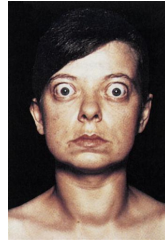
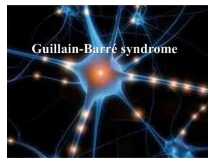
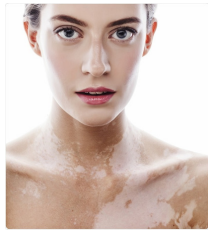


If you do not, get your Thyroid treated, you have a greatly increased chance of developing an autoimmune disease like Hashimoto's (under active) or Graves (over active) and going down the long slippery slope into other autoimmune disorders, that will make your life miserable, such as digestive problems, arthritis, in fact over 80- autoimmune disorders that compound one on the other.

## Cascade of Autoimmune Responses

- Inflammatory bowel disease (IBD)
- Crohn's disease and ulcerative colitis
- Multiple sclerosis (MS)
- Myasthenia gravis (MG)
- Primary biliary cirrhosis The immune system slowly destroys the liver's bile ducts
- Psoriasis A disease that causes new skin cells that grow deep in your skin
- Rheumatoid arthritis (RA)
- Scleroderma A disease causing abnormal growth of connective tissue in the skin and blood vessels.
- Systemic lupus erythematosus A disease that can damage the joints, skin, kidneys, heart, lungs, and other parts of the body
- Vitiligo The immune system destroys the cells that give your skin its color
- A disease in which the immune system attacks the nerves and muscles throughout the body
- Antiphospholipid antibody syndrome (aPL) A disease that causes problems in the inner lining of blood vessels resulting in blood clots in arteries or veins
- Autoimmune hepatitis The immune system attacks and destroys the liver cells
- Celiac disease A disease in which people can't tolerate gluten, a substance found in wheat, rye, and barley
- Guillain-Barre syndrome The immune system attacks the nerves that connect your brain and spinal cord with the rest of your body
- Hemolytic anemia The immune system destroys the red blood cells.
- Idiopathic thrombocytopenic purpura (ITP) A disease in which the immune system destroys blood platelets



Untreated Graves' disease can lead to thyrotoxicosis (too much thyroid hormones - not good) and its severe form, thyroid storm (really not good), heart problems, weak and brittle bones, and even death.



Hashimoto's disease is an autoimmune disorder in which your immune system creates antibodies that attack and damage your thyroid gland, the thyroid enlarges, and you can feel nodules (Lumps) on your thyroid.

## A WORD FROM DR. TURNER

Once you have been treated with Biothroid, for your Thyroid, and iodine/iodide plus D3 to make the thyroid work effectively, you will feel like your old-self once again, like a new person, that has been struggling to emerge for many, many years, you may need other hormones to support the core hormones, such as the adrenals and sleep, but that can be determined by your consulting doctor. To put it in a nutshell, this statement comes from one of our cherished patients who was Autoimmune and could hardly get out of bed and been to 6 or 7 doctors...

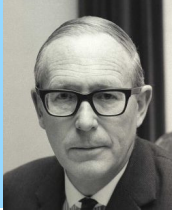
"Once I took the Biothroid, Biodine, & D3, within a short period of time, I felt like a teenager again; vital and young. I had my life back. I said to myself 'I'm back, I'm back!'"

Therefore, I'm so excited to have invented and developed the hormone system, and help thousands of people around the world, that is the legacy I wanted to leave to mankind. (see more references at end of this report)

## Thyroid Testing

According to (Sir) Dr. R.I.S. Bayliss, KCVO, MD, FRCP, MRCS. (Consultant Endocrinologist. Lister Hospital, London.) Endocrinologist to the Royal family, when asked about the assessment of thyroid...

"This would only be done by clinical assessment, not blood tests; there is no relation between the signs and symptoms of low thyroid disease, the TSH, or the other related blood tests." "only symptoms and reflexes should be used."

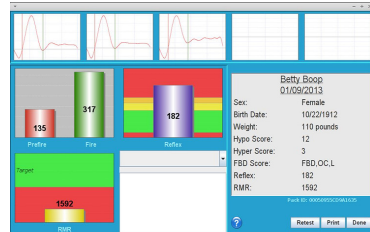


Clinical trials were carried out on 2,200 people over 3 years and we discovered that not only is the reflex response time critical, but also the neurotransmitter time, when combined with the reflex time, gives you a picture of the Thyroid that is 98.5% accurate, therefore no guessing!



**Symptoms Survey:** You just completed the core hormone symptoms survey. In the thyroid section, there is only 23 of 440+ possible symptoms of Hypo Thyroid! Here are a few more. Why live your life suffering from:

Being cold all the time, feeling exhausted, very tired, tried every low-fat, low-carb, low-calorie diet with little weight loss success. Unexplained aches and pains in the muscles and joints. Dry hair, loss of hair, scaly skin, or excessively dry skin, and so many more symptoms. We want you to be relatively symptom free by replacing the missing hormones.



**Reflex number**  
All doctors learn in medical school that the reflexes speed up and slow down with thyroid function. In the 1800's and 1900's most doctors used the "woltman" effect and tested your reflexes with a reflex hammer, evaluated the symptoms and treated your thyroid.



Reflex time is the time it takes for your body to respond to a particular reflex point in your body being activated, like your heart, which is the largest reflex muscle in your body. The reflex speed is controlled by your Thyroid. So, low Thyroid (Hypo), slow reflexes, slow heart rate.

The normal RMR for the average women is 2,250 calories per day. The normal RMR for the average men is 2,750 calories per day. If You are Hypo Thyroid, you typically burn 400 calories less per day, Where does the body store these excess calories? Around your middle, sometimes referred to as the spare tyres, or love handles.



RMR is Resting Metabolic Rate Resting metabolism is the energy required by your body to perform the most basic functions when your body is at rest. These essential functions include things like breathing, circulating blood, or basic brain functions.

Hello dear Daryl,

I have used the Thyroflex to test thyroid function for the past seven years in my medical practice, and it has revolutionized the way I manage thyroid disease. I used to rely only on blood tests to evaluate thyroid hormone levels, but found them to correlate poorly with patient's sign's and symptoms. I have come to rely on the 95% accuracy of the Thyroflex, with it's close correlation to both patient's symptoms and 24-hour thyroid urine testing.

The addition of urine iodine testing has further expanded the tools I use to diagnose and treat patients. This one minute urine test accurately asses patient's iodine status, which is so vital in maintaining healthy thyroid functioning and breast cancer prevention. At our Center we have performed hundreds of Thyroflex and iodine tests each month for many years, proving the Thyroflex to be an invaluable work-horse for our physicians.

Dr. Daryl Turner, the brilliant inventor of the Thyroflex, is an unparalleled source of knowledge and information on thyroid management and diagnosis. His expertise with difficult thyroid cases has been invaluable in my work with patients. I am truly grateful for his warm-hearted willingness to jump in and consult with complex patients, train my staff to be proficient in Thyroflex exams, and provide ongoing support. With his integrity, generosity, and desire to be of service to both physicians and patients, Dr. Turner is an exemplary example of excellence in the healing profession.

Dr. Turner.  
 I am dropping you an e-mail to let you know how well Dr. Briant H's practice has done regarding his patients who are receiving thyroid treatment.  
 When Dr. H approached me that he wanted to start this program last July, I was very skeptical if the Thyroflex machine was going to impact out patients positively. Now, almost 9 months later with over 600 patients screened, I am a believer! Within 2 months of testing, 90-95% of our patients are coming back feeling much better and improvement on their reflex tests!  
 I have also found that your supplements are wonderful. We do not push the supplements in our office and will have patients try over the counter supplements but return to our office to purchase the supplements. And personally I have also done this and could tell the difference. Anushka has been great with supplying me with product information that I can pass on to our patients.  
 Thank you again for developing this machine to improve the well-being of our patients!  
 ~ Nan. Nurse Practitioner (Dr Bryant H) USA

## Thyroid Treatment



The Real Food Pyramid

**Paleo for Autoimmune**  
 As soon as we know that your autoimmune system is not working we have to take you off all Grains (gluten), Dairy, and Sugar, this can be summed up as the Paleo diet. The Paleo stops the Autoimmune response that usually shows up in the gut.



### Thyroid Medication

If you are Hypo Thyroid, you have likely inherited an underactive thyroid condition from your family, then there is nothing you can do, be it diet, exercise, herbs, or supplements, nothing can replace the missing hormones except thyroid replacement. Therefore, we need to replace the missing hormones for the rest of your life. We use Biothroid, a natural bio identical hormone, as synthetic hormone only contain synthetic T4, the body needs bio identical natural, hormones that are compatible to your body, including T1, T2, T3, T4, & T7 found in Biothroid.

Biothroid is a natural preparation derived from porcine thyroid glands. The tablets contain both tetraiodothyronine sodium (T4 levothyroxine) and triiodothyronine sodium (T3 liothyronine) providing 38 mcg levothyroxine (T4) and 9 mcg liothyronine (T3) per grain of thyroid (or per 60 mg of the labeled amount of thyroid). Plus T1 (monoiodothyronine), T2, (diiodothyronine) and T7.



Dr Noemi is very knowledgeable and after just 3 months on NDT my energy has improved, anxiety lessened, depression gone, G) is good for the first time in years, nails stronger, more energy.... Def good quality NDT. Highly recommend.  
 ~ Megan

Noemi changed my life. I was an old woman and now I feel younger everyday. Many thanks to Bill who introduced me to Robyn and Noemi \*  
 ~ Marion  
 \* Noemi is one of our consulting specialists

## If you I do not get my hypothyroidism addressed what can I look forward to?

### Neurological Symptoms

- Headache
- Paresthesias
- Cerebellar ataxia (incoordination)
- Deafness (nerve or conduction)
- Vertigo or Tinnitus (ringing in the ear)

### Psychiatric Syndromes

- Depression
- Schizoid or affective psychosis
- Bipolar Disorders
- Skeletal System**
- Arthralgias (joint stiffness)
- Joint effusions & pseudogout
- Carpal Tunnel Syndrome

### Cognitive Defects

- Calculation, memory, reduced attention span
- Sleep apnea

### Other Risks

- Essential Hypertension
- Difficulty swallowing
- Polymyalgia
- Sudden death

- High or low blood pressure
- High cholesterol & other blood fats
- Vascular (blood vessel) disease
- Diabetes
- Neurological (Parkinson's like diseases)
- Double Alzheimer's risk**
- Arthritis and inflammatory diseases and many, many more.

## Factors Associated With Thyroid Function

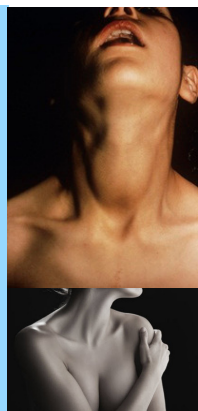


Dr. Brownstein writes: "The illnesses that iodine/iodide has helped are many. These conditions include fibromyalgia, thyroid disorders, chronic fatigue immune deficiency syndrome, autoimmune disorders as well as cancer. Most patients who are deficient in iodine will respond positively to iodine supplementation."

## Why Do I Need Iodine?

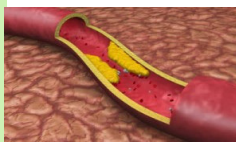
Why do I need it, Iodine / Iodide is the only element, that can convert the Thyroid medication into a usable form that the body can use, therefore if we give a patient Thyroid containing T3 Plus T4, then the body needs to convert it into a usable form, this can only be done with iodine/iodide, therefore it is essential that you take your iodine/iodide.

Iodine is the main component in healthy thyroid function by supporting the production of the thyroid's T3 and T4 hormones that the body can use. These hormones are involved in the proper function of several body systems. Low levels of iodine can affect thyroid hormones leading to degenerative ailments, such as autoimmune. Researchers found iodine protects the health of women's Breasts by optimizing thyroid hormone function. Women require an increased production of thyroid hormone during pregnancy that depends on iodine availability. Low levels of T4 can affect the cognitive development of the fetus (Brain) and lead to cognitive dysfunction (not good) .



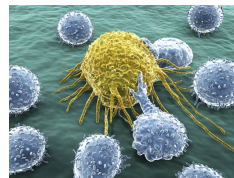
### Iodine / Iodide

- High-intensity athletes that lose electrolytes through profuse sweating may have iodine deficiencies.
- Makes the thyroid work
- Main surveillance mechanism for abnormal cells
- Triggers apoptosis in cells (death of bad cells)
- Detoxifies chemicals
- Reacts with tyrosine and histidine to inactivate enzymes and denature proteins
- Antiseptic to bacteria, algae, fungi viruses and protozoa
- Detoxifies toxins, snake venoms, etc.
- Makes external proteins non allergic
- Autoimmune mechanism
- Protection of double bonds in lipids to the cardiovascular system and synaptic membranes in the brain and retina
- Fetal sources of apoptotic diseases such as leukemia
- Antiseptic in Stomach (food poisoning take a Capsule)
- Many fetal development benefits



### Iodine and Cancer

- The two types of thyroid hormone (T3 & T4) and RT3 along with iodine make up the total surveillance and protection mechanism against cancer
- Cancer cells take many years to develop, it is estimated at 20 to 30 years or so, with 1/2 their lifespan in a precancerous state, the cells going all over the body to end up in the most compatible connective tissue, the breast, in the breast the precursor state is caused by low iodine intake. The concentration sites include Prostate, Uterus and Ovaries, Therefore these sites need Iodine/ Iodide.
- Enough iodine will reverse fibrocystic disease, Dr. Clarke, found that in site lesions were caused by low iodine levels, while the spread of cancer cells through the connective tissue, including the metastatic cancer are related to low thyroid hormone levels.
- The connective tissue sites include the skin, heart, liver, vocal cords and many others. Thyroid hormones are the controller of the whole connective tissue system.
- Iodine in Adequate levels neutralizes carcinogens (cancer cells)



### Iodine and Autoimmune Disease

The immune system with iodine deficiency, upon attacking the thyroid, reacts to foreign proteins, the antibodies then attack the normal thyroid tissue, causing inflammation, initiating Hashimoto's, Graves, and Exophthalmos behind the eyes.

**Attack of the Autoimmune Diseases**

mmagrounemia - idiopathic thrombocytopenic purpura  
 G4-related sclerosing disease - Immunoregulatory lipoprotein  
 sitis - Insulin-dependent diabetes (type1) - Intersititial cyst  
 Juvenile diabetes - Kawasaki syndrome - Lambert-Eaton  
 oclastic vasculitis - Lichen planus - Lichen sclerosus - Liga  
 r IgA disease - Lyme disease, chronic - Meniere's d  
 g - Moore's ulcer - M  
 a - Neutropenia - Nocardia - Mvostitis - Narco  
 ptism - Pediatr  
 ptococcus - degeneration - Parox  
 ysmia - Par  
 nuria - Par  
 obligus - Peripheral neuropathy - Perivascular encephalomye  
 - POEMS syndrome - Polyarteritis nodosa - Type II, & H  
 idular syndromes - Polymyalgia rheumatica - Polymyositis  
 - tion syndrome - Postpericardiotomy syndrome - Progester  
 e - biliary cirrhosis - Primary sclerosing cholangitis - Psoriasis  
 -



## Iodine and Pregnancy

- During Pregnancy, the placenta needs five times the iodine level of the mother, it is important for fetal development, and for fetal brain development, low iodine may cause abnormal brain development
- Iodine and the Developing Fetus, The only factor that completely eliminates cretinism, hypothyroidism in the fetus and mental retardation is iodine, as long as it is adequate, before conception.

### A word to mother's to be

If the mother does not obtain enough iodine/iodide from her dietary food intake the fetus's brain development will be impacted causing the child to have a lower IQ (11point) for the rest of their life, and it is not reversible !!! An 11 point decline is the difference between a successful child and a troubled child. A baby's brain develops faster during the nine months in his mother's womb than at any other time in the child's life, and the development of the fetal nervous system is affected – for better or worse – what is enough? It is 12.5 mg per day,



## CoQ10

Coenzyme Q10 is a natural antioxidant synthesized by the body, Coenzyme Q10 is beneficial for heart health in many ways. It assists in maintaining the normal oxidative state of LDL cholesterol, helps assure circulatory health, and supports optimal functioning of the heart muscle. CoQ10 may also help support the health of vessel walls. In addition, CoQ10 may play a role in reducing the number and severity of migraine headaches. This enzyme is found in high concentration in heart muscle cells, deficiency has been associated with cardiovascular problems including angina, arrhythmia, heart failure and blood pressure. CoQ10, is indispensable in the production of energy that the vital organs need to work properly. We use CoQ10 for Stamina and to regulate the heartbeat, if you the patient score is 0, or shows Palpitations or Tachycardia or rapid heartbeat, we need to give you BioQ10.



## Gaba

- GABA (gamma-amino butyric acid) is a naturally occurring amino acid in the brain, functioning as a neurotransmitter
- Used for noise sensitivity
- Helps ease your mind during stressful situations
- Also aids your weight control program and promotes muscle development
- A natural compound manufactured in the brain from glucose and the amino acid glutamine. GABA plays a key role in the central nervous system's reaction to stressful situations

## Pregnenolone

- Pregnenolone is a hormone synthesized from cholesterol and naturally found in the brain, gonads, and adrenal gland.
- As an imperative hormone, it is the precursor to DHEA, estrogen, progesterone, and testosterone.
- Pregnenolone is an imperative "brain-supporting" hormone that often decreases with age, leading to memory ailments, mood changes, stress and anxiety. As the precursor to the production of estrogen, progesterone, testosterone, and other hormones, pregnenolone is involved in many body functions.



## DHEA

- DHEA the most abundant hormone in the body, it is naturally produced by the adrenal glands, brain and gonads.
- Weakened immunity, mood imbalances, anxiety, fatigue, increased fat mass, and poor memory function may result from DHEA deficiency.
- Unfortunately, DHEA production starts to decline in your mid-thirties, leading to a deficiency that can make you feel mentally and physically exhausted.
- Supplementing with DHEA can restore a wide range of "feel good" benefits, including improved immunity, energy, and mental function.



## WHAT ABOUT MY SLEEP

### Tryptophan & Serotonin

- These are the hormones to get you to sleep.... and helps with your weight.
- Tryptophan (an amino acid) is also a precursor to neurotransmitters serotonin and melatonin.
- Serotonin or 5-hydroxytryptamine (5-HT) is a monoamine neurotransmitter the body makes 5-HTP naturally from tryptophan and, then converts it into serotonin.
- This neurotransmitter has many powerful effects on the brain. Not only does it improve mood, it also suppresses hunger and helps to curb weight gain.
- Serotonin controls the regulation of Sleep



### Melatonin

- Melatonin keeps you asleep for 8 hrs per night.
- Artificial lighting disrupts your biological clock and melatonin production
- The hormone melatonin produces a number of health benefits in terms of your immune system. It's a powerful antioxidant and free radical scavenger that helps combat inflammation. In fact, melatonin is so integral to your immune system that a lack of it causes your thymus gland, a key component of your immune system, to atrophy. Melatonin may even have a role in slowing the aging of your brain.
- Melatonin inhibits the proliferation of a wide range of cancer cell types, as well as triggering cancer cell apoptosis (self destruction). The hormone also interferes with the new blood supply tumors require for their rapid growth (angiogenesis). Melatonin can boost efficacy and decrease the toxicity of cancer chemotherapy.
- Your brain interprets light to be day. Believing daytime has arrived, your biological clock instructs your pineal gland to immediately cease its production of melatonin.



### Magnesium

- It is important for sleep
- If you don't have enough magnesium, your muscles go into spasm.
- Magnesium is a crucially important mineral for optimal health, performing a wide array of biological functions, including but not limited to:
  - Activating muscles and nerves
  - Creating energy in your body by activating adenosine triphosphate (ATP)
  - Helping digest proteins, carbohydrates, and fats (Weight)
  - Serving as a building block for RNA and DNA synthesis
  - It's also a precursor for neurotransmitters like serotonin



## Berberine

### SUGAR

To control the Blood Sugar (glucose) and Lipids (Blood Fats), we use Berberine. The blood sugar and fats are usually associated with the stress hormones, and Hypothyroidism. Excess stress shunts out blocks of sugar from the pancreas regardless of what the patient ate, along with fats. These are pumped into the blood stream (to control the blood sugar peaks along with the fats) due to the fight or flight stress response.

### LIPIDS

In our clinical trials we were able to get the lipids into the normal range with the treatment of the Adrenals and Thyroid, similar to the statin drugs without any side effects.



## Chrysin

Estrogen Dominant (Estrogen/ Progesterone imbalance,) Estrogen dominance is a term coined by Dr. Lee. It describes a condition where a woman can have deficient, normal or excessive estrogen, but has little or no progesterone to balance its effects in the body. Even a woman with low estrogen levels can have estrogen dominance symptoms if she doesn't have any progesterone. We use Chrysin to lower the risks of being Estrogen Dominant, without the side effects of synthetic aromatase inhibitors.



## NAC

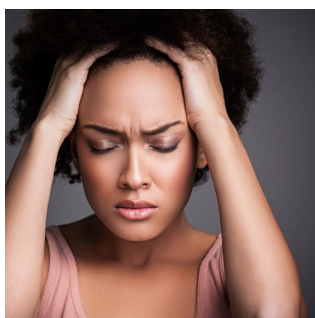
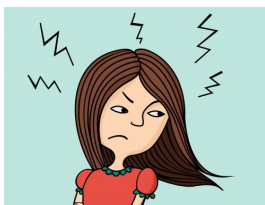
- N-acetyl cysteine (NAC)
- NAC replenishes levels of the intracellular antioxidant glutathione (GSH), which is often deficient with advancing age and in chronic illness.
- NAC also regulates expression of scores of genes in the pathways that link oxidative stress to inflammation.
- NAC improves insulin sensitivity in people with some of the most difficult-to-treat metabolic disorders.



## Activated B's

These are not your off the shelf B vitamins !

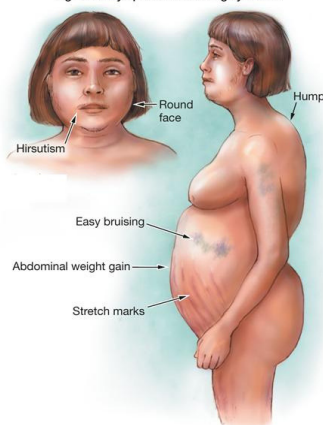
- B's B Vitamins can benefit the immune system, reduce stress, assist cellular growth, and maintain healthy red blood cells, skin, hair and nails
- High levels of the amino acid homocysteine are linked to brain shrinkage and an increased risk of Alzheimer's. B vitamins are known to suppress homocysteine.
- Help with proper food digestion and absorption
- healthy nervous system function
- formation of red blood cells
- proper circulation
- healthy immune system function
- mood regulation
- Mental Clarity, concentration, memory function
- B group vitamins may slow brain shrinkage but that it may specifically slow shrinkage by as much as seven-fold in brain regions specifically known to be most impacted by Alzheimer's disease.



### Why Is The Hormone D3 Essential

- D3 is a hormone not a vitamin,
- D3 is synthesized in the skin by UVB irradiation delivered from sunlight. Unfortunately, concerns about sun exposure, along with living in environments with minimal amounts of sunlight, can lead to deficiency.
- D3 deficiency has become a worldwide concern, as limited sun exposure and depleted dietary sources are making D3 less obtainable.
- D3 is important to the formation of strong bones, cellular immunity, cardiovascular function, insulin and mood balance.

Signs and symptoms of Cushing syndrome



## ACTH

- Adrenocorticotropic hormone (ACTH), also known as corticotropin is secreted by the anterior pituitary gland, with the hypothalamic/pituitary/adrenal axis its principal effects are increased production and release of corticosteroids. Primary adrenal insufficiency, also called Addison's disease, occurs when adrenal gland production of cortisol is chronically deficient, resulting in chronically elevated ACTH levels.
- Signs and symptoms of the excess cortisol (hypercortisolism) is known as Cushing Syndrome. ACTH stimulates secretion of glucocorticoid steroid hormones from adrenal cortex cells.

Dear Dr.Turner

I would like to personally begin by thanking you for your attentive attention and care when it comes to my thyroid health. While treating these kind of disorders call for a lot of patience, I'm glad to see it come through with the use of the thyroid support supplements you've provided me. After a year of usage I'm glad to see some of my most troublesome symptoms such as hair fall improve drastically. And of course it's definitely a plus not feeling cold throughout the day. Thank you again for your kind support, will always be seeking your supplements when it comes to my thyroid health.

~ Asma\*

\*Asma is a UAE Patient