

Dr. Murphree's Health News

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Volume 2, Issue 4

Thyroid Disorder

New criteria for diagnosis increases hypothyroid population by 100%

According to the American Association of Clinical Endocrinologists (AACE), doctors have typically been basing their diagnoses on the "normal" range for the TSH test. The typical normal levels (at most laboratories) has fallen in the 0.5 to 5.0 range.

The new guidelines (2003) narrow the range for acceptable thyroid function and the AACE is now encouraging doctors to consider thyroid treatment for patients who test the target TSH level of 0.3 to 3.04, a far narrower range. AACE believes the new range will result in proper diagnosis for millions of Americans who suffer from a mild thyroid disorder but have gone untreated until now.

At a press conference, Hossein Gharib, MD, FACE, and president of AACE, said: "This means that there are more people with minor thyroid abnormalities than previously perceived."

AACE estimates that the new guidelines actually double the number of people who have abnormal thyroid function, bringing the total to as many as 27 million, up from 13 million thought to have the condition under the old guidelines.

Past Normal Adult Range:
.5 - 6 milIU/L

NEW OPTIMAL ADULT RANGE:
.5 - 3.04 milIU/L

Lab Values and what they mean

Thyroid-stimulating hormone (TSH), produced by the anterior pituitary gland, causes the release and distribution of stored thyroid hormones.

When T4 and T3 are too high, TSH secretion decreases. A TSH below .5 suggests a hyperthyroid (over active thyroid).

When T4 and T3 are low, TSH secretion increases. A TSH above 3.04 suggests hypothyroid (low thyroid function).

Millions of Americans have been misdiagnosed

In the last year, the lab values for measuring TSH have dropped from 6 to 3.04. This is an almost 50% reduction. Dr. Broda Barnes, a pioneer in treating thyroid disorders, has been advocating a reduction in the TSH level for decades. Millions of Americans have been misdiagnosed with normal thyroid function

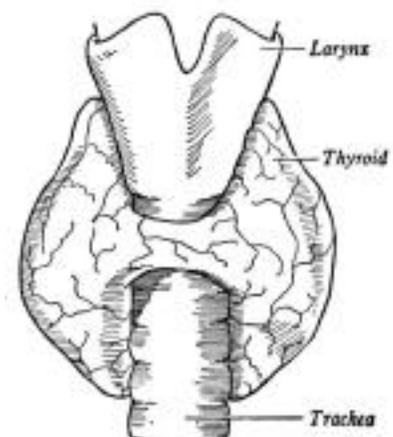
based on the old test parameters. Individuals who had TSH blood levels between 3.05 and 6 were told that they were normal.

Some doctors think TSH levels should be reduced even further. They believe that TSH levels above 2.0 should be treated as hypothyroid.

Thyroid disorders

Over 20 million Americans suffer from thyroid dysfunction. More than 10 million women have a low-grade thyroid dysfunction; almost 8 million people with low thyroid go undiagnosed. (1) Over 500,000 new cases of thyroid disease occur each year.

The thyroid gland is shaped like a butterfly and is located in the lower front part of your neck (just above the breast



bone). The thyroid gland is responsible for secreting thyroid hormones. A hormone is a chemical substance formed in the body that is carried in the bloodstream to affect another part of the body. Thyroid hormones travel through the blood stream and help cells convert oxygen and calories into energy. Thyroid hormones control a person's metabolism. Metabolism is defined as the sum of all physical and chemical changes that take place within the body - all energy and material transformation that occur within living cells.

Every cell in the body depends on having enough thyroid hormone

If your thyroid gland becomes dysfunctional, every cell in the body begins to suffer. This is why thyroid disorders can cause so many symptoms (see below).

• **When your thyroid gland produces too much thyroid hormone this is known as hyperthyroid.**

• **When your thyroid doesn't produce enough thyroid hormone you become hypothyroid.**

Symptoms associated with hypothyroid

Do you suffer from fatigue, headaches, dry skin, swelling, weight gain, cold hands and feet, poor memory, hair loss, hoarseness, nervousness, depression, joint and muscle pain, and or burning or tingling sensations in the hands or feet?

Skin may become yellow, especially the hands, from a build-up of carotene. This is because the process that converts carotene to vitamins is slowed by hypothyroidism.

Numbness or tingling in the feet is caused by hypothyroid neuropathy (a degenerative nerve disease). Carpal tunnel syndrome (medial nerve neuropathy) may also be caused by hypothyroidism.

Hypothyroidism can also cause problems with balance and equilibrium. You may experience an unsteadiness on



your feet or a lack of coordination.

Constipation occurs from the slowed metabolism associated with hypothyroid.

Of course, the most profound symptom associated with hypothyroidism is fatigue.

Statistics show that as many as 10 million Americans suffer from borderline hypothyroidism

Many scientists, researchers, and physicians believe that up to 40% of the United States population suffers from low thyroid function. (2)

Studies have shown that up to 70% of

Fibromyalgia and CFS patients have hypothyroid. Recent research showed that T3 (prescription Cytomel) administered at high doses (120mcgs daily) could resolve all symptoms of Fibromyalgia. (3)

Do you have any of the symptoms below?

- fatigue
- chronic sinus infections
- headaches
- sweating abnormalities
- migraines
- heat and/or cold intolerance
- PMS
- low self-esteem
- irritability
- irregular periods
- fluid retention
- severe menstrual cramps
- anxiety
- low blood pressure
- panic attacks
- frequent colds and sore throats
- hair loss
- depression
- lightheadedness
- decreased memory
- ringing in the ears
- decreased concentration
- slow wound healing
- decreased sex drive
- easy bruising
- unhealthy nails
- acid indigestion
- low motivation
- constipation
- cold hands or feet
- inappropriate weight gain
- dry skin
- dry hair
- infertility
- hypoglycemia
- falling asleep during the day
- increased skin infections/acne
- changes in skin pigmentation
- itching
- carpal tunnel syndrome
- high cholesterol
- loss of outside portion of eyebrows

If you checked more than five of the above symptoms, you might be suffering from hypothyroid dysfunction.

A short-course on thyroid hormones

The hypothalamus stimulates the pituitary gland (both are contained in the brain) to produce thyroid-stimulating hormone (TSH). TSH then stimulates the thyroid to produce and release thyroxine (T4). T4 is then converted into triiodothyronine (T3), which is vital for life and four times more active than T4. This conversion of T4 to T3 takes place in the cells. You can live without T4 but not T3. The body must have T3.

Many of my patients have reported that they have been tested for low thyroid, but the blood tests were all normal.

They have all symptoms of a low thyroid: hair loss, low moods, can't lose weight (even on starvation diets), fatigue, cold hands and feet, skin, etc. Even their doctor believes they have low thyroid until the tests come back normal. Then the patient is told, "all your blood work looks normal, you just need to increase your antidepressant medication."

Euthyroid syndrome

Euthyroid is a medical term for patients who have normal thyroid blood tests but have all the symptoms associated with hypothyroidism: fatigue, low metabolism, headache, etc.

Why thyroid blood tests are often inaccurate

Euthyroid patients often have a problem with T4 converting into active T3, even though blood tests show normal levels. (1) Stress can cause the body to release a hormone known as Reverse T3. Reverse T3 blocks T4 from convert-

ing to T3. Unless special thyroid tests are run, this dynamic will be missed. The blood work will look normal but the patient will be suffering from thyroid dysfunction.

This also explains why some individuals might take prescription synthetic thyroid hormones (like Synthroid, which contains T4 only), and not feel any better. The T4 is not converting into T3, so they continue have the symptoms of low thyroid, even though their lab work looks normal. (2)

Thyroid blood tests measure how much thyroid hormone (T4, T3, TSH) is in the bloodstream one second out of one minute, out of one hour. However thyroid hormone (specifically T3) doesn't do anything in the bloodstream, it only becomes active once it is in the cell. This is like driving by a crowd of people waiting in line to enter a store. Even though you didn't see them enter the store, you assume they'll soon be inside the store. What if the people can't get in for some reason (T4 turns into Reverse T3)? How would you know?

Blood tests are not very accurate for thyroid disorders. There are tests that are much more accurate at diagnosing thyroid disorders, but most doctors don't use these special tests.

The thyroid-releasing hormone test (TRH Test) is the most accurate blood-based thyroid test.

Body temperature

Metabolism and thyroid hormones

Blood tests for thyroid function measure the amount of TSH, T4, and T3 in the bloodstream. But thyroid hormones don't operate within the bloodstream;

the action takes place in the cells themselves. What good is a blood test that only shows what is racing around the bloodstream one second out of a day? It's inadequate for measuring true thyroid hormone levels.

Self-test for low thyroid

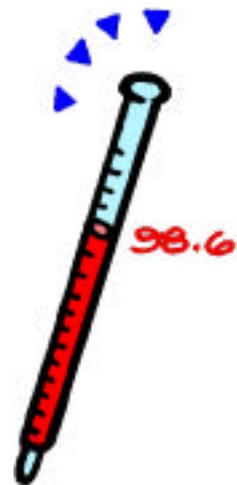
Dr. Broda Barnes was the first to show that a low basal body temperature was associated with low thyroid. His first study was published in 1942 and appeared in *The Journal of the American Medical Association*. This study tracked 1,000 college students and showed that monitoring body temperature for thyroid function was a valid, if not superior, approach to other thyroid tests. (3)

Dr. Barnes's testing protocol

You'll need a mercury thermometer (digital thermometers can be used but aren't as accurate).

1. First thing in the morning, before getting out of bed, take your temperature by placing a mercury thermometer underneath your arm for 10 minutes.
2. Record your temperature.
3. Repeat these steps for 7 days.
4. Return your daily recordings to your doctor.

Women who are still having menstrual cycles should take their temperature



after the third day of their period.

Note: If you can't find a mercury thermometer (they've been withdrawn from the market) and have to use a digital thermometer, take your temperature 3 times a day under the tongue.

Add one point to underarm temperature readings (if 97.2 under the arm, add 1 degree to it and it now equals 98.2).

A reading below the normal 98 (after adding 1 degree to under-the-arm temperature) strongly suggests hypothyroid. A reading above 98.2 may indicate hyperthyroidism (overactive thyroid).

Dr. Barnes recommends patients take a desiccated glandular (derived from pigs) prescription medication known as Armour Thyroid, which was used before synthetic medications such as Synthroid were introduced. Armour Thyroid and other prescription thyroid glandular medications (including Westroid) contain both T4 and T3 (80% T4 and 20% T3).

What causes thyroid disorder?

Stress, viruses that attack the thyroid, environmental and dietary toxins can all cause the thyroid to malfunction.

Corticosteroids (prednisone) and lithium can suppress TSH and prevent the conversion of T4 to T3.

Certain foods including Brussels sprouts, rutabaga, turnips, cabbage, radishes, broccoli, cauliflower, millet, kale, and soy products can all contribute to low thyroid hormone production.

Vitamin and mineral deficiencies can

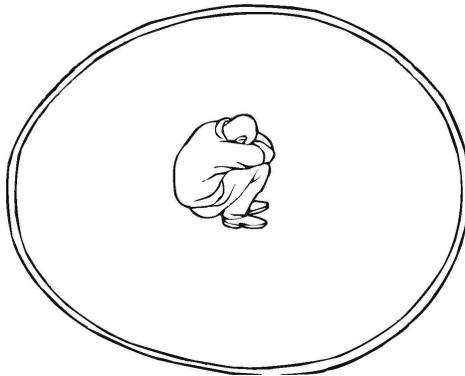
also contribute to low thyroid function.

The amino acid L-Tyrosine is the precursor for T4 hormone. Vitamins B1 and B2 are essential for proper thyroid function. The mineral selenium activates an enzyme that helps convert T4 to T3.

Depression

Depression is the most common condition seen in general medical practice. It is estimated that 10 percent of the population suffers from depression.

Stress, depression, anxiety, tiredness, and other emotional problems can all mask a thyroid disorder. Research now shows that depressed patients have



reduced levels of a protein transthyretin, which normally carries T4 from the bloodstream into the brain. Treatment with a prescription of Cytomel, a T3 medication, (or naturally with GTA, see below) could help circumvent this problem. (3)

"Increasing evidence indicates that T3, the most active form of thyroid hormone, is an effective antidepressant, when used in conjunction with a conventional antidepressant." *Ridha Arem, M.D.*

Options for those with hypothyroid

If you suspect you have a thyroid dys-

function you may want to consult your doctor for testing. If your TSH is above 3.04 your doctor should recommend thyroid replacement therapy. They'll usually prescribe Synthroid or Levothyroid. These medications contain synthetic T4. If your body is having trouble converting T4 into T3, you may not notice a difference taking these medications. If so, you may want to consider adding an over-the-counter thyroid glandular supplement called GTA (Available at www.DrRodger.com).

I've found patients usually do better when taking Armour Thyroid (a combination of T4 and T3). I suggest you ask your doctor to prescribe Armour, Westroid, or Nuthroid, all of these contain T4 and T3. If they are reluctant, ask them to consider the study below.

A study by the *New England Journal of Medicine* showed that patients who received a combination of T4 and T3 were mentally sharper, less depressed, and felt overall better than a control who received T4 only. (4)

If you have trouble getting your family doctor to work with you, you might want to try using one of the thyroid products I use in my practice (see later in this newsletter).

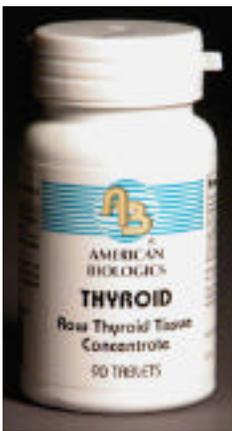
Thyroid glandular supplements

Thyroid glandular supplements can also be used to correct low thyroid function. Thyroid glandular (taken from the glands of cows or pigs) supplements have been used since the beginning of thyroid treatment. Dr. Barnes used Armour Thyroid (harvested pig thyroid glands), which was the original thyroid prescription medication.

However, over-the-counter thyroid glandular supplementations are also available.

Since these thyroid glandular tissue concentrates contain T4 and T3, they can be used as a first-line of treatment for low to moderate low Thyroid dysfunction.

Thyroid glandular supplements are not easy to find. Most manufacturers shy away from selling thyroid glandular supplements. They're concerned over FDA scrutiny of any products that may contain patented drug ingredients (meaning red rice and statin drugs).



I've been using American Biologics bovine whole glandular thyroid supplements (140mg per tablet). The glandular material is harvested from free-range, grain-fed, Wisconsin cattle. I've been assured from conversations with American Biologics that they've had no problem with the FDA and thyroid glandular supplements.

This is available from my website at www.DrRodger.com.

Biotics research

Biotics Research has been manufacturing glandular supplements since the 1980's.

Their glandular products are prepared strictly from USDA inspected bovine and porcine tissues and are certified BSE-free.



I've just started using their thyroid glandular supplements. I'm getting very good results with my patients on GTA. I'm encouraged by the research they've done on their products. Since they are a pharmaceutical company, they can

sell a superior form of thyroid glandular. They remove all T4 from their thyroid glandular supplement (GTA).(5) **This is also available from my website at www.DrRodger.com.**

GTA or natural T3 therapy

GTA is a porcine (pig) thyroid glandular supplement (5mg). Pig hormones are almost identical to human hormones. T4 has been removed. This supplement contains straight T3.

Dosage

For the American Biologics glandular, take 1 tablet twice-a-day, up to 2 twice-a-day.

If using the GTA (straight T3), start with one a day in the morning. If needed, increase to one, twice a day. Make sure these supplements don't interfere with your sleep.

Notes

- 1.The Thyroid Solution, Ridha Arem, M.D.
- 2.Life Extension Foundation's Disease Prevention and Treatment Protocols, 3rd edition
3. J.C. Lowe, R.L.Garrison, A. Reichman, et al., "Triiodothyronine (T3) Treatment of Euthyroid Fibromyal-



gia: A Small-N Replication of a Double Blind Placebo Crossover Study," *Clinical Bulletin of Myofascial Therapy* 2, no. 4(1997):71-88

4.A.J. Hatterer, J. Herbert, C. Hidaka, et al., "Transthyretin in Patients with Depression," *Amer Jour of Psychiatry* 150 (1993): 813-15.

5. The Thyroid Solution, Ridha Arem, M.D.

6.Hypothyroidism: The Unsuspected Illness by Broda Barnes, MD, and Lawrence Galton; 1976

7.Wilson's Thyroid Syndrome by Dennis Wilson, MD, 1991

Resources

8. From A Clinician's View of Biotics Research Products a lecture by Harry O. Eidenier, Jr., Ph.D. July 2003.

In the News

University of Missouri, Columbia researchers found that people increased their serotonin (happy hormones) levels and decreased their cortisol (stress chemicals) levels when playing with dogs.

CoQ10 cuts migraine attacks in half!

Recent research shows that adding CoQ10 cuts the occurrence of headaches experienced by migraine sufferers by 50%. Peter S. Sandor University Hospital in Zurich *More Good News About Glucosamine*.

Newly published research shows glucosamine slows, and even stops, the progression of osteoarthritis (wear-and-tear-arthritis).

Bruyere O Pavelka K, Rovati LC, et al. Glucosamine sulfate reduces osteoarthritis progression in post-menopausal women with knee osteoarthritis: evidence from 3 year studies. Menopause. 2004 Mar-April;(2):138-143

Glucosamine increases the production of glycosaminoglycans and proteogly-

cans, which, along with other cellular elements, builds and repairs cartilage. Glucosamine has already been shown to be a powerful anti-inflammatory, and studies have shown that it can be very beneficial in alleviating the symptoms of osteoarthritis.

McAlindon TE, LaValley MP, Guilin JP, Felson DT. *Glucosamine and chondroitin for treatment of osteoarthritis: a systemic quality assessment and meta-analysis*. JAMA 2000 Mar 15;283(11):1469-75

SAMe helps boost the effects of antidepressants

Prescription antidepressants fail to work for fifty% of those who take them. One way to boost the beneficial effects of antidepressant medications is to take them with SAMe (S-adenosyl-L-methionine). Research has already shown that SAMe increases both serotonin and noriepinephrine levels (brain chemicals) and is a potent antidepressant by itself. Now researchers have shown that combining SAMe with prescription antidepressants reduces the failure rate by 43%.

SAMe has become one of my favorite nutritional supplements. I'm using it more and more in my practice for depression, fatigue, and pain disorders. SAMe elevates endorphin levels. Endorphins are the body's natural pain killers and are stronger than morphine. *Mass General Hosp, Maurizio Fava*

**SAMe is available at
www.DrRodger.com
Diets High in Fruits and**

Vegetables may cut the risk for Non-Hodgkins Lymphoma by 40%

Diets high in fruits and vegetables such as tomatoes, broccoli, cauliflower, green beans, and apples may help reduce the risk of Non-Hodgkins Lymphoma. A study conducted between 1995 and 2001 reveals that just such a diet can reduce the risk by 40%.

Please eat more fruits and vegetables!

Zheng T, Holford TR, Leaderer B, et al. *Diet and nutrient intakes and risk of non-Hodgkins lymphoma in Conn women*. Am J Epidemiol, 2004 Mar 1:159(5):454-66.

New study demonstrates CLA supplementation reduces body fat by 9% and increases lean muscle mass by 2%

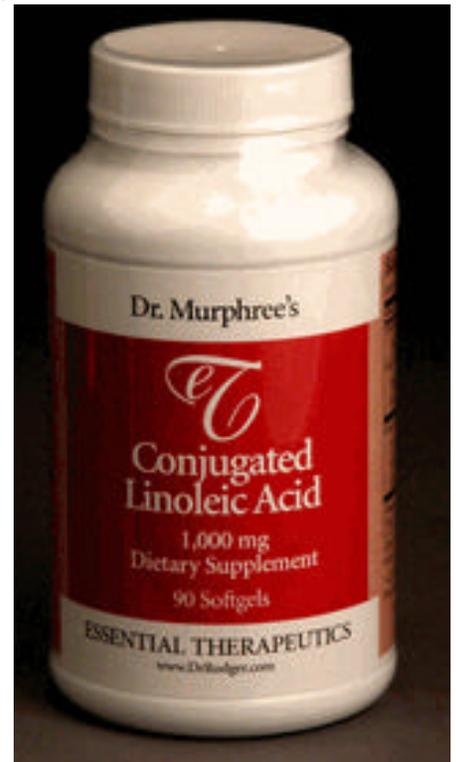
From a one-year study released at the 94th Annual Meeting of the American Oil and Chemical Society (May 4-7, 2003) *Efficacy and Safety of One-Year Supplementation of Conjugated Linoleic Acid in Moderate Overweight*

(CLA)-1,000mg supplying minimum of 750mg per soft gel capsule. 90 capsules recommended dose is one capsule 3 times-a-day, 30 minutes before each meal. CLA is a naturally-occurring derivative of linoleic acid (Omega 6 fatty acid) and has physiological effects on fat metabolism and the immune sys-

tem. CLA helps burn fat and build muscle. CLA helps block a substance in your body called lipoprotein lipase that helps store fat in your body.

Reducing your body fat by close to 10% could make a big difference in your health. Excess body weight and fat are associated with an increased risk in heart disease, stroke, diabetes, and many other chronic illnesses.

Similar CLA products sell for \$40 or more. We are committed to offering the highest quality products at the best prices. This is why this high-quality, high-potency supplement is normally priced at half the price of other CLA products.



**Now Only \$22.00
from www.DrRodger.com**

Attention - This is possibly our last newsletter to be mailed through the U.S. Mail. If don't get the email version, please sign up at drrodgernews@aol.com. If you get it both ways at this time, don't do anything and you will continue to receive it by email.

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For phone or office consults call Dr. Murphree's office @ 1-888-884-9577
Dr. Murphree's Email Address: DrRodgerM@yahoo.com**

Introducing my new "Jump Start" package

"These are the products I use for 99% of all my Fibromyalgia and CFS patients. This Jump Start Package is for those individuals who want to start beating Fibromyalgia and CFS RIGHT AWAY"



Includes these 4 products:

- CFS/Fibro Formula
- 5HTP
- Adrenal Cortex
- Digestive Enzymes

Save \$13.00!

These 4 products promote deep restorative sleep, reduce pain, inflammation, depression, and anxiety. They are essential in restoring the bodies own self healing mechanisms that I discusses in my book.

5HTP promotes deep restorative sleep. Reduces pain, mental fatigue, depression, and anxiety. Normalizing serotonin levels with 5HTP usually stops IBS symptoms within 2 weeks. (diarrhea one day and constipation the next)

The CFS/Fibro Formula is loaded with the high doses of the essential nutrients including all the vitamins, minerals, essential fatty acids, amino acids, malic acid, CoQ10, and extra magnesium (680mg). The Amino acids are what make our brain chemicals. They help restore normal brain function, increase mental clarity, reduce depression, anxiety, and fatigue.

The Essential Fatty Acids reduce pain, inflammation, depression, anxiety, allow brain cells to communicate with one another, increase mental clarity, and boost energy. The formula contains all the high dose vitamins and minerals based on The Optimal Daily Allowance according to Orthomolecular Medicine.

The Adrenal Cortex helps boost energy, mental clarity and moods. It is a must in restoring normal stress coping stamina and resistance.

Adrenal Cortex increases drive, ambition, and stamina. It helps prevent to classic crash from overdoing it syndrome. Digestive Enzymes help stop the bloating, gas, and indigestion that go along with Fibromyalgia and CFS. These enzymes break down foods and make sure the food we eat turns into the essential nutrients we need. It also prevents any problems with digesting the fish oil in the CFS/Fibro Formula packs. Most individuals with Fibromyalgia and CFS have trouble absorbing certain essential fatty acids, including fish oils. This is a real problem because these oils reduce pain, inflammation, and mood disorders.

Regular: \$133.00 **Now Only: \$119.95**

**To See all of Dr. Murphree's Supplements,
visit our website @ www.DrRodger.com**

You may order by phone toll free @ 1-888-884-9577

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Attention

This is possibly our last newsletter to be mailed through the U.S. Mail. If you don't get the email version at this time, please sign up at drrodgernews@aol.com. If you get it both ways at this time, don't do anything and you will continue to receive it by email. If you don't have an email address, we would be happy to send it to a friend or relative who could print it out for you. Sorry for any inconvenience.

"My purpose is to give hope to those who've lost all hope."

When I first started treating Fibromyalgia there weren't any books available on the subject. Now, there are several books on the market claiming to be "the book" on Fibromyalgia. Many are written by individuals who've never treated a single Fibromyalgia patient.

Unless you've spent a lot of time with these folks, you can't appreciate the full magnitude of this illness and how it wrecks their lives. Most of these individuals have had the illness for years. These are challenging patients with long histories and difficult questions. I found myself spending so much time answering questions and explaining the illness that I had little time to see all the patients who were lining up to see me.

I needed a book to educate these individuals on why they got sick and what they must do to get well. I needed a book to use as a patient hand-out. I needed a book that explained all their strange symptoms (aversion to certain smells, hair loss, or itchy ears). I wanted to explain how each system of the body works and what to do when those systems break down. The book had to explain the biochemistry of neurotransmitters (brain chemicals), hormones, enzymes, and prostaglandins in a way that was easy for anyone to understand. It needed to be easy to read, yet comprehensive. It needed to be a manual on how the body works and how to repair it when it breaks down. I wanted the readers to understand that health comes from within – not in a prescription bottle.

I gave up on finding that book – it did not exist. I wrote my own book using real-life experiences and the knowledge I'd gained from working "in the trenches" for over seven years with these patients. *Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome* is that book. Finally I had the book which put all the pieces together and made it understandable for the average person. It also provides valuable information for other doctors who, in many cases, give up on these difficult-to-treat patients. The American College of Rheumatology acknowledges that traditional medicine has little to offer these patients. This is why individuals with fibromyalgia are desperate to find help. Most doctors don't understand the illness and may dismiss the patient as being crazy, lazy, or depressed.

This book resonates with people suffering from Fibromyalgia. They know they've found a doctor who truly understands what they are going through. More importantly, they realize there is hope.

I know the methods in my book work. You only have to read the testimonials on my website to understand what I have seen with my own eyes. These are heart-felt, unsolicited testimonials that really do tell the whole story. They are just a few of the hundreds I've received. These letters are truly inspirational and continue to remind me why this is my life's work.

