



Life Manual
for
Graves' Disease
and
Hyperthyroidism



Svetla Bankova

Thank you for purchasing your exclusive copy of my ebook “Life Manual for Graves’ Disease and Hyperthyroidism”!

In this ebook, you will learn from my personal experience what to do if you have Graves’ Disease or Hyperthyroidism. Everything I found I have tried on myself and I’ll share with you. That’s why I know it is working. It’s not just a theory- I tried that in practice. Now everyone can use it for their own benefit and cure, using safe, natural, and easy home remedies.

If you try these remedies and do not have even a slightest improvement of your health I certainly will refund your purchase price immediately. Simply send me an email to mythyroid@gravesdiseasecure.com and let me know. I want to hear your opinion!

If you try these remedies and do achieve better health, I would love to hear your success story. Please email me at mythyroid@gravesdiseasecure.com subject line “My Success Story” and I’ll be happy to send you the latest research about Graves’ Disease right to your email!

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Testimonials

Dear Svetla,

Thank you, I love the list! I've been working less and laying low, it was my natural inclination when I realized something was wrong. I feel the need to tend to myself and relax! I've been de-cluttering my house, my life & my desk at work! Also, I've been wanting to paint a picture and will start soon. I DON'T want to shop for the holidays, so I think I'll make some special food items for the people I love! Thank you again!

Bonnie, Stony Brook, United States

Dear Svetla,

Thanks so much for your reply. I've now downloaded the e-book and I am reading it. Anyhow, I just wanted to say thank-you for the information and for taking the time to help other people. I truly believe a lot of what you say. And I'm sure the reason I have this disease is because I can't express myself freely. I am desperate to leave my boring 9-5 job and start drawing on my creative side but it's not easy to do when you're single and need the job to survive.

I'm hoping these two things will allow me to leave work and for once in my life start doing and being what I want to be.

Madeline, New Zealand

Dearest Svetla,

Thank you so very much, for all your help. It has been so very useful! It is great to know that I AM NOT THE ONLY ONE! I must say my life has been so very, very stressful, and in fact I don't take stress well at all. I must

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now learn, that I cannot please everyone and must now think of myself. I do not have a big problem with heart racing, etc. but sleep deprivation is a big problem. I will carry on with your herbal suggestions. I will keep you updated, as I go along.

My best wishes for Christmas to you and your family. God Bless you.

L. Kirkby

Parrow, South Africa

Dear Svetla,

Just wanted to say thank you for your help with my dealing with Graves. God has been merciful and healed my double vision. I am now driving again and am very grateful for the opportunity. I still have a bit of swelling in the eyelids every morning and of course the bit of bulge but nothing I can't deal with.

I just wanted you to know how much I appreciate your information that has helped me look anew at how I live. Thank you so much. I do not smoke so I am not worried about that. Your book was instrumental in my changing some of my habits...bad or good!

Again thank you,

Vada, Fruitland, United States

For more success stories, please check my latest book "Life Stories for Graves' Disease and Hyperthyroidism". It's a contribution work of 32 people from all around the world:

<http://www.gravesdiseasecure.com/LifeStories.html>

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Svetla Bankova

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“If you know the point of balance, You can settle the details. If you can settle the details, you can stop running around. Your mind will become calm. If your mind becomes calm, You can think in front of a tiger. If you can think in front of a tiger, You will surely succeed.”

Mencius

This book is dedicated to all people suffering Graves' Disease or Hyperthyroidism.

Thank you for trusting me and buying your exclusive copy of my book "Life Manual for Graves' Disease and Hyperthyroidism"! This is my own personal story and my variation of how I cured incurable disease like Graves' disease and Hyperthyroidism. However, everybody is a different person so make sure that you are taking away from this book only what you feel applies to you and use your own judgment! There is no guarantee that what worked for me will work for you too.

What I have learned is that there is no magic pill that you can take and cure yourself overnight. It will take time and it is a multi-step process that will cover a lot of aspects of your life, if you are willing to change.

As of this writing I no longer have Graves' Disease and I consider myself cured. I've been more than 7 years considered "EUTHYROID"- a "diagnose" that I know all of you want to hear. I know that I may sound arrogant- this disease is considered incurable. But this is my challenge to all people who can not go beyond the symptoms, the drugs and sometimes unfortunately can't see further than that.

I lived for many years as a "good girl" cut off from my creative self, living out a death sentence. Unable to acknowledge my losses, my pain, and what I really want, I was in the process of working myself to death instead. I have now recovered my spirit, I am once again alive. I am awake. I am alert. I take pleasure of my life. I try not to be defensive, workaholic and perfectionistic.

I try to see and admit the truth about myself and to be authentic- if possible at all the times. To the people who will read this book, my dear readers, I can say this:

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Listen to your body, home to your soul. It is talking to you; it is your most truthful messenger. It is not your enemy.

Love your Graves' disease- it is the way your body reminds about itself. Your body is the barometer for your soul- thrust it.

Let yourself heal.

Why I have the right to write this book?

My Story

A Graves' disease survivor. That's me. I am saying survivor, because this disease came to me unexpected, unwanted, and made my world upside down. 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. You can do that, too, and I am here to show you how.

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 you cannot die of Graves' disease, you, as me and many others out there, are practically dying every day.

Being a survivor without surgery, RAI, and no more pills- in less than a year makes one believe that any person who has Graves' disease or Hyperthyroidism can do that too.

The spring of 2003 wasn't the best time in my life. I was exhausted and tired all the time. I lost sleep and I was having a horrible heartbeat. Those were the moments I thought I'm dying and my heart would come out of my mouth. I lost a lot of weight and became like a skeleton, but I thought it's because I'm too energetic. I would wake up ten times per night with muscle cramps. My period suddenly disappeared and my left eye started swelling; later I learned that this is

called “protruded eyes”. I am not saying that I was very beautiful before, but I definitely never looked like Quasimodo. Even my 7-year-old daughter was scared of me.

I was diagnosed in December 2003, finally, after I had symptoms for more than 6 months and after I 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 in 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 how you can do that too.

This is the place to say again- if you are on any kind of thyroid medication, prescribed by your doctor, **DO NOT STOP IT**, as this could be very dangerous for your health.

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, it is about what causes the disease and how you prevent it from happening again. Most of all it is about changing your life, being aware of what's happening to you, and believing that you deserve not to suffer.

I just wasn't satisfied with explanations like "we don't know exactly what causes Graves' disease", and you shouldn't either.

I strongly believe as a psychologist, that we create our own disease and illnesses, and that the cause for almost all diseases is due to mental 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 to help you and serve you in your battle. You won't find though a specific recipe that you can apply tomorrow and wake up cured the other day. This is a process. This will be a change of your life style, of your 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 you and what you find comfortable with. It is your right and responsibility to take care of yourself and to be healthy and happy again.

For those of you who want to learn more about this disease, for those who are suffering, for their family and friends, this is the book for you. It is for those who want to take their understanding of disease to a different level and not be at the mercy of doctors, begging for their time, professionalism, and attention.

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.

That's why I am writing this book now. This book is a call for awakening your creativity, believing in yourself, speaking up for yourself and saying what you WANT and putting that into practice.

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. 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.

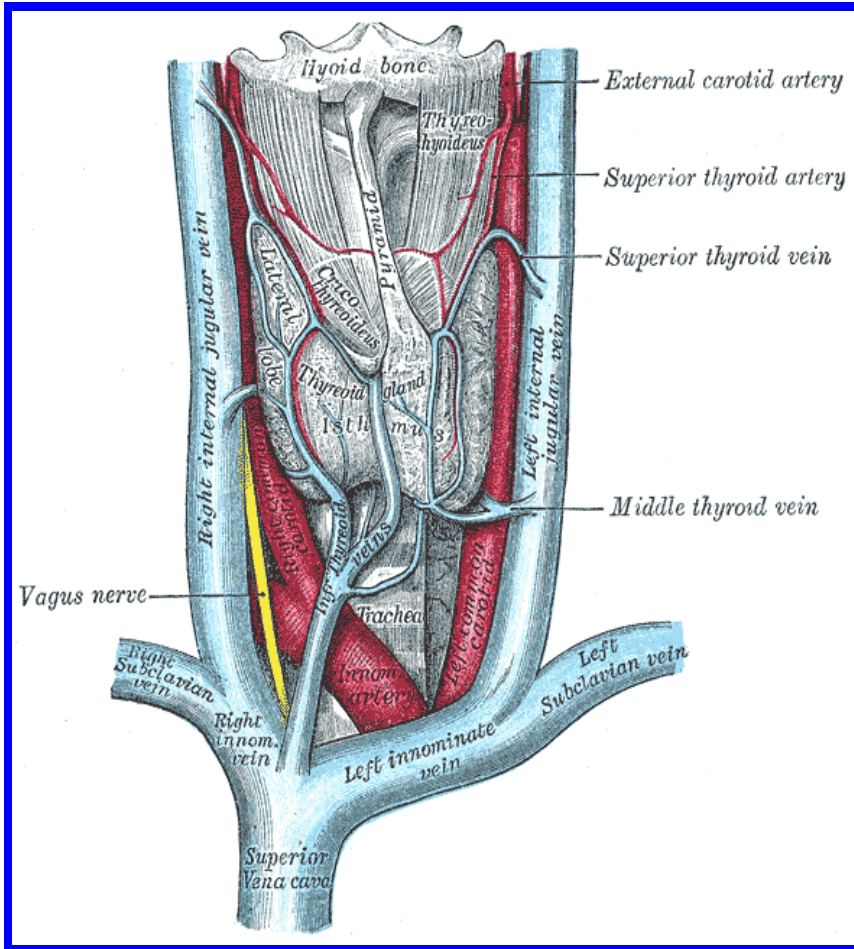
Hyperthyroidism is a condition in which an overactive thyroid gland is producing an excessive amount of thyroid hormones that circulate in the blood. ("Hyper" means "over" in Greek.) Thyrotoxicosis is a toxic condition that is caused by an excess of thyroid hormones from any cause. Thyrotoxicosis can 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.

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 symptoms. Your checklist and self-test for Graves' disease

	Possible Symptom	Do I have 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	Diminished sex drive	
16	Abnormal breast enlargement (men)	
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)	
26	Eye irritation	
27	Change in the sex drive	
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	
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	Difficulty conceiving/infertility/recurrent miscarriage	
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, you should inform your doctor and insist on further tests.

Most people have just a few of the symptoms, but they are very representative and evident, for example, heart palpitations when they are not a result of normal physical activity, menstrual period that has been one and the same for years and now you are experiencing changes, 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.

How are you diagnosed? How to read your test results? What are the normal ranges?

In all cases, to diagnose if you have Graves' disease, your doctor should send you 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 "Your tests are **abnormal**- you may have

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Graves' Disease or Hyperthyroidism- you probably have a lot of questions in your head. 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 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 you have 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 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 your 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

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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, 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 normal 5.6-13.7, 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 you have been tested and show positive, find a doctor willing to treat you 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 people 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 etc.). There is no direct treatment that I know of, for the antibodies themselves. The course of treatment goes like this:

1. Your TSH, FT3 and FT4 will get in the normal range.
2. After a few months, if you continue to maintain the same thyroid results, your Thyroid antibodies will get in the normal range as well.
3. This is the point where you are considered "euthyroid".
4. Your Thyroid Eye Disease will start to improve gradually, as this is the last symptom to disappear.

Thyroid Antibody	What will say on your documents	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. 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 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 you have 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 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 your medication without the permission of your doctor. This could be very dangerous for your 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.

Thyroid Storm Symptoms

1. Hyperpyrexia, temperature in excess of 106°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.

Answering the question: Why me? 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 there are many people in my situation asking themselves the same question and not finding an answer.

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 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 you can not see it), so the only option possible at this moment is to kill your own cells.

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 with two roommates, 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.

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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 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 Psychoanalytic Explanation of Graves' Disease

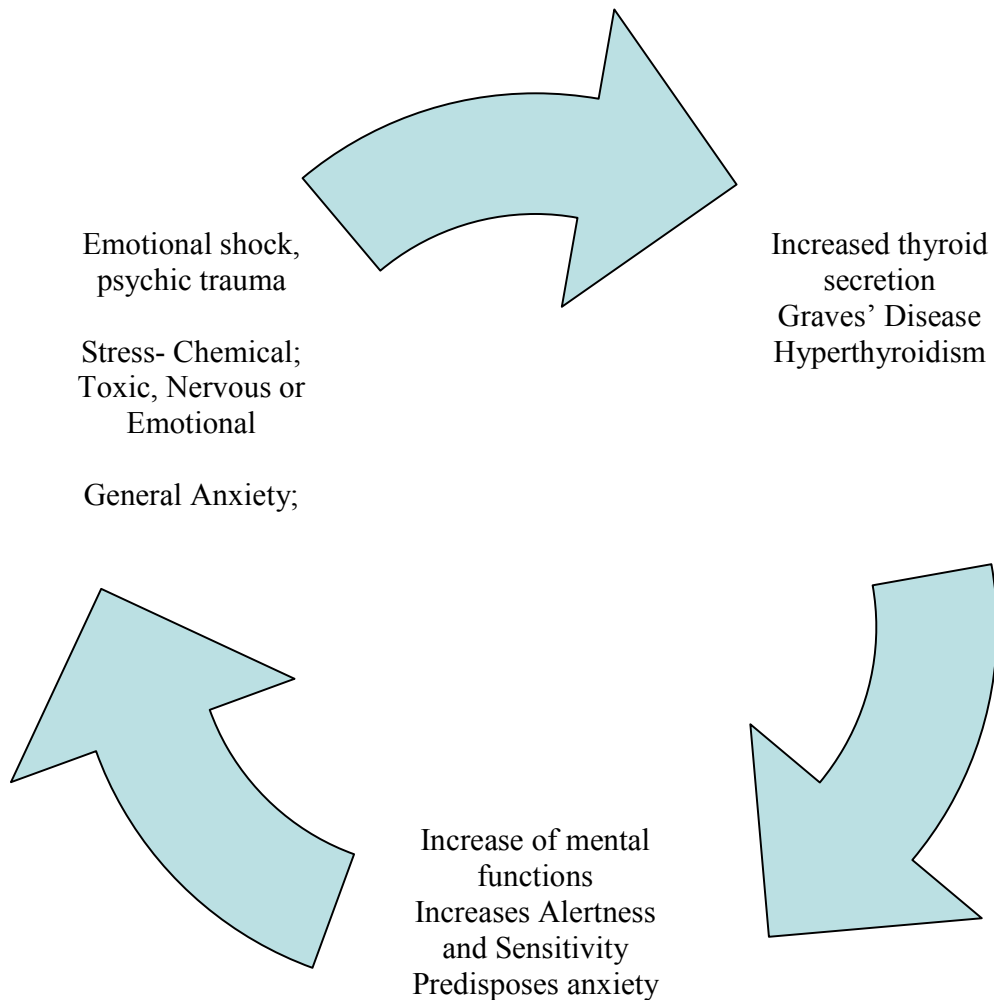
The psychological factors of thyrotoxicosis (Graves' or Basedow Disease), as well as many of the psychological mechanisms involved, are well established-even in the beginning of the 20th century. Hence this disease is especially appropriate for the study of psychosomatic interrelations, which I strongly 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; Mittelman) (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

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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.

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 psychodynamics of the hyperthyroid patient, which in general confirms my own personal observations and what my clients shared in emails for the past six years. 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 an identification with the mother. Conrad also studied a great number of patients anamnesticly 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;

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- a strong sense of responsibility;
- a tendency to control the outward expression of emotions
- And that any threat to their security, either by prolonged strain or by sudden emotional shock, could precipitate the hyperfunction 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 psychodynamic pattern in which these various psychological factors are related to each other. Careful analysis of the data revealed a psychodynamic 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.*

How do I fit in this profile?

I don't know if you found yourself anywhere in this pattern, I did, 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 one daughter and a step son. But this is just how the life turned out for me, no regret.

How this psychomatic profile, described above will help us? This is to better understand what might be the cause for our illness and it always helps. But don't do the mistake to blame anyone- parents, 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 people who are most likely to develop Graves' Disease.

No.	Psychological Characteristics of people who are very likely to develop this disease	Do I have that? Yes/No
1	I am engaged in a lot of activities	
2	I am not taking care of myself and I don't know how	
3	I am restless	
4	I work something that I don't like	
5	I have a lot of stress at work	
6	I have a lot of stress at home	
7	My family's and friend's needs are ahead of mine	
8	I don't love myself and I don't know how to love myself	
9	I am doing a lot of things for other people to receive their approval	
10	I am afraid that people won't like me if I don't do things for them	
11	I am constantly worried about a lot of things	
12	I don't have hobbies and favorite things to do	
13	I don't do any physical activity, or very little	
14	I don't know what I want to do	
15	I don't remember when was the last time	

	I did something for myself	
16	I feel overwhelmed with things	
17	Time is never enough for me	
18	I am a workaholic	
19	I am a center of attention in social settings	
20	I doing a lot of volunteer work	
21	I am a perfectionist	
22	I am over committed and overachiever	
23	I don't believe that I deserve what I want	
24	I don't believe that I am good enough	
25	I am anxious about the future	

It's hard to say, but if you find yourself in the above table and you checked more than 3, then probably it is really a time to reconsider your life, because, for me, if there is a pain, that means something really is wrong.

Five reasons why you may develop Graves' Disease, at any point in your life:

1. Inability to speak up for yourself
2. Inability to be creative or lack of creativeness
3. Inability to ask for what you really want
4. Inability to speak up the truth
5. Inability to make decisions based upon 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. It's your call now.

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Why Women are 8 times most likely to have Graves' Disease. The psychological explanation of this phenomenon

This is a question that traditional medicine cannot answer either, but there is a reasonable explanation why exactly women, but not men, contract Graves' disease. This is no longer true any more.

I conducted a survey in my office few months ago, and a survey on my website and in my monthly newsletter, asking all the women what is their biggest challenge, their biggest problem? There was a list of few things, such as balance life and career, manage stress, deal with depression, anxiety, marriage problems etc. To my surprise I saw that 95% of them checked the answer: “How to take care of myself” and “How to have more fun and enjoy life more”!

There is no such a subject at school like “how to love myself” or “how to take care of myself” or “how to have fun in my life”, because when we were kids nobody taught us how to do that. Everything that they teach us is that life is a responsibility to others, hard work to earn our living, and how we have to contribute to the society. This is all true to a certain extent.

I want to mention that a large percentage of the women, that participated in the survey in my office were on anti-thyroid medication, had thyroid surgery, or have been treated with RAI.

The answer was evident and what I have experienced on my own is a confirmation. Women of the 21st century, including myself, don't know how to take care of themselves and they don't really believe that they deserve to enjoy life. There are too many requirements for women, i.e., they have to be parents, partners, and career achievers all at the same time.

To some point it's understandable that the women always had to take care of the kids, to keep the family together. They are most likely to forget what they really like to do, what their hobbies and interests are. They are genetically predetermined to take care of the others before themselves.

During my practice I often had to ask them 'What do you like? What do you want?' The answer that I was receiving in most cases was 'I don't know what I want'. Their real needs are masked so deeply behind the needs of others that the answer is 'I don't know'.

I am not acting here as women's advocate and I hope that I don't sound as a pure feminist. Men have often been in this position and many of them still are. The question here is a matter of statistics more than anything else.

If you have ever been on a plane and have listened to what the flight attendants are saying, you'll understand what I mean. Usually they give you instructions at the beginning of the flight what you should do in case of emergency. You have to put your oxygen mask first on yourself and then help the others, including your family.

Do you know why? Because if you are not OK, nobody around you will be. If mommy is not happy, nobody is happy. I will add, if she is not healthy, nobody will feel good as well. You can't give something to someone, if you don't have it. You can't take care of the others, if you are not taking care of yourself, if you don't have that energy that is required to take care of the others.

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.

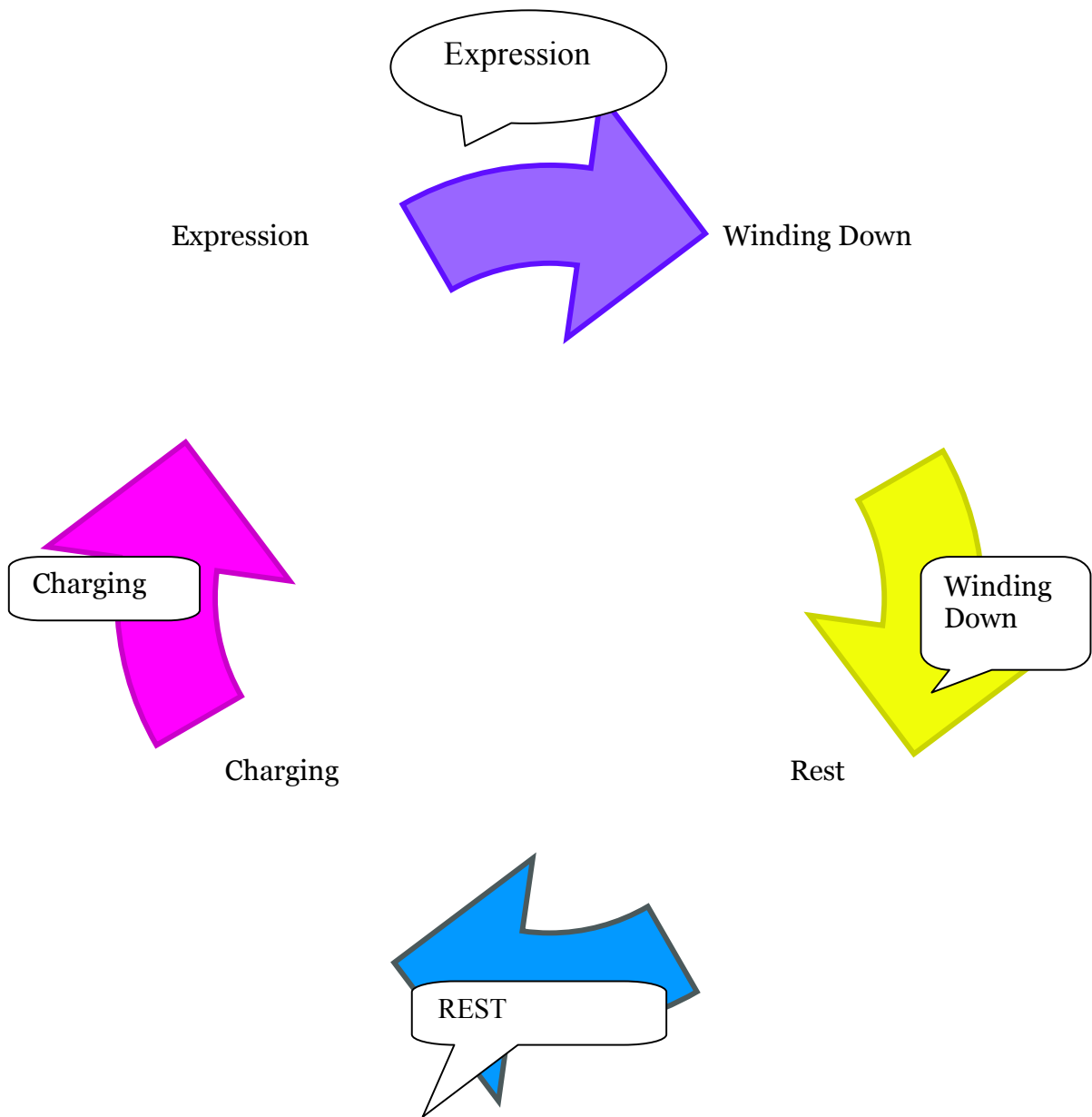
However, there clearly is such a thing as bad stress. So, how are the two distinct? I quite like to think in terms of how a situation can be resolved, and also in terms of how long the situation goes on for. Both are relevant.

One of the classical models of stress that is used in research is if you are preparing for a job interview, 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 job interview is over, no matter what the result would be, we 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 because we are helpless, all this readiness has nowhere to go. We feel 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. That also pertains to unsatisfactory job and a fear that “you have nowhere to go, or earn this money”.

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 Parasympatetic Nervous system is responsible for Winding Down and 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.

How all this relates to people with Graves' Disease and Hyperthyroidism? Most of us are stuck in the "charging" and "expression" phases of the cycle, i.e. we tend to overload the Sympathetic Nervous system, large quantities of cortisol are released and that affects our immune system. We are helpless; all this constant readiness for action has nowhere to go. We feel trapped, and the alertness readily turns into worry, or anxiety or panic. We 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: unsuccessful marriages, unloving relationships, dysfunctional families, unsatisfactory job, winning relatives (you can't fire them), and difficult kids (them either), financial instability that lasts too long, unhealthy social environment etc. Most of us have some of that- and sometimes in larger quantities than we handle.

Stress Management Tips

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 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 work

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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
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.

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

So far, the traditional medicine knows three ways to cure this disease.

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

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8. Wound infection
9. Keloid formation
10. Visible scar on your neck
11. It is permanent

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.

10 Reasons not to have 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 can become worse. Chance of thyroid eye disease developing increases dramatically, as RAI doesn't stop antibody production.
 5. You may have to take pills for hypothyroidism for the rest of your life.
 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
 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 you are on any medication- Do Not Stop your 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 your medication! If you are on any of this medications and you don'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:	<p>Methimazole is used to manage hyperthyroidis. 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.</p>	<p>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.)</p>
Generic available:	no	yes
Preparations:	Tablet: 5 mg and 10 mg.	Tablet: 50mg.

Generic name:	Methimazole	Propylthiouracil
Brand name:	Tapazole	None available
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 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.	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 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	PTU is generally well-tolerated with side effects occurring in 1 of every 100 patients. The most common

Generic name:	Methimazole	Propylthiouracil
Brand name:	Tapazole	None available
	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 to problems with excessive bleeding.	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, 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.

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 never used beta- blockers, I wasn't prescribed by my doctor, even though I had severe palpitations. I can't 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

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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 treatment. What I mean by that is, you have to know your symptoms inside out, know when you are heading hypo or hyper, and then use this type of treatment.

Mental Aspects of Graves' Disease

A frequent complaint of Graves' Disease patients and their friends and family is emotional lability, mood disorders and hysterical symptoms with no apparent reasons. Periods of depression may alternate with manic symptoms. Some of the patients can experience panic- attack likely symptoms. They all can be classified as Mental Disorders due to a General Medical Condition.

According DSM IV (the American Psychiatric Association Classification Book) a mental disorder Due to a General Medical Condition is characterized by the presence of mental symptoms that are judged to be the direct psychological consequence of general medical condition- in that case Graves' Disease.

Disorders that are often associated with Graves' disease are so called Mood Disorders and more specifically 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

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- 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.

Anxiety Disorders

Anxiety Disorders are the other group of disorders often associated with Graves' Disease. Panic Attack is often mistaken with the palpitations, accelerated heart rate, shortness of breath etc. Panic Attack is not codable disorder, but in order to be classified as a Panic Attack there should be an intense fear or discomfort, in which four (or more) of the following symptoms developed abruptly and reached a peak within 10 minutes.

- palpitations, pounding heart or accelerated heart rate
- sweating
- trembling and shaking
- sensations of shortness of breath or smothering
- feeling of choking
- chest pain or discomfort
- nausea or abdominal distress
- feeling dizzy, unsteady, lightheaded, or faint
- derealization (feeling of unreality) or depersonalization (being detached from oneself)
- fear of losing control or going crazy
- fear of dying
- paresthesias (numbness or tingling sensations)
- chills or hot flushes

Personality disorders

Histrionic Personality Disorder

This personality disorder could be describes as a pervasive pattern of excessive emotionally and attention seeking, indicated by five (or more) of the following:

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- is uncomfortable in situations in which he or she is not the center of attention
- interaction with others is often characterized by inappropriate sexually seductive or provocative behavior
- displays rapidly shifting and shallow expression of emotions
- consistently uses physical appearance to draw attention to self
- has a style of speech that is excessively impressionistic and lacking in detail
- show self- dramatization, theatricality and exaggerated expression of emotion
- is suggestible, i.e. easily influenced by others or circumstances considers relationships to be more intimate than they actually are

Most of the above mentioned symptoms are definitely present for Graves' Disease. In fact, most of the times the mental symptoms proceed the disease itself, can be developed correspondently with the disease, or exist separately without no evident connection.

Since I believe that all the systems in our body are connected, then when treating one disease any medical doctor should have in mind possible mental symptoms as well. In all case, if any of those symptoms are present due to whatever reason, I would suggest that you should consult a psychotherapist or psychologist so you can work on your psychological symptoms as well. If they are all result of your medical condition, when the disease has been treated they are more likely to disappear as well.

Thyroid Eye Disease

(Exophthalmos in Graves' Disease) or (Graves' Disease Ophthalmopathy).

Natural cures, remedies and exercises to help your 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.

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

- 1. Cold compress on your eyes**
- 2. Elevating head to relieve swelling**
- 3. Flax seed oil**
- 4. Lubrication eye drops (avoid the one that are treating red eyes)**
- 5. Lubrication ointments**
- 6. Humidifiers in your room**
- 7. Wear good sunglasses that are really protecting your eyes**
- 8. Corrective surgery to loosen the eyelids**
- 9. Decompression surgery**
- 10. Steroids and prisms (to correct double vision)**

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

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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

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 your palms and open your eyes wide, like you are staring at something
5	Repeat at least 10 times per day to relief the pressure in your eyes

Eye Exercise #3

1	Close your left eye (or put your hand on it)
2	With your right eye start drawing imaginary numbers from 1 to 10
3.	Close your right eye
4	Repeat the exercise by drawing imaginary numbers with your left eye
5	Do that with both eyes altogether

Flax Seed Oil and Thyroid Eye Disease

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.

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 2 capsules/1000 mg each, 3 times per day- or as directed on the label. 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 your eyes and leave it on your eyes 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 your bug eyes go away?

I believe that once your symptoms are under control and your thyroid tests are within the normal range your eyes will start to improve. Thyroid Antibodies are responsible for the condition of your eyes, so once they get within the normal range your eyes will start to feel and look better. 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.



(Spring 2004)



(fall 2004)

Graves' disease and Fertility, Pregnancy and Breastfeeding.

Amenorrhea (lack of menstruation) and Oligomenorrhea (irregular and light menstrual flow)

1. Question: Can you conceive when you have Graves' disease? Graves' disease and fertility.

While treated for hyperthyroidism or on medication you may experience fertility problems or miscarriage. The reason is that most of the women patients suffer from amenorrhea (lack of menstruation) or oligomenorrhea (irregular menstruation). Once your symptoms become normal, then normally, you can conceive. Do not use your hyperthyroid condition as birth control pills, since there are many women who became pregnant and had successful pregnancy while hyperthyroid.

2. Question: Can you have a successful pregnancy while on anti-thyroid medication?

In general the answer is yes. During my research I found a lot of women that had successful pregnancies while on ADT. However, it is considered that both PTU and methimazole can be harmful to unborn babies. PTU is considered safer than Methimazole. Usually your doctor will recommend the smaller possible dose to control your condition. I believe that worry and anxiety can cause even worse effects on your pregnancy, so my advice is to calm down and use other methods like meditation to control some of your symptoms during pregnancy that are know to be harmless.

3. Question: Can you breastfeed while on medication?

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Breastfeeding while on antithyroid is a question on which still there is a debate among doctors. Some experts believe that it is safe for a woman to use either PTU or methimazole while breastfeeding as long as the dosage is low. PTU is considered a preferred drug, since methimazole concentrates in breast milk more easily.

My personal opinion is if possible, avoid any medication while pregnant and breast-feeding. Nobody can tell for sure what will happen to the baby and what kind of harmful effects any medication can have. Most doctors believe also that if you are able to conceive, this will “straighten up” your hormones, including your thyroid hormones. However, if you are experiencing a severe thyroid condition-it’s more harmful for the baby to be hyperthyroid than on small doses of medication.

Recommendations:

- Have your blood test done every 4 weeks
- Get the opinion of at least two endocrinologists, as well as from an obstetrician, who is familiar with Graves' Disease.

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 for your illness, as well as looking 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

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big supporter of the natural healing, so in the next few pages I'll offer you solutions for some of your symptoms. They helped me, so probably they'll help you. The good thing is that they are harmless, 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 your healing, new ways and methods to incorporate in your everyday life. Some of them include meditation, Reiki, yoga, etc.

Herbs that can help your Graves' Disease symptoms

Consult an herbalist for specific recipes and how to use the herbs. If you are allergic to alcohol- do not take a tincture of any of them, because it contains alcohol and may provoke an allergic reaction.

No.	Name of herb	Symptom relief
1	Valerian Root (<i>Valeriana officinalis</i>)	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 (<i>Lycopus</i>) or <i>Lycopus virginicus</i>	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 (<i>Melissa officianalis</i>)	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 (<i>Cytisus soparius</i>)	cardiac problems, palpitations from heart strain and exhaustion
5	Hawthorn berry (<i>crataegus laevigata</i>)	increases the coronary circulation, educing palpitations and arrhythmias.
6	Passion Flower (<i>Passiflora incarnata</i>)	insomnia, exhaustion, and pain, sedative, tranquilizing, and sleep-inducing properties
7	Chamomile (<i>Matricaria chamomile</i>)	anti-inflammatory properties, good for rheumatism, arthritis, and other painful swellings, antispasmodic for intestinal and menstrual cramps, relieving gas pains
8	Motherwort (<i>Lenonurus cardiaca</i>)	to reduce palpitations and is especially effective when cardiac symptoms are associated with anxiety and tension.
9	Lavender (<i>Lavandula angustifolia</i>) (oil or dried flowers)	anti-inflammatory effects, headacke, acne, insomnia, calming effect, use them as herbal pillows or in aromatherapy
10	<i>Verbena officinalis</i>	insomnia, general calming effect, see the tea recipe below

INSOMNIA TEA

1 1/2 oz dried Lemon Balm

1 oz Chamomile

1/2 oz Spearmint

Mix all and add to 1 cup boiling water. Steep 8 minutes; strain.

RELAXANT TEA

1 1/2 oz dried Vervain leaves
1 oz Valerian Root
1/2 oz Devils Hoof or Juniper

Allow steeping for 20 mins, use hot, but not boiling, water else 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
1/2 tbl sp mint (or a bunch)
1/2 tbl sp Rosemary(or a bunch)
1/2 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.

10 supplements and vitamins you can use to help your 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 body and accordingly discuss with your doctor the proper dose for you. Do not take all of them without consultation with a doctor.

	Supplement/ Vitamin	What is it doing?	Recommended Daily dose
1	Carnitine L-carnitine (<u>levocarnitine</u>)	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 hyperthyroid symptoms
2	Flaxseed oil	Reduces hyperthyroid 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

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 einschliech 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)

Graves' disease Diet. 56 commonly used foods with and their iodine content.

For better results regarding Graves' Disease, you may consider avoiding foods with high iodine content!

It is highly recommended by doctors and endocrinologist if you have Graves' Disease to avoid iodine, saturated fats, caffeine, sugar, wheat and dairy products. At the same time the goitrogens (these are foods containing chemical compounds that block iodine absorption) should be increased. These are foods that inhibit the uptake of iodine work on the same principle as some of the antithyroid drugs, inhibiting thyroid hormone synthesis, release or action.

Goitrogens include foods of the Brassica family including broccoli, kale, kohlrabi, Brussel sprouts, turnips, cauliflower, rape and mustard. Non Brassica with goitrogenic properties include horseradish, cress and radish. Levels of goitrogens are highest in the seeds of those plants. Look at the shorter list bellow to find what is good and not for your thyroid. Other goitrogens include sweet potatoes, millet, peaches, cabbage and members of the mint family, including mint, borage, basil, oregano, marjoram, mustard greens, pears, almonds and spinach, lemon balm, rosemary, lavender and hyssop. This is a list of some of the foods with their iodine content to help you determine what to include in your Graves' Disease diet and what not:

IODINE CONTENT IN FOODS

	ITEM	Iodine (parts per million)
1	SALT Iodized	54
2	Seasoned	40
3	Sun-evaporated	30
4	Unionized	19
5	DRINKING WATER (US average)	8
6	SEAFOOD	
7	Kelp	1,020
8	Squid	39
9	Crab	33
10	Sole	24
11	Clams	20
12	Shrimp	17
13	Shark	15
14	Sea bass	13
15	Lobster	9
16	Oysters	8
17	Red Snapper	7
MEAT AND POULTRY		
18	Beef liver	325
19	Turkey	132
20	Chicken	67
21	Stew meat	66
22	Hamburger	44

DAIRY		
23	Cheddar cheese spread	27
24	Butter	26
25	Mozzarella cheese	13
26	Homogenized milk	11
27	Monterey Jack cheese	10
28	Nonfat dry milk	7
29	Sour cream	7
30	Cottage cheese	5
31	Yogurt	3
VEGETABLES		
32	Asparagus	169
33	Broccoli	90
34	Onion (white)	82
35	Corn	45
36	Brussels sprouts	23
37	Peas	13
38	Tomatoes	10
39	Potato (Idaho)	9
40	Carrots	8
41	Green beans	7
42	Spinach	7
43	Okra	4
MISCELLANEOUS		
44	Tortilla chips	80
45	Wheat germ	46
46	Potato chips	40
47	Orange juice	18
48	Almonds	17

49	Oats	16
50	Pretzels	15
51	Apple	8
52	White bread	8
53	Vegetable shortening	7
54	Pear	4
55	Cola	3
56	Milk chocolate	2
57	Sugar	2

10 foods that can help your thyroid condition

- Broccoli (*Brassica oleracea*)—contains naturally occurring substances called isothiocyanates, which help restrain the thyroid from producing too much hormone.
- Radish (*raphanus sativus*)- they naturally suppress thyroid hormone production
- Brussels sprouts
- Cabbage
- Cauliflower
- Kale
- Mustard greens
- Rutabagas
- Turnips

8 Foods and Beverages to avoid

- Coffee
- Black tea

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- Chocolate
- Soda
- Alcohol
- Smoking
- Walnuts
- Peanuts
- Avoid also Aspartame (in coke and sodas)

Here is an example diet of one of my clients Tanya Otto from South Africa:

Daily routine

Before breakfast:

1 x big tablespoon of Barley Green 2 x Flax Seed Oil tablets (2500mg)

After Lunch: 10 drops of lemon balm tincture (not always just when I feel I need it), make sure that you are not allergic to the alcohol in the tincture.

Peppermint Tea/Chamomile mix (pompadour teas bought in supermarket)

After Supper: Veggie liquidized shake:

Half a whole broccoli / cauliflower; Some cabbage

Some carrots

More detailed explanation of Hyperthyroidism diet see in my other book “Ultimate Diet Secrets for Graves’ Disease and Hyperthyroidism”.

My personal diet for Graves' Disease

Morning: dawn to late morning

When I wake in the morning, our body is still sluggish, as my bodily functions have slowed down during the night. It makes no sense to suddenly fill the stomach with large heavy breakfast. This is the reason why we should not overload the stomach if we take an early breakfast, as we need to allow it to eliminate the toxic residue left from the evening meal. Early morning is therefore a good time to drink a glass of pure water into which is squeezed some lemon or lime juice. This purifies the stomach and colon and ultimately clears the skin. Eating a grapefruit or a green or pale yellow melon is good at this time of the day, because of these fruits' cleansing properties.

An early breakfast should be light and nutritious, based on green and yellow fruits, and a later breakfast should include energizing yellow carbohydrates, such as bran, corn, wheat, or oat cereals, nuts and seeds. Herb tea can provide liquid refreshment that reflects the yellow and green ray. Tea or coffee should not be drunk at breakfast, for these liquids greatly retard the absorption the iron into the body. Rather drink these stimulants later in the morning.

Fruits for breakfast and the morning

Apples, bananas, figs, gooseberries, green grapes, lemons, limes, melons, passion fruit, pineapples, yellow pears

Day- noon to sunset

As the morning progresses to noon, the heart takes its nourishment, and so a large heavy meal then would tax it and make you feel tired afterwards. Between 1 and 3 in the afternoon, the small intestine takes its energy, so it's best to digest a lunch of complex carbohydrates and fiber, as found in salads and vegetables. I suggest a light meal based mainly on green salads, lightly cooked vegetables and a little fish or white meat, or alternatively a carbohydrate like pasta and cheese, or potato and salad if you are food combining. If you like a glass of wine, drink it at lunch, rather than in the evening; red is better than white. Red berry juice is an excellent alternative. I personally don't drink any alcohol during the day, but it's a matter of choice.

Fruit for lunch and afternoon:

Apricots, bananas, guavas, mangoes, oranges, papayas (pawspaws), peaches, pink grapefruit, plums, prunes, raisins, raspberries, red apples, red cherries, red and yellow melons, strawberries, tangerines, watermelon, or the juice from any of these.

Evening- dusk and evening:

Evening meals should consist of food mainly of violet, green and blue coloring- we can benefit from the calming and pacifying effects of these colors by eating food from the cooler end of the spectrum- fish (make sure that the fish does not contain a lot of iodine), soft white cheese, or light vegetable protein, lightly cooked vegetables, and salad. Evening meals should contain half carbohydrates, one- third salads or raw or lightly cooked vegetables, and one-sixth lean meat or chicken, or legumes, and the later in the evening we eat the less food we need. Fruits can be eaten at a short interval after the evening meal, and these are some of my recommendations:

Fruits for supper and the evening:

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Blackberries, blackcurrants, blueberries, figs, green apples, green melons, green plums, kiwi fruits, lincbees, purple grapes

Avoid tea, coffee and stimulants and meals consisting of red meats, hard cheese or fats such as cream. If you eat a heavy meal or brightly colored food at night, your blood pressure will rise as the triple heater is over-stimulated and it's likely you will end up feeling bloated because your liver is overloaded. Avoiding these foods will help you relax so you can sleep well. People who suffer from insomnia usually find they have been consuming red food late at night- so avoid that type of food.

Treating the Cause of Grave's Disease

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

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

When 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 descends.

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.

6 ideas for activities that can help you restore the balance of the throat chakra

1. Singing
2. Chanting
3. Playing a musical instrument

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4. Dancing
5. Drum banging
6. Toning (making extended vocal sounds out loud for as long as your breath allows)

The sound and the note are less important than the quality of the vibrations created through your 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 you like to do, YOU, not someone else and do more of that! It consists of being creative and expressing yourself.

Releasing Physical and Emotional Tension Exercise

Use this exercise to release any block that you become aware of that can be traced back to some feelings that you have not expressed. Perhaps someone has made you feel hurt or angry and instead of confronting these feelings you have 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.

- Write down what you wish to say to the person who has hurt or angered you. As you are doing this allow all your feelings to come to the surface. When you have finished, do not read what you 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, repeat the process until you sense that your equilibrium has been restored and you can feel peace returning.

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 you believe that you just “can’t paint” is just reinforcing the same repressive values that have probably caused the problem in the first place. Examples of things you can do and be creative:

- Writing
- Painting
- Gardening
- Knitting
- Anything you like to do with your hands

There are strategies to help you loosen 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. Draw with felt tip pens with broad tips. This prevents you from getting caught up with timid little lines. Alternatively, use very small pieces of paper and very fine pens- it is much easier

to see your 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.

What I Really Want: Your 101-Wishes Exercise

This is an exercise that I invented for my friends and myself to help us stay focused and connected with our desires. I wrote on a piece of paper my 101 wishes because I believe that part of the healing process is to find out what you want and make it happen. It is not an easy exercise, but I challenge you to take the time and brainstorm all your ideas, what you really want. It could be material, spiritual, anything you want, but you can't wish for anybody else. You have to wish for yourself.

This was the time of my life when I actually realized that I hated what I was doing as an everyday job. No matter that I was rewarded as one of the 'best employees' in my field nationwide and I was getting paid a decent amount of money. This was the time that I understood that I couldn't live without “my psychology”. Since then I am helping people again, in all the possible ways I can. This is my life and always will be. Now I am counseling people who want to be healthier, happier, and much more satisfied with their lives.

This was also the time when I decided to write my first book “Life Manual for 21st Century Women”, check www.LifeManualFor21stCenturyWomen.com. I had so much fun creating this book!

USTRASANA

The exercise that will open your throat chakra



This exercise encourages good blood supply to the neck, keeping the energy moving through the chakra. It is a simplified version of the yoga pose ustrasana, the camel pose, which opens up the front of the body.

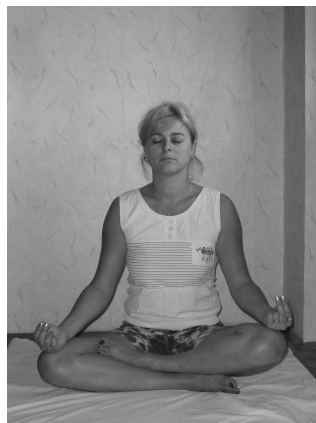
1. Sit on your heels on a blanket or mat, clasping your hands behind you.
2. Breathe in, and then as you breathe out allow your head to drop backwards. At the same time, raise your arms a little behind you. Breathe normally.

3. When you are ready to release the posture, release your hands on an out breath and bring yourself back to sitting upright.
4. Repeat this 3- 4 times a day.

Meditation and Graves' Disease

**What is meditation and why you should start doing it right now?
Simple exercise and plan to incorporate meditation in your 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 meditation is much more. With practice, meditation 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.



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 your body by.....

- reducing your blood pressure
- increasing your serotonin levels
- decreasing your muscle tension
- relaxing your nervous system

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- 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 your 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 your 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.

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

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”

Seven (7) spiritually uplifting scents you can use with your mediation to help your Graves' Disease:

1. Frankincense: deepens breathing, enhances calmness
2. Bergamot- spirit lifting and mood enhancing
3. Cypress- purifying and aids deep breathing (avoid during pregnancy)
4. Jasmine- lethargy- busting antidepressant (avoid during pregnancy)
5. Juniper 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.

What is REIKI and how this can help your 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.

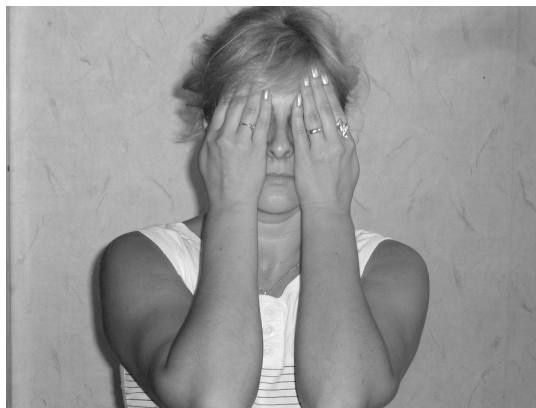
12 reasons to use Reiki in your healing process

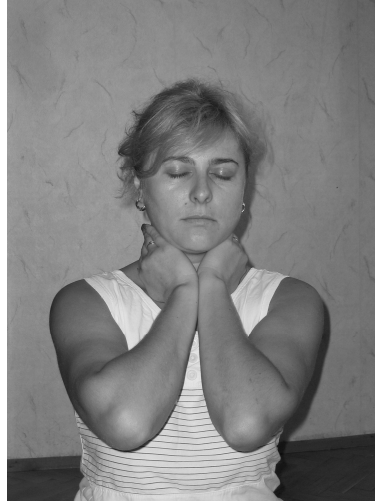
- It is harmless- it is believed that REIKI goes to the level the most needs it: physical, emotional, spiritual and mental
- You don't have to believe in Reiki in order to experience this healing system
- It is safe and non invasive

- 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 your thyroid





Why I am saying all that- because I experienced it on my own and because I know that together with all other natural ways, 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 that worked for me and may work for other people. Use it as a complimentary method for your Graves' Disease.

The Origin of your Graves' Disease

Three most important questions you should ask yourself to help you treat the cause of your disease

Searching for the cause of my Graves' Disease, I came across a lot of information that really gave answers to my questions.

I believe that all our diseases, illnesses, and pains come into our life to teach us something. Until we “get the message”, they won’t go away, they will come back after some time, or they may come in the form of another disease. I believe that somewhere on this road called life I lost the meaning of why I am here on this Earth and how I should use my time while living here. I strongly believe that we came to this Earth with purpose, we were born to experience the best of this life, to have our desires fulfilled, to live a life full of joy and happiness and to make our talents available to the world. Somewhere on the life road we got lost the direction, we became angry, guilty, anxious, worried, and suspicious. The disease will bring us back to the source of life and remind us what is really important.

Ask yourself these questions, as pointed by Lise Bourbeau in her book “Love Yourself”. Great book and I highly recommend this book to anyone who wants to learn more about his/her disease.

Question #1:

What are the words that best describe what I am experiencing inside or on my body and how do I feel about it?

(The answer to this question reflects what are you experiencing on a physical level regarding the person or situation that is at the root of your illness).

Question #2

What is the illness preventing me from doing or having?

(The answer to this question represents one or more desires being blocked).

Question #3

If I allow myself to achieve these desires, what would I be?

” If I allow myself to be.....(fill in the blank with the answer from the previous question, what unpleasant situation could happen to me and what people would think of me (or what would I think of myself).

Your answers will correspond with the harmful belief that is blocking you from meeting your won needs and achieving your dreams. This belief manifests as physical block or illness.

The color “Blue” and what this color can do for you.

Remove the stress from your life.

The blue color is the color of the throat chakra. Perhaps many of you have heard about “Color Therapy”. I am not going to discuss this type of therapy, but I’ll just mention a few things that can help your healing.

Blue 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 life when you experience any of these 4 needs:

- 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 you have Graves' Disease condition.

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

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, 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 many 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.

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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.

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-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 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>

Forever Alluring Eyes®. (eye cream). Keep in a refrigerator for a better performance.

- Reduces the appearance of fine lines and wrinkles
- Conditions eye area with Vitamin E and moisturizers
- Helps to reduce puffiness, caused by eye inflammation and the tissue around it:

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<https://www.foreverliving.com/marketing/Product.do?code=233>

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

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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 last 3 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 Fleur de Jeunesse Rehydrating Toner – this is a non-drying, alcohol-free formula that contains natural aloe vera and witch hazel, together with special skin moisturizers and plant extracts, for toning the skin. It also contains collagen and allantoin for cell conditioning.

<https://www.foreverliving.com/marketing/Product.do?code=042>

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.

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<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>

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. The supplements and vitamins are not evaluated by the Federal Drug Administration Commission. 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 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.

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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.

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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.

If you have any questions for the above, or other products, email me: mythyroid@gravesdiseasecure.com

20 additional psychological recommendations you can apply in your life now to help your Graves' Disease. Final thoughts.

It may look that all this stuff has nothing to do with your illness, but in fact it does a lot. You'll see improvement very soon.

1. If you are working full time, if possible, switch to part time, or even take a leave of absence. It will speed up your healing process dramatically.
2. Make your "Priority list", Those are the top 5 things that are your priority. Stick with this list and don't add anything else to your plate until you get better.
3. Delegate, delegate, delegate! Delegate all things that could be delegated to family members, kids, friends and relatives. The fewer things you do, the better.
4. Set up your personal time and guard this, as it is your biggest treasure. It's up to you what you'll do with this time.
5. Find at least 2 things that you really enjoy doing (the more the better), movies, books, painting, knitting, dancing, or singing. Anything. Do as much as possible.
6. Stop any volunteering or other activity that's taking too much time, energy, or efforts.
7. Laugh, Laugh, Laugh. The more the better. It is proven that people who are smiling and laughing are recovering faster than others. Try "Laughter Yoga" if you have it in your city, read funny books (George Carlin for example), watch comedies.
8. Getting enough sleep, no matter how, can change the way you view the world. It's the first 'must do'.

9. Find what you like to do and do more of that. Sooner, or later, you'll find a way to make money out of it. Don't punish yourself with a job you don't like.
10. Clear relationships and communication. Speak up how you feel. Don't attack the other person. Any unresolved issues must be cleared.
11. Stop worrying. Anxiety is #1 reason for any disease. You have 2 options, either change the things you are worrying about (if you can) or accept that you can deal with anything that comes on your way in the future. You can't change anything by worrying.
12. Live "Here and now". Forget the past. There is nothing you can do about that. Don't worry about future. You don't know for sure what will happen in the future.
13. Forgive yourself and forgive the other people. Whatever happened you did the best you knew how at this stage of your life. All others are innocent—they did the best they knew how at this point. They did it because of themselves, not because of you.
14. Don't question your feelings about people, situations, or circumstances. You feel what you feel. Your body is telling the truth. Trust your intuition.
15. No matter what others tell you or want from you, the most important thing is what you want and how you feel.
16. Sometimes you have to make really tough decisions, but something good will come out of them sooner or later. There is no wrong decision.
17. If you don't see a way out, stop, please, and give yourself a good amount of time. Calm your mind and look at your soul. The answers to your questions are there. There is always, always, a way out, and in most of the cases it is under your nose!
18. "Stop acting" and just listen to what's going on. Sometimes it is better than "being proactive". You can be brave not only in your actions, but also in your non-actions.

19. Your ego and your soul are two different things, but the soul is always more important! Never ever betray it!
20. Love your disease, love yourself. You are enough of what are you right now, you don't have to prove anything to nobody. You don't have to change for nobody. You are perfect, the way you are and everything is exactly how it is suppose to be. It's the way in which your body is reminding itself. It's where you find the truth.

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

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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.)- **not satisfied** 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.

Final Thoughts For Your Consideration:

1. Determine your basic needs- here and now
2. Use different methods of communication to ask for what you need
3. Make a list of activities that will endorse your sense of self-love
4. Make decisions based upon your real needs and therefore create a life style based upon these needs
5. Clear relationships and communications. Speak up how you feel. Don't attack verbally the other people. Aggression is not the way.
6. Love your disease, this is the way how your body and your soul want to remind you that they still exist.

100 Self-Loving Acts

1. Say No and mean it	2. Give up being right
3. Let go of your resentment	4. Forgive yourself
5. Call a friend and vent	6. Take a bubble bath
7. Walk in nature	8. Start a hobby
9. Make a sandcastle	10. Cry on a loved one's shoulder
11. Ask for help	12. Hit a pillow
13. Pray	14. Meditate
15. Set a beautiful table	16. Cook your favorite meal
17. Wrap yourself in an afghan	18. Get a pedicure
19. Type a love letter to yourself	20. Listen to uplifting music
21. Visit the zoo	22. Take a two-hour lunch break
23. Go out dancing	24. Celebrate for no reason at all
25. Smile all day long	26. Go to a movie
27. Pay your bills	28. Dig in the garden
29. Get a massage	30. Learn to sing or play an instrument
31. Flirt	32. Go to a comedy club
33. Wake up to soothing music	34. Buy a sunrise clock
35. Eat some fresh fruit and salad	36. Call a long lost friend
37. Learn a new language	38. Light scented candles
39. Display your favorite photos	40. Create a photo album
41. Clean your clutter	42. Hire a cleaning company
43. Write a thank you letter to your friends	44. Throw a party
45. Write a list with all your accomplishments	46. Give yourself a gift
47. Have an intimate dinner party	48. Plan a vacation
49. Take a dance class	50. Today decide to do only what you want to do
51. Go away for the weekend	52. Acknowledge yourself
53. List your assets	54. Drink plenty of water

55. Hum a tune	56. Today decide to be beautiful, put a make up and dress nicely
57. Take a nap	58. Today decide to tell only the truth
59. Read a book	60. Ask your friends why they like you
61. Create your wish list	62. Today- let it go and decide to move on
63. Today pay attention to your feelings	64. Dream
65. Draw a picture	66. Dance in the rain
67. Make a snowman	68. Invite your closest friends and have a personal evening
69. Go to a fine restaurant	70. Sit and do nothing
71. Go fishing	72. Go shopping for no reason
73. Revise your commitments	74. Create your Not-To-Do list and stick with it
75. Try yoga	76. Do your hair
77. Get a pet	78. Go on a date
79. Write down your ideas	80. Sit near a lake, river or ocean and just watch the water
81. Pick up flowers	82. Join a club
83. Go swimming	84. Play with kids
85. Kiss	86. Read a newspaper or a magazine
87. Today be grateful	88. Set up a fire place and watch the fire
89. Go hiking	90. Sign up for a class
91. Go to a Spa	92. Buy yourself a beautiful dress
93. Read your favorite story	94. Say "I love you" to yourself
95. Go out with friends	96. Go watch a game
97. Enjoy the sun, have a sun bath	98. Buy tickets for your favorite singer
99. Get a foot massage	100. Know that all is well

Additional Resources and References

In this section, you can find some additional Web resources to help you learn more about Graves' disease and hyperthyroidism. These excellent sites will help you take control of your hormone levels and assist you in your goal of creating a healthy, happy life.

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

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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:

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<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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Graves' Disease Coaching Work Book

Part II

GET TO KNOW YOURSELF AND WHO YOU ARE

“The road of happiness lies in two simple principles. Find what is that interests you and you can do well and when you find it put your whole soul into it- every bit of energy and ambition and natural ability you have”

*John D Rockefeller III,
Philanthropist*

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I strongly believe that the healing of any disease starts from being aware of who you are and what you want. The following questions will help you to learn more about yourself and help your recovering from Graves' Disease or Hyperthyroidism, as you already know that healing is not only about medication, surgery or RAI treatment. The process of healing starts in your mind. Being creative and making your talents available to the world will definitely design the road of happiness for you and will accelerate your healing process. Enjoy your progress!

YOUR TEN BIG QUESTIONS

Please take the time to answer these questions. Use as much space as you want, write freely and without self-consciousness. You are the only one who will be reading this! The purpose of these questions is to expand you! They will help you also to look in the right direction, if you are lost.

1. What's one thing you could do better than anyone else you know? What's your core strength? If you don't know- ask your friends and relatives what your biggest strengths are and step into their vision. List them:

My recommendation: Do more of that!

2. What gives you the greatest enjoyment and satisfaction? List two ways you enjoy expressing those qualities when interacting with others? What gifts and talents do you have that you'd like to make available to the world?

My recommendation: The more you do what you want, the better you will feel!

3. When in your life did you feel most creative? What does creativity mean for you?

My question for you: What's stops you of being creative now? How you can change that?

4. When in your life were you mostly committed to something/ someone?
What can help you to commit 100% to your health?

My question for you: What would you to be healthy again? Do it now and take responsibility for your life and your health!

5. What are the greatest accomplishments of your life? What are you mostly proud of? List minimum 3:

6. About what have you taken the strongest stand?

7. What is the most important lesson you have learned to date?

8. Where do you get your energy from? List at least 5 resources:

My recommendation: Do more things that help you feel better!

9. What one change would make the biggest positive difference in your life?

My recommendation: Do it NOW!

10. If you knew you could not fail, what is the one thing that you would do with your life?

NOTES:

What are Your S*M*A*R*T* Health Goals?

Smart goals have each of these five elements:

Specific

Measurable

Achievable

Risk/Realistic

Time Limit

Write Down Your 10 Goals To Reach In 60 Days (Goals that will improve your health, make you feel better and in general be happier)

What goals or projects would you like to complete in the next 60 days? Select well defined and realistic, while somewhat challenging goals that reflect your core values- what attracts you rather than what you think you should do.

Example: These goals can be related to your daily routine, your career, how to better handle family problems, take care of yourself, start a diet that will help your healing process from Graves' Disease: find a better doctor, start doing something that you like, things you can do to have more fun, ask people for help and anything else that comes to your mind. Make sure that they are specific, realistic, time measurable and somehow challenging.

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PART III

DESIGN YOUR LIFE AROUND YOUR PRIORITIES

“Many people try to fit their dreams into their life and then complain there are not enough hours in the day to make it happen. If you want your dream to become a reality, you have to make it a priority. Otherwise, it will never be more than a pipedream”

Stacey Mayo

The Wheel of Life

Establishing Daily Practices

Human beings are complex, our lives are complex too. We want rich and fulfilling lives, which means we usually have lots of competing priorities and ways we'd like to improve ourselves. Finally you can even get sick, as I did with Graves' Disease. I didn't know my priorities. Determining my priorities was a crucial step in my healing process. I no longer overworked myself, I dropped things off my list that I did not care about. Finally I had a lot of time for myself and I devoted this time to my healing process.

This Daily Practice Exercise offers you a snapshot of your priorities and your current level of satisfaction with the attention you give each of those priorities. Creating Daily Practices provides a simple way to balance the energy you spend on each priority. It is a tool to support us in achieving balance while we also continue to put resources towards the things we care most about.

By giving some of your resources to each of the areas you've chosen, you will work steadily towards a more balanced and fulfilling life. From time to time, do this exercise again to reflect the way your priorities have changed.

The attached exercise includes step-by-step instructions of how to complete the Daily Practice Wheel.

How it works

1. Define the things that you care most about in life – relationships or activities where you most want to spend your time and energy. Pick only 3 to 7 categories from the list below, or use your own words, the more specific the better. For example, instead of "Partner" put the name of that person. Instead of "Sports" you might have "mountain climbing" or "walking/yoga".

2. Draw the spokes of your wheel. Go to the last page that has an example of a Daily Practice Wheel and an empty wheel for you to fill in. Between the small and large circles on draw as many spokes as you have categories. Draw each spoke with two lines. (See example.)

3. Write one of your priorities into each of the spokes you have drawn. The order does not matter.

Creating Your Daily Practice Wheel

Family	Colleagues	Volunteering	Religious beliefs
Partner	Vocation	Creating a Legacy	Church

Children	Work	Community	Philanthropy
Friends	My own business	Spiritual growth	Physical well being
Sports	Fun	Creativity	Hobbies

4. Take some time to consider how satisfied you currently are with your attention to each spoke of your Daily Practice Wheel. For example if mountain climbing is one of your priorities – are you satisfied with how much time and energy you devote to that?

5. Give yourself a rating of 1 to 4 for each spoke. If you give the thing or person represented by the spoke too much or too little of your time, let that reflect in your rating.

1 = unsatisfied

2 = moderately satisfied

3 = very satisfied

4 = completely satisfied

6. Shade in each spoke according to your rating. For example if you rated yourself a three (3) then shade the spoke three quarters of the way from the inside to the outside.

1 = 25%

2 = 50%

3 = 75%

4 = 100%

7. Now do the same with the hub of the wheel – SELF—rate your level of satisfaction with the attention you give to your relationship with yourself and shade that circle the corresponding percentage from bottom to top.

Setting up Daily Practices

1. Take a look at your completed Daily Practice Wheel. You can see where, when and how to dedicate your time and energy. Set up Daily Practices for each of your priorities. Your completed wheel is a snapshot of your level of satisfaction with where your time and energy are going. For a wheel to be balanced each spoke needs to connect fully with the center, the hub. The hub needs to be whole and solid. To be balanced the goal is to be 100% satisfied with the attention you are giving each category and your self. You can make improvements on one category while maintaining or improving the other areas as well. Simply notice where your energy is going now and make conscious choices about where your energy will go from now on. Having Daily Practices will make it that easy.

Coaching Questions for You

1. Looking at your Daily Wheel- did you find or see something that surprised you and you weren't fully aware of? If yes, how you can change/improve that?

2. Where are the areas you want to put more attention?

3. How you can simplify and balance your life? List 3 things. Which items you can take off your plate now in order to make your dream a priority?

Based on each spoke of your Daily Practice Wheel, make a list of simple ways you can contribute time and energy to that priority.

Here are some examples of Daily Practices:

Physical Health:

- 1 Drink 5 glasses of water
- 1 Walk in the park with dogs for one hour
- 1 Yoga class
- 1 Work out at the gym
- 1 Go on a hike
- 1 Ride my bike
- 1 Life weights

Friends/family

- 1 Call friend or family member
- 1 Set up a fun event with a friend(s) or family on my calendar
- 1 Write a letter to a relative
- 1 Recognize birthdays

Every day choose one thing to accomplish for each spoke of your Daily Practice Wheel, or do something spontaneous that will build or maintain your level of satisfaction for each spoke. Some days you'll spend more time on one than another. It's about your satisfaction, not the amount of time you spend.

“If you know the point of balance, You can settle the details. If you can settle the details, You can stop running around. Your mind will become calm. If your mind becomes calm, You can think in front of a tiger. If you can think in front of a tiger, you will surely succeed.”

Mencius

PART IV

Three most important questions you should ask yourself to help you treat the cause of your disease

Searching for the cause of my Graves' Disease, I came across a lot of information that really gave answers to my questions.

I believe that all our diseases, illnesses, and pains come into our life to teach us something. Until we “get the message”, they won’t go away, they will come back after some time, or they may come in the form of another disease. I believe that somewhere on this road called life I lost the meaning of why I am here on this Earth and how I should use my time while living here. I strongly believe that we came to this Earth with purpose, we were born to experience the best of this life, to have our desires fulfilled, to live a life full of joy and happiness and to make our talents available to the world. Somewhere on the life road we got lost the direction, we became angry, guilty, anxious, worried, and suspicious. The disease will bring us back to the source of life and remind us what is really important.

ACTION STEPS AND TIPS TO ACHIEVE YOUR LIFE/ HEALTH GOALS

1. Break down your goal into small steps.

Step 1: _____

Step 2: _____

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Step 3: _____

Step 4: _____

Step 5: _____

2. What one thing you can do right NOW that will take you closer to your life goals?

3. Who can help me along the way? List all the people that can help you achieve your goal- friends, relatives or professionals.

Person 1: _____

Person 2: _____

Person 3: _____

Person 4: _____

Person 5: _____

4. Surround yourself with supporters. Consider hiring a coach/consultant/advisor- somebody that will hold you accountable regarding your life goals, will support you and guide you. Sometimes just listing them can help you feel that you are not alone.

My supporter #1: _____

My supporter #2: _____

My supporter #3: _____

My supporter #4: _____

My supporter #5: _____

My supporter #6: _____

5. Create your own advisory board- people that you know from different fields that can help you with your day-to-day life, brain storm for you and advise you what to do next to make your life easier. List them- they could be anybody- your family members, your children, your mother, your best friend, your neighbor.

My Advisory Board:

Name:	What field is his/her specialty	Contact Information:

You can refer to these people any time when a problem comes on your way.

6. Ask for help. Who can help me today with the kids, with errands, with work, at school, with cooking or cleaning.

Name:	How this person can help me?

7. Delegate responsibilities. Your healing process from Graves Disease/ Hyperthyroidism depends on how quickly you can “slow down” your life in general and remove activities that are necessary for your every day life.

Name:	What activity I want to delegate?	Contact information:

This way you can easily refer to this Work Book and pull out the names and contact info very quickly. This will also remind you that you can delegate this activity.

8. Create deadlines. Any change in your life requires a deadline in order to make sure that it will be accomplished and the change will take place.

Action (stop, delegate, start ,say, do, make)	Who is involved (the name of the person if	Deadline (by when)

	any)	

9. Celebrate every little success! You deserve to be happy! How do you celebrate your victories? How do you reward yourself for anything accomplished:

Change to be made	My reward

10. My action plan of Self Love. List 10 things you love to do and refer to them every time when you feel down, unloved, unappreciated, unsatisfied and in general not happy:

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Every time you do something from your Self- Love list- it will raise your energy, make you feel better and attract more positive experiences in your life. Guaranteed to work!

Good luck in your life!

“I attract in my life whatever I give my energy, focus and attention to, whether wanted or unwanted”

from Law of Attraction by Michael Losier

My personal note for you

LIVE A LIFE THAT MATTERS

Ready or not, some day it will all come to an end.

There will be no more sunrises, no minutes, hours or days.

All the things you collected, whether treasured or forgotten, will pass to someone else.

Your wealth, fame and temporal power will shrivel to irrelevance.

It will not matter what you owned or what you were owed.

Your grudges, resentments, frustrations and jealousies will finally disappear.

So, too, your hopes, ambitions, plans, and to- do lists will expire.

The wins and losses that once seemed so important will fade away.

It won't matter where you come from, or what side of the tracks you lived, at the end.

It won't matter how often you went to church or how often you prayed so men could see you praying.

It won't matter how many e-mails about religion you have forwarded.

It won't matter whether you were beautiful or brilliant.

Even your gender and skin color will be irrelevant.

So what will matter? How will the value of your days be measured?

What will matter is not what you bought, but what you built;
Not what you got, but what you gave.

What will matter is not your success, but your significance.

What will matter is not what you learned, but what you taught.

What will matter is every act of integrity, compassion, courage or sacrifice that enriched, empowered or encouraged others to emulate your example.

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What will matter is not your competence, but your character.

What will matter is not how many people you know, but how many will feel a lasting loss when you are gone.

What will matter is not your memories, but the memories that live in those who loved you.

What will matter is how long you will be remembered, by whom and for what.

Living a life that matters doesn't happen by accident.

It's not a matter of circumstance but of choice.

Choose to live a life that matters.

Author Unknown

Enjoy Your Life!



Svetla is a former Graves' Disease patient and she cured herself even though the disease is considered "incurable", applying methods and techniques, that are not only natural-but include a deep understanding of the Human Nature and Psychology, as well as a profound psychological approach to our everyday life challenges.

Although it took some time before she was able to look back on her painful and devastating experience with Graves' Disease in order to write about her story, Svetla's book shares her deeply personal journey through Graves' Disease in a way that connects you to her thoughts and experiences from the time she got Graves' Disease and the life-saving choices she had to make in order to conquer it.

Her message is sincere, compelling and profound and provides you with powerful, practical information you can begin to use instantly toward healing your Graves' Disease & Hyperthyroidism that addresses not only the body, but the mind and spirit as well.

Svetla passionately insists that Graves' Disease can be 'treated' and cured by understanding what causes it and changing life style, habits and applying healthy style of living.

She shows us that there is more than one way to heal Graves' Disease, and takes the reader through the steps that will support them in finding their way back to complete health, Graves' Disease & Hyperthyroidism Free.

Her book, 'Life Manual for Graves' Disease and Hyperthyroidism' is an easy-to-follow guide with powerful techniques that will dramatically influence how you feel.

It was written with a holistic approach, addressing not only the physical consequences of Graves' Disease, but also the emotional, spiritual and social ones as well and how to overcome them.