

August 22, 2022



No-oven dinner winners!



Cool, creamy mmm

THYROID SHOCKER

Discovered: 90% of us with this common thyroid glitch go undiagnosed. Easy remedy cures it fast!

NEWS! This supplement works when antidepressants fail

NATURAL FAST CURES

- ✓ Sunburn
- ✓ Bug bites
- ✓ Heat rash
- ✓ Razor burn
- ✓ Chafing
- ✓ Heartburn
- ✓ Tired eyes
- ✓ Back pain
- ✓ Bad breath
- ✓ Brain fog

YES! Eat this for breakfast to drop 83% more weight... without feeling hungry!

SUMMER BEAUTIFUL

- ✓ The leftover that revives and thickens hair
- ✓ The \$19 shorts that make legs look thinner

!!! Outsmart the surprising everyday habit that's making you unhappy (pg 44)

for women

INSTA SLIM

NEWS: 95% of us lack tiny compounds that act as 'inner Spanx'

FIX: Dr. Joel Fuhrman's exclusive 10-day plan replenishes levels to...

- ✓ End bloating
- ✓ Release bumpy, lumpy fat deposits
- ✓ Relieve GI upset

STRESS FREE!

Donna Mills shares her no-cost secret to healthy & happy—at age 81!



Delicious coolers!

Drop 12 lbs in 10 days

RELAX!
7 must-read summer books

"I reclaimed my life

Despite being treated for thyroid problems, Reneé Vrabel, 51, fought fatigue for years. Then she found the surprising reason her meds weren't working—and the natural remedy that did!

"All you have to do is open the door and walk a few steps into the house," Reneé Vrabel told herself, trying to collect the energy to get out of her car after putting in a full day teaching. But for Reneé, even the simple act of walking into the house was nearly impossible due to the chronic fatigue she'd lived with for years. As she sat in the car, wondering what in the world was making her so tired and how she'd muster the energy to move, she drifted off—and it wasn't the first time this had happened to her.

Barely getting by

"Since my early 40s, I've battled thyroid issues, including diagnoses of Hashimoto's disease and hypothyroidism, along with fibromyalgia and chronic fatigue syndrome," recalls Reneé. "Due to moving several times for job opportunities, I bounced from one primary care physician to the next, and each one had their own recommendation for my health. One prescribed medicine to treat my thyroid issues; another said my thyroid levels were normal and took me off medicine, so there was never much consistency to my health treatment plan.

"A serious car accident in the spring of 2017 that required months of healing worsened my symptoms, and over the next year, my tiredness and achiness ramped up considerably

and my neck always felt full and looked swollen. One of the doctors who treated me for injuries sustained in the accident suggested I see an endocrinologist, and blood tests revealed I had *adrenal insufficiency*, which meant my adrenal glands weren't making enough of certain hormones, including *cortisol*, sometimes called the stress hormone. She suspected this might have been triggered—or worsened—by the accident. The prescribed medicine was supposed to help, as well as treat the goiter I developed, but I was still very tired and sluggish. *I'm taking my medicines, so there's no reason I should be so tired*, I told myself.

"I suffered for another year, but by August 2020, my body was failing me. It was a struggle to function, and my family got very little of me each evening, as I would sit on the couch with my head bobbing around trying to stay awake to talk and spend time with them. But no matter how tired I was, I couldn't sleep at night. It was so odd to be so tired, yet unable to stay asleep. It was a vicious cycle.

One-minute QUIZ

IS A SNEAKY THYROID GLITCH DRAINING YOUR ENERGY?

If you experience fatigue and two or more of the symptoms below, cellular resistance to thyroid hormone could be the cause

- | | |
|---|---|
| <input checked="" type="checkbox"/> Fuzzy thinking | <input checked="" type="checkbox"/> Blue mood |
| <input checked="" type="checkbox"/> Sensitivity to cold | <input checked="" type="checkbox"/> Constipation |
| <input checked="" type="checkbox"/> Joint pain | <input checked="" type="checkbox"/> Rough or dry skin |
| <input checked="" type="checkbox"/> Weight gain | <input checked="" type="checkbox"/> Muscle aches |



Reneé Vrabel,
Fairmont, WV

& energy!”

“After doctors dismissed me, I knew it was time to make a change. I had gained weight, and at 211 pounds, I was the heaviest I’d ever been. I was embarrassed about my appearance and hated having my picture taken.

A simple solution

“In the spring of 2021, I sought out Jacob Teitelbaum, M.D., who had helped my cousin with health concerns. He specializes in integrative medicine to treat chronic fatigue and related illnesses, and he ordered lab work that indicated my body was a wreck. My thyroid levels were shockingly out of control. He reviewed my health history, dating as far back as 2002, when my symptoms first began.

“Dr. Teitelbaum recommended I supplement with red ginseng, as studies have found it’s beneficial for easing fatigue and brain fog. He explained that since red ginseng has high levels of the most important *ginsenosides* (active ginseng components), it supports the function of multiple systems in the body. And because the thyroid is sensitive to energy stores and production, anything that is blocking energy tends to lower thyroid function to conserve the body’s energy.

He said that’s why I was having fatigue and worsening thyroid function, but by supporting the entire body, red ginseng would also support thyroid hormone function.

“I started taking 100 mg. to 200 mg. per day. On jam-packed or long, stressful days, I would take one tablet in the morning after breakfast (usually around 4:30 to 5 AM) and another after lunch.

“I immediately started sleeping better, which boosted my mood and got me off the dizzying ride of constantly being exhausted yet never sleeping. I took the red ginseng daily, and week after week, I didn’t just reclaim my life, I grabbed hold and took it by the horns!

“Today, I feel amazing! I’m off thyroid medication and I still take the ginseng if I feel tired. On less-active days, the morning dose is sufficient. I’m also down 30 pounds, making it through my day with energy to spare, spending time with my family and feeling normal for the first time in a very long time. My husband says he feels like he got his wife back! I no longer fall asleep in the evenings—or in my car—and I am much more energetic!”

—As told to Gina Roberts-Grey

The little-known thyroid glitch 90% of doctors miss

! **Cellular resistance to thyroid hormone is an unrecognized cause of fatigue for millions of women**, says Jacob Teitelbaum, M.D. In order for thyroid hormone to do its jobs, it has to get into cells and be converted into T3, its active form, he says. This requires energy in the form of ATP, which is produced by cellular structures called *mitochondria*. But when stress and other factors damage mitochondria, their production falters so thyroid hormone can’t work effectively. The result: Even when the body is producing enough thyroid hormone, women suffer exhaustion, fog and pain, Dr. Teitelbaum notes. This resistance isn’t on most doctors’ radar, so he estimates 90% of cases go undiagnosed.

! **Complicating matters:** The thyroid can respond to a drop-off in ATP production by increasing its output of *reverse T3*, a hormone that blunts thyroid function to worsen symptoms.

✓ **Doctors can run tests to measure thyroid hormone levels.** But the tests don’t gauge cellular resistance, so doctors familiar with the condition diagnose it based on symptoms and tests that detect high levels of reverse T3. And while severe cases may require medications, the steps here can reverse resistance to restore energy.

😊 **Cutting back on sugary foods is key**, as sugar damages mitochondria. Instead, opt for berries, grapes, greens, broccoli, carrots and nuts, which help repair mitochondria.

😊 **Taking red ginseng boosts energy by 67% in 28 days**, according to a study Dr. Teitelbaum conducted. The form HRG80 contains compounds that boost mitochondria to remedy resistance. The study-backed brand: Terry Naturally HRG80 Red Ginseng Energy Chews 100 mg. (iHerb.com).

News!

Must-read for women on thyroid medication

Switching to a natural thyroid medication may help you feel better, suggests research from Walter Reed National Military Medical Center. When scientists put hypothyroid patients on either *desiccated thyroid extract* (DTE) or *levothyroxine*, twice as many preferred DTE. Levothyroxine contains a synthetic form of the T4 thyroid hormone, while DTE supplies natural forms of T4 and T3, the gland’s most energizing form, explains Fred Pescatore, M.D. “The majority of my patients prefer DTE because they feel so much better on it. They have more energy, less brain fog and they find it easier to lose weight.” His advice: If you are taking levothyroxine for hypothyroidism and you’re unhappy with the results, ask your doctor about switching to DTE.