will monitor them carefully throughout their first year of life to make sure the hyperthyroidism doesn't return.

How is your child diagnosed? How to read her/his test results? What are the normal ranges?

In all cases, to diagnose if your child has Graves' disease, your doctor should send her/him for a thyroid blood test.

TSH, FT3 and FT4 Test Results for Graves' Disease and Hyperthyroidism

If you just left the doctor's office with a piece of paper in your hand, given by your doctor with the following words "The thyroid tests of your child are **abnormal**- he/she may have **Graves' Disease** or **Hyperthyroidism**- you probably have a lot of questions in your head, you are devastated, frustrated and you don't know what to do next. No more explanations. Doctors don't have time to explain what are normal, what are abnormal thyroid test levels – just because they have scheduled about 15 to 20 patients per day and they can not afford any extra time for you and your health problems.

Next patient in line please.

I personally, as a mother, can understand your frustration, your helplessness and your despair. Because I have been there and I felt exactly the same way. I started to look for more information everywhere to find out what is a "normal thyroid levels" and how do I achieve this "normal thyroid results"- because I wanted to feel better, healthy and without Graves' disease or Hyperthyroidism.

I'll try to explain in a few sentences what you should be looking for, when your child has been diagnosed with Graves ' disease or Hyperthyroidism.

Perhaps one of the most confusing issues for patients today is the issue of the changing "normal" reference range for the TSH - thyroid stimulating hormone - test, which is relied on by most conventional practitioners to detect and monitor thyroid problems.

TSH testing is used to:

- diagnose a thyroid disorder in a person with symptoms,
- screen newborns for an under-active thyroid,
- monitor thyroid replacement therapy in people with hypothyroidism
- diagnose and monitor female infertility problems,
- help evaluate the function of the pituitary gland (occasionally), and
- Screen adults for hyperthyroid/hypothyroid disorders as recommended by some organizations, such as the American Thyroid Association.

In late 2002, the National Academy of Clinical Biochemistry (NACB) issued new guidelines for the diagnosis and monitoring of hyperthyroid disease. In the guidelines,

the NACB reported that the current TSH reference range -- which usually runs from approximately 0.5 to 5.5 -- may be too wide and actually may include people with thyroid disease. When more sensitive screening was done, which excluded people with thyroid disease, 95 percent of the population tested actually had a TSH level between 0.4 and 2.5.

The normal ranges of your child' s thyroid test should be as follows; however different laboratories have different ways of measuring it. Consult your doctor for a better understanding of your tests.

TSH = 0.3-3.0	**mIU/L (mU/L)**
FT3 = 230-420	**pg/d**
FT4 = 0.8-1.5	**ng/dl**
T3= 70-180	**ng/dL**
T4 = 5.6-13.7	**ug/dL**

*Please, check with your laboratory, since their measuring units may differ from the above.

Understanding the Thyroid Test Results:

A high TSH level indicates that the thyroid gland is failing because of a problem that is directly affecting the thyroid (primary hypothyroidism). The opposite situation, in which the TSH level is low, usually indicates that the person has an overactive thyroid that is producing too much thyroid hormone (hyperthyroidism). Occasionally, a low TSH may result from an abnormality in the pituitary gland, which prevents it from making enough TSH to stimulate the thyroid (secondary hypothyroidism). In most healthy individuals, a normal TSH value means that the thyroid is functioning normally. Usually, people diagnosed with Graves' Disease or Hyperthyroidism will have their TSH close to "0", or practically undetectable. (for example 0,001, 0,023 etc.). Normal is considered: 0, 3 (or above)- to 3.0.

T4 Tests

Individuals who have hyperthyroidism will have an elevated FT4 (free T4), whereas patients with hypothyroidism will have a low level of FT4. Combining the TSH test with the FT4 accurately determines how the thyroid gland is functioning.

The finding of an elevated TSH and low FT4 indicates primary hypothyroidism due to disease in the thyroid gland. A low TSH and low FT4 indicate hypothyroidism due to a problem involving the pituitary gland. A low TSH with an elevated FT4 is found in individuals who have hyperthyroidism.

T3 tests are often useful to diagnosis hyperthyroidism or to determine the severity of the hyperthyroidism. Patients who are hyperthyroid will have an elevated T3 level. In some individuals with a low TSH, only the T3 is elevated and the FT4 is normal. T3 testing rarely is helpful in the hypothyroid patient, since it is the last test to become abnormal. Patients can be severely hypothyroid with a high TSH and low FT4 but have a normal T3.

If a person with hyperthyroidism after some months of treatment becomes hypothyroid, and then becomes hyperthyroid again, i.e. jumping from hypo to hyper- mode and vice-versa, a Hashimoto's disease should be considered eventually.

TSH mIU/L (mU/L)	**T4 ug/dL**	**T3 ng/dL**	**Interpretation**
High (> 3.0)	Normal (5.6-13.7)	Normal (70-180)	Mild (subclinical) hypothyroidism
High (>3.0)	Low (<5.6)	Low or normal (70-180) or < 70	Hypothyroidism
Low (<0.3)	Normal (5.6-13.7)	Normal (70-180)	Mild (subclinical) hyperthyroidism
Low(<0.3)	High or normal (5.6-13.7), or >13.7	High or normal (70-180) or >180	Hyperthyroidism
Low(<0.3)	Low or normal5.6-13.7, or < 5.6	Low or normal (70-180) or <70	Rare pituitary (secondary) hypothyroidism

Thyroid Antibody Tests

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.

The immune system of the body normally protects us from foreign invaders such as bacteria and viruses by destroying these invaders with substances called antibodies produced by blood cells known as lymphocytes. In many patients with hypothyroidism or hyperthyroidism, lymphocytes make antibodies against their thyroid that either stimulate or damage the gland.

Two common antibodies that cause thyroid problems are directed against thyroid cell proteins: thyroid peroxidase and thyroglobulin. Measuring levels of thyroid antibodies may help diagnose the cause of the thyroid problems. For example, positive anti-thyroid peroxidase and/or anti-thyroglobulin antibodies in a patient with hypothyroidism make a diagnosis of Hashimoto's thyroiditis. If the antibodies are positive in a hyperthyroid patient, the most likely diagnosis is autoimmune thyroid disease.

Insist on having antibodies testing, and if your child has been tested and show positive, find a doctor willing to treat him/her for high antibodies. Do not accept from a doctor that high antibodies has nothing to do with your symptoms, because there are doctors who believe this is not the case and will treat you, and many children find relief in treatment!

Practically, the Thyroid Antibodies are responsible for the symptom, called Thyroid Eye Disease (i.e. protruded eyes, double vision, one of the eyes larger and bigger than the other, exophtalmos etc.). There is no direct treatment that I know of, for the antibodies themselves. The course of treatment goes like this:

1. Your child's TSH, FT3 and FT4 will get in the normal range (first).
2. After a few months, if she/he continues to maintain the same thyroid results, her Thyroid antibodies will get in the normal range as well.
3. This is the point where the child is considered "euthyroid".
4. The Thyroid Eye Disease will start to improve gradually, as this is the last symptom to disappear. (There is a separate chapter on Thyroid Eye disease and relieving the symptoms)

Thyroid Antibody	What will say on your test	You can find that in:	When ordered:	Other Facts
Thyroid peroxidase antibody	TPOAb	Hashimoto's thyroiditis; **Graves' Disease**	When patient has symptoms suggesting hypothyroidism; when doctor is considering starting a patient on a drug therapy, such as lithium, that has associated risks of developing hypothyroidism when TPOAb are present	Has been associated with reproductive difficulties, such as miscarriage, pre-eclampsia, premature delivery, and in-vitro fertilization failure
Thyroglobulin antibody	TgAb	Thyroid cancer; Hashimoto's thyroiditis	Whenever a thyroglobulin test is performed to see if the antibody is present and likely to be interfering with the test results; since the thyroglobulin test will be ordered at regular intervals after thyroid cancer treatment, TgAb will also be ordered at regular intervals;	
Thyroid stimulating hormone receptor antibody	TRAb	Graves' disease	When patient has symptoms of hyperthyroidism to monitor effectiveness of anti-thyroid therapy	

If a pregnant woman has a known autoimmune thyroid disease (such as Hashimoto's thyroiditis or Graves' disease) or has another autoimmune disorder and thyroid involvement is suspected, then one or more of the thyroid antibodies may be ordered early in the pregnancy and then again near the end.

These tests are used to help the doctor determine whether the baby may be at risk of thyroid dysfunction since thyroid antibodies can cross the placenta and cause hypothyroidism or hyperthyroidism in the fetus or newborn.

In general, the presence of high antibodies suggests that there is autoimmune thyroid involvement and the higher the level, the more likely that is. Rising levels may be more significant than stable levels as they indicate an increase in autoimmune activity.

All of these antibodies, if present in the mother, can increase the risk of hypothyroidism and hyperthyroidism in the fetus or newborn.

Thyroid antibody testing may also be ordered when a patient with another autoimmune disorder has symptoms of thyroid dysfunction and/or when she has reproductive difficulties that the doctor suspects may be associated with auto antibodies.

Mild to moderately elevated levels of thyroid antibodies may be found in a variety of thyroid and autoimmune disorders, such as thyroid cancer, type 1 diabetes, rheumatoid arthritis, pernicious anemia, and autoimmune collagen vascular diseases. Significantly increased concentrations most frequently indicate thyroid autoimmune diseases such as Hashimoto's thyroiditis and Graves' disease. My personal experience shows that many patients with Graves' disease have also another auto- immune disorder, like Diabetes 1, or rheumatoid arthritis, or they are at risk to develop one in the future. That comes to show us that the reason behind these diseases may be one and the same, just a variation of manifestation on a body/ physical level.

If TgAb (Thyroid stimulating hormone receptor antibody- ordered when the patient has symptoms of hyperthyroidism to monitor effectiveness of anti-thyroid therapy) is being used as a monitoring tool and has stayed high or dropped low initially but is increasing over time, then it is likely that the treatment has not been effective and the condition is continuing or recurring.

If levels of TgAb are falling and/or have fallen to low or undetectable levels, then it is more likely that the therapy is effective.

In other words, if your child has high levels of antibodies most likely your endocrinologist is not very successful in his methods of treatment and he will need to change the course of treatment (chose another method, or change the dosage).

A certain percentage of patients who are healthy may be positive for one or more thyroid antibodies.

Their prevalence tends to be higher in women and tends to increase with age. If a person with no apparent thyroid dysfunction has a thyroid antibody, her doctor will track her health over time. While most may never experience thyroid dysfunction, a few may develop it in the future.

What will happen if you leave your child, who has Graves' disease untreated? Thyroid Storm

Thyroid storm is a severe, life-threatening condition caused by an excess of thyroid hormone. A number of factors can be involved in causing thyroid storm, including over-replacement of thyroid hormones or discontinuing medications taken to treat hyperthyroidism. **Do not discontinue the medication of your child without the permission of your doctor. This could be very dangerous for her/his health health!**

Symptoms of thyroid storm can include fever (potentially as high as 105-106 degrees F), racing pulse, nausea, vomiting, diarrhea, irregular heart beat, confusion, and weakness. Thyroid storm may lead to heart failure and requires emergent medical treatment. If you suspect such condition- call 911, or 112 (European Union) or take your child to the emergency room immediately.

Thyroid Storm Symptoms

1. Hyperpyrexia, temperature in excess of 106^{o}C, dehydration.

2. Heart rate faster than 140 beats/min, hypotension, atrial dysrhythmias, congestive heart failure.

3. Nausea, vomiting, severe diarrhea, abdominal pain, hepatocellular dysfunction.

4. Confusion, agitation, delirium, frank psychosis, seizures, stupor or coma.

As you can see I am not joking. Presently, the most common cause of thyroid storm is intercurrent illness or infection (i.e., medical storm). Other reasons include, but are not limited to:

- Infection
- Emotional stress
- Tooth extraction
- Diabetic ketoacidosis
- Hypoglycemia
- Trauma
- Bowel infarction
- Parturition

- Toxemia of pregnancy

The therapeutic options for thyroid storm are the same as those for uncomplicated hyperthyroidism, except that the drugs are given in higher doses and more frequently. In addition, full support of the patient in an intensive care unit is essential, since the mortality rate of thyroid storm is substantial.

The therapeutic regimen typically consists of multiple medications, each of which has a different mechanism of action:

- A beta-blocker to control the symptoms induced by increased adrenergic tone.
- A thionamide, such as methimazole, to block new hormone synthesis.
- An iodinated radiocontrast agent to inhibit the peripheral conversion of T4 to T3.
- An iodine solution to block the release of thyroid hormone.
- Glucocorticoids to reduce T4-to-T3 conversion and possibly treat the autoimmune process in Graves' disease.
- Acetaminophen is the drug of choice, as aspirin may displace thyroid hormone from binding sites and increase severity of thyroid storm.
- Cooling blankets, ice packs, and alcohol sponges encourage dissipation of heat. Use of a cooled humidified oxygen tent is advised.

What are the traditional/ medical options to treat Graves' Disease?

So far, the traditional medicine knows three ways to handle this disease, for almost a century now and this has not been changed. Usually, once your child is diagnosed with Graves' Disease and Hyperthyroidism the doctor should offer you these 3 options, with their advantages and disadvantages. And this is the place where most of them fail. In 99.9% of the cases you'll be told that your child needs a RAI treatment, that RAI treatment is safe and will solve the problem. None of this is true and you'll see why below.

I would suggest you to do your homework, to research different options, to seek for a second opinion, sometimes a third opinion, to see if there are any alternative/ holistic supplemental options, to listen to your guts, to trust your intuition and to think what the best is for your child in a long term plan. Since your child is not mature enough to make their own decisions, this is your responsibility as a parent and guardian and you

have to make sure that you won't be blamed one day for a wrong decision, because if you make the wrong decision this will be permanent and will change your child's life forever.

I remember a mother of 6 months old baby-girl, who was diagnosed with Graves' Disease/ Hyperthyroidism and she attended a conference with endocrinologist, where the main topic was- "RAI/ thyroidectomy is the best choice of treatment for Graves' Disease/ Hyperthyroidism", ect. She put her girl for a total thyroidectomy and removed completely her thyroid. Right after that fact she began to feel guilty and tried to explain to me why she took that decision. This is none of my business, but I believe that she will feel guilty for the rest of her life, unfortunately, and you'll see why after reading the next few chapters.

Before judging, you have to understand the pharmaceutical industry in USA, and probably everywhere else in the world. This is the second large/ richest industry, after the military one. The price for example for a RAI treatment/ thyroidectomy is nowhere disclosed on the web, but I know that it will cost thousands of dollars. Paid by the insurance companies of course, if you have insurance. Accordingly, the doctors will try to bill the insurance companies to the best they can, i.e that same insurance company will pay much less for medication (PTU or methimazole) compared to RAI or surgery. Medical offices and doctors also have bills, right? And their salaries start from 100K…Understandable why they push for RAI treatment or thyroidectomy, they'll even give you hundreds of researches saying that RAI is safe and good for you. Finally, this is what they have been taught at the medical school.

I don't think so. After reading people's emails for the past 5 years, I can tell you that I don't know a single person, who is happy with his/her decision to take the RAI pill. If there are any, I don't know them. Not to mention the other consequences on your health.

This is all what you'll hear, in most cases, after the diagnose: "Your child needs a RAI treatment, and this is safe for him/ for her, he/she has no other options and this is will heal her from hyperthyroidism".

Wrong. None of this is true. And I am glad that you are reading this book now, hopefully, before your child's thyroid is destroyed or removed forever, before his/ her life is changed in the wrong way for a lifetime.

I'll tell you a short story. I know alternative methods and supplemental treatment that may help your child, or an adult to cure his Graves' Disease/ hyperthyroidism, if you

follow my suggestions and recommendations, or at least some of them, however you feel comfortable, in which case I guarantee at least that you or your child's life at least can get better than it is right now. But how in the world I can offer, or suggest things that cost under 20$, compared to the cost of RAI and thyroidectomy? Am I nuts? I've learned the rules that rule the pharmaceutical business, the hard way.

So said, you are really lucky if you are reading this book, as it may soon be not available on Internet.

The only thing now is to understand the business behind the suggestions you get from your doctors- they are not dictated by their moral, but by their economic interests, or in the best case by the policy of the companies/ hospitals they work for.

There are doctors out there, who will not comply with these rules, but they are just a few. I've heard some very nice stories about open-minded doctors who are willing to work with the patient for the patient's best interest. You just have to search really hard for them, but they are out there, I know that. One of my doctors/ endocrinologist was like that and I am very grateful for him for not pushing me for RAI- even though he was so nice to inform me that if I cure another way, I'll be in the 0,02% of the hyperthyroidism patients who did that. Small chance, but I took it. You know the results.

Now back to the point- which options you may consider?

Surgery: What is Subtotal Thyroidectomy?

11 reasons to avoid surgery.

Surgical removal of the thyroid gland, called thyroidectomy, is the oldest known treatment option. Surgery is also an option for people who have a very large goiter, and those who are allergic to, or who develop severe side effects from, the drugs used to treat hyperthyroidism. Hyperthyroidism is permanently controlled in more than 90% of those who choose this option. Hypothyroidism often occurs after surgery, and people then have to take replacement thyroid hormone for the rest of their lives. Rare complications of surgery include paralysis of the vocal cords and damage to the parathyroid glands (the tiny glands behind the thyroid gland that control calcium levels in the blood). Here is a list of the possible complications after having a surgery:

1. Damage of the parathyroid glands that control the calcium level
2. Paralysis of the vocal cords

3. Recurrent laryngeal nerve damage

4. Hypoparathyroidism

5. Medication for the rest of your life due to hypothyroidism

6. Hypocalcemia

7. Post-operative bleeding

8. Wound infection

9. Keloid formation

10. Visible scar on your neck

11. It is permanent

There is another option, and I advise people who decided to go for Thyroidectomy at least to negotiate with their doctors for subtotal thyroidectomy, not total. Which means that surgeons will leave some of your thyroid (usually ½ or ¼) where it belongs, so it can still produce some thyroid hormone. The doctors usually push for total thyroidectomy from preventive point of view- just because they are afraid that there may be a reoccurrence of the same thyroid problem. But who in the world knows that for sure? And how wise is that?

RAI (I-131) - Radioactive Iodine Treatment.

Radioactive iodine (I-131) is given orally (either by pill or liquid) on a one-time basis to abate a hyperactive gland. I-131 is given after routine iodine scans, and uptake of the iodine is determined to confirm hyperthyroidism. The radioactive iodine is picked up by the active cells in the thyroid and destroys them. Since iodine is only picked up by thyroid cells, the destruction is local, and it is considered that there are no widespread side effects with this therapy. This is something I just don't believe- that radioactive iodine goes all over your body, and beyond that. That's why you are advised to stay way from crowded places, in some countries you are locked in special rooms-cells, which are isolated completely.

This is very safe, right?

10 Reasons to avoid Radioactive Iodine Treatment:

1. It is dangerous for breastfeeding and pregnancy. RAI can cause difficulty with future attempts to become pregnant and carry pregnancies to term. RAI is known

to affect the ovaries, which is why patients are recommended to avoid becoming pregnancy for at least 6 months after RAI. The 6 months recommendation was increased to at least one year in early 2002. It is not recommended to conceive 8-12 months after the iodine uptake.

2. It is permanent; it destroys your thyroid gland and there is no way back.
3. Hypothyroidism. Radiation-induced hypothyroidism is more difficult to treat than naturally occurring hypothyroidism. Hypothyroidism caused by treatment for hyperthyroidism is known to cause depression and anxiety. In one large Dutch study, "over one third of patients with a full-time job were unable to resume the same work after treatment". It appears that many of these patients are in need of psychological support.
4. Thyroid Eye Disease may and will become worse, and in most cases it does. Chance of thyroid eye disease developing increases dramatically, as RAI doesn't stop antibody production. Unfortunately, there is no reverse of this action and you'll have your TED for the rest of your life.
5. You'll have to take pills for hypothyroidism for the rest of your life. Guaranteed, no exceptions.
6. RAI, aka spent nuclear fuel ("nuclear waste", in other words) is absorbed by other organs and can cause cell death or DNA mutations. RAI is absorbed, in smaller amounts, by other organs besides the thyroid, including breast tissue, the genitals, pancreas, and the gastric mucosa.
7. Studies show an increase in cancers, especially of the thyroid gland and small bowel, after RAI.
8. Chance of significant, unhealthy weight gain is increased. Studies show that weight gain is inevitable after radio iodine-induced hypothyroidism.
9. Increased risk of developing fibromyalgia like symptoms. People actually do develop them.
10. Salivary and tear duct damage from I-131.

AntiThyroid Drugs (ADT)

Comparison of the 2 main Anti Thyroid Drugs–advantages and disadvantages:

Methimazole (Tapazole); Propylthiouracil

Note: If your child is on any medication- Do Not Stop the medication or change it without consulting your doctor! It may provoke a Thyroid Storm which is very dangerous! All the remedies listed in this book can work together with the prescribed medication! If your child is on any of this medications and she/he

doesn't feel well- always get a second opinion from another doctor! If in any doubt- consult your physician first!

Generic name:	**Methimazole**	**Propylthiouracil**
Brand name:	Tapazole	None available
Drug class and mechanism:	Methimazole is used to manage hyperthyroidism. The two thyroid hormones manufactured by the thyroid gland, thyroxine (T4) and triiodothyronine (T3), are formed by combining iodine with a protein called thyroglobulin with the assistance of an enzyme called peroxidase. Methimazole inhibits iodine and peroxidase from their normal interactions with thyroglobulin to form T4 and T3. This action decreases thyroid hormone production. (methimazole also interferes with the conversion of T4 to T3, and, since T3 is more potent than T4, this also reduces the activity of thyroid hormones.) Methimazole is used to manage hyperthyroidism associated with Graves' disease. It is also used to decrease symptoms of hyperthyroidism in preparation for surgically removing the thyroid gland or before inactivating the thyroid gland with radioactive iodine.	Propylthiouracil (PTU) is used to manage hyperthyroidism. The two thyroid hormones manufactured by the thyroid gland, thyroxine (T4) and triiodothyronine (T3), are formed by combining iodine and a protein called thyroglobulin with the assistance of an enzyme called peroxidase. PTU inhibits iodine and peroxidase from their normal interactions with thyroglobulin to form T4 and T3. This action decreases thyroid hormone production. (PTU also interferes with the conversion of T4 to T3, and, since T3 is more potent than T4, this also reduces the activity of thyroid hormones.)
Generic available:	No	yes
Preparations:	Tablet: 5 mg and 10 mg.	Tablet: 50mg.
Prescription:	Yes	yes
Dosing:	The initial adult dose of methimazole is 15 mg/day for mild hyperthyroidism, 30-40 mg/day for moderately severe hyperthyroidism and 60 mg/day for severe hyperthyroidism. The	The initial adult dose of PTU is 300 mg/day. The drug should be taken every eight hours. Occasionally adult doses may exceed 300 mg/day if moderate or severe hyperthyroidism is

Generic name:	**Methimazole**	**Propylthiouracil**
Brand name:	Tapazole	None available
	drug is usually taken every eight hours but may be taken once daily under physician supervision. A common, long-term, adult dose after initial treatment is 5-30 mg/day. Children's initial and continuing doses vary.	present. A common, long-term adult dose after initial treatment is 100-150 mg/day. Children's initial and continuing doses vary.
Pregnancy	There is evidence that methimazole may cause harm to the fetus during pregnancy.	There is evidence that PTU may cause harm to the fetus during pregnancy. If hyperthyroidism becomes more severe during pregnancy, however, PTU may be considered useful under physician supervision. It may cause harm to the fetus during nursing. Use of PTU while nursing should be done under careful physician supervision.
Side effects:	Methimazole is generally well-tolerated with side effects occurring in 3 out of every 100 patients. The most common side effects are related to the skin and include rash, itching, hives, abnormal hair loss, and skin pigmentation. Other common side effects are swelling, nausea, vomiting, heartburn, loss of taste, joint or muscle aches, numbness and headache. Less common but serious side effects have occurred with methimazole therapy. A decrease of white blood cells in the blood (agranulocytosis) may occur. Symptoms and signs of agranulocytosis include infectious lesions of the throat, the gastrointestinal tract and skin with an overall feeling of illness and fever. A decrease in blood platelets (thrombocytopenia) also may occur. Since platelets are important for the clotting of blood, thrombocytopenia may lead	PTU is generally well-tolerated with side effects occurring in 1 of every 100 patients. The most common side effects are related to the skin and include rash, itching, hives, abnormal hair loss, and skin pigmentation. Other common side effects are swelling, nausea, vomiting, heartburn, loss of taste, joint or muscle aches, numbness and headache. Less common but serious side effects have occurred with PTU therapy. A decrease of white blood cells in the blood (agranulocytosis) may occur. Symptoms and signs of agranulocytosis include infectious lesions of the throat, the gastrointestinal tract and skin with an overall feeling of illness and fever. A decrease in blood platelets (thrombocytopenia) also may occur. Since platelets are important for the clotting of blood,

Generic name:	Methimazole	Propylthiouracil
Brand name:	Tapazole	None available
	to problems with excessive bleeding.	thrombocytopenia may lead to problems with excessive bleeding.

Of course, there are some other medications that are prescribed at different countries in the world, like Carbimazole (neomercazole) for example and they vary by country or continent, but generally their action is similar. I personally prefer the medication option- practically you can stop the medication anytime and it does not have life-time effects on your child's health, like RAI or thyroidectomy.

Beta- Blockers

Beta blockers like Atenolol, metoprolol, propranolol are primarily known for their reductive effect on heart rate, although this is not the only mechanism of action of importance in congestive heart failure. They are usually prescribed for heart palpitations and anxiety, which are some of the most debilitating symptoms of Graves' Disease and hyperthyroidism. Beta- blockers block the action of endogenous catecholamines (epinephrine (adrenaline) and norepinephrine (noradrenaline) in particular), on β-adrenergic receptors, part of the sympathetic nervous system which mediates the "fight or flight" response. I personally never used them.

Anxiety and performance enhancement

There is clear evidence from many controlled trials in the past 25 years that beta blockers are effective in anxiety disorders, though the mechanism of action is not well known. Some people have used beta blockers for performance enhancement, and especially to combat 'performance anxiety'. In particular, musicians, public speakers, actors, and professional dancers, have been known to use beta blockers to avoid stage fright and tremor during public performance and especially auditions. The physiological symptoms of the fight/flight response associated with performance anxiety and panic (pounding heart, cold/clammy hands, increased respiration, sweating, etc.) are significantly reduced, thus enabling anxious individuals to concentrate on the task at hand.

Adverse drug reactions (ADRs) associated with the use of beta blockers include: nausea, diarrhoea, bronchospasm, dyspnea, cold extremities, exacerbation of Raynaud's syndrome, bradycardia, hypotension, heart failure, heart block, fatigue, dizziness, alopecia (hair loss), abnormal vision, decreased concentration, hallucinations, insomnia, nightmares, clinical depression, sexual dysfunction, erectile dysfunction and/or alteration of glucose and lipid metabolism. Mixed α_1/β-antagonist therapy is also commonly associated with orthostatic hypotension. Carvedilol therapy is commonly associated with edema.

Central nervous system (CNS) adverse effects (hallucinations, insomnia, nightmares, depression) are more common in agents with greater lipid solubility, which are able to cross the blood-brain barrier into the CNS.

I was never prescribed beta- blockers by my doctor, even though I had severe palpitations, I even didn't know that this option existed. I can' tell for sure what should be considered here- the good or the bad. I found that some herbs will do the same job so I used them instead. But in all cases, consult your physician.

The question I often receive from clients and subscribers is if I used any type of medication, or just alternative methods? Yes, I was prescribed PTU by my endocrinologist and I took that medication initially 3 x 100 mg, for may be 2-3 months. This was also the time I started to experiment on myself with different alternative methods, herbs and supplements. I really don't know what exactly helped me, some of the methods did, and some did not. Those that I found helpful one or another way are all included in this book. I am also often blamed that I am not "sharing" the recipe for the cure and some people want from me something like a plan: 1, 2, 3 (this is what you do - this is what you get or become).

There is no recipe- I did everything included here, and I will continue to say that the healing is a combination of factors, life style changes and diet, and exercises, and medication if necessary. There is no other secret.

Block and Replace Therapy

Patients who are difficult to stabilize are sometimes put on a dose of anti- thyroid drugs large enough to (block) all thyroid function, and then given thyroid replacement hormone to normalize thyroid levels such as thyroxine (replace). It is thought that this

protocol leads to more stable thyroid levels as well as reducing the chances of you becoming resistant to your medication. Some research also suggests this approach keeps the disease in remission for longer periods than with a single medication. The major drawback to this method is that the larger doses of anti- thyroid drugs necessary to block thyroid production are more likely to cause side effects- and have a negative effect especially on your liver.

Also, this is a method where you and your endocrinologist both have to work on very intensely and you have to be an advocate in this part of your child's treatment. What I mean by that is, you have to know the symptoms of your child inside out, know when he is heading hypo or hyper, and then consider this type of treatment. I am not even sure if this therapy is applicable for children, as this could be very dangerous.

This is the page where the medical part of this book ends. I presented to your attention everything that I know from medical point of view, as known to endocrinologists and doctors, and to the best I know. I tried to "translate" the medical terms in understandable language, the way I understand it. I hope it was useful for you. Many of you may stop reading here.

As per the second part- it's dedicated to people who are searching behind the symptoms and want to know more than that. This second part also includes all alternative and supplemental methods and the psychological explanations that I am aware of. Do your own judgment, and again, if in any doubt consult a physician/ herbalist, or any other proper specialist.

Holistic Treatment of Graves' Disease. Treating the Cause

My understanding for any disease is that where there is a pain of any kind, something is wrong. In those cases you should be searching for the reasons of illness of your child, as well as for different treatment options, simultaneously. During my research, I used different methods for treating my symptoms, i.e., palpitations, bulging and protruded eyes, insomnia, muscle cramps, etc.

I am a big supporter of the natural healing, so in the next few pages I'll offer some solutions for some of the Graves' disease symptoms. They helped me, so probably they'll help your child. The good thing is that they are harmless, to the best of my knowledge, if applied properly, they come from the Mother Nature, or have been used

for centuries by a lot of people. You'll find not only suggestions for herbs, supplements, vitamins, diet and food, but also holistic approach for healing, new ways and methods to incorporate in your child's everyday life. Some of them include meditation, Reiki, yoga, etc., but of course, you can only what's applicable for your child, even though I think that children also can meditate, or receive Reiki, or do some yoga.

To be on the safe side, before using any of the remedies or methods described here- consult a physician, naturopath or other healthcare provider.

Why my child? Why Graves' Disease? Why is Graves' disease considered incurable? Is this true?

Seven years ago when I was diagnosed with Graves' disease and Hyperthyroidism, I was really desperate. I started asking myself many questions such as why exactly ME? What in the world have I done to get sick, especially with this disease? I am sure that you are also wondering why this is happening to your child, to your family. There is always a reason, and I really hope that this book will help you understand better your child, what she/he is going through and what are the dynamics in your family, if any, or the life style your child has, which all led to this situation. I am not saying that the family is to be blamed at all. Nobody to blame here, don't get me wrong. Things are the way they are and we have to deal with the facts.

I simply know that our body does not just wake up one morning and says to itself- hmmm, let me attack my own cells, let me commit suicide, just for fun! With Graves' disease your child's body is actually committing suicide by attacking its own cells! I, as a psychologist, having all different cases in my practice and numerous people with all kinds of stories, know that when someone decides to commit suicide that means that boundaries have been crossed, something is "too much" to take any more and there is no other way around (or your child can not see it, or cope with it), so the only option possible at this moment for the body is to start killing its own cells. It's called autoimmune disease.

This is where my journey and my research began. I started to closely examine my life wondering what exactly I was doing wrong to provoke such a response from my body. On the surface everything was perfect, or close to perfect. Full time job at Corporate America, paying the bills and the mortgage, being named 'best employee' in my field, managing a whole house, trying to be a perfect mom for my 7 year old daughter, full time volunteer for a new social organization, a lot of friends, a lot of

activities, interesting life, respect and admiration from fellows about all the work I was doing. I felt important. My EGO was satisfied. I wanted to cope with everything. I wanted to prove myself!

But when you dig deeper you find things that are not very pleasant.

I had to admit back then that I was not very happy. My soul was empty, I was not doing what I love to do, I didn't take care of myself, I was tired, my personal relationships suck, my daughter was not happy either and was craving for my attention. I had no hobbies, no things or places to "charge my batteries". I was exhausted. I was not creative. I did not love myself. In fact, I did not know how to do this and what exactly this means. And I found that if I am not happy and healthy, no one around me would be. That was the law, and still is.

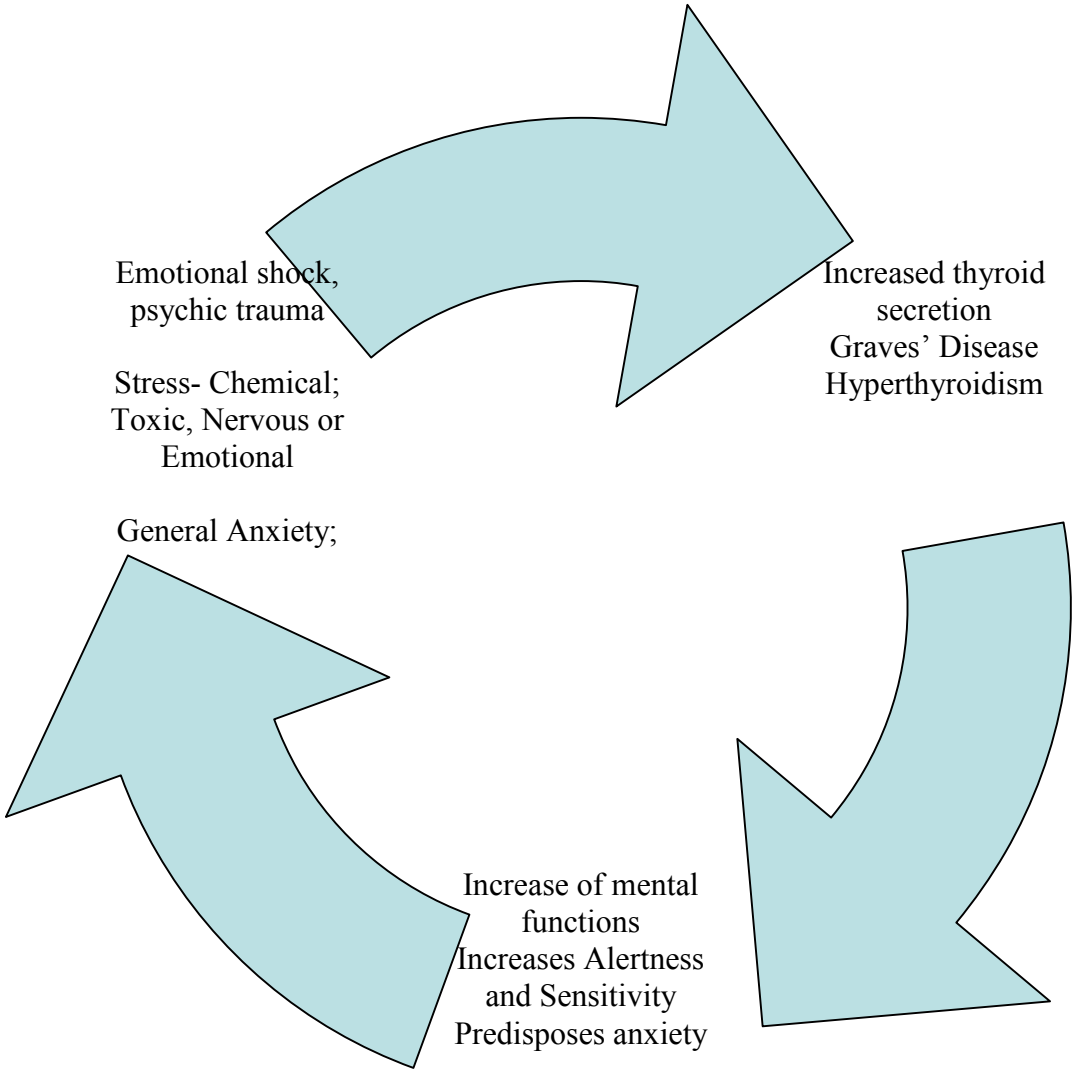
Emotional Factors, Psychological Background and Psychoanalytical Explanation of Graves' Disease

The psychological factors of thyrotoxicosis (Graves' or Basedow Disease), as well as many of the psychological mechanisms involved, are well established- even in the beginning of the 20th century. Hence this disease is especially appropriate for the study of psychosomatic interrelations, which I strongly believe are the key for solving this disease. I just don't understand why doctors don't care about the findings of their colleagues even 60- 80 years ago.

Various manifestations of emotional tensions may precede the development of the clinical syndrome. Thus, 28% of Maranon's, 1921, (1) 159 patients with hyperthyroidism reported that their disease was precipitated by some emotional upheaval, and Conrad, 1934, (2) found evidence of psychic trauma in 94% of 200 patients. Similar observations were reported by many other investigators (Bram; Condall and Rogers, Moschowitz; Wallace; Mittelmann) (3-7) . In fact, some of the earlier students of the problem were so impressed with the significance of psychic factors as precipitating agents as to postulate that some severe emotional shock may be responsible for the development of a form of hyperthyroidism which was designated as " Shock – Basedow".

According my humble opinion 94% is a number that should not be overlooked by any respecting himself medical doctor. The books that I read are the same books they also studied, no doubt. What they do with this information is another thing and why this information is brutally ignored is a good question to ask…

It also appears that the interrelationship between the psychological processes and thyroid function is a reciprocal one. Thyroid secretion accelerates mental functions, increases alertness and sensitivity and thus predisposes to anxiety; but the same time emotional experiences have an effect upon thyroid secretion itself.



Psychosomatic observations on Hyperthyroidism

It happens that I am not the only one, who thinks that thyrotoxicosis, or Graves' Disease, if you like it, is mainly due to psychological factors, not only chemicals, and it is

not inherited, to my personal opinion. What I believe is inherited is the way of thinking, the behavior and how we respond to stress and different external stimulus.

Hyperthyroidism may be precipitate by a variety of factors, but the most common considered by many psychosomatic doctors is the psychic trauma or intense emotional conflict, but what exactly will be considered an emotional trauma you can find further in this book. I personally think that stress- of any kind is also a big factor to be considered. And the fact that we are talking about children/ teenagers here doesn't change this fact at all. Kids could be under a lot of stress, just different kind, as well.

The importance of emotional factors is borne out by the constancy with which emotional disturbances precede the onset of the illness and by the striking similarity of the emotional factors and the personality structure of the patients.

A number of investigators have reported upon the psychodymanics of the hyperthyroid patient, which in general confirms my own personal observations and what my clients shared in their emails for the past six years. Many years ago, the analysis of a few women with hyperthyroidism impressed Conrad (2) with their extreme dependence upon the mother, their fear of losing affection and shelter and of the burdens that are involved in assuming the maternal role, and the resulting difficulty of making identification with the mother. Conrad also studied a great number of patients anamnestically and found a statistically significant incidence of losing the mother during early infancy, especially during childbirth. Some of the male patients also revealed an excessive dependence upon their mothers and unusual attachment to their parents. It would appear that the specific factor common to all the patients is difficulty in exchanging the role of being nursed for that of nursing.

Brown and Gildea (8) were impressed by the similarity of characteristic personality features which were present before the onset of the clinical syndrome in the fifteen patients that they studied. They noticed that the patients had:

- extreme feelings of personal insecurity;
- a strong sense of responsibility;
- a tendency to control the outward expression of emotions
- And that any treat to their security, either by prolonged strain or by sudden emotional shock, could precipitate the hyper function of the thyroid gland.

Although these authors do not emphasize it, an impressive struggle against insecurity, with attempts to master it by one's own efforts, is apparent in the reported histories of their patients.

Anamnestic interviews of twenty- four patients conducted by Ham, Carmichael, and Alexander (9), together with members of a psychosomatic seminar in Psychiatric Department of the University of Illinois and the psychoanalytic study of one patient at the Chicago Psychoanalytic Institute by Ham, confirm the findings of the previous investigators. Particularly is this so with reference to the significance of fear and anxiety, the marked dependence upon parental figures, and the excessive insecurity, and also the opposite trends of efforts toward assuming responsibility, achieving maturity, becoming self- sufficient, and taking care of others. The main objective of this study was to identify the characteristic psychodymanic pattern in which these various psychological factors are related to each other. Careful analysis of the data revealed a psychodymanic pattern which appears to be common in both men and women with hyperthyroidism. Threat to security in early childhood or infancy appeared to be the dynamic nucleus and was frequently related to pronounced fears of death, to which most of these patients had been exposed early in their lives. This is in accordance with Conrad's demonstration of a high incidence of the loss of the mother during early life. However, that was not the only source of fear and insecurity; an unhappy marriage of the parents; instability of personality in one of the parents; parental rejection; extreme forms of economic stress; birth of a younger sibling in large families which led to actual neglect, and still other life situations served as sources of the fear and insecurity which the patients exhibited.

Threat to security in childhood is a very common finding both in neurotics and in healthy individuals. Characteristic of patients with thyrotoxicosis is their manner of handling this insecurity. Because of the external circumstances described above, these patients can not overcome their anxiety by turning to their parents for help. Since they are frustrated in their dependent needs, they make a desperate attempt to identify themselves prematurely with one of the parents, usually the mother. This precocious identification is beyond their psychological and physiological capacity and results in a persistent struggle to master the anxiety and insecurity by a pseudo self- reliance.

What else was found in these investigations?

- patients are frequently forced to take premature responsibilities
- compulsive urge to undertake those activities which are most feared

- assumption of the dutiful role of motherhood in that they become second mothers for their siblings
- compulsive urge to become pregnant in spite of fear of pregnancy
- attempt to master fear by self- sufficiency
- fear of death is mastered by a wish to give life to children
- the loss of a mother is combated by becoming a mother
- high incidence of phobias
- frequency of dreams of death, caskets, ghosts and dead persons
- protective attitude toward younger siblings- represents an overcompensation for sibling rivalry and requires the repression of hostility
- pseudo maturity
- excessive care of others- to master anxiety by self- sufficiency
- active participation of the support of the family

The ultimate question still remains unanswered: why do these patients react to insecurity with progressive effort toward maturation and not by regressive symptoms?

There can be little doubt that the hyperthyroid patient is one who has been trying to maintain a lifelong struggle against his anxiety by attempting to achieve self sufficiency prematurely and that this pseudo maturity may prove so stressful as to cause a break in balance when the life situation makes the struggle impossible.

Specific Dynamic Pattern in Thyrotoxicosis, as outlined by Franz Alexander (10):

Frustration of dependent longings and persistent threat to security (exposure to death and other threatening experiences) in early life ---→ unsuccessful premature attempts to identify with object of dependent cravings----→ continued efforts toward premature self – sufficiency and to help other-----. Failure of strivings for self sufficiency and taking care of others---→ thyrotoxicosis.

As you can see all these characteristics may pertain to a child/ teenager as well. The only difference is that they developed Graves' disease or hyperthyroidism earlier in their lives, not later, as it was many years ago. Finally, we live such dynamic lives that it is no surprise our kids are becoming mature earlier and the mental and physical development of teenager 30 years ago is completely different of the teenager/ kid nowadays. The more stimuli they have- like Internet, Internet games, non-stop TV, many activities at

school- the greater the risk of developing this disease is. Things have changed for the past 20 years and unfortunately not for good for our children.

How do I fit in the psychosomatic profile? And how does your family fit?

I don't know if you found yourself or your child anywhere in this pattern, I did found myself, to a big extend. I come from a generally dysfunctional family, where my father's behavior was commonly unpredictable. There was this sense of insecurity what will happen next, as his emotions were changing very quickly, so I didn't know what to expect. I was insecure. My mother was generally obedient and not very happy of how the things were going, but the divorce was unacceptable in our family. My both parents were very conservative, rigid and very concerned about what the "people will say". They argued about stupid things, and they still argue. They have a 40 years marriage now, they still live together. I love them both, no matter what.

I have a brother, 3 years younger than me and I would take care of and help him with all school projects anytime it was needed. My parents were working full time jobs during the day, so they did not have the capacity or willingness to write papers, or help him with school projects- that was me. My brother wasn't interested in school or books at all, and he is still not, even though now he is doing just fine with his life and family. He is married for 11 years now and has 2 kids- my niece Michaela, 6 years old and my nephew Gabriel, 10. I love them both very much.

For many years I thought that my parents, especially my mother, loved my brother more than me, as they'll show more interest in him and they'll be more protective to him. I was very jealous about this fact, and that would make me cry for hours. Later I found and accepted that they love us both, just in different ways. They just thought that I could manage my life without, or with a little of their help, as I was more mature, and he was not. Finally, we both, me and my brother are doing well in life- just in different ways.

I wasn't supporting my family, but I started summer jobs when I was 14. I never stopped working since then, even while I was studying at the University, or when I was pregnant.

I was considered reliable by all my relatives, and very responsible. I also was very serious, I rarely smiled, or expressed emotions, it was not very acceptable in the family

either. I learned to hide my emotions and that was safer for me, for many years. Nobody knew what I was thinking, or feeling – and I didn't either for many years after that. I had to learn that all over again.

My father was very proud of me, as I was doing very well at school and all relatives expected from me to go to a University, and get a degree, which I did, of course. I graduated from two Universities and that's how I fulfilled their expectations and dreams. I did not drink alcohol, or smoked pot, never tried drugs and never had any reckless behavior. I was the perfect child and was very mature for my age. I believe I still am.

I did not have scary dreams, or may be I did, I just don't remember them. I still don't remember my dreams.

I don't have many children; I have only one daughter and a step son. But this is just how the life turned out for me, no regret.

How this psychosomatic profile, described above will help us? This is to better understand what might be the cause for our child's illness and it always helps. But don't do the mistake to blame anyone- parents, other children, relatives or siblings. They did the best they can and the best they knew how. Forgive, if needs to be forgiven and move on.

Psychological characteristics of children who are most likely to develop Graves' Disease.

No.	Psychological Characteristics of children who are most likely to develop this disease	Do my kid has that? Yes/No
1	She/ he is engaged in a lot of activities at school, or out of school	
2	He/ She is frequently forced to take premature responsibilities (many siblings, one- parent families, sick older relatives etc.)	
3	She/ he is restless	
4	She/ he has a strong sense of responsibility;	

5	She/ he has a lot of stress at school	
6	She/ he has a lot of stress at home	
7	She/ he has extreme feelings of personal insecurity	
8	She/ he has a tendency to control the outward expression of emotions	
9	She/ he is doing a lot of things for other people to receive their approval	
10	She/ he is afraid that people won't like him if he doesn't do things for them	
11	She/ he is constantly worried about a lot of things	
12	She/ he has a lot of hobbies and many things to do	
13	She/ he does a lot of physical activities	
14	She/ he is very nervous and emotional	
15	She/ he is anxious about the future	
16	She/ he feels overwhelmed with things	
17	She/ he spends a lot of time on Internet, including Internet games, Skype, Facebook etc.	
18	She/ he spends a lot of time on TV	
19	She/ he is a center of attention in social settings	
20	She/he is doing a lot of volunteer work, or is engaged in summer jobs, baby sitting ect.	
21	She/he is a perfectionist	
22	She/ he is over committed and overachiever	
23	She/ he is very ambitious and motivated	
24	She/ he doesn't believe he is good enough	
25	She/ he is an athletic performer	

It's hard to say, but you really have to know your child, and sometimes as parents we really don't, so you can answer the questions above. If you find your child in the above table and you checked for him/ her more than 3, then probably it is really a time to reconsider his/ her life, because, for me, if there is a pain, of any kind, that means something is really wrong.

Five reasons why your child may develop Graves' Disease, at any point of his/her life:

1. Inability to speak up for himself/ herself
2. Inability to be creative or lack of creativeness
3. Inability to ask for what they really want
4. Inability to speak up the truth
5. Inability to make decisions based upon her/his real needs and therefore creating a life style based upon these needs

We are adults now and we create our reality, the way we want it to be. Our children are not able yet, most of them and they need guidance. It's your call now.

Neurology, Stress and Graves' Disease

For the past years I've been asked by many people what exactly causes Graves' Disease? Apart from the pure psychosomatic explanation, stated above, and the many other contributing factors I can add, the only thing that came to my mind, in one word, is stress. But everyone is under stress, no doubt about that. How we handle stress is another question. And also- there is a bad and good stress. So this question is extremely important and I want to give more explanation about this below.

Stress is a response of the organism to pressure. It is characterized both by the presence of internal and external pressure and by a feeling of helplessness in the face of it (11, 12) (Kopin, Seley). The feeling of helplessness is crucial: People who are under pressure but in a position to act and feel in control may get tired but don't get so stressed. It has been shown that people in more responsible positions get less stressed than those further down the hierarchy of power (13) (Wallerstein). Feelings of being unable to cope, trapped, out of control, or struggling against heavy odds can all be part of feeling stressed.

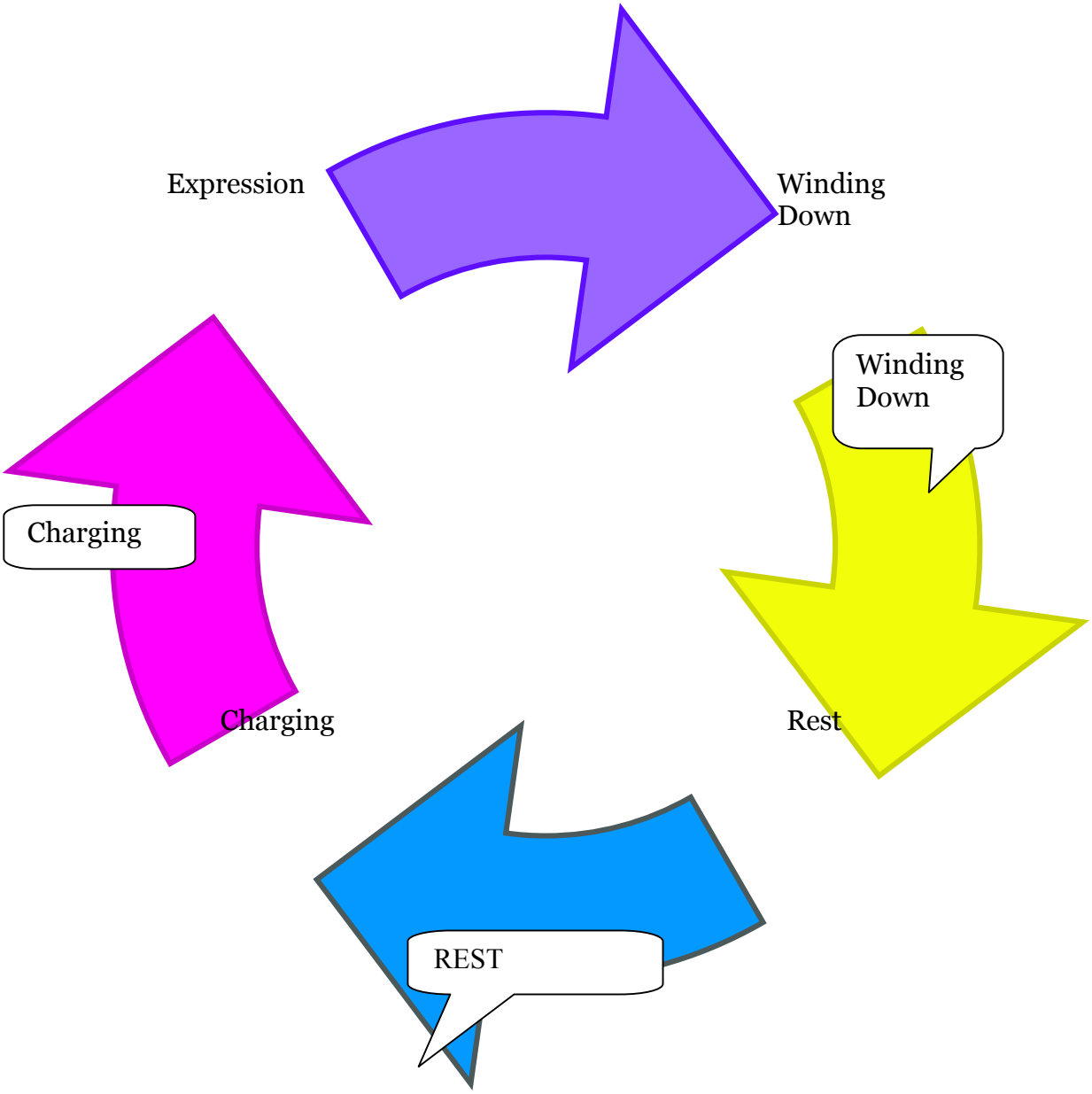
It needs to be emphasized that stress is not just an awful thing. Feeling helpless is part of life, an evitable experience that helps us find the limits of our omnipotence and our existence. It teaches us to distinguish between the things we can do something about and those we can't and have to accept.

However, there clearly is such a thing as bad stress. So, how are the two distinct? I quite like to think in terms of how a situation can be resolved, and also in terms of how long the situation goes on for. Both are relevant.

One of the classical models of stress that is used in research is if your child is preparing for a special project, a sport event, or an important exam, for example. We can look at this situation as a healthy stress. In this case the initial manifestation of stress is a surge of sympathetic activity, which goes along with a hormonal activity, especially adrenaline, but also cortisol, which is probably the key player in depressing immune function. As the energy in our bodies shifts upward and outward, we become more alert and ready for action. When the exam is over, no matter what the result would be, he/she can relax, wind down and rest. The nervous system comes back to its normal level. The sympathetic activity will be dampen down and we are in process of elevating the parasympathetic activity.

But when she/he is helpless, all this readiness has nowhere to go. He/ she feels trapped, and the alertness readily turns into worry, or anxiety or panic. That also pertains to family situations where things and problems stay unresolved for many years, or the child has been bullied at school for years (emotionally, physically or verbally). That also pertains to unsatisfactory school situation and a fear that "she/he needs to cope no matter what".

I know that not all of us are educated about sympathetic and parasympathetic activity, and you don't have to be, this is not your business. To make it clearer I'll try to explain that in simple words. The best explanation is given by the Norwegian psychologist and psychotherapist Gerda Boysen (1980) and it is called Vasomotoric Cycle. Sympathetic Nervous System is responsible for Charging and Expression, and Parasympathetic Nervous system is responsible for Winding Down and Rest.


Expression
Winding Down
Winding Down
Charging
Charging
Rest
REST

The cycle forms a basic pattern for life processes from simple cycle of in-breath- (hold)- out- breath- (pause) to the rhythm of a day like experiences like preparing to do a performance- (performing)- getting applause- and winding down (resting). The Vasomotoric cycle is a basic unit of aliveness.

We also can get stuck somewhere along the cycle: Perhaps we can plan things but never manage to put our plans into action, or we might find it really difficult to let go and wind down. Equally, we may have the tendency to skip certain phases of the cycle., and so your child can do that too.

How all this relates to people with Graves' disease and Hyperthyroidism, in our case kids and teenagers? Most of them are stuck in the "charging" and "expression" phases of the cycle, i.e. they tend to overload the Sympathetic Nervous system, large quantities of cortisol are released and that affects their immune system. They are helpless; all this constant readiness for action has nowhere to go. They feel trapped, and the alertness readily turns into worry, or anxiety or panic. They break down.

When a stressful situation goes on and on for months and years or does not have a clear resolution, the organism gradually loses its ability to cope with it and has to resort to increasingly poorer strategies. By poorer strategies, I mean strategies that in turn create difficulties or even damage the organism in the longer term. The sorts of compromises our bodies make typically involve a hope that things will get better again, and then will have time to recover and repair the damage, but until that happens, we may find ourselves in poor health indeed, and if it never happens at all, such short term survival strategies can kill us. What do I mean by ongoing stressful situations: unloving parents, dysfunctional families, unsatisfactory school performance, wining siblings (they can't fire them), bullying, too much pressure from parents regarding sport and school performance, financial instability in the family that lasts too long, unhealthy social environment etc. Most of us have some of that- and sometimes in larger quantities than we handle.

This Vasomotoric cycle is where our children fail. They are constantly on the "Charging" and "Expression" phase. One of the biggest problems is lack or not enough sleep and rest. Do you know a teenager that rests 10 hours daily? I personally don't.

Sleep requirements for children with Graves' Disease

The American Academy of Pediatrics Guide to Your Child's Sleep provides some helpful guidelines regarding just how much sleep children need at different stages in their development. Keep in mind that these numbers reflect *total* sleep hours in a 24-hour period.

Between Birth-Six Months, children need 16-20 hours
Between Six-Twelve Months, children need 14-15 hours
Between Ages 1-3, children need 10-13 hours
Between Ages 3-10, children need 10-12 hours
Between Ages 11-12, children need about 10 hours
Teenagers need about 9 hours of sleep per night

If those numbers are surprising, you're not alone. As adults, we're accustomed to needing 7-9 hours of sleep, and we're often forced to get by with far less. As a result, it might be tempting to think that our kids have similar sleep requirements, or that they should be able to cope fairly well with a few skipped hours here and there. However, kids who are regularly sleep deprived will exhibit some pretty difficult behaviors. They display frequent irritability, overreact emotionally, have difficulty concentrating, forget easily, wake often during the night, and may even display hyperactive behaviors.

If your child is diagnosed with a serious disease like Graves' Disease and hyperthyroidism- the first thing you need to do is to make sure that he/ she gets at least 11 hours rest- (I mean rest, not sleep). If you think it's impossible- think again, or your child's health is the pledge. This is the place to mention- Graves' Disease and Hyperthyroidism is a full time job- for you and your child. It's your priority for the next 7-8 months, may be more. It's what your life and his / her life will revolve around. There is no other option, trust me. I still take my 11 hours rest pretty much every day and that really helps me to stay away from Graves' for the past 6-7 years.

These are just a few things you can do to help your child get enough sleep:

1. Set a time for 'lights out' on school nights. This is never be any later than 10 p.m. and preferably 9 p.m. 'Lights out' means the computer, television, lights and cell phone should be off. Soft music can be on and used to help lull your teen to sleep.
2. Help your teen develop a nighttime routine that involves activities that slow them down for the end of the day. Taking a bath or reading are two activities that work well. Turning off the computer and disconnecting from friends and the commotion of the day an hour before bedtime will also help your child relax.

3. Point out the positives after your child has had a good night's rest. This will reinforce what it feels like to be rested and capable of accomplishing what he/she wants.
4. Even the child is not finished with the school projects for the day, in our case is better to give them enough time to sleep, instead of pushing them for "great academic performance". Their health is number one.
5. If necessary, explain to the teachers at school why you have to make that decision. Most of the teachers will understand.
6. Reduce any volunteer, sports, music, or other school-related extracurricular activities. The less activities the child is engaged into, the better.
7. If necessary, consider home schooling.

45 Stress Management Tips- even for kids

There is no such a rule that children don't have the right to be stressed out. We can not imagine that there are other kinds of stress besides taking care of house, a family, chasing career, making sure bills are paid and there is enough money and food at home, children are taking care of, some times older parents and relatives as well- and all these- and all at once. This is what I call stress. But our kids are under a lot stress as well- school projects, academic performance, grades, sports, additional activities, hormones, complicated family and friends relationships, boyfriends, girlfriends…just different things. This is the place where you can help your child to manage stress- now and in the future, because one of the big reasons you are reading this book now is actually stress. This is what you teach him/ her, and if you need, learn together:

There are three major approaches to manage stress.

1. The first is the action-oriented approach. In this method, the problems that cause stress are identified and necessary changes are made for a stress free life.

2. The next approach is emotionally oriented and in it, the person overcomes stress by giving a different color to the experience that caused stress. The situation, which causes stress, is seen humorously or from a different angle. I especially advocate this approach to stress management. Sometimes if you don't laugh at a situation, you'll cry – uncontrollably. That's no solution. So learn to see the humor instead of the doom.

3. The third way is acceptance-oriented approach. This approach focuses on surviving the stress caused due to some problem in the past.

Is there a man alive who doesn't suffer from stress? If there is, seek him out, ask him to share his wisdom. When you find him, I can bet that he'll offer the following suggestions:

1. Cultivate gratitude
2. Carve out an our a day for solitude
3. Begin and end the day with prayer, meditation, reflection
4. Keep it simple
5. Keep your house/ things picked up
6. Don't overschedule
7. Strive for realistic deadlines
8. Never make a promise you can't keep
9. Allow an extra half hour for everything you do
10. Create quiet surroundings at home and at school, to the best you can
11. Go to bed at nine o'clock twice a week
12. Always carry something interesting to read
13. Breathe- deeply and often
14. Move- walk, dance, run, find a sport you enjoy
15. Drink pure spring water. Lots of it.
16. Eat only when hungry
17. If it is not delicious, don't eat it
18. Be instead of DO
19. Set aside one day a week for rest and renewal
20. Laugh more often
21. Luxuriate your senses
22. Always opt for comfort
23. If you don't love it, live without it
24. Let mother Nature nurture
25. Don't answer the phone during dinner, or your cell for that matter
26. Stop trying to please everybody
27. Start pleasing yourself
28. Stay away from negative people
29. Don't squander precious resources: time, creative energy, emotion
30. Nurture friendships
31. Don't be afraid of your passion
32. Approach problems as challenges
33. Honor your aspirations

34. Set achievable goals
35. Surrender expectations
36. Savor beauty
37. Create boundaries
38. For every "YES" let there be a "NO"
39. Don't worry, be happy
40. Remember, happiness is a *living* emotion
41. Exchange security for serenity
42. Care for your soul
43. Cherish your dreams
44. Express love every day
45. Search for your authentic self until you find it.

So, teach your child to handle stress before it handles him/ her. When dealing with Graves' Disease or Hyperthyroidism this is one of the most important factors, don't underestimate it. Sometimes just by implementing a few changes in your child's life style you can see a huge difference in how he/she feels. The next move is yours.

HERBS, SUPPLEMENTS, VITAMINS AND DIET FOR GRAVES' DISEASE AND HYPERTHYROIDISM

Herbs that can help Graves' Disease symptoms

Consult an herbalist for the specific recipes and how to use the herbs listed below. If your child is allergic to alcohol- do not give him a tincture of any of them, because it contains alcohol and may provoke an allergic reaction. Most of the herbs are considered safe also for children, but be very careful and do not overdose. See an herbalist fist, I can't guarantee and I don't know their effect on children. And this is my personal rule, which I use with my daughter- I always try everything that I give to her. The usual dose is half of the dose for adults, but get an advice from a herbalist first.

	Name of herb	Symptom relief
1	Valerian Root (*Valeriana officinalis*)	insomnia, menstrual cramps, muscle spasms, to promote menstruation, hypochondria, neuralgic pains, muscle spasms, spastic and irritable bowel,

		nervous dyspepsia, stomach cramps, fever, colds, heartburn, hangover, arthritis
2	Bugleweed (*Lycopus)* or Lycopus virginicus	reducing thyroid hormone levels, racing heart, shaking, and tightness of breathing, increase myocardial contraction, strengthen the heartbeat, lower the heart rate, and ease nervous tachardia and palpitations.
3	Lemon balm (*Melissa officianalis*)	reducing thyroid hormone levels, stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort, causes a decrease in blood and pituitary levels of TSH after a single injection, thus reducing thyroid hormone production.
4	Sparteine (*Cytisus soparius*)	cardiac problems, palpitations from heart strain and exhaustion
5	Hawthorn berry (*crataegus laevigata*)	increases the coronary circulation, educing palpitations and arrhythmias.
6	Passion Flower (*Passiflora incarnata*)	insomnia, exhaustion, and pain, sedative, tranquilizing, and sleep-inducing properties
7	Chamomile (*Matricaria chamomile)*	anti-inflammatory properties, good for rheumatism, arthritis, and other painful swellings, antispasmodic for intestinal and menstrual cramps, relieving gas pains
8	Motherwort (*Lenonurus cardiaca)*	to reduce palpitations and is especially effective when cardiac symptoms are associated with anxiety and tension.
9	Lavender *(Lavandula angustifolia)* (oil or dried flowers)	anti-inflammatory effects, headacke, acne, insomnia, calming effect, use them as herbal pillows or in aromatherapy
10	*Verbena officinalis*	insomnia, general calming effect, see the tea recipe below

This is a more detailed explanation of the herbs listed above:

Most of these herbs can lower thyroid hormone secretion, inhibit thyroid stimulating hormone (TSH) and in some cases inhibit T4 to T3 conversion. Other have sedative effect- i.e they generally calm down the nervous system, help emotional dysbalance and act on a deeper mental level. Almost all the herbs work directly on the affected organs, thus helping the whole body system to rebalance and recover. Your symptoms may vanish within a days, even though most of the alternative methods are believed to have a long term effect. You'll also notice that almost all of the listed herbs have blue or violet

flowers- and all of them work on the Thyroid Chakra, whose color is traditionally blue. Blue is usually the color that calms down the nervous system and provides good sleep.

1. Lemon Balm/Melissa officinalis.

This is my favorite herb.

Effects: sedative, carminative (releases excess gas from the colon)

Symptom relief: reducing thyroid hormone levels, stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort, causes a decrease in blood and pituitary levels of TSH after a single injection, thus reducing thyroid hormone production.Contraindications: none known

Precautions: none at recommended therapeutic dosage

Dosage: 1.5- 4.5 g of herb prepared as a tea, up to 8 or 10 of the drug daily. Usually it corresponds to a tea spoon on 100 ml water. Has lightly lemon taste, yellowish in color.

2. Valeriana officinalis/ Valerian Root (Valerian, Amantilla, Vandal root)

Effects: Sedative, sleep inducer, spasmolitic, muscle relaxant

Symptom relief: insomnia, menstrual cramps, muscle spasms, to promote menstruation, hypochondria, neuralgic pains, muscle spasms, spastic and irritable bowel, nervous dyspepsia, stomach cramps, fever, colds, heartburn, hangover, arthritis

Contraindications: Not to be used for extended periods, not recommended to be used during the day and if driving

Precautions: none at recommended therapeutic dosage

Dosage: 15 g of the drug used as an infusion, usually before bed time

3. Passiflora Incarnata (Passion flower)

Effects: Sedative

Uses: nervousness, insomnia, restlessness, sleeping disorders due to nervous conditions, stress, nervous cardiopathy, exhaustion, and pain, sedative, tranquilizing, and sleep-inducing properties

Precautions: none at recommended therapeutic dosage

Dosage: 4 to 8 g of the drug used as infusion taken two to three times daily and half an hour before bed time

4. Bugleweed/ (Lycopus virginicus)

Effects: slows down the heart rate and strengthens heart function. It can decrease TSH, inhibit metabolism of iodine and block the action of thyroid-stimulating antibodies, helps palpitations and tremor

Symptom relief: reducing thyroid hormone levels, racing heart, shaking, and tightness of breathing, increase myocardial contraction, strengthen the heartbeat, lower the heart rate, and ease nervous tachardia and palpitations.

Precautions: none at recommended therapeutic dosage

Contraindications: Not to be used by pregnant or breast feeding women

Dosage: 1 table spoon of the drug, steeped with 100 ml boiling water

5. Motherwort Leonurus cardiaca (Chinese form: L. sibiricus; L. heterophyllus)

Effects: Sedative., Hypotensive, Cardio tonic, Antispasmodic, Emmenagogue, Relaxant, Carminative, Diaphoretic.

Uses: beneficial to improve the female weakness & to treat irregular heartbeat, particularly beneficial when heart rhythm increases due to nervousness.It reduced blood pressure and maintained the heartbeats, to reduce palpitations and is especially effective when cardiac symptoms are associated with anxiety and tension.

Precautions: none at recommended therapeutic dosage

Contraindications: Not recommended during pregnancy as it may create uterine contraction and potential miscarriage.

Dosage: 10-30 gms. For a possible tranquilizing, uterine stimulating, blood pressure-lowering infusion, use 1 teaspoon of dried herb per cup of boiling water. Steep 5 minutes. Drink up to 2 cups a day, a tablespoon at a time. Because of the very bitter taste, add sugar, honey, and lemon or mix it into an herbal beverage tea to improve flavor. In a tincture, take ½ to 1 teaspoon up to twice a day. Do not give to children under age of 2.

6. Opium Lettuce (Lactuca virosa)

Uses: The effects of ingesting L. virosa are similar to opium, although no opiates are present in the plant. The plant has been used as an anesthetic and a sleep aid, as well as recreationally. Oils and extracts can be produced from L. virosa, they are often added to tea to help induce sleep.

Effects: Analgetic and spasmolytic. Also reported to act s a tranquilizer or narcotic. It's legal for sale in USA and all other countries.

Precautions: Can cause allergic reactions

Contraindications: use only under medical supervision

Dosage: consult a herbalist, or the alcohol extract can be used only under medical supervision

7. Lithospermum officinale

Effects: Contraceptive; Depurative; Diuretic; Lithontripic; Oxytoxic; Sedative. Lithospermum has antithyrotropic (inhibits thyroid hormone and release). Reported also to inhibit TSH secretion, as well as the peripheral of T3 to T4.

Uses: mild thyroid hyperfunction

Contraindications: should not be used in hypothyroidism, or in instances of thyroid enlargement not related to thyroid dysfunction

Precautions: to be used under medical/ herbalist supervision

Dosage: prescribed on individual basis

8. Chamomile (Matricaria recutita, Chamaemelum nobile)

Effects: Tonic, Stomachic, Anodyne, Antispasmodic, Laxative, Diaphoretic, Analgesic, Carminative, Anti-inflammatory, Sedative

Use: Chamomile has calming and soothing properties. It is used for nervousness, headaches, anxiety, and hysteria. It is also beneficial for colds and flu. It has antispasmodic properties

Contraindications: none

Precautions: none reported

Dosage: 1 table spoon of the drug, steeped with 100 ml boiling water

9. Lemon Verbena (*Aloysia tiphylla*)

Effects: antipyretic, antispasmodic, sedative and stomachic. Traditionally, lemon verbena has been used to treat asthma, fever, colds, fever, flatulence, stomach upset and diarrhoea. Lemon verbena tea is consumed for its relaxing effects.

Uses: to relax tension, has calming and soothing properties,

Contraindications: none

Precautions: none reported

Dosage: 1 table spoon of the drug, steeped with 100 ml boiling water.

10. Lavender (*Lavandula angustifolia*) (oil or dried flowers)

Effect: anti-inflammatory effects, headache, acne, insomnia, calming effect, use them as herbal pillows or in aromatherapy

Uses: to relax tension, has calming and soothing properties, anti-inflammatory effects, headache, acne, insomnia, and calming effect, use them as herbal pillows or in aromatherapy

Contraindications: none in recommended dose

Precautions: none reported

Dosage: 1 table spoon of the drug, steeped with 100 ml boiling water, or add some to any of the above herbs- it changes their taste and increase the sedative effect, lavender itself has a sedative effect. This is my favorite herb as well and I use it in soaps, aromatherapy, oils etc, even I made a small pillow of lavender that helps me a lot if I have any problems with my sleep.

Herbal tea recipes- your choice, or make your own.

How to make herbal tea

Making an herbal tea is simple. However, there are a few things that you should know.

1. If you don't know the herbs, don't use them. Consult an herbalist first, because some of them could be dangerous.

2. Better use herbs that are already packed in tea bags, they are usually safe. However, the bulk herbs are stronger and usually fresher.

Know the reason for which you need the tea. There are many herbal tea selections to try.

3. *Relaxing* - if you are trying to get some rest, look for a tea with chamomile as the main ingredient.
4. *Uplifting* – lavender (has relaxing and uplifting properties, depending on what your body needs at the moment), thyme, and spearmint are also good things to look for in a blend.
5. *Soothing* - if you are trying to soothe a cold you'll want something with eucalyptus, ginger, cinnamon, and/or licorice root.

1. Determine how much tea you will be making. The least you should ever heat up in a kettle is two cups. Any less then that, and you run the risk of having your kettle boil dry. Put the kettle on the stove (or plug in the electric kettle) and bring the water to boiling.

2. Gently warm your tea cups and teapot by running the tap water as hot as possible and fill teapot & tea cup(s) with the water. Put lids on each to keep in the heat. By heating up the cups and pot, your tea will keep warmer longer, and you lessen the risk of having a tea cup or top shatter.

3. Add the herbal tea. When the water has come to a rolling boil, empty the teapot of warm water and add the herbal tea leaves/flowers or tea bags. The general rule when making a pot of tea is to add a teaspoon of leaves (or a tea bag) for each cup and one for the pot. If only making tea for one in a cup or mug, then add the bag or leaves to the mug and pour the boiling water over them.

4. Steep at least 5 minutes. While steeping too long can bring out the bitter tannins in black, green, or white teas, herbal teas are different. They generally don't have many tannins and therefore can be steeped anywhere from 5 to 10 minutes. Use extra tea leaves to make a stronger tea;not a longer steeping time.

5. Strain if needed. If you have used loose tea leaves, and don't like leaves floating in your tea, then pour hot tea through the strainer into each cup.

6. Sweeten to taste. Sugar or honey may be used to taste. However, some herbal teas are naturally sweet. One should taste each tea by itself first before deciding if milk and honey are needed.

7. Enjoy.

INSOMNIA TEA (if there are sleep problems)

1 ½ oz dried Lemon Balm
1 oz Chamomile
½ oz Spearmint

Mix all and add to 1 cup boiling water. Steep for 8 minutes; strain. Prepare as a usual tea. Take before bedtime.

RELAXANT TEA

1 ½ oz dried Vervain leaves

1 oz Valerian Root

½ oz Devils Hoof or Juniper

Allow steeping for 20 minutes, use hot, but not boiling water, or you will destroy the active ingredient in the Valerian. Strain, and then drink 20 minutes before bedtime.

Recipe for my Graves' Disease Tea

2 table spoons bugleweed
½ tbl sp mint (or a bunch)
½ tbl sp Rosemary(or a bunch)
½ tbl sp Verbena (or a bunch)
1 tbl sp Chamomile
Prepare and consume 2-3 times a day, hot or cold

Most of these herbs are calming, which is one of the most important things when dealing with Graves' Disease.

My favorite sleep-producing and calming herbal medicine remains Valerian root (*Valeriana Officinalis*). You can buy this in capsules in any natural Drug store. I used 1000 mg capsules and I take 1 hour before bedtime, but when it comes to children- read the labels.

The above mentioned tea recipes are used for adults. I haven't tried them on kids, (only Lemon balm tea on my daughter and it works fine) and I don't know how they work on kids. Consult an herbalist, no matter where do you live.

10 supplements and vitamins that can help the healing process

Since everyone has individual needs and his/her body may lack different supplements, my suggestion is to run a test first and determine what vitamins/supplements are not sufficient in your child's body and accordingly discuss with your doctor the proper dose for him/her. Do not take all of them without consultation with a doctor. As with herbs, usually is given half of the dose for adults, depending on age and weight of the child.

	Supplement/ Vitamin	**What is it doing?**	**Recommended Daily dose**
1	Carnitine L-carnitine (levocarnitine)	an amino acid normally produced in the body that is responsible for the transport of long-chain fatty acids into energy at the cellular level	using 1000-2000 mg L-carnitine daily to reduce 9 hyperthyroidism symptoms
2	Flaxseed oil	Reduces hyperthyroidism symptoms	1000 mg daily dose
3	Vitamin B 2, riboflavin	Eye symptoms, nervous system	400 mg daily
4	Selenium	Proper thyroid hormone production and metabolism	100-200 mcg daily
5	Vitamin A	Vision, skin and immune system	1 tbl per day
6	Vitamin E	Skin and hair, heart	400 IU daily
7	Calcium	Metabolism, bones	1000 mg daily
8	Bromelain	An enzyme that has anti-inflammatory effect, reduces swelling, induce beneficial changes in white blood cells with possible effects on immune function	500 mg daily
9	Vitamin C	Supports the immune system	500-1000 mg
10	Magnesium	Helps metabolism	200 mg twice a day

The above mentioned daily doses are recommended for adults. Check the labels accordingly for kids in accordance with their age or weight. Consult a physician at any doubt. Avoid Multi-Vitamins as they may contain Iodine.

Additional Information you may want to consider.

This is information based on my research, not my personal observation.

*****Copper:**

"Although supportive data is limited, a report from a study group of hyperthyroid women suggests that copper status should at least be investigated in women with hyperthyroidism. "Thyroid and immune system health are crucially dependent upon

copper. Copper deficiency could be a very important factor in the development of hyperthyroidism. Virtually all hypers in the hyperthyroidism group have found that copper supplementation reduced their symptoms, usually within hours or a few days at most. Most have reported that within three to six months of beginning copper supplementation, they have been able to significantly reduce their intake of antithyroid drugs. While copper is the big story in hyperthyroidism, it is not the whole story. If it were, it would have been discovered years ago. Proper copper metabolism interrelates with and depends upon many other nutrients. *iThyroid.com*

****L- carnitine

"In a double-blind, placebo-controlled trial, 50 women with normal thyroid function were given thyroid hormone and randomly assigned to three groups: placebo for six months; placebo for two months followed by 2gm or 4gm per day of L-carnitine for months three and four, then placebo for months five and six; or 2gm or 4gm per day of L-carnitine for the first four months followed by two months of placebo. Clinical symptoms such as palpitations and biochemical parameters worsened when patients took placebo, and returned to baseline or improved minimally during L-carnitine treatment. Bone loss is normally experienced during a hyperthyroid state, but bone mineral density improved throughout the trial in all patients taking L-carnitine. The authors suggest the supplement may be useful for both preventing and treating hyperthyroidism. [*J Clin Endocrinol Metab 2001;86(8): pp.3579-94*

****Selenium

"On June 22, 2001 Dr. Barbara Gasnier reported the findings at the 83rd Annual Meeting of the Endocrine Society in Denver, Colorado that selenium supplementation may prevent progression of autoimmune thyroid disease, especially during the onset of the disease.

According to the researchers, selenium deficiency appears to contribute to the development and maintenance of autoimmune thyroiditis because of its effect on the function of selenium-dependent enzymes, which can modulate the immune system.

Selenium supplementation with 200mcg of sodium selenite may improve the inflammatory activity seen in patients with autoimmune thyroiditis, but whether this effect is specific for autoimmune thyroiditis or may also be effective in other organ-specific autoimmune diseases remains to be investigated. Selenium supplementation may lower free radical activity, which contributes to inflammation.

It appears that taking selenium without iodine will result in a decrease in production of Thyroxine (T4), although there may be an initial transient increase in T4 to T3 conversion and hence higher T3 and seemingly worse hyperthyroidism."

***** Fluoride

"Starting in the 1930s and continuing through to the late 1950's sodium fluoride was used to lower the activity of the thyroid gland for those suffering from hyperthyroidism. For May, 3-fluorotyrosine became the treatment of choice in hyperthyroidism. Within 6 to 8 weeks patients became symptom-free, and employment-ready. (1937) Litzka and May were able to document and supply evidence for all claims. Between Jan.1, 1935 and October 1936, May further cured 501 patients successfully with fluorotyrosine. Around the same time (1932) Gorlitzer von Mundy, being aware that fluorides also get absorbed through the skin, began fluoride treatments of hyperthyroid patients in Austria by prescribing 20 minute baths containing 30ccm (0.03l) HF per 200 liters of water. He reported on his successful treatment spanning over 30 years and involving over 600 patients at a 1962 symposium on fluoride toxicity organized by Gordonoff in Bern, which was also attended by other world-leading experts including the great George Waldbott, Steyn, and others.

The fact is that in ALL cases but one, fluoride produced reduced plasma bound iodine, even at 0.9 mg/day - a fact of great importance when one considers the current knowledge on sub-clinical hypothyroidism. In ALL cases but 1 the Basic Metabolic Rate (BMI) decreased. This was achieved sometimes within 20 days. To evaluate this properly, one needs to understand how anti-thyroid agents work. It is well known in the field of endocrinology that PTU and Methimazole, the two drugs currently used in the treatment of hyperthyroidism, sometimes can take a few months to kick in, due to the thyroid storing large amounts of iodine. Galetti seems to complain about the fact that it took so long, concluding that it was "effective only occasionally among people subjected to massive doses of this substance" (This besides the fact that 6 of 15 patients were completely healed!...The average "massive" dose meaning 6mg NaF (2.9 F-) daily. One patient was clinically cured by 2.72mg F-/day over a period of four month period? Fluoride is no longer used for hyperthyroidism treatment, only because there are stronger anti-thyroid drugs like Tapazole and PTU. However, treatment such as this might mean that one would not have to be on conventional medication for life.

May W - "Antagonismus zwischen Jod und Fluor im Organismus" Klin Wochenschr 14:790-792 (1935)
May W - "Behandlung der Hypothyreosen einschlieich des schweren genuinen Morbus Basedow mit Fluor" Klin Wochenschr 16:562-564 (1937)
Galetti, PM;Joyet, G - "Effect of Fluorine On Thyroidal Iodine Metabolism in Hyperthyroidism" J Clin Endocrinol 18:1102-1110 (1958)

The food and diet battle. Is this your battle too?

Everyone makes about 250 food decisions every day: Should I have a coffee? Should I put milk in it? Whole or skim? Sugar? Splenda? That choice becomes even more difficult, if you have any disease, for example Hyperthyroidism or Graves' disease. And you have to make the choices for your children, as they are not able to.

I've been asked thousands of times- what to eat, or drink when I have Graves' Disease or hyperthyroidism? I've tried to answer to the best I can. I don't believe it was good enough for any of my clients. This wasn't a topic, in which I am an expert. Because I don't diet. I never was on any type of a diet at any time of my life. I refused to write about things that I don't know about.

Until now- I believe that I have to share what I learned these 7 years since I am Graves' disease free. (And still I am!). I learned a lot from all my clients, some of them sharing their experience and information with me, some of them just asking questions that I have to search for. And I did research for them, and I read tons of information. That's how I learned about hyperthyroidism diet. This information that I gathered for the last 5 years, I'll share with you today in this book.

I really hope that it will help you and your child- one or another way. **Use your own judgment though- every body is different.** Try, try, try…That's all I have to say.

This diet, or recipes may not cure the Graves' disease or Hyperthyroidism, but it will cure your child's mindless eating just with a little bit attention.

For a very long time food for me was simply the fuel to make me function every day. It was never considered sort of a pleasure, or I never paid special attention to it. It wasn't important what I eat, as long as I wasn't hungry. Wrong attitude, I understand now.

Today I believe that we become what we eat, what we eat will become a part of our healing process, and not only what we eat, but how we do it. My "personal diet" hasn't changed much through the years, but today I watch what I eat more than ever. My "personal diet" habits, if I can call them that way, may be a little shock for you initially, but that's the purpose of that book- to tell you that there is not one diet that will fit each and every personality, character and body shape.

This section of the book will not be about prescriptions or the mechanical compliance with tiresome routines of ought-to's. That just doesn't work- at least not for long. No one wants to face the drudgery of repetitions and designated diets.

The intent of this part of the book is different. It is to explore what the habits of eating are, and accordingly -of your kids, as your actions are a key to their inner self. That self is always there to see, but most of the time we may be too busy to see it. We eat with friends; we take our kids to McDonalds, Subway, Burger King (it's much easier, I know), you walk from your office to your car- busy with the destructions of life. With this section I hope, you'll look with full attention at how you move and how you and your family eats.

There are a few things in this book that you should know, before you go to the next section.

Initially this section was planned to talk about diet and exercise- because they usually work together. When I started to write the book however, I found that there is too much information on food that I wanted to share with you. There was no time or place for anything else. Speaking of which- this part is purely dedicated to what I think people suffering Graves' disease, hyperthyroidism or thyrotoxocis should eat, should not eat or drink. This is my personal opinion- which was proven through the years to be right- thanks to the feedback of all the people who wrote to me.

The diet is not mandatory- because I share my own expertise on the subject. I also present in this section the pure medical approach- which means that you'll read about what is usually recommended by endocrinologist and all other doctors. I have to do that- I consider that as an obligation. With some of the things I agree- and with some of them I don't. Since I tried most of the things, I found that not all of them work for me. So, you'll hear my personal opinion on the subject as well. It's again your choice to follow either one, or the other suggestion. I don't know what will work for you and your child, and what won't.

Follow what seems right to you and your child. If at any doubt, at any point- consult your doctor or dietitian. Happy eating and dieting.

Low Iodine Diet Recommendations- Summary

Reference: The following information complies with the basic Guidelines of Thyroid Cancer Survivors Association. However, these Low Diet Recommendations have been customized for people suffering Hyperthyroidism and Graves' disease according my personal experience and research.

According recent researches 13 million Americans have a thyroid disorder and more than half of them are not aware of it. Twenty million people worldwide suffer from Hyperthyroidism and 70% for that is caused by Graves' Disease. So far, there is no information about Graves' disease in children, but to my personal observation they are increasing everyday.

The diet for people, including kids with Hyperthyroidism or Graves' Disease revolves around one thing**: to avoid food that contains too much iodine.** That's what's recommended by all medical practitioners (if they have any recommendations at all). The reason is because your thyroid already produces too much iodine and you don't need more. It makes sense to me. However, I never avoided foods, just because they have high iodine content. I avoided foods due to other reasons that seemed more right to me. For example- my favorite food is seafood (all kinds of sea food). As we all know, and you'll see from a Table below, it has high iodine content. But since it was my favorite, I decided to leave that in my diet no matter what. So far, even eating a lot of seafood, I am OK. Again, you do your own judgment.

The following below includes the recommendations from different Thyroid Associations and Organizations- American Thyroid association, Canadian, European etc. It's my obligation to make them available to you. With some of their recommendations I don't agree at all- for example to avoid chocolate, or egg yolks, but this is again your choice.

I respect all these organizations- however, they don't treat or discuss hyperthyroidism/ Graves' Disease patients, their specific needs and their diet. They are focus is a little bit different and that's why I reworked their recommendations through my own personal

experience, what I believe is good for us and what is applicable. Whatever I found that works for me may work for you and your child as well.

Foods and Ingredients that should be avoided, preferably, if your child has Graves' Disease and Hyperthyroidism:

0. Iodized salt, sea salt and any foods containing iodized salt and sea salt
1. Sea food and sea products (fish, shellfish, seaweed, seaweed tablets, carrageenan, agar-agar, alginate, nori and other sea based foods and ingredients).
2. Dairy products of any kind (milk, cheese, yogurt, butter, ice-cream). Here I don't agree either.
3. Bakery products containing iodine/iodate dough conditioners or high iodine ingredients. Low- iodine homemade and commercial goods are fine.
4. Some molasses (if sulfured, such as black strap molasses). Unsulfured molasses, which is more common, is ok. Sulfur is a term used on labels and does not relate to iodine.
5. Iodine- containing vitamins and food supplements
6. If you are taking medication containing iodine, check with your physician
7. Aspartame and aspartame- containing products- sodas, coke, diet coke, or any artificial sweeteners (check below some case studies on the subject). I, by rule, don't drink any sodas, unless occasionally.
8. Coffee- or black tea- this is not mandatory, if you don't have palpitations. Substitute with herbal teas. Caffeine free coffee or tea is ok.
9. Nuts, all kinds- peanuts, almonds, hazelnuts, and especially walnuts- because of the high iodine content. Peanut butter could be OK.
10. Canned food or over processed food- this is not because they contain too much iodine, but most of all because this is considered "death food". There are no minerals, or vitamins left after processing. Microwave (I know you can't live without it) also kills the most useful substances.
11. Red Dye #3 (E127 in the UK). Red, orange or brown processed food, pills or capsules usually contains Red Dye #3 (E127 in the UK), but not necessarily, so check the labels.
12. Hot spices and herbs- you are already "hot", and overactive, so don't put more in the fire.
13. Multi- Vitamins that contain iodine- check the labels of all vitamins you give to your child.

Recommended foods and Ingredients for Graves' Disease and Hyperthyroidism:

0. All kinds of fruits
1. All kinds of vegetables: preferably raw or frozen.
2. Grain and cereal products, provided they have no high- iodine ingredients.
3. Pasta
4. Soybeans and soybean products such as tofu, soy milk, soy sauce. They are also considered goitrogentic foods.
5. There are some recommendations to avoid: red kidney beans, lima beans, navy beans, pinto beans and cowpeas, but I personally don't think that this is necessary.
6. Sugar, jelly, jam, honey, maple syrup. Better to substitute with honey.
7. Black pepper, fresh or dried herbs and spices
8. Oils. All vegetable oils, including soy oil. Olive oil is very useful, if you can - use only this oil.
9. Tea and fruit juices- fresh is better.
10. Dried fruits of all kind, dried vegetables as well
11. Sprouts- my favorite, they support your immune system
12. Home made low iodine bread or muffins. Bread is ok in all cases; avoid sweet bread, since it has a lot of artificial substances.
13. Grilled fresh meat- chicken, beef, pork, lamb, turkey, turkey breasts
14. Rice- Basmati rice has been mentioned as the best.
15. Soups- pretty much of all kind, but seafood soup. Soup is considered to "ground" people, especially if you are hyperthyroid and overactive in general, soups will help you to slow you and calm you down. I have found that soups can be very useful for any disease, not only hyperthyroidism.
16. Generally, blue and green foods are recommended for people suffering Hyperthyroidism and Graves ' disease, because these foods will calm you down and reduce your symptoms. Please, refer to the free ebook bonus included with this book called: "Graves' Disease and Hyperthyroidism Rainbow Diet".

Have in mind that this information is intended for educational purposes only. It is not intended, nor should be interpreted as medical advice or directions of

any kind. You are strongly advised to consult your own medical doctor/ endocrinologist for all matters involving your health and medical care.

Also, this is a temporary diet and these recommendations/ suggestions are not mandatory- once your child's thyroid is under control and within the normal ranges, you can go back and serve whatever you like.

This is a "low-iodine" diet, not "no- iodine diet", and not an "iodine-free" diet. A low iodine diet reduces iodine consumption- on most diets to below 50 micrograms (mcg) of iodine per day. (The recommended daily allowance of iodine is 150 mcg per day for adults, 120 mcg for children. One teaspoon of iodized salt contains 400 mcg of iodine). You can't avoid completely the iodine from your child' s diet, and you shouldn't.

Don't get over obsessed with the iodine content in the food, because this is just one of the factors for your child's healing. The purpose of this is to make you more aware of what your child eats and how she/he eats it. All other factors- like life style, how your child handles stress, exercise ect., does he/she sleeps and rests enough play equal role in curing your child' s Graves' Disease and Hyperthyroidism.

7 Simple General Diet Recommendations

Generally speaking, and to summarize this whole diet I would say that your child should do the following:

14. Eat more fresh vegetables and fruits. Especially leafy vegetables.
15. Meat is best, if it grilled or baked, not fried
16. Eat a lot of salads and soups
17. Avoid eating very late in the evening
18. Drink a lot of herbal teas and avoid sodas and coffee, if there are palpitations
19. It is best, if you can prepare the food for him/ her by yourself and avoid canned and over processed food
20. Drink enough water

The Recommended Dietary Allowance for Iodine (RDA)

The RDA for iodine was reevaluated by the Food and Nutrition Board (FNB) of the Institute of Medicine in 2001. The recommended amounts were calculated using several methods,

including the measurement of iodine accumulation in the thyroid glands of individuals with normal thyroid function. These recommendations are in agreement with those of the International Council for the Control of Iodine Deficiency Disorders, the World Health Organization, and UNICEF.

Recommended Dietary Allowance (RDA) for Iodine			
Life Stage	**Age**	**Males (mcg/day)**	**Females (mcg/day)**
Infants	0-6 months	110 (AI)	110 (AI)
Infants	7-12 months	130 (AI)	130 (AI)
Children	1-3 years	90	90
Children	4-8 years	90	90
Children	9-13 years	120	120
Adolescents	14-18 years	150	150
Adults	19 years and older	150	150
Pregnancy	all ages	-	220
Breast-feeding	all ages	-	290

IODINE CONTENT IN FOODS

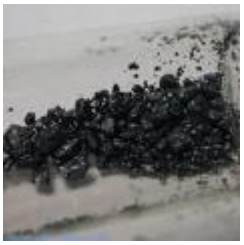
Item	Iodine (parts per million)
SALT	
Iodized	54
Seasoned	40
Sun-evaporated	30
Uniodized	19
DRINKING WATER	
(US average)	8
SEAFOOD	
Kelp	1,020
Squid	39
Crab	33
Sole	24
Clams	20
Shrimp	17
Shark	15

Sea bass	13
Lobster	9
Oysters	8
Red Snapper	7
MEAT AND POULTRY	
Beef liver	325
Turkey	132
Chicken	67
Stew meat	66
Hamburger	44
DAIRY	
Cheddar cheese spread	27
Butter	26
Mozzarella cheese	13
Homogenized milk	11
Monterey Jack cheese	10
Nonfat dry milk	7
Sour cream	7
Cottage cheese	5
Yogurt	3
VEGETABLES	
Asparagus	169
Broccoli	90
Onion (white)	82
Corn	45
Brussels sprouts	23
Peas	13
Tomatoes	10
Potato (Idaho)	9
Carrots	8
Green beans	7
Spinach	7
Okra	4
MISCELLANEOUS	
Tortilla chips	80
Wheat germ	46

Potato chips	40
Orange juice	18
Almonds	17
Oats	16
Pretzels	15
Apple	8
White bread	8
Vegetable shortening	7
Pear	4
Cola	3
Milk chocolate	2
Sugar	2

As you can see, some of the foods listed above contain more iodine than others; however, some of them are considered goitrogenic foods, i.e they inhibit the overproduction of iodine. For example broccoli has a higher iodine content, but it's a considered a goitrogenic food, so it's useful and helps hyperthyroidism.

Food sources and iodine. Where does the iodine comes from?



The iodine content of most foods depends on the iodine content of the soil. Seafood is rich in iodine because marine animals can concentrate the iodine from seawater. Certain types of seaweed (e.g., wakame) are also very rich in iodine. Processed foods may contain slightly higher levels of iodine due to the addition of iodized salt or food additives, such as calcium iodate and potassium iodate. Dairy products are relatively good sources of iodine because iodine is commonly added to animal feed in the U.S.

That's why diary products are recommended to be avoided. In the U.K. and northern Europe, iodine levels in dairy products tend to be lower in summer when cattle are allowed to graze in pastures with low soil iodine content. The table below lists the iodine content of some iodine-rich foods in micrograms (mcg). Because the iodine content of foods can vary considerably, these values should be considered approximate (as you can see there is a small difference in some of the iodine values listed above)..

Food	Serving	Iodine (mcg)
Salt (iodized)	1 gram	77
Cod	3 ounces*	99
Shrimp	3 ounces	35
Fish sticks	2 fish sticks	35
Tuna, canned in oil	3 ounces (1/2 can)	17
Milk (cow's)	1 cup (8 fluid ounces)	56
Egg, boiled	1 large	12
Navy beans, cooked	1/2 cup	32
Potato with peel, baked	1 medium	60
Turkey breast, baked	3 ounces	34
Seaweed	1/4 ounce, dried	Variable; may be greater than 4,500 mcg (4.5 mg)

*A three-ounce serving of meat is about the size of a deck of cards

Aspartame- avoiding it may help your child's healing

I often receive emails from people, asking about aspartame- an artificial sweetener usually used in diet coke and other products. We are often concerned about our weight and there is a steady tendency of substituting regular white sugar with artificial sweeteners. I personally, never did that. Partially because never had weight problems, and partially because I just don't like the taste of artificial sweetener.

However, this is the story I want to tell you and you draw your own conclusions.

Justin Dumais, a 25-year-old male elite athlete, a diver, finished in sixth in the synchronized springboard competition in Athens Olympics in 2004.

Seven months ago, however, he was very tired, even unable to get into the shower. Initially he thought that this is probably due to overtraining. His doctor though had another opinion- after careful examination and blood tests his diagnose was Graves' Disease. Not very pleasant surprise for a 25 years old man, needless to say he was shocked. All his dreams just vanished.

Finally he decided not to give up. He began taking medication in February but continued doing his own research. He found a nutritionist who **suggested he cut aspartame, an artificial sweetener found in products such as diet soda, from his diet.**

Now his doctors were shocked. In mid-March, he quit diet soda and his medication. Now Dumais feels so much better and he questions what happened to his Graves' disease, which has no known cure.

Other Studies and Observations of Persons Diagnosed with Graves' Disease

The case histories are from our ACSN files and those of Dr. H.J. Roberts of West Palm Beach, Florida. These observations appear relevant to the occurrence of Graves' disease in both former President George Bush and his wife, Barbara.

Case I : A 34-year-old university professor (environmental studies) developed classic primary hyperthyroidism after she began using considerable amounts of products containing aspartame-- specifically, 4-5 cans of a diet soda daily, four liters of a diet cola weekly, 3-4 servings of diet ice cream a day, and other products (gelatin; gum; breath mints). Such consumption was superimposed on her added capacity as a supervisor of aerobics classes to attain "the mean, fit look". She had enjoyed excellent health until then.

The patient suffered severe sweats and attacks of sinus tachycardia (up to 180 beats per minute). Other suggestive aspartame-related features included recent vascular headaches, bilateral decreased vision, dry eyes, tinnitus, severe dizziness, tremors, "numbness and shooting pains in the arms and legs," confusion and memory loss, slurred speech, extreme swings in mood (including thoughts of suicide that never had been experienced previously), personality changes (almost leaving her husband and children), a paradoxic gain of weight despite her physical activity, itching, abdominal pain, thinning of the hair, menstrual problems, and swelling of the lips, tongue and eyes. She then evidenced a goiter.

She had been adopted by a couple unrelated to her parents. Her biologic mother was diabetic. She received propranolol and propylthiouracil. Radioiodine therapy was then recommended. Since no search for "an environmental trigger" had been attempted, this keen educator opted for a delay in order to review the events preceding her illness. She regarded a doctor's suggestion that her hyperthyroidism has been caused largely by stress as "a copout".

The only plausible factor that seemed pertinent was the considerable use of aspartame-containing products. Her extreme fatigue, headache, swelling of the eyes, depression, tachycardia and several other symptoms abated within a few days after abstaining from them. The thyroid studies progressively improved, and normalized within three months. An "accidental retest" from drinking aspartame-sweetened tea promptly precipitated most of her symptoms. There was no recurrence over the ensuing two years notwithstanding her cessation of all medication, continuing a full academic teaching schedule and aerobics instruction, and rearing three children.

Case 2 This 39-year-old woman developed Graves' disease after her stepsister (Case 1). She was an insulin-dependent diabetic who began using aspartame products to avoid sugar. Shortly thereafter, her blood glucose concentrations became highly erratic, coupled with loss of urinary bladder control (ascribed to diabetic neuropathy.)

The patient sought advice from her stepsister when the diagnosis of hyperthyroidism was made. A comparable clinical remission ensued after abstaining from aspartame products, along with striking improvement of her bladder function and diabetes control. The latter are consistent with my repeated experience that aspartame products can cause loss of diabetes control, and aggravate or simulate diabetic retinopathy and neuropathy.

Case 3. A 43-year-old woman began ingesting two cans of aspartame containing diet cola, one liter of another aspartame soda, one glass of a dietetic mix, and one serving of an aspartame gelatin daily for two years to avoid sugar because of noninsulin dependent diabetes. She experienced multiple symptoms five months later that resulted in the loss of her job. They included palpitations, tachycardia, unexplained chest pains, severe headache, dizziness, two grand mal seizures, paresthesias, slurred speech, "anxiety attacks," swelling of the tongue, and painful swallowing [dysphagia].

The diagnosis of Graves' disease was subsequently made. She then chanced to read an article citing comparable complaints in persons having reactions to aspartame products. Her symptoms improved within weeks after avoiding them... and then disappeared. They recurred one month after resuming aspartame, coupled with neck discomfort and dysphagia attributed to "an overactive thyroid".

Case 4. A 54-year-old woman had consumed increasing amounts of aspartame-containing products-- including 15 packets of a tabletop sweetener in hot drinks daily. She had been energetic until her health "mysteriously deteriorated with a bewildering number of

symptoms so varied and strange that it didn't make sense". She did not smoke or drink alcohol.

The diagnosis of Graves' disease was made. She received methimazole and propranolol, with improvement of her tachycardia.

The patient's other symptoms within the previous year included fatigue, anxiety, headache, "fuzzy mind," depression, recurring abdominal pain, tinnitus and insomnia. She had gained weight, despite "light eating habits" until losing weight when her hyperthyroidism became overt.

The contributory role of aspartame products came under suspicion by her daughter, who had rarely used aspartame products, when she stayed with the patient for four days after beginning treatment for Graves' disease. After adding the tabletop sweetener and drinking diet colas, she began to experience "extreme irritability which felt totally irrational and uncontrollable," depression, tremors, panic attacks and difficult breathing. These symptoms disappeared when she returned to her own home, but promptly recurred after purchasing the tabletop sweetener. "Then it clicked." She and her mother promptly improved after abstaining from aspartame products.

Case Reports: Prior Graves' Disease A 44-year-old executive developed headaches, blurred vision in both eyes, and irritability ("being short with my staff and clients.") These complaints began six months after consuming 2-3 cans of diet soda and chewing five sticks of aspartame gum daily. They abated after he avoided such products -- only to recur predictably on eight separate challenges. A subtotal thyroidectomy for Graves disease has been done in 1963.

A 49-year-old female realtor had been treated for Graves' disease five years previously. She experienced palpitations, severe dizziness, intense nausea, and an unexplained rise of blood pressure after ingesting three cans of diet soda and other aspartame products daily. Her symptoms disappeared within one month after stopping them. They promptly recurred on three separate challenges. A 43-year-old nutritionist had been treated for Graves disease 20 years previously. She developed severe depression and visual problems for the first time within two weeks after consuming 8-10 glasses of an aspartame drink daily. These complaints disappeared within two days after avoiding the beverage. She refused to ingest it again on a trial basis.

A 59-year-old female writer underwent two partial thyroidectomies for Graves' disease three decades previously, and then received radioiodine therapy. She suffered severe headaches,

abdominal pain, bloat, and diarrhea after beginning to ingest diet colas, a tabletop sweetener containing aspartame (5-6 packets daily), and other aspartame products. These complaints subsided within two days after avoiding them…only to recur within 30 minutes on two challenges….

Aspartame Consumption and Hyperthyroidism: Common Denominators

The occurrence of Graves' disease in these patients while consuming aspartame products is explainable by the cumulative effect of several factors. These include (a) voluntary severe caloric restriction, (b) increased energy demands relating to excessive exercise and other physical activity, and (c) metabolic derangements caused by aspartame and its metabolites. The latter include changes in satiety, alterations of neurotransmitter and hormonal homoestasis (insulin, growth hormone, glucagon, cholecystokinin) by the amino acid components of aspartame and their stereoisomers, and the effects of free methanol, a metabolic poison. previously emphasized the precipitation of Graves' disease and thyroiditis following voluntary severe caloric restriction to lose weight, especially with concomitantly increased physical activity.

The vulnerability of two stepsisters to hyperthyroidism also may have been influenced by their family history or past history of diabetes mellitus. It is widely recognized that diabetics have a greater tendency to develop thyropathies. Mention was made earlier that aspartame products can aggravate diabetes and its complications.

Reference: Aspartame Safety Network-an international non-profit organization consisting of thousands of volunteer health care professionals, scientists and concerned consumers. The pioneer aspartame education and action organization was founded in 1987, by broadcast journalist and former state judge.

So speaking- I would not give to my child any drink, that contains aspartame- coke , sodas ect. It's another story how successful am I in these trials. Check the labels accordingly.

Hamburger Thyrotoxicosis: When your Burgers can kill your child!

Canadian researchers looked at recurrent episodes of transient thyrotoxicosis (severe hyperthyroid episodes) that went on over in a 61 year old woman. They found rapid weight loss, palpitations, increased sweating, a heart rate of 112 beats/minute and tremor in her hands. She was diagnosed as hyperthyroid which was confirmed by an free elevated T4 level of 46 [normal range 9 to 23] and low thyroid-stimulating hormone TSH of 0.02. Within 8 weeks, her symptoms went away on their own, and her free T4 returned to normal. This was the woman's fifth 2-3 month long episode of transient hyperthyroidism over an 11-year period. She did not have thyroid antibodies, so her physicians were puzzled. They questioned the woman about use of herbal supplements or thyroid supplements in some form, but she denied taking anything similar.

The mystery was solved, however, when additional questioning into the woman's dietary history showed that she lived on a farm with her husband. Every few years, they slaughtered a cow from their herd, which was their main source of meat. After discussions with the couple's butcher, it was discovered that he did now know about the prohibition against what's called "gullet trimming." (In gullet trimming, muscles from the bovine larynx are harvested, and can include thyroid tissue.) The butcher was using meat from the neck of the patient's cows to make patties, which were usually consumed by the woman within a couple of months of butchering. Her husband did not suffer any thyroid problems, as he preferred other cuts of meat and didn't eat the patties.

Interestingly, community-wide outbreaks of thyrotoxicosis were caused by eating cow thyroid in ground beef in Minnesota, South Dakota and Iowa in 1984 and 1985. These outbreaks resulted in the prohibition of gullet trimming in all plants that slaughter cattle and pigs.

When inexplicable thyrotoxicosis occurs, the possibility of exposure to animal thyroid, via access to meat from slaughtered farm animals or hunting game should be considered.

Source: Parmar MS, et. al. "Recurrent hamburger thyrotoxicosis," *CMAJ*. 2003 Sep 2;169(5):415-7. Abstract

Thyroid hormones are orally active, which means that consumption of thyroid gland tissue can cause thyrotoxicosis, a type of hyperthyroidism. Several outbreaks of thyrotoxicosis have been attributed to a practice, now banned in the US, called "gullet trimming", where meat in the neck region of slaughtered animals is ground into hamburger. Because thyroid glands are reddish in color and located in the neck, it's not unusual for gullet trimmers to get thyroid glands into hamburger or sausage. People, and presumably pets, that eat such hamburger can get dose of thyroid hormone sufficient to induce disease.

A report by Hedberg and colleagues (1987) on this topic is one of several in the literature. They described an outbreak of thyrotoxicosis in Minnesota and South Dakota that was traced to thyroid-contaminated hamburger. A total of 121 cases were identified in nine counties, with the highest incidence in the county having the offending slaughter plant. The patients complained of sleeplessness, nervousness, headache, fatigue, excessive sweating and weight loss.

Honey Remedies for Graves' Disease and Hyperthyroidism

One of the safest products that I regularly use for all purposes is honey. **Honey** is used for many things in Europe and it was a very big surprise for me when I found that the only place you can practically consume honey in Atlanta is Starbucks Coffee. And I never saw people eating honey just like that. For a person like me who grew up with honey (my father produces honey as one of his hobbies!) it was unthinkable not to have a jar of honey in my “kitchen pharmacy”.

Used regularly, it can help to strengthen your child’s immune system, especially if there is Graves’ Disease or Hyperthyroidism and not only that.

Honey has long been used in medicine not only as a valuable item in the diet but as a remedy and a means of healing.

In the oldest medical papyri of Egypt, dating back to 1553-1550 BC, there are indications that honey was used to heal wounds, ‘in order to cause urination’, and ‘as a means of easing the belly’. In Indian medicine it was considered that **honey could be used both as a remedy and as an analeptic.** The tonics prescribed ‘to give pleasure’ and ‘to preserve

youth' were mainly prepared from honey. And a diet in which honey and milk were the main items was thought to prolong life.

To find out about the benefits of honey especially for:

- Stomach problems- when and how to consume honey
- Eyes- my personal Honey Eye Recipe
- Gold bladder problems
- Ulcer problems solution
- Nervous system- Special recipe to help your nervous system
- Heart- palpitations when you have Hyperthyroidism
- Immune system- how to strengthen your immune system to overcome Graves' Disease and Hyperthyroidism
- Sore Throat-**Sore Throat Recipe**

In ancient Greece honey was considered one of nature's most precious gifts. The Greek philosopher Democritus, creator of atomic theory, said, when asked for advice on how to live and how to keep in good health, that one should anoint one's interior with honey and one's exterior with oil. Hippocrates, the Greek doctor, prescribed honey extensively and successfully for many diseases. Honey taken with other food, he said was nutritious and improved the complexion.

Honey and nervous system: Lemon juice and honey is a good remedy in cases of hypertension, insomnia, and nervous conditions. Dissolve a spoonful of top quality honey in a glass of mineral water and add the juice of half a lemon. The beverage is pleasant and nutritious.

Liver and gall bladder: Lemon juice with honey and olive oil is recommended for complaints of the liver and gall bladder.

Honey and insomnia: mix a cup of warm milk with a spoon of honey before going to bed. I sleep like a baby.

Honey and sore throat- if you have Graves' Disease or Hyperthyroidism probably you have the feeling sore throat as well. Nothing helps more than a spoon of honey. It will also clear your voice and help any throat infection you may have as well.

Honey and your stomach: An old saying has it that honey is the stomach's best friend. The medical literature indicates that honey has a beneficial effect on digestion.

When honey is used to treat ulcers it has a dual effect: a) a local effect helping the surface of the gastric mucosa to heal; and (b) a general effect building up the organism as a whole, and particularly the nervous system. For ulcers honey should be taken 90 minutes to two hours before meals, or three hours afterward, preferably an hour and a half or two hours before breakfast and the midday meal and three hours after the evening meal. The honey should be dissolved in warm, boiled water. In this form it dilutes the mucus in the stomach and lowers acidity, and is rapidly assimilated without irritating the intestine. A cold solution, on the other hand, increases acidity, slows down digestion of the contents of the stomach, and irritates the intestine. When taken just before meals, honey stimulates secretion of gastric juice.

Honey for the eyes: Honey has long been considered a most effective remedy for many Eye Diseases. An ancient Egyptian papyrus gives the recipe for a honey ointment and instructions how to us it. It is recommended **to mix honey with onion juice, clover, or wheatgrass for the eyes.** In the last century honey was held by some writers to be a good remedy for burns, especially those affecting the eyes, and an excellent cure for inflammation of the eye. It has not lost its importance today, even when medicine has been enriched with a host of new preparations (sulphonamides, antibiotics, etc.), and is, in fact, highly effective for certain diseases of the eyes.

Honey Eye Recipe. I personally never used honey in the above mentioned way, but I have tried another recipe: I mix a spoon of honey with a piece of ice (if you don't have distilled water like me every time), and I let it dissolve for half an hour. I use a few drops when my eyes hurt or are tired, after working on a computer all day long. But I would not recommend using that on your own- only under the supervision of a doctor or ophthalmologist. The first feeling is itching, but in a few minutes I can feel the relief in my eyes and clearer vision. This is just "folk medicine", but I am inclined to try all different things and alternative therapies on myself. Most of the times they really help.

Honey for your heart: Honey has a beneficial effect on the heart because it contains much easily assimilated glucose. It has been noted that it has an invaluable effect on the

weakened muscle of the heart in various types of cardiac diseases, in our case when we have palpitations for example.

Honey for diet: Honey also is the only product that you can eat without being afraid that you can gain weight. You can use it instead of sugar, put in your tea, coffee, cereal, and smoothie or eat a spoon with honey when your body is craving for something sweet- instead of cheese cake for example.

I can guarantee you that honey will be much, much effective and useful in all aspects.

Honey for your skin- to have beautiful skin mix a spoon of honey and spoon of yogurt and a few drops of lemon. Leave it on your face (avoid getting in the eyes) for 15- 20 min. Your skin will shine and look brighter.

However- do not use any of the above recipes with honey if you are allergic to honey. It's a very rare allergy, but it is possible, so if in any doubt, consult your doctor first or check if you allergic to honey.

Flax Seed Oil- the magic you can not skip

Flaxseed oil is the most abundant plant source of omega-3 fatty acid, alpha-linolenic acid omega-3. The seeds and oil of the flax plant contain substances which are known to promote good health. Flaxseed and flaxseed oil are rich in alpha-linolenic acid (ALA), an essential fatty acid that appears to be beneficial for a lot of diseases. ALA belongs to a group of substances called omega-3 fatty acids. Flax seed oil is good for: Circulatory System, Immune System, Reproductive System, Nervous System.

Omega-3 Powerhouse

Every shiny little flaxseed contains about 40% lipid. At least 55% of this total fatty acid is of the highly beneficial omega-3 family. We now know that consuming these plant-derived omega-3's offer some unique heart healthy benefits.

Flaxseed and ground flax have more than three times as much omega-3 as omega-6 fatty acids, giving it an n-6/n-3 ratio of 0.3 to

1 compared with 58:1 for corn oil; 7:1 to soybean oil and 2:1 for canola oil.

"Shrink" Your Disease Risk

Flaxseed is a natural inflammation fighter because its omega-3 fatty acids are in the form of alpha-linolenic acid (ALA). And now new research indicates that ALA, in particular may be even more effective than the EPA and DHA found in fatty fish and fish oils in lowering the risk of some coronary vascular disease problems such as arrhythmia (abnormal heart rhythms and platelet aggregation (blood platelet stickiness). More recent research suggests that ALA plays a crucial anti-inflammatory role in reducing heart disease risk. Its ability to lower blood levels of C-reactive protein (CRP), which is associated with artery inflammation, now may be considered as important in preventing heart attacks and strokes as lowering bad (LDL) cholesterol levels.

Recommended By Professional Health Organizations

Up to a 70% reduction in human deaths from coronary heart disease is associated with diets rich in ALA, such as Mediterranean diets, compared with typical western diets low in ALA. It's why the American Heart Association's Dietary Guidelines now recommend including high ALA sources, such as flaxseed, in healthy diets for the general population. Results from heart disease prevention studies suggest that daily intakes of between 1.5 g and 3.0 g of ALA are very beneficial. Each tablespoon of whole flaxseed contains well over a gram of ALA before grinding. So get out that coffee grinder, toss in some flax and "pulse" to your health!

Lots of Cancer-Fighting Lignans

Flaxseed is literally loaded with lignans. Lignans are phytonutrients found in the fiber portion of flax seed. Flax contains 75 - 800 times more lignans than other plant sources. Lignans are sometimes called phytoestrogens, because they weakly mimic the action of estrogenic hormones in the body. Research continues to show their potential for minimizing many of the negative effects of estrogenic compounds in humans, reducing the risk of hormone-dependant cancers of the colon, breast and prostrate.

Hot Flash Help

Research has also shown that these dietary flaxseed lignans may help reduce several menopausal symptoms.

Amazing Antioxidants

Lignans also possess powerful antioxidant and anti-inflammatory properties associated with a lower risk of artery-clogging plaques and diabetes. In fact, the major lignan in flaxseed, called SDG (seicoisolarciresinol diglucoside), is a remarkable antioxidant—associated with reducing both Type 1 and Type 2 diabetes as well as lower blood glucose levels. Research is also documenting the unique benefits of other antioxidants, such as flavanoids and phenolic acids that are so plentiful in flaxseed.

High Fiber Never Tasted This Good

Hard to believe, but flaxseed is almost a third (28%) fiber. And that's a big deal, because according to the American Dietetic Association, dietary fiber can have a "significant impact" on the prevention of obesity, cardiovascular disease and Type 2 diabetes.

Just an ounce of flaxseed provides over 30% of USDA's Recommended Daily Intake (RDI) for fiber. And flaxseed delivers this satisfying fullness deliciously, resulting in better appetite control and weight loss.

Flax fiber is high quality, with a perfect range of soluble and insoluble fiber. Soluble fiber reduces cardiovascular disease through lowered blood cholesterol levels. Insoluble fiber is what keeps our digestive system moving. It's why the fiber in flax is well known for its important role in constipation relief and good colonic health, reducing the risk of colon cancer.

There are a lot of reports that it can help your Thyroid Eye Disease and practically you can see results in 1 or 2 weeks. The recommended dose is 1000 mg per day. You can find Flax seed oil in any GNC or Natural Store. You can also add flax seeds to your salad and just sprinkle them.

Go Bananas For Flax

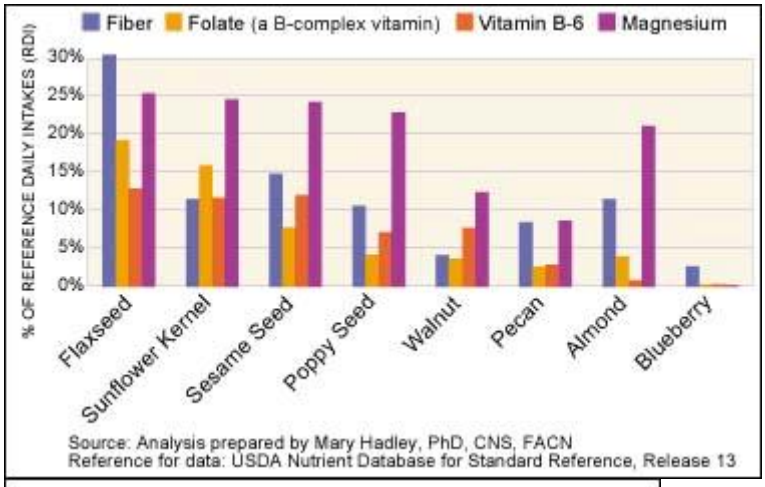
Laden with essential vitamins and minerals, flaxseed is particularly rich in potassium, providing about seven times as much as a banana on a dry weight basis. The vitamin E present in flaxseed is primarily gamma-tocopherol, which functions as a biological antioxidant.

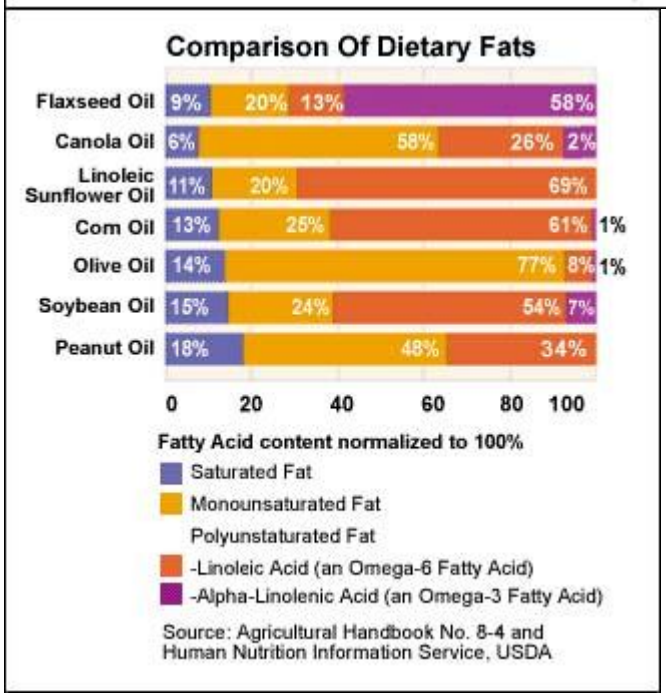
Nutrition Facts about Flax Seed

Ground Flaxseed	Whole Flaxseed	Flaxseed Oil
Nutrition Facts Serving Size 2 Tbsp (14g) Servings Per Container varies **Amount Per Serving** **Calories** 80 — Calories from Fat 50 % Daily Value* **Total Fat** 6g — 9% Saturated Fat 0g — 0% Trans Fat 0g **Cholesterol** 0mg — 0% **Sodium** 0mg — 0% **Total Carbohydrate** 4g — 1% Dietary Fiber 4g — 16% Sugars 0g **Protein** 4g Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 / 2,500 Total Fat Less Than 65g / 80g Saturated Fat Less Than 20g / 25g Cholesterol Less Than 300mg / 300 mg Sodium Less Than 2,400mg / 2,400mg Total Carbohydrate 300g / 375g Dietary Fiber 25g / 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	**Nutrition Facts** Serving Size 2 Tbsp (21g) Servings Per Container varies **Amount Per Serving** **Calories** 110 — Calories from Fat 60 % Daily Value* **Total Fat** 7g — 11% Saturated Fat 0.5g — 3% Trans Fat 0g **Cholesterol** 0mg — 0% **Sodium** 5mg — 0% **Total Carbohydrate** 7g — 2% Dietary Fiber 6g — 24% Sugars 0g **Protein** 4g Vitamin A 0% • Vitamin C 0% Calcium 4% • Iron 6% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 / 2,500 Total Fat Less Than 65g / 80g Saturated Fat Less Than 20g / 25g Cholesterol Less Than 300mg / 300 mg Sodium Less Than 2,400mg / 2,400mg Total Carbohydrate 300g / 375g Dietary Fiber 25g / 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	**Nutrition Facts** Serving Size 1 Tbsp (14g) Servings Per Container varies **Amount Per Serving** **Calories** 120 — Calories from Fat 120 % Daily Value* **Total Fat** 14g — 22% Saturated Fat 1.5g — 8% Trans Fat 0g **Cholesterol** 0mg — 0% **Sodium** 0mg — 0% **Total Carbohydrate** 0g — 0% Dietary Fiber 0g — 0% Sugars 0g **Protein** 0g Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 / 2,500 Total Fat Less Than 65g / 80g Saturated Fat Less Than 20g / 25g Cholesterol Less Than 300mg / 300 mg Sodium Less Than 2,400mg / 2,400mg Total Carbohydrate 300g / 375g Dietary Fiber 25g / 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

	1 Tablespoon	2 Tablespoon
Ground Flaxseed	**Omega-3= 1.42g** **Omega-6= 0.32g**	**Omega-3= 2.84g** **Omega-6= 0.64g**
Whole Flaxseed	**Omega-3= 2.4g** **Omega-6= 0.62g**	**Omega-3= 4.8g** **Omega-6= 1.24g**
Flaxseed Oil	**Omega-3= 7.25g** **Omega-6= 1.73g**	**Omega-3= 14.5g** **Omega-6= 3.45g**

Nutrition Facts


Fiber
Folate (a B-complex vitamin)
Vitamin B-6
Magnesium
% OF REFERENCE DAILY INTAKES (RDI)
30%
25%
20%
15%
10%
5%
0%
Flaxseed
Sunflower Kernel
Sesame Seed
Poppy Seed
Walnut
Pecan
Almond
Blueberry
Source: Analysis prepared by Mary Hadley, PhD, CNS, FACN
Reference for data: USDA Nutrient Database for Standard Reference, Release 13


Comparison Of Dietary Fats
Flaxseed Oil
9%
20%
13%
58%
Canola Oil
6%
58%
26%
2%
Linoleic Sunflower Oil
11%
20%
69%
Corn Oil
13%
25%
61%
1%
Olive Oil
14%
77%
8%
1%
Soybean Oil
15%
24%
54%
7%
Peanut Oil
18%
48%
34%
0
20
40
60
80
100
Fatty Acid content normalized to 100%
Saturated Fat
Monounsaturated Fat
Polyunstaturated Fat
-Linoleic Acid (an Omega-6 Fatty Acid)
-Alpha-Linolenic Acid (an Omega-3 Fatty Acid)
Source: Agricultural Handbook No. 8-4 and
Human Nutrition Information Service, USDA

Flax Seed- Pineapple-Strawberry Smoothie

1 1/2 cups chilled pineapple juice

2 tablespoons Flax oil

4 tablespoons yogurt

10 frozen strawberries

3-4 ice cubes

In a blender, combine ingredients in the order listed and puree to a smooth consistency, adding ice cubes as needed. Pour into a tall glass and enjoy!

Flaxseed Crackers

Yields	24 Crackers
Serving Size	2 1/2 x 2 1/2 inch Cracker
1/4 C	Flaxseed
1/4 C	Ground Flaxseed
1 1/2 C	All-Purpose Flour
1/2 tsp.	Baking Powder
1/2 tsp.	Salt
4 tsp.	Margarine or Butter, softened
1/2 C	Skim Milk

• In a bowl of s stand-up mixer, add flaxseed, ground flax, flour, baking powder, salt and margarine or butter. With the paddle attachment, mix on low speed until the mixture resembles a coarse meal.

• Stir in milk and mix until mixture forms a soft dough. (You can also mix the dough by hand).
• Wrap dough in plastic wrap and chill 10 minutes.
• Divide the dough into quarters. Turn out onto a lightly floured board. Roll out very thin to a rectangle 2mm (1/16 inch) thick. Cut into 6 cm (2 1/2) squares.
• Transfer to an ungreased baking sheet.
• Repeat with the remainder of the dough.
• Preheat oven to 325¼ F.
• Bake 20 minutes until crisp and golden.
Variations Onion: 1 Tbs. Powdered Onion Soup Mix
Cheese: 1 Cup Grated Cheddar Cheese.
Italian: 1 Tbs. Oregano and 1 Cup Grated Mozzerella Cheese.

Flax Fried Rice

Yields	
Serving Size	
1 C	Long Grain Rice
2 C	Water
1/2 Tsp.	Salt
2 Tsp.	Canola Oil
3	Eggs, Beaten Well
1/2 C	Diced Cooked Ham or Any Meat
3/4 C	Frozen Mixed Vegetables (carrots, peas, corn), Thawed
2	Green Onions, Cut Into 1/4 in lengths
2 Tsp.	Soy Sauce
1/2 Tsp.	Sesame Oil
1/4 C	Flax Seed, Toasted

• Rinse rice well in a sieve under cold running water. In a medium saucepan, bring water and salt to a boil, add rice, bring to a boil again, stirring with a fork. Reduce heat, cover, simmer slowly 20 minutes. Remove lid, allow steam to escape. Fluff rice with a fork. Cool, cover and place in refrigerator overnight.

• In a large non-stick skillet, over medium heat, heat canola oil.

• Add egg and fry until half cooked.

• Add rice, breaking up any lumps, stirring quickly to coat the rice.

• Reduce heat to medium low; add ham, vegetables and green onions.

• Cook, turning rice mixture gently but frequently, about 4 minutes.

• Add soy sauce, sesame oil and flax seed. Reduce heat to low, cover and cook 3 minutes.
*To toast flax seed, spread flax seeds in small metal pan. Bake at (350°F) for 3 to 5 minutes. Stir while toasting.

Supercharged Salsa Dip

Yields	1 Cup
Serving Size	1/4 Cup
1/2 C	Salsa (medium heat)
1/2 C	Lite (5% fat) sour cream
2 Tbs.	Ground flaxseed
1 Tbs.	Fire roasted pepper (Scarpone's), pat dry

• Combine salsa, sour cream and roasted pepper in food processor.

• Blend until uniform.

• Stir in flax.

• Cover and chill for ½ to 1 hour.

Flax Banana Smoothie

Yields	2 cups
Serving Size	
1 C	Milk*
2	Frozen Bananas
1/2 C	Vanilla or Regular Yogurt
2 Tbs.	Freshly Squeezed Lemon Juice
1 tsp.	Vanilla
2 tsp.	Flax Oil
2	Pitted Dates
3-4	Ice Cubes

- Note that all dairy and animal products may be substituted with soy or rice products
- Blend together the milk, bananas, yogurt, lemon juice, vanilla, flax oil and dates until smooth. Add the ice cubes and blend until smooth. Serve immediately or pour into popsicle molds and freeze.

Flax Prairie Bread (bread machine)

Yields	1 Loaf (16 Slices)
Serving Size	1 Slice
1 1/4 C	Water
2 Tbs.	Honey
2 Tbs.	Canola Oil
2 C	Bread Flour
1 C	Whole Wheat Flour
1 1/2 tsp.	Salt
1/3 C	Flaxseed
2 Tbs.	Sunflower Seeds
1 Tbs.	Poppy Seeds
2 tsp.	Fast Rising Instant Yeast

• Measure ingredients and place in bread machine pan in order recommended by manufacturer.
• Select Whole Wheat Rapid Cycle.
• Remove baked bread from pan and let cool on wire rack.

Oven Fried Chicken

Yields	6 Servings
Serving Size	1 to 2 Pieces
1	Beaten Egg
3 Tbs.	Skim Milk
1/2 C	Ground Flaxseed
1/2 C	Finely Crushed Unsalted Crackers
1/4 tsp.	Black Pepper
1 Tbs.	Dried Parsley Flakes
1 tsp.	Paprika
1 tsp.	Chili Powder
1 tsp.	Garlic Powder
1 tsp.	Seasoned Salt
2-3 lbs.	Chicken Pieces
2 Tbs.	Melted Butter*

• Preheat oven to 350° F.
• In a small bowl, combine egg and milk.
• In a shallow container, combine ground flax, cracker crumbs, pepper, parsley, paprika, chili, garlic and seasoned salt
• Skin chicken and rinse with water. Pat dry.
• Dip chicken pieces into egg mixture; coat with crumb mixture.
• Place chicken on greased 15 x 10 3/4 inch baking pan so pieces do not touch.
• Drizzle pieces with melted butter.
• Bake for 45 minutes or until chicken is tender and no longer pink. Do not turn chicken pieces while baking
*For a lower-fat version, omit the butter.

Broccoli & Red Potato Salad

Yields	8 Servings
Serving Size	
5	Medium Potatoes
1 lb.	Broccoli
1/8 C	Flax Oil
1/8 C	Extra Virgin Olive Oil
3 Tbs.	Red Wine Vinegar
3 Tbs.	Orange Juice
3 Tbs.	Parsley, minced
3	Scallions, Sliced with tops

1/4 - 1/2 tsp.	Sea Salt
2	Cloves Garlic, minced
1/4 tsp.	Cayanne
1	Small jar of Pimentos, drained

Clean potatoes, leaving the skins on. Chop into chunks, and boil until tender. Drain, cover and set aside. Wash broccoli, peel and chop stems. Break apart florets. Steam the broccoli until tender. Set aside and keep covered. In mixing bowl, mix together liquid ingredients along with parsley, garlic, scallions, pimentos and cayenne. Arrange potatoes in middle of serving platter, surround with broccoli, then cover with dressing.

Is your child dehydrated? How much water do they need every day?

Busy people often complain that they don't have time, or simply forget to drink water. Optimal water intake is about eight ounces (roughly 250 ml) per twenty pounds of body weight- about two quarts a day for the average adult.

Everyone will need more when the climate is very dry and/or hot and large amounts are lost by perspiration. So tailor your exact intake to your specific needs. There is room for some flexibility here- listen to what your body tells you. But many of us are so out of touch with our water status that we may find a glass of water repulsive, even when we are clearly dehydrated.

Our need for water is something that has to be brought back into consciousness. I have my own little running struggle with this, even though I drink a lot of herbal teas all day long.

Every once in a while I go through the following scenario, or something very similar. I am developing a slight headache. I notice a certain tension in my jaw and I begin to feel restless and bit irritable.

I am having trouble concentrating on my work. My breath is getting short and tight. Does this sound familiar? It's very similar in fact to some of symptoms of hyperthyroidism. When I finally register, with full consciousness, that "something is wrong with me" and run sort of internal scan, I notice the dryness in my mouth.

Suddenly I see very clearly a subliminal thirst that I've been denying and, connected to that, a feeling of physiological urgency bordering on panic that is a response to the emergency situation resulting from too little water in my body. I stop what I am doing, go to the kitchen, draw a glass of water and drink it. I immediately feel the symptoms melt away. Relaxed serene and tranquil, I resume my work.

Reading all this, don't you feel that urge to go to the kitchen and get yourself a bottle or glass of water? Amazingly, sometimes, some of our symptoms will go away just with this little step- drinking a glass of water.
Most of the times, simplicity is the key..

WATER NEEDED			
	Normal daily requirement	**Quarts**	**Dry, hot and/or windy conditions**
Child 60 lbs	**Four 6- oz glasses**	**¾**	**1- 1 ½ qts**
Adult 120 lbs	**Six 8-oz glasses**	**1 ½**	**2- 2 ½ qts**
Adult 180 Lbs	**Nine 8-oz glasses**	**2 1/4**	**2 ¾- 3 ½ qts**

Dr. Batmanghelidj, author of "Your body's Many cries for water" carefully studied the research on the physiology of water and concluded that when the water content of tissues falls to a certain point, the bilayer membranes that surround cells contract in thickness. That forms a barrier that prevents further dehydration. But it also obstructs the free movement of molecules, so that metabolism and elimination are limited.

Essentially, the cell moves into a survival mode of operation. A wide variety of symptoms can flare up at such times, such as allergic reactions. That's why upping your water intake will not facilitate the effective elimination of the systemic dross you need to get rid of, but may also improve chronic problems like hyperthyroidism you wouldn't otherwise have connected with water needs at all.

What seems to work best is to set time for drinking water. For me, it is on arising and in the evening- I drink a lot of water before I go to sleep. And no, I don't wake up during the night. An hour before lunch is also good. Generally, I drink when I feel thirsty. Even more ideal is to drink small amounts continually- that's why I have bottles with water everywhere in my house and in my office. Wherever I turn my eyes, I see water- and that reminds me that I am thirsty.

About four ounces an hour is suitable for most people. This works especially for those who have already developed some degree of dehydration. It takes persistence and patience to dehydrate, and the body may accept only small amounts of water at a time.

Again, don't over do it. Don't make it the purpose of your day. Too much water is not good either. Especially for those of you who have Thyroid eye disease and their eyes are puffy. It could water retention in your body, not only fat tissue. Moderation is another key.

Goitrogenic foods for Hyperthyroidism and Graves' Disease

If you ever wondered if there is a natural way to influence the thyroid dysfunction in Hyperthyroidism- well, the good news that there is a way. As we all know diet can profoundly alter symptoms of thyrotoxicosis. Goitrogens, for example, are foods that inhibit the uptake of iodine and work much like certain anti-thyroid drugs, inhibiting thyroid hormone synthesis, release or action.

Certain foods have been identified as goitrogenic and generally they are foods from Brassica family or the members of Mint family (when it comes to herbs). These foods include:

- Soybeans (and soybean products such as tofu)
- Pine nuts
- Peanuts
- Millet
- Strawberries
- Pears
- Peaches
- Spinach
- Bamboo shoots
- Radishes
- Horseradish

Vegetables in the genus *Brassica*:

Brassica (*Brás-si-ca*) is a genus of plants in the mustard family (Brassicaceae). The members of the genus may be collectively known either as cabbages, or as mustards. Crops from this genus are sometimes called *cole crops*, which is derived from the Latin *caulis*, meaning *cabbage*.

- Bok choy
- Broccoli

- Broccolini (Asparations)
- Brussels sprouts
- Cabbage
- Canola
- Cauliflower
- Chinese cabbage
- Choy sum
- Collard greens
- *Kai-lan* (Chinese broccoli)
- Kale
- Kohlrabi
- Mizuna
- Mustard greens
- Rapeseed (*yu choy*)
- Rapini
- Rutabagas
- Tatsoi
- Turnips

Goitrogenic Herbs:

1. Mint
2. Borage
3. Basil
4. Oregano
5. Marjoram
6. Lemon Balm
7. Rosemary
8. Lavender
9. Hyssop

See the next section for more information about herbs, used to treat Graves' Disease or Hyperthyroidism.

Have in mind also that all these foods will keep their goitrogenic properties only fresh- if cooked they lose most of their inhibiting properties. Most of them you can make into a juice with a juice extractor, or combine them in different salads. In this case, use your own imagination.

8 Foods and Beverages to be avoided

- Coffee and coffee related products
- Black tea/ Green tea
- Sodas- all kind
- Alcohol (for young adults over 21)
- Walnuts, almonds, hazelnuts and similar
- Aspartame containing products
- Stimulants of any kind
- Hot foods

A Green Cure For Disease? Healing properties of Aloe Vera. My Aloe Experiments

As you already know I am experimenting a lot with all kinds of natural products, and I am a "one man" laboratory. One of the products that I found very useful for my general health, not just symptoms of Graves' Disease and Hyperthyroidism is Aloe Vera (the drinking gel, Aloe Vera supplement and vitamins, especially for kids, and last but not least Aloe Vera cosmetics)- and out of all the products I've tried in the "Aloe Vera family" I trust one company, Forever living products. I've been using their products for the past few years, just as a matter of experimenting and I find them outstanding.

As you may know there are many plants which help cure illness and fight disease found all over the world. Many of these medicinal plants are thought to be rather exotic, however many can be grown right in your backyard or even inside your home!

One of the most famous of these healing plants is often mistaken for a cactus, but all 240 varieties of Aloe Vera are actually "*succulents*" (water-plants) One of the secrets of Aloe Vera's powerful healing reputation comes from the fact that it absorbs tremendous energy from the sun, which allows it to pull beneficial minerals and nutrients from the soil that other plants cannot.

The Secret Leading Cause of Dis-Ease Solved

Did you know that nearly every known dis-ease is caused from inflammation? Including our Hyperthyroidism and Graves' disease, not to mention Thyroid Eye Disease...

It just so happens that the ancient Aloe Vera plant has turned out to be one of the most extraordinary anti-inflammatory plants in all of creation.

Apparently no matter what started your inflammation and pain, the natural ingredients within Aloe Vera is bursting with anti-inflammatory ability *plus all this is based on real science to back it up*. Aloe Vera is about 99% pure energized water "*intelligently designed*" by Mama Nature to contain more than 75 key ingredients including vitamins, minerals, enzymes, amino acids and miracle super sugars. If you are looking for a simple way to improve your overall health and well being, including your immune system, Aloe Vera provides you with a potent smorgasbord of helpful cellular nutrition.

Let aloe surprise you as it:

- Cleanses and supports your digestive system
- * Infuses you with energy
- * Hydrates your skin
- * Soothes and promotes skin renewal
- * Supports your immune system
- * And so much more

- Aloe Vera Vitamins: Vitamin A, Vitamin B1, B2, and traces of B12, Choline, Vitamin C, Vitamin F and Folic acid (B9).

- Aloe Vera's Minerals: Calcium, chromium, copper, iron, potassium, sodium, magnesium lactate3, manganese and zinc.

- Aloe Vera's Enzymes: Amylase, lipase and an anti-inflammatory carboxypeptidase.

- Aloe Vera's Amino Acids: Aloe Vera gel provides 20 of the 22 necessary amino acids needed by your body to create protein and seven of the eight "*essential*" amino acids which the human body cannot make.

-Aloe Vera's Immune-Modulating Miracle Super Sugars: Glucose, mannose and gluco-mannans.

Scientists are amazed by how important Aloe Vera's potent nutrients are to human cell health. In fact your skin, sinus, mouth, throat and digestive cells benefit greatly from bathing in the healing properties of Aloe Vera. Leading biologists agree when your cells are happy, then your tissues, organs and body systems are also happy. By simply feeding your cells with Aloe Vera the overall strength of your immune system is noticeably increased.

There is a treasure chest of award winning research on the healing benefits of Aloe Vera worldwide being published in peer-review and medical journals every year.

Here Are 7 Indisputable Health Perks of Consuming Aloe Vera Regularly:

1. Aloe Vera Contains Powerful Anti-Inflammatory Plant Sterols- like steroids but safer, plant sterols actually promote rapid tissue repair, unlike steroids which slow tissue repair.

2. Aloe Vera Neutralizes Inflammation Chemicals- One of Aloe Vera's enzymes is an anti-inflammatory carboxypeptidase, also called "*brady kinase*." This stops a notorious chemical pain trigger called bradykinin dead in its tracks.

3. Aloe Vera Has Natural COX-2 Inhibitors- Millions of people take drugs that are called COX-2 inhibitors that have harmful side effects. Aloe Vera inhibits the COX-2 inflammation enzyme without the side effects drugs can have.

4. Aloe Vera Improves Protein Absorption- One of the triggers of inflammation is poor protein digestion and absorption. Aloe Vera empowers your digestion and absorption of protein, protecting you from leaky gut and inflammatory protein particles.

6. Aloe Vera's Miracle Super Sugars Remove Inflammatory Toxins-By nurturing cell health and strengthening your immune system toxins are rapidly and effectively removed, preventing unneeded inflammation.

7. Aloe Vera Eliminates Free Radical Damage- Free radicals trigger inflammation and Aloe Vera's antioxidant factors prevent swelling and pain by sweeping inflammation causing radicals away.

Perhaps just the anti-inflammatory benefits of potent Aloe Vera are all you really need.

Bottom line is it's only intelligent to use smart plants to nurture your, and your family's overall health and wellbeing. If you would like to experience these plus the other amazing secrets of this ancient medicinal succulent plant follow this link to learn more.

This is the science behind the Aloe Vera, and now this is my experience regarding different symptoms of Grave's Disease and Hyperthyroidism:

Aloe Vera Gel: I drink Aloe Vera Gel 30- 100 ml/ daily before meal. If you don't like the taste of Aloe Vera gel, then you can substitute with a similar Aloe Vera Berry (that supports your kidney as well, does the same job and is much tasteful.

https://www.foreverliving.com/marketing/Product.do?code=015

Thyroid Eye Disease

Forever Arctic Sea ® (can be used as a substitute for Flax seed oil) – Reduces the eye inflammation, caused by Thyroid Eye Disease. Contains:

• Omega-3 fatty acids have been shown to help support circulatory function

• Omega-3 and Omega-9 fatty acids can help support healthy cholesterol and triglyceride levels

• Helps support proper joint function

• Mercury-free

https://www.foreverliving.com/marketing/Product.do?code=039

Forever Vision® – improves the general eye condition. Good if you have Thyroid Eye Disease, double or blurry vision or any other eye problems; Supports normal eyesight;

Contains Vitamin A, Vitamin E, Zinc. Forever Vision® is a dietary supplement with bilberry, lutein and zeaxanthin, plus super antioxidants and other nutrients. Bilberry, a popular traditional herb, can support normal eyesight and improve circulation to the eyes. Lutein, a common carotenoid found in many vegetables and fruits, can help protect the retina. Zeaxanthin and Astaxanthin are other carotenoids that are important to the eye's macular health.

https://www.foreverliving.com/marketing/Product.do?code=235

Graves' Disease Hair loss

One of the most debilitating symptoms as many women have complained. Here is some help:

Aloe Liquid Soap- Aloe Liquid Soap is a rich, pearlescent, moisturizing hand and face cleanser with a generous amount of aloe. It creates a luxurious lather, leaving the skin feeling clean, smooth and silky, while minimizing the irritations experienced with some bar soaps. Its "no tears" formula also makes Aloe Liquid Soap an ideal shampoo for children and adults alike. Biodegradable, pH-balanced and non-irritating, it is mild enough for daily facial, hand, hair or body cleansing, and is suitable for those with sensitive skin. I have also found that it helps restoring brittle and dry hair, as well as it helps preventing hair loss when used as a shampoo.
https://www.foreverliving.com/marketing/Product.do?code=038

Aloe Jojoba Shampoo:

Helping to maintain healthy hair and scalp, its enzymatic activity sloughs off dead cells. With the added benefits of stabilized aloe vera gel:

- Strengthens with aloe amino acids, fortifying the amino acids in hair follicles and papillae.
- It supplies saponins and natural sudsing agents to fortify hair and give it body.

Jojoba Oil, another important ingredient, is an excellent lubricant that has been used in hair care formulas for years. It replenishes lost moisture to both skin and hair. It adds more body while removing hardened sebum from the hair, and fortifies the hair shaft and ends. This naturally allows you to comb through the tangles of wet or dry hair, without leaving a dry, fly-away appearance.

(The Secret here- it's a concentrate, so actually it may lasts months of usage. For all types of hair).
https://www.foreverliving.com/marketing/Product.do?code=260

Aloe Jojoba Conditioning rinse

pH-balanced

• Improved formula for superior manageability

• Extra moisturizing and conditioning power for soft, shiny hair

• Coats the hair shaft to eliminate split ends
https://www.foreverliving.com/marketing/Product.do?code=261

Myxedema/ dry and sensitive skin:

Aloe Moisturizing Lotion- This unique lotion has outstanding humectant and moisturizing properties. It contains Collagen and Elastin to keep the skin smooth, soft and elastic while maintaining the skin's natural pH balance. Thicker than our Aloe Lotion, it is ideal for replenishing lost moisture and restoring skin's soft, silky feel. Aloe Moisturizing Lotion is excellent for face, hands and body, helping to counteract the effects of pollution and the environment.
https://www.foreverliving.com/marketing/Product.do?code=063

Aloe Propolis Crème- Excellent as a skin moisturizer and conditioner, Aloe Propolis Creme is a rich blend of stabilized Aloe Vera Gel and Bee Propolis, with other ingredients recognized for their contribution to healthy skin. Chamomile, one of nature's best-known skin care herbs, is also added to the mix. Vitamins A and E complete the formula, recognized for their natural skin-conditioning properties.
https://www.foreverliving.com/marketing/Product.do?code=051

Aloe Vera Tooth Gel- I love this tooth gel, as it contains no fluoride (which we well know has a good contribution to Hyperthyroidism). It's very economic and you can use just a drop of it.

• Contains bee propolis

• Formulated for the entire family

• Does not contain fluoride
https://www.foreverliving.com/marketing/Product.do?code=028

Forever Garlic-Thyme

Garlic and thyme, the two powerful antioxidants found in Forever Garlic-Thyme®, combine to create a great tool in maintaining good health. When garlic is cut or crushed, enzymes react to produce a powerful immune-enhancing agent. Studies have shown that garlic's other ingredients help the metabolism convert fats to energy and protect the body against free radicals. Other healthy substances in this odorless softgel include ajoene and lecithin, which can help emulsify fats. Garlic's sulfur compounds have also been shown to have beneficial properties. Garlic also contains germanium, a mineral trace element believed to help boost the body's immune system and selenium, a trace mineral antioxidant.

https://www.foreverliving.com/retail/shop/shopping.do?task=viewProductDetail&itemCode=065

Especially for kids:

Forever Kids- Multivitamins (does not contain aspartame)

Phytonutrients are highly desirable plant nutrients found in vegetables and fruits. New processing techniques allow us to emulsify, dehydrate and flash-dry raw fruits and vegetables – to protect the valuable phytonutrients, vitamins and minerals and enzymes our bodies need. The result is a multivitamin that tastes great, is fun to eat and complements the range of other supplements that Forever Living offers!

Formulated without sugar, aspartame, artificial colors or preservatives, the phytonutrient base is taken from such nutritious foods as carrots, acerola, broccoli, spinach, cabbage, apples, cranberries, tomatoes and citrus fruit. Phytonutrient base taken from the finest raw foods including broccoli, spinach, carrots and cabbage- and all these are goitrogenic foods.

https://www.foreverliving.com/retail/shop/shopping.do?task=viewProductDetail&itemCode=198

Forever B12 Plus

An excellent combination of essential nutrients, Forever B12 Plus® combines Vitamin B12 with Folic Acid utilizing a time-release formula to help make possible metabolic processes - including cell division, DNA synthesis, red blood cell production, and proper

nerve function. In addition, Forever Living has utilized a new source for B12 that enhances the product's potency and stability. Vitamins from the B family are recommended for Graves' Disease and Hyperthyroidism.

https://www.foreverliving.com/retail/shop/shopping.do?task=viewProductDetail&itemCode=188

The above product recommendations are based on my personal research and experiment. The company which supplies them, Forever Living Products, has no responsibly whatsoever regarding my observations. ***These statements have not been evaluated by the Food and Drug Administration Commission. These products are not intended to diagnose, treat, cure, or prevent any disease***. All products are natural, even the stabilizers used, to my best research. There are of course many other products you can order, or chose from the listed on their website. The company has 100% guarantee on all her products, which means if you are not happy to whatever reason, you can simply return them.

You can use my personal ID # 001002401252 as a referring agent (optional). To get them with 15% off, you can sign up as a distributor.
www.ForeverLiving.com

If you live in another country, different from USA, just change the location on the upper left corner of the webpage to your country, as they have offices worldwide, so you can read on your own language.

I am recommending these products because I personally have used them, I know that they are natural and I know that they can help you, as they helped me. If they helped you as well, please, let me know so I can continue with my research on this subject.

General Secrets of Holistic Healing

Understanding the secrets and foundation of the holistic and natural healing can help you not only in the battle with Graves' Disease or Hyperthyroidism, but any disease for that matter.

2. Authentic healing will often involve radical changes in how you live

3. Old habits and attitudes that supported the development of the disease will fall away, to be replaced by new ones that go with a new way of being in the world
4. Crisis of the body are ultimately expressions of underlying crises of the spirit.
5. Healing requires letting go what is familiar and stepping into the unknown
6. Healing may mean challenging belief systems and daring to break taboos
7. Healing is about getting past the ego, that is what out culture is build on
8. Healing involves reconnecting with lost aspects of oneself, some of which exist in other than our "familiar"reality
9. Effective holistic medical therapy depends on self-awareness.
10. You make major decisions about your own treatment according to what creates a sense of well- being, what boosts your energy or what brings clarity of mind
11. Your lab is your body. Experiments going on there constantly allow you to find out what suits you and what doesn't.
12. Herbs are used most often to affect organ systems, Homeophatic for re-balancing the overall "vital force"and flower essences (Bach flower essences) for addressing dilemmas of the mind.
13. Cell salts (Schuessler salts) are working in a horizontal fashion, affecting the structural components that run through many organs in the body.
14. Herbs are exerting their effect more vertically, tending to affect selectively one or more organ systems.
15. Generally herbs can be divided in 4 major groups- Chinese, Ayurvedic, European and Native American herbs. It is your choice which methods you choose, or a combination of them for best results.
16. There is no "magic" herb, or method that will work overnight- for any disease.
17. Many holistic methods will "bypass"the diagnose and work directly on the symptoms and affected organs. The diagnose is not of primary matter, as it can shift from one to another, or can be easily mistaken.
18. Any holistic and natural treatment will involve physical exercises, diet, cleansing and detoxing and resolving psychological issues as well.
19. Parts of the body, especially if they are "damaged" in some way by a disease, tell us about the whole- your life in general.
20. Perhaps the simplest definition of healing is "to make a whole".
21. Whenever you start to feel as a whole,body, mind and spirit altogether, then your healing process is over. Your healing became a way of life. Congratulations!

Treating the Cause of Grave's Disease

The 5th (Throat) Chakra. How this can help your child's Graves' disease?

All of these foods, vitamins, and supplements are really important for the health and have to be incorporated in the healing process. However, in order to achieve permanent healing from Graves' disease patients should go deeper and try to discover the possible emotional and psychological causes that resulted in Graves' disease.

As the traditional medicine doesn't have the answer for what is causing Graves' disease (or they may have but as for any autoimmune disease there is not a 100% answer), I tried to do my own research and changed my life style, my perception of the world, and my priorities to accommodate my new vision of how should I live my life. So far, 7 years after, I am healthy and enjoying my life without Graves' disease.

Throat Chakra is the place where Graves' Disease started

The throat chakra focuses on expression of what we know and feel. Blue is the color associated with the throat chakra. It is the color of communication and information, but is also the color of peacefulness. The human nervous system is "hard-wired" to respond to the blue of twilight by settling down, becoming quiet and preparing to rest during the hours of darkness. As the body becomes less active, so mental activity is also reduced. An observant detachment becomes more apparent. Physical objects become less visible, so too the mental functions become more imaginative, vague and dreamlike. Peace descents.

With a balance of energies within the throat chakra peace is a tangible experience, a familiar relaxed occurrence. Where the throat chakra is stressed or blocked in some way, peace may be longed- for, but difficult, if not impossible to achieve.

Whenever there is a concentration of inappropriate energy, pressure begins to build up. Whatever the cause of the building up, an outward flow is the only means of restoring balance, with energy flowing from an area of high pressure to one of lower pressure. This outward flow from the body is achieved through expression and communication, via the activity of the throat chakra.

Releasing Physical and Emotional Tension Exercise

Use this exercise for your child to release any block that he/ she becomes aware of that can be traced back to some feelings that have not been expressed. Perhaps someone has made him/ her feel hurt or angry and instead of confronting these feelings she/he has suppressed them or just "swallowed them". When I made a decision to take responsibility of my health and life and heal from Graves' disease I had to "reevaluate" all of my relationships, i.e., friends, roommates, parents, loved ones. I had to let go of those who are not effective any more, who don't help me in my healing process, and make space for new ones who are coming and more valuable. Difficult process, but worthy.

- Let him/ her write down what she/he wishes to say to the person who has hurt or angered him. As she is doing this allow all her feelings to come to the surface. When he/she has finished, do not read what they have written.
- Take the piece of paper, fold it up, and burn it in the flame of a candle or on an open fire. Simply destroy it completely. If necessary, let the child repeat the process until she/he senses that their equilibrium has been restored and they can feel the peace returning. Depending on the age of the child that exercise may not be applicable for all ages, but if they are not still able to write, they can "talk out" their feelings and emotions. If you feel you can't deal with that matter, may be a consultation with a psychologist will be necessary.

Creative Expression Exercise

The resolution of any problems and conditions regarding the throat chakra is found in expressing the energy in an effective, but safe manner. Any creative artistic occupations will work- as long as the focus is on the activity itself, rather than on the end product. Such activity is a release of excess energy and if a masterpiece of art is the end product this is a bonus, but it is not the intention. Not to be expressive simply because they believe that they just "can't paint" is just reinforcing the same repressive values that have probably caused the problem in the first place. Examples of things the kids can do and be creative:

- Writing
- Painting

- Art and crafts projects
- Knitting
- Anything they like to do with your hands

There are strategies to help him/her loosen the artistic hang- ups that are well worth trying. One is to draw on pages from magazines or newspapers- a clean white piece of drawing paper can be intimidating. Let them draw with felt tip pens with broad tips. This prevents them from getting caught up with timid little lines. Alternatively, they can use very small pieces of paper and very fine pens- it is much easier to see the whole design and make an effective image. Set out to use all parts of the paper right up to the corners.

When I decided to find out how I can be creative to channel this energy outside my body I found, for the first time in my life that I like writing. I always had some kind of journal (not officially) and liked to put my thoughts in paper, but I never really did anything in that direction. This is how my first book "Life Manual for 21st Century Women" was born. This book is a compilation of 22 authors, only women contributing chapters about their life experience, wisdom and what is really important in life.

9 ideas for activities that you can offer your child to restore the balance of the throat chakra

1. Singing
2. Chanting
3. Playing a musical instrument
4. Dancing
5. Drum banging
6. Toning (making extended vocal sounds out loud for as long as the breath allows)
7. Drawing
8. Writing/ creating stories, writing a journal
9. All kinds of arts and crafts- scrapbooking, decorations, ect.

The sound and the note are less important than the quality of the vibrations created through the body. Toning can be effective at releasing physical and emotional tensions. Just allow whatever sound to come up and let it go. My way was to sign up for dancing classes. I always liked to dance, just never had time for myself. My dream was to dance

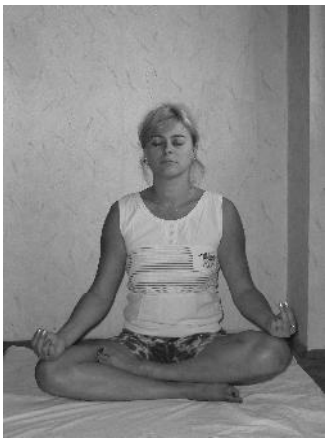
Argentinean tango. Finally, after many years just longing for this I started my tango classes. I am so happy I did that. They helped me tremendously in my healing process not only as a physical exercise (I hate going to gyms), but because I was doing something that I really loved to do. It was a pleasure and still is. The healing of this disease consists of realizing what your child likes to do, he/she, not someone else and to do more of that! It consists of being creative and expressing oneself.

Meditation and Graves' Disease

What is meditation and why you should start teaching your child right now? Simple exercise and plan to incorporate meditation in the healing process.

Many people approach meditation as another technique to study at an evening class, like aerobics and pottery. But after a few sessions people often realize that mediation is much more. With practice, mediation becomes a mode of living and a new way of seeing everything: relationships, work and home life, your past, present and future. Along the way it can bring profound relaxation, increased mental clarity, inner peace and spiritual enlightenment.

And the best way to teach your child is if you do that with them, at least at the beginning.



When I was diagnosed with Graves' disease, I knew nothing about meditation. I had no philosophy of using this until one day a friend of mine, seeing me under this hyper pressure that is so typical for this illness offered me to try meditation. I asked what exactly is this? Meditation is just sitting with closed eyes for a certain period of time. That's it. Nothing else. It is very difficult for an active person like me to sit down and do nothing. It was punishment. I thought I would go crazy.

Doing NOTHING is something that I never did before. If I am sitting, I'll be reading a book, watching a movie, checking my mail, paying bills, etc. If I am on my feet, I can do hundreds of things at once. This was new and I discovered a whole new world out there. Meditation was the place where I took all my important decisions that healed after my Graves' disease.

These are the obstacles people often talk about after they begin to make some progress in their meditation practice.

• I keep falling asleep when I meditate.
• I have trouble relaxing, I just feel too restless.
• I can't quiet the voices in my head.
• Things come up that I just don't want to think about.
• I think of something I need to do and want to go do it, now.
• I feel like I'm not getting anywhere with this.

29 Benefits of Meditation:

Meditation benefits the body by……..

☐ reducing your blood pressure
☐ increasing your serotonin levels
☐ decreasing your muscle tension
☐ relaxing your nervous system
☐ enhancing your brain electrical activity
☐ enhancing your energy, strength and vigor
☐ improving your immune system
☐ helping with your healing and chronic illness
☐ lowering your risk of heart disease
☐ improving your athletic performance

Meditation benefits the mind by:

☐ reducing your stress
☐ reducing your feelings of overwhelm
☐ increasing your creativity
☐ reducing your anxiety
☐ helping you with focus and concentration
☐ improving your learning and memory
☐ increasing your productivity
☐ helping cure your insomnia
☐ decreasing your restless thinking
☐ building your self confidence

Meditation benefits the spirit by:

☐ providing you with peace of mind
☐ increasing your feelings of happiness and joy
☐ increasing your compassion for yourself and others
☐ changing your attitude toward life
☐ helping you live in the present moment
☐ increasing your tolerance for difficult feelings
☐ leading you toward wisdom
☐ helping you be more aware of your thoughts
☐ increasing your mindfulness in everyday life

There are many forms of meditation and many ways to sit. This exercise is purposely simplistic, just to help you compare two very different approaches. The point is, be willing to experiment until you find the form of meditation and the approach that works for you and your child.

Try this: Put a cushion or a pillow on the floor. Sit down and get your legs into something resembling a Lotus position. Straighten your back. Fold your hands in your lap in a curved, palms up position and touch the tips of your thumbs together. Close your eyes. Observe your breathing going in and out. Make sure you maintain this posture and that your hands are in perfect position. Do this for as long as you can before your legs get numb or your back really starts hurting. Unfold yourself and get up and walk around. Drink a little water, breathe deeply, and relax.

Now try this: Find a place to sit with back support, either against a wall or in a chair. Sit in a manner in which you are comfortable but keep your back straight without straining to do it. Rest your hands comfortably in your lap in any manner that works for you. Once you are settled, gently close your eyes and relax your spine. Sit quietly, letting thoughts come and go. When you remember to do so, gently place your attention on the feeling of your hands in your lap or on your buttocks on the chair or cushion. Breathe normally. Do this for as long as you can before you are in physical discomfort. Notice the difference between this and your first sitting.

Graves' Disease Meditation Plan for kids

Day 1: 10 minutes sitting and doing nothing (morning). You can use the traditional "pose" or you can just sit. There is no purpose of this exercise!
10 minutes in the evening before sleep
Use your cell phone or a clock to set up the time. Do not rely on looking at the clock every other minute to see if the session is completed!

Day 2: 15 minutes meditation. If your mind is going crazy, try to concentrate on your breath.
15 minutes in the evening before going to sleep

Day 3: 20 minutes meditation. Leave your thoughts to come and go without any attempt to stop them, or control them.
20 minutes before sleep

Day 4: 25 minutes meditation. Choose a place where nobody will bother you. Do not try to ask yourself any questions and do not make any decisions.
25 minutes meditation before bedtime

Day 5: 30 minutes meditation. Do nothing. If you have to, get up earlier in order to have time for your meditation. Allow this time especially and only for yourself.
30 minutes before bedtime.

Day 6: Repeat. From now on you have to meditate for 21 days in order that it becomes a habit. You'll see your life changing. If you can do an hour twice a day- this will be even better, but not all of us can afford that. Don't forget that this is your personal time- no matter what! This is the time when you plan your day and the time when you say good bye (or hello) to your day.

Your cure is situated in the opposite of “overactive" and “hyperactive”. Your cure is in the stillness and nothingness, in living in “here and now”

Aromatherapy and Graves’ Disease. 10 (ten) spiritually uplifting and calming scents you can use to help Graves’ Disease:

Aromatherapy is the use of pure essential oils to enhance physical and mental well-being. Essential oils are aromatic, highly concentrated distilled essences of plants. They can sometimes be used as a natural adjunction to, or a substitute for prescription or over-the-counter drugs. For example, lavender oil has the ability to evoke and increase the release of serotonin, thus producing a calming effect on the body. This is my favorite essential oil and use it even today if I want to go to sleep quicker, or I stressed out. Using essential oil is very simple- Basically you dilute a small amount of essential oil in a base of some kind (either water or oil, termed a carrier oil, depending on the intended use) and apply or inhale it. For inhalation therapy, there are special devices available, including diffusers, simmer pots, aromatherapy lamps, and light bulb rings. When using some of these devices follow the manufacturer’s instructions.

1. Frankincense- anti-inflammatory, sedative, deepens breathing, enhances calmness
2. Geranium- antiseptic, hormone balancer, mildly sedating oil good for nervous tension
3. Clary Sage- antidepressant, anxiety reducer, helps to counteract insomnia;
4. Jasmine- lethargy- busting antidepressant (avoid during pregnancy)useful for anxiety, emotional imbalances.
5. Juniper – detoxifier, air purifying and calming- avoid during pregnancy
6. Melissa (true)- uplifting, restorative for the emotions
7. Sandalwood: spiritually therapeutic scent, considered meditation enhancing since Vedic times. Good for nervousness, it is soothing for both body and mind.
8. Lavender- improves the immune system function, reducing inflammation, calming and normalizing the body
9. Ylang- Ylang- antidepressant, calming sedative, eases anxiety, reduces stress, normalizes the heartbeat and lowers the blood pressure.

10. Cedar wood- antiseptic, expectorant and sedative. Normalizes sweat gland function.

How can you benefit from the above information? When treating Graves' Disease anything can be helpful, even the small changes in the environment. Get some of the above oils, buy a diffuser and experiment. Your child will tell you what they like most and probably this is what they need most right now. At least, it can not cause a damage.

What is REIKI and how this can help your child's Graves' Disease?

Reiki is a system of natural healing that reduces stress while providing deep relaxation and greater well-being. Reiki can help relieve pain, balance emotions, enhance mental clarity and creativity, and facilitate personal healing and spiritual growth.

The name Reiki originates from Japanese REI (spirit) and KI (energy, life force). Reiki therapy utilizes spiritual, or universal, energy to assist the healing process. Healing can occur on physical, emotional or spiritual levels. Reiki as a modern healing method was initiated at the beginning of the 20th century by Dr. Mikao Usui (1865 – 1926), a Japanese Buddhist monk, but it is possible to trace the origins of Reiki back to Buddhist healing practices.

To become a Reiki practitioner one gets training from a Reiki master, or teacher. The training includes learning specific information and receiving initiations, or attunements. The purpose of attunements is to allow the future practitioner to conduct the energy of Reiki to assist the healing. Each attunement is a joint meditation by teacher and student, during which the student is receptive, and the teacher is "tuning" the student's energy centers to the Reiki energy, or universal energy of love and compassion.

After receiving the attunements, the student becomes capable of transmitting this energy through his or her energy centers in the head, chest and palms to the patient. To perform attunements, the teacher uses Reiki symbols in specific sequence, together with visualizations and breath. (It is believed that Reiki symbols were "received" by Dr. Usui in an enlightening meditation. They have Japanese names, and are derived from Japanese and Sanskrit characters). The same symbols that are used in attunements are used in Reiki treatments, but in a different order. Their purpose is to concentrate the attention and intention of the Reiki practitioner.

12 reasons to use Energy Medicine/Reiki in the healing process

- It is harmless- it is believed that REIKI goes to the level the most needs it: physical, emotional, spiritual and mental
- You don't have to believe in Reiki in order to experience this healing system
- It is safe and non invasive
- Works on all chronic and acute illnesses
- The immune system strengthens allowing the body to fight off illness easier
- Speeds up natural healing process
- Effective for pain relief
- Decreases negative side effects of conventional medicine
- Calms the mind
- Alleviates stress
- Increased intuition leads to a more purposeful direction in life
- Feel connected and in tune with the universe

Reiki is a healing system that is safe, natural and a holistic way of treating people with many acute and chronic conditions. Reiki has been known to help people that have the following conditions: sinusitis, cystitis, migraines, asthma, menopausal problems, back pain, anxiety, tension, depression, insomnia, sciatica, attention deficit disorder. Reiki is suitable for everyone. If you are in good health, Reiki will help you stay that way.

Example of Reiki positions that especially affect the thyroid:

Why I am saying all that? Because I've experienced it on my own and because I know that together with all the other natural methods, Reiki was one of those who really help my healing process. I, of course cannot scientifically prove that. But I learned to believe what I feel and Reiki is one of the things that I know was helpful. Since I became a Reiki practitioner I am not using any medication what so ever. I have my hands with me- for a headache, any pain, any discomfort. Once I tried and experienced what Reiki can do for me- I put in the trash all boxes of medications that I had.

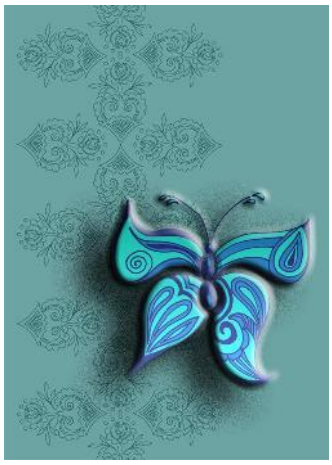
I am not saying you should do the same. I am sharing something that I know worked for me and may work for other people as well. Use it as a complimentary method for Graves' Disease treatment, there is no harm.

Guided Imagery

Much research has indicated that bodily functions previously thought to be totally beyond conscious control can be modified using psychological techniques. Guided imagery, a technique that has grown in popularity in the last several years, sues this mind- body connection to help people cope with variety of disorders, including pain.

Researchers have established a link between negative emotions and lowered immune function, which is the case with Graves' disease for the example. Conversely, they have found a connection between positive emotions and a healthy immune response. Guided imagery- the mind thinking in pictures- is an effective tool for eliminating negative thoughts and replacing them with positive ones. Through guided imagery, the mind conjures up mental pictures or scenes in order to better direct the body energy.

The pictures below are painted by one of my clients Eva Razborek, from Slovenia. Some of them were used for the cover of one of my books "Life Stories for Graves' Disease". But this is not so important- what they all represent is a butterfly – which is actually our thyroid. This is how your child' thyroid looks like- a small, beautiful butterfly, and that's why I am so against surgery or RAI. That butterfly doesn't need to be killed or otherwise removed, it needs to stay where it is.



You and your child can close your eyes and try to imagine the beautiful butterfly in their throat and how this butterfly is being healed, how strong is and how well it feels to be there. They can draw their own picture or they can try to express their feelings, images

and dreams on that paper. Visualizing has been proven to help people with cancer, so why not people with Graves' Disease and hyperthyroidism? Taught properly, guided imagery can be an effective form of self- care, however, it is not meant to replace your doctor's care or prescribed medication. Rather it can be used to enhance the prescribed course of treatment.

Color Therapy (Chromotherapy)

The effects of color on our moods, health and way of thinking have been studied by scientists for years. Even an individual preference of one color over another may be related to the way that color makes the individual feel.

Color can be described as light- visible radiant energy of certain wavelengths. Photoreceptors in the retina, called cones translate this energy into colors. The retina contains three kinds of cones: one for blue, one for green and one for red. We perceive other colors by combining these colors.

According to Dr. Alexander Schauss, director of American Institute for Biosocial Research in Tacoma, Washington,, when the energy of color enters our bodies, it stimulates the pituitary and pineal glands, which as we know are very connected with the thyroid. This in turn affects the production of certain hormones, which in turn affects a variety of physiology processes. This explains why color has been found to have such a direct influence on our thoughts, moods and behavior- an influence that many experts believe is distinctly separate from psychological and cultural factors. Remarkably, color seems to have an effect on blind people, who are thought to sense color as a result of energy vibrations created within the body.

Clearly, the colors you choose for your clothes and for your home, office, car and other surroundings can have a profound effect on you and your child. Colors have been known to ease stress, to fill you with energy and even to alleviate pain and other physical problems. This idea, it should be noted, is far from new. In fact, the "color your world" concept is part of the ancient Chinese design technique feng shui.

I am not going to explain and go over all the colors, but just the ones I feel can help the Graves' disease healing process.

Blue is the color of the throat chakra. Blue has a relaxing, peaceful and calming effect. Blue lowers the blood pressure, the heart rate and respiration. In one study children prone to aggressive behavior became calmer when placed in a blue classroom. Blue has

also found to make people feel cooler in hot and humid environments. To help relieve the pain of ulcers, back problems, insomnia, pain, rheumatism and inflammatory disorders (like thyroid disorders), surround you and your child with blue and focus your minds on the body part you want to heal (in this case the thyroid) while looking at the color. One good place to do this is the countryside, where the blue of the sky and the water can impart a feeling of calming. I have also noticed that swimming in the sea or ocean also has a great effect, no matter that the water is salty.

Blue also will help the easy flow of communication whether it is with other people or listening to your own thoughts and feelings. Using the color blue in a situation of relaxation and repose will encourage quite communication and feelings of peace.

Put Blue in your child' life when any of these 4 needs are present:

- a need to calm, agitated, excitable or chaotic states
- a need to communicate clearly
- a need to help with new information or in seeing information in context
- a need for peace, detachment, solitude, and rest

I started to experiment with this color and adding more of it to my life. I changed the curtains in my bedroom from red to blue and tried to put a little bit of this color everywhere I can, scarves, cloths, table cloths, etc. To my big surprise it definitely had a big effect on my condition. I became calmer, I could go to sleep easier, and I really felt in peace.

My recommendation: Try to avoid bright colors like red, orange etc. because they are energy stimulating and this is the last thing that you need when dealing with a Graves' Disease condition.

Acupressure for Graves' Disease

I personally have not used or tried this type of treatment, but because many of my clients through the years reported very good results I feel obliged to mention it here as well. Acupressure is known as the "contact healing" method. Like acupuncture, acupressure seeks to restore health by restoring the normal flow of chi, the life energy that flows through the body along pathways called meridians. While acupuncture uses the insertion of needles to promote energy flow, acupressure uses finger and hand pressure.

Acupressure is safe, simple and inexpensive treatment. Although it may be performed by a skilled practitioner, because of the treatment's noninvasive nature, acupressure can also be performed by the individual for the immediate relief of pain.

I also consider any type of massage as good for the health, as it improves the performance of the immune system greatly. I still use it as a regular treatment of any kinds of problems, every week.

Physical Exercises for Children with Graves' Disease

No need to discuss in details the benefits of physical exercise- it reduces stress and anxiety, elevates mood and it's very useful and natural for children. However, I hate to say that, if your child is diagnosed with Graves' Disease and Hyperthyroidism it's necessary to reduce and even cancel any excessive physical activities and sports like bicycle riding, jogging or aerobic type exercises, mainly because of the heart palpitations. I know how difficult this could be, especially if your child is an athletic performer, or engaged a lot in all kind of sports. The main purpose here is to "slow" them down, and active sports do not contribute to this at all. The good news is that this is temporarily and ones their thyroid is within the normal ranges they can resume the sport accordingly. These physical activities can be substituted with walking, thai- chi or yoga, or any other "slow" activities.

Thyroid Eye Disease

(Exophthalmos in Graves' Disease) or (Graves' Disease Ophthalmopathy). Natural cures, remedies and exercises to help bulging eyes, double vision, and protruded eyes.

When I was diagnosed with Graves' disease, my left eye was already protruded; it was swelling and painful. My biggest concern was not only how I could get rid of the pain, but would my eyes be the same after the disease had been treated. Some Graves' disease patients like me suffer from Graves' Ophthalmopathy, sometimes called Thyroid Eye Disease or TED and even though it is a rare complication for children with Graves' Disease it's worth to mention a few things here as their self esteem suffers a lot, if they have the symptom.

10 things that can help TED and make your child's eyes feel better:

1. Cold compress on the eyes
2. Elevating head to relieve swelling
3. Flax seed oil
4. Lubrication eye drops (avoid the one that are treating red eyes), better prescribed by an ophthalmologist
5. Lubrication ointments
6. Humidifiers in the room
7. Wearing good sunglasses that are really protecting the eyes
8. Corrective surgery to loosen the eyelids (I don't know cases of kids went that far)
9. Decompression surgery (same as above)
10. Steroids and prisms (to correct double vision)

The last 3 are used only in severe cases where nothing else can help.

Eye Exercise #1

1	Find a focal point on the wall or a subject that is in front of

	you
2	Concentrate and hold for 5 seconds
3	Do the same thing with a subject on your left, on your right and down, always holding for 5 seconds.
4	Roll your eyes slowly, all the way around, in a circle trying hard to make them work together and exercising your eye muscles.
5	Roll them in one direction, rest for a few seconds, then roll in the other direction
6	Do that as many times per day as you can

Palming Eye Exercise #2

1	Put your palms to cover your both eyes
2	Press your palms against your eye balls and hold for 10 seconds
3	You may feel some pressure, but keep your hands tight
4	Remove the palms and open eyes wide, like you are staring at something
5	Repeat at least 10 times per day to relief the pressure in the eyes

Eye Exercise #3

1	Close the left eye (or put a hand on it)
2	With your right eye start drawing imaginary numbers from 1 to

	10
3.	Close the right eye
4	Repeat the exercise by drawing imaginary numbers with the left eye
5	Do that with both eyes altogether

Flax Seed Oil and Thyroid Eye Disease

As explained in the diet section of that book, but worth repeating here, Flaxseed oil is the most abundant plant source of omega-3 fatty acid, alpha-linolenic acid omega-3. The seeds and oil of the flax plant contain substances which are known to promote good health. Flaxseed and flaxseed oil are rich in alpha-linolenic acid (ALA), an essential fatty acid that appears to be beneficial for a lot of diseases. ALA belongs to a group of substances called omega-3 fatty acids. Flax seed oil is good for: Circulatory System, Immune System, Reproductive System, and Nervous System.

There are a lot of reports that it can help Thyroid Eye Disease and practically you can see results in 1 or 2 weeks. The recommended dose is 2 capsules/1000 mg each, 3 times per day- or as directed on the label for children. If there are no special indications reduce the above dose twice. You can find Flax seed oil in any GNC or Natural Store. You can also add flax seeds to your salad and just sprinkle them. Most of the clients that started to take Flax seed oil had a noticeable improvement within 2-3 weeks. Also some people with goiter reported that after taking Flax seed oil for a month or so their goiter just "shrunk", so it's a good option to give it try.

Chamomile cold compress is used for relieving puffiness and found that very helpful.

Chamomile Cold Compress

Chamomile is used often to reduce swelling. I had tried that and it has a very calming effect on irritated eyes.

For this compress make chamomile tea, refrigerate, and then soak a piece of clothe (could be a handkerchief), put on the eyes and leave it on for 15 minutes.

Recipe for Thyroid Smoothie

Flax Seed- Pineapple-Strawberry Smoothie

- 1 1/2 cups chilled pineapple juice
- 2 tablespoons Flax oil
- 4 tablespoons yogurt
- 10 frozen strawberries
- 3-4 ice cubes
- In a blender, combine ingredients in the order listed and puree to a smooth consistency, adding ice cubes as needed. Pour into a tall glass and enjoy!

Will the bug eyes go away?

I believe that once the symptoms are under control and the thyroid tests are within the normal range the eyes also will start to improve. Thyroid Antibodies are responsible for the condition of the eyes, so once they get within the normal range the eyes will start to feel and look better. It seems that children have much faster rate of improvement compared to adults and that pertains to the symptoms as well. This is a picture of me when I was diagnosed with Graves' disease- you can see the difference between both eyes, I definitely looked scary. A year later there is no sign that I ever had problems with my eyes. (1-st picture- spring, 2004; 2-nd picture-fall 2004)

Additional Articles to Consider

Love and Graves' Disease
Graves' Disease- A Missed Call for Love?

Despite recent advances in diagnostic procedures and the development of new techniques for removing or damping down the function of the thyroid gland, the enigma of Graves' disease remains unsolved. Why the thyroid starts functioning abnormally, why antithyroid medication can succeed in damping down the function of the thyroid gland in some people and not in others, cannot be explained.

A relationship between severe emotional shock and the onset of hyperthyroidism had been noted by clinicians since the first descriptions of the disease entity. Cases in which the illness starts immediately after a severe shock continue to be seen.

However the presence of emotional shock is not the only imperative for the appearance of Graves' Disease or Hyperthyroidism.

It appears that the presence of extended emotional disturbance or stress, even in cases where is not so evident, is a good enough reason for the onset of these diseases.

My personal observations as a former patient with Graves Disease, as well as my investigation as a psychologist show that the stability of Graves' Disease/ Hyperthyroid patients rests upon ability to gain affection and protection by doing for others. They appear to be friendly, out-going, and likeable persons, perhaps because they have unconsciously cultivated ways of being liked, usually giving much and asking little. They concentrate their efforts on gaining the affection of a parent, a child, friends, and a group of people or a spouse by self-sacrifice.

Unless they can give of themselves they feel unwanted and rejected. Even though they are unable to "assert" their own needs openly, they nevertheless expect unswerving fidelity in return for their over solicitude. That's the way they are able to control the people around them and that's how so called "neurosis of power" is created.

As a result the patient is left helpless, betrayed and enraged. It appears that the basic need of these patients is for more love than they can get at that particular moment and for a prolonged period of time. At a certain point the disease starts to manifest on different levels.

For me this is one of the basic psychological reasons for the onset of Graves Disease and Hyperthyroid- inability of the patient to communicate their need for love, as well as to receive love.

The structure of this psychological phenomenon lies in the following scheme:

Basic needs (love, food, acceptance, sense of belonging, sexual needs etc.**)- <u>not satisfied</u>** due to different reasons (rejection, inability to ask for etc.) → Aggressive Response→ Anxiety→ Defense Against Anxiety → Reaction Formation (ostentatious display of independence or/and affection)→ Break Down→ Ineffectual Defense Structure with overwhelming Anxiety is apt to produce thyrotoxicosis.

Prognosis for Graves' Disease at kids and teenagers

What I have found in the past few years, based on the emails I receive, is that usually kids recover much quicker than adults. I haven't read a special research on the subject, I don't think there is one. This is just my personal observation- if you do the right things- the disease will go away. Sometimes just a few things, a few changes are enough for the child to feel better and start the recovery process. I won't advise any parent to leave the child untreated, hoping that Graves' Disease will go away just like that. The least dangerous and acceptable option I found is the medication therapy (PTU or Methimazole), combined with alternative and supplemental treatments. Both usually do not interfere with each other. Plus, the medication treatment is temporary until the thyroid results of the child get within the normal ranges. Any of the other options- RAI or surgery I consider permanent and with a lot of side effects.

Additional Resources and References

eMedicine: Graves' disease:

http://www.emedicine.com/med/topic929.htm

This comprehensive site offers an educational overview of Graves' disease. This is an excellent place to learn more about this disease.

Graves' Disease:

Presented by the Mayo Clinic, this site offers information and resources for those suffering from hyperthyroidism as well as those simply wanting to learn more about this disease.

http://www.mayoclinic.com/invoke.cfm?id=DS00181&

Elaine Moore's Graves' Disease Education Site:

http://www.elaine-moore.com/gravesdisease/whatis.htm

This incredible site offers articles, resources, remedies and more, covering all aspects of the disease.

Hyperthyroidism/by Ron Kennedy, M.D., Santa Rosa, California

http://www.medical-library.net/sites/framer.html?/sites/_hyperthyroidism.html

National Graves' Disease Foundation:

http://www.ngdf.org/

This site provides useful information for Graves' patients, as well as allows those afflicted with the disease–where they can meet and form help groups. Be sure to check out the bulletin board for topics and postings from those concerned with Graves' disease.

American Association of Thyroid Patients:

http://thyroidfoundation.org/

This wonderful site provides a clearinghouse of information on thyroid resources for individuals suffering from all types of thyroid issues.

The Thyroid Association of America:

http://www.tsh.org/

This educational and informational site provides you with answers to all of your questions.

The Thyroid Foundation of Canada

http://www.thyroid.ca/index.html

Its purpose is to provide up-to-date information for thyroid patients and their families. It also provides links to other health and thyroid related organizations and Internet resources.

Thyroid Federation International:

http://www.thyroid-fed.org/

This global organization provides the latest information to researchers and patients regarding the status of thyroid research.

The American Society of Ophthalmic Plastic and Reconstructive Surgery

http://www.asoprs.org/directory.php

Find a surgeon in your state qualified to treat Graves' eye disease, or see if your surgeon is a member.

American Association of Clinical Endocrinologists

http://www.aace.com/

The voice of clinical endocrinology.

The Thyroid Society

http://apps5.oingo.com/apps/domainpark/domainpark.cgi?cid=MDNH9845&s=the-thyroid-society.org

For education and research 1-800-THYROID.

Graves' Disease /Mayo Clinic

http://www.mayoclinic.com/health/graves-disease/DS00181

Valuable information about Graves' Disease.

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