Nutri-Pak Natural Thyroid comes from healthy BSE Free, New Zealand cows. The Nutri-Pak label is an identical product to the Atrium brand. This is the number-one natural glandular thyroid on the market.

Nutri-Pak Natural Thyroid is intended for the natural treatment of hypothyroidism (under-active thyroid). Unlike most remedies for the thyroid gland, which offer benefits for both under and over-active conditions (hyper & hypo); **this remedy is intended solely for use in hypothyroidism (under-active thyroid).**

If suffering from hypothyroidism, especially if the gland has been under functioning for many years, the use of a desiccated bovine thyroid, such as this, can have tremendous benefit and work far more effectively in the majority of cases than the drug Synthroid /Thyroxine or other forms of drug synthesized T4 hormone.

It is not just the fact that the pharmaceutical hormone is not exactly the same as that used by the body to maintain correct metabolic rate. A major factor is that there are 5 hormones that a healthy thyroid secretes and these are all required to maintain the best energy regulation and also bone health. These hormones are: T4, T3, T2, T1 and calcitonin. The most important hormone to maintain sufficient metabolic energy is T3, although this is in lower quantities than T4 secreted from a healthy thyroid. Most T3 is obtained from T4 conversion. The most often prescribed artificial hormone for thyroid under functioning is T4 (Thyroxine, Synthroid etc.). Many people have a low capacity for this conversion of T4 hormone to T3; this is why
many people do not obtain sufficient benefit from taking a T4 only hormone prescription. Desiccated thyroid extracts contain all five thyroid hormones. These extracts were in use by the medical/pharmaceutical industry at one point, but abandoned in favor of the more profitable and less effective single hormone derivatives. Taking desiccated thyroid gland can have wonderful effects on the health of those suffering from hypothyroidism.

SYMPTOMS OF LOW THYROID, HIGH ESTROGEN, LOW PROGESTERONE

ALL female problems (tumors, fibroids, ovarian cysts, endometriosis, PMS, cramps (dysmenorrheal), amenorrhea, female cancers, spontaneous abortion, cyclic seizures, dry vagina and infertility), weight problems (usually high, sometimes low) gallbladder disease (six times higher in women with excess estrogen or on birth control pills or ERT), and abnormal facial hair.

OTHER PHYSICAL SIGNS AND SYMPTOMS

Fatigue and insomnia, immune system problems, (chronic infections anywhere such as bronchitis, frequent colds, etc.), asthma, heart disease, cancer, colon problems (constipation, appendicitis, cancer), hair loss in men and women, excess facial hair in women, skin problems (dry skin, acne, psoriasis, eczema, etc.), osteoporosis, arthritis, low blood sugar, allergies and digestive problems, cold hands and feet, sensitive to changes in temperature, blood pressure problems (high or low), weight problems (high or low), a hoarse voice, vision problems and other symptoms.

MENTAL/EMOTIONAL SYMPTOMS

Attention deficit hyperactivity disorder (ADD), moody, irritable behavior, excessive crying or worrying, depression (a classic symptom) and serious mental problems.

Warning: If you suffer from weak adrenal glands or adrenal insufficiency it is unwise to take thyroid glandular or any thyroid
hormone without first supporting the adrenals. As soon as you are successfully supporting your adrenal glands you can commence with Thyroid glandular supplement. The reason for this is that if cortisol/DHEA is low due to adrenal insufficiency taking Thyroid glandular will increase the metabolic rate as it should do, but this will for a time, maybe months, increase the need for circulating cortisone/DHEA. Without the support of supplemental cortisol and/or DHEA the demand on the adrenal glands could cause the already weak adrenals to suffer further enervation resulting in dangerously low levels of cortisol/DHEA and further adrenal enervation. If you are unsure if you have low adrenal hormone output work directly with a knowledgeable naturopath. See natural source Premier DHEA and Premier Pregnenolone. Keep reading for more information on how to support your adrenals and thyroid.

**NUTRI-PAK NATURAL THYROID**

Increase one dose (1/2 to 1-tab) every two weeks ACCORDING TO YOUR ORAL TEMPERATURES AND PULSE to determine correct dosage. AM temp should be 98.0. Noon (or 10 am – 3 pm) temp should be 98.4 – 99 and not over 100. Resting pulse should be 85 beats per minute. (Women must measure temperatures during menses or when they are not ovulating).

**DIET**

Avoid thyroid inhibitors: ALL unsaturated (liquid) oils (except extra virgin olive oil), ALL soy products like tofu, soybeans, soy milk (some fermented soy is okay, like tempe, miso, natto). ALL raw cruciferous veggies (cabbage, broccoli, cauliflower – must be cooked, at least steamed, can still be crunchy), AVOID Fluoride in water, toothpaste, etc., AVOID all excess estrogen and estrogenic substances (birth control pills, ERT, herbal estrogens, pesticides, antibacterial soups and cleaners, drinking out of plastics, etc.) Eat thyroid stimulating foods: adequate protein, whole sea salt, complex carbohydrates and coconut oil.
DETAILED INSTRUCTIONS

Blood chemistry thyroid panels only reveal overt pathology, not subclinical conditions. Dr. Broda Barnes, M.D., developed the axillary temperature test to determine subclinical hypothyroidism (doesn’t show up in blood panel but patient has symptoms). From clinical experience, Dr. Ray Peat believes that the oral temperature is more accurate then the axillary so please take your oral temperature. Your optimum oral temperature should be 98.0 in the morning before arising. Your oral temperature should rise to 98.4 to 99 degrees for about 10 hours a day (during daylight hours). It is important to take your temperature twice, because some people have a low morning temperature and a normal one during the day and vice versa. You should use the worst temperature as a deciding factor.

Woman should do this during menses to avoid the increase in temperature during ovulation. A good test time is to take your oral temperature between 11 am and 3 pm. The best time to do this is 20-30 minutes after lunch which is when your thyroid function should be at its best. Your optimum resting pulse (sitting down) should be 75-85 and not over 90-100. (NOTE: certain anti-depressant drugs, such as imipramine, will cause an abnormal increase in oral temperature. Also, some patients have viral or bacterial infections leading to a low-grade fever. These conditions make determination of thyroid dosage difficult and more attention should be paid to actual symptoms).

HOW TO USE THYROID GLANDULAR

After determining your average oral temperature and pulse, start with 1/4 to 1/2 to one tab per day with food. If you start with one tab, cut it in half and take one with breakfast and one with lunch. If you have trouble taking 1/2 tab, take 1/4 tab. Take as much as you can comfortably up to one tab in 1/2 or 1/4 dosages, one piece per meal. Most people but not all can tolerate one tab in divided dosages. Some can tolerate one tab if they take 1/4 tab with each meal and 1/4 tab before bed. After two to four weeks, please check your oral temperature and pulse for three days in a row and take the average. If the temperature and pulse are still low, increase your dosage.
REPEAT: Divide your dosage on a per meal basis. Keep slowly increasing your dosage every two to four weeks after you check your temperature and pulse, until they are optimum.

Most patients who are hypothyroid have a daytime oral temperature of less than 98.6 degrees F and a resting pulse lower than 75-85. A few patients have an abnormally high pulse due to excess adrenalin, the body’s way to compensate for sluggish thyroid function. All hypothyroid people have from 10% to 40% excess adrenalin. The higher the adrenalin, the slower you must increase your dosage of thyroid. Why? Thyroid will make the tissues more sensitive to adrenaline and some patients feel hyper at the beginning due to increasing tissue sensitivity to adrenalin. But, as the tissues become more sensitive to adrenaline, less will be produced and hyperactivity will disappear. That’s why you should heed my advice to increase slowly. It takes several weeks OR months to calm the adrenal glands.

I highly suggest BEFORE taking thyroid glandular to begin using Premier Adaptogen-R3 for a few weeks beforehand. You may need additional adrenal support, see Premier AdrenaVen or Therazyme Adr. I also suggest Premier Max B-ND food source B vitamins and a mineral supplement strong in magnesium, or just extra magnesium. This support is foundational before and during the use of thyroid glandular. You might also first want to try the herbal Premier ThyroVen.

Some people need Iodine to support and strengthen their thyroid. Don’t guess. Use the ZRT Iodine Spot Test. It is easy to do at home. If Iodine is needed, begin with Premier XenoStat. If higher doses are needed, add Iodoral.

If you experience a racing pulse (and your temps are low), it’s due to excess adrenaline, NOT hyperthyroid function. If this happens, take some magnesium and/or sea salt (Celtic Salt best) or eat some fruit. In 30 minutes, your pulse will normalize as your blood sugar rises and your adrenaline decreases.

There is no set dosage range. It varies to one half tab to six or so daily. Children need less and respond faster. Also, until the age of
about eight years, a child’s pulse is high, say around 110 beats per minute, so the only reliable test in young children is the temperature. Each tab of Nutripak is supposedly two grains but I cannot vouch for this because thyroid supplements are no longer assayed, including Armour.

High dosages are needed in people who eat excessive unsaturated fats (soybean oil, safflower oil, Wesson corn oil, EPO, flaxseed oil, fish oils, etc.), which inhibit thyroid function. It takes at least four years to metabolize these, according to Dr. Peat. After the excess is burned off, the dosage of thyroid can be reduced. Thyroid glandular has both a cumulative as well as a healing effect. So it is wise to keep track of your oral temperatures and your resting pulse. Don’t guess. Low and high thyroid symptoms can be identical (e.g. insomnia, restlessness, and headache). A blood chemistry panel is only about 30% accurate. It is common for a hypothyroid person to have a completely normal thyroid panel.

Patients with high blood pressure need to proceed cautiously, beginning very slow with perhaps 1/4th a tab or less 1x per day or every other day, then increasing very slowing. Patients with high blood pressure or colon problems may experience a headache due to increased circulation and small changes in blood pressure or colon pressure. If this occurs, stop the thyroid until the headache is gone, and then resume taking thyroid. As blood and colon pressure normalizes, your headaches will cease. If it’s a colon headache, work on correcting constipation first, then go back to working on optimizing your temperature and pulse. Raw carrots are excellent for the colon, especially with coconut oil dressing. Patients with a magnesium deficiency may experience heart pain as the heart starts working harder. If you eat junk foods (white flour, white sugar, white rice, etc.) you will be magnesium deficient. Taking a magnesium supplement plus some sea salt will alleviate the pain. A bath in epsom salts can help (1/2 cup in a tub, soak for 20 minutes), BioNativus Liquid minerals, Premier Glycinate or Magnesium Taurate are good sources of magnesium (avoid Aspartate, Oxide and other cheap forms).

How to Stabilize Your Blood Sugar and Prevent Panic Attacks
Hypothyroidism leads to low blood sugar, increased adrenalin and increased cortisol. Excess adrenalin can cause a racing pulse, irregular, or fast heart beat, anxiety and panic attacks, hypertension and eventually leads to heart disease. Adequate thyroid function is necessary to control adrenalin at normal levels. Hypothyroid people make between 10% to 40% excess adrenalin. The higher your adrenalin, the slower you must increase your dosage to avoid symptoms of excess adrenalin. As thyroid is slowly increased, adrenalin slowly decreases to normal. Some people can only tolerate 1/4th tab of thyroid glandular and can only increase by 1/4th tab doses.

1. Eat sufficient protein (eggs, organic cheese, yogurt, raw cow or goat milk, cottage cheese and organic meat or poultry, if you do eat meat. Why? Protein is required for the liver to convert T4 to T3. The most difficult low thyroid cases are total vegetarians who eat unsaturated oils. These people take the longest time to improve their thyroid function.

2. Complex Carbohydrates and (some fruit) can help keep blood sugar stable and decreasing adrenaline. Frequent healthy snacks can help relieve a yo-yo blood sugar and extra magnesium. Also, Epsom salts bath (1/2 cup of Epsom salts in tub and soak 20 minutes) is a good source of magnesium plus very relaxing, or use Magnesium Supplements.

3. Adequate sea salt (non-iodized), Celtic Salt is excellent. Whole salt is necessary to mobilize glucose, keep adrenalin levels to normal and prevent all the symptoms of high adrenalin (hypertension, irregular heartbeat, panic attacks, etc.)

4. Stevia is an herbal sweetener that even diabetics can use. It stabilizes the blood sugar too. (The dark brown liquid from SweetLeaf is very good and has many healing properties. They make a clear liquid too that is excellent).

5. Use high quality virgin coconut oil daily (in cooking as you would butter). Coconut oil stimulates thyroid function and has a fatty
acid in it (lauric acid) which is very antiseptic. Disregard labels on coconut oil which say you shouldn’t eat it. It is the best and most healthy fat there is.

6. Eat a raw carrot daily. You can make a Ranch dressing with coconut oil and add it to grated carrots. The fiber in carrots is excellent for binding colon toxins and carcinogens and for preventing the re-absorption of estrogen.

7. **Thera-Zyme Adr** – Take 2-3 caps 3x/d or as needed to prevent panic attacks, insomnia and being stressed out. Or use **Premier AdrenaVen** along with **Premier Max B-ND**. Take these products in morning and no later than 1pm to avoid overstimulation in evening and night. Use **Premier Adaptogen-R3** along with any of these products to support adrenal, thyroid, and response to anxiety and stress.

8. **Premier Pregnenolone** – It is generally more effective to take higher doses at first. Pregnenolone will prevent the chemical reaction in the brain that causes panic attacks. Pregnenolone can provide excellent adrenal support and is the precursor to DHEA and other hormones.

9. Carbonated water (Calistoga, Perrier, Talking Rain, Crystal Geyser, Sarotoga) – drink daily. You can dilute fruit juices with this. CO2 puts oxygen into the brain, prevents and cures strokes and cures anxiety attacks.

10. **Thera-Zyme TRMA**, 4 caps between meals 3x/d. This is the major anti-anxiety enzyme formula. **Thera-Zyme Adr** is the major anti-panic enzyme formula.

11. **Premier Tocotriene Ultra**, **Thera-Zyme SRB Powder** and **Premier Trim Body Whey Protein Powder** are all excellent in helping maintain a stable blood sugar.

Regarding the pulse. Here is some research confirming the optimum resting pulse is 85.
1. Studies of healthy people who have no heart disease were found to have an average pulse of 85 beats per minute.

2. Studies of the smartest high school students showed a pulse of 85 versus a pulse of 70 in below average students.

3. Although optimum thyroid function is important in controlling the pulse, the pulse can be controlled in people with pacemakers. Patients with pacemakers were given memory and other mental function tests at 72 and 85 beats per minute. When the pulse was increased from 72 beats per minute to 85, all mental functions improved!

What if you take too much and become hyperthyroid? Contrary to the conditions which arise from hypothyroidism as listed above, the major side effect for mild hyperthyroidism (say 25% hypermetabolic) is longevity. This is not a rumor. Historically, the longest-lived peoples in recorded history are those who lived on thyroid stimulating foods (adequate protein, fruit, salt, and coconut oil). This was common in people living in tropical areas who lived on fish, coconut oil and foods. Eskimos lived on raw fish, and raw blubber, not a diet you would consider healthy. Yet, they had no health problems and were slightly hyperthyroid. Why? Because they ate the whole animal, which included all the glandulars, the bones (calcium), and the protein. Thus, even though the fat in the fish was unsaturated, they burned it up because they were slightly hypermetabolic.

**THYROID INHIBITORS AND TOXINS**

1. Unsaturated oils. This includes soybean, safflower, fish, sesame, corn, canola, high oleic safflower, flaxseed, borage and evening primrose oils. These oils suppress thyroid function, digestion, and the immune system, feed cancer cells, and promote disease, seizures and heart disease.

2. Soy products (soybeans, soy protein drinks, tofu). These have three very potent thyroid inhibitors, an enzyme inhibitor, plus a substance (phytates) which inhibit the absorption of very
important minerals, plus soy is a very poor source of protein, contrary to what the advertisers say. Soy is so estrogenic that it is a potent promoter of cancer.

3. A low animal protein or vegan diet. By this I mean a diet low in ORGANIC animal protein (beef, lamb, turkey, chicken, fish, eggs, and dairy product). Veganism causes an alkaline condition (excess alkaline reserves which are dumped in the urine) because adequate acidity come from the digestion of animal protein. People who are overly alkaline cannot carry calcium in the blood, either in the salty form or bound to protein. These people can take tons of calcium and it is not retained. This pattern of low calcium and alkaline pH is called the anxiety pattern because it sometimes causes severe anxiety with sighing and even taking tranquilizers. This pattern of alkalinity is also observed in people with weak immune systems who are prone to frequent infections and catastrophic illnesses including cancer.

4. Perhaps the worst outcome of the lack of protein is hypothyroidism because animal protein is required to make the thyroid hormone and to convert it into its active form in the liver. Low thyroid function can lead to diabetes, cancer, heart disease, gallbladder problems, etc. Women especially are vulnerable, because when they have low thyroid function, they become estrogen dominant and can’t make progesterone and develop many female problems. In addition, because of estrogen dominance, women have five to six times more osteoporosis, gallbladder disease, diabetes, and Rheumatoid arthritis, etc., than men. The exception is men who eat commercial (high pesticide) foods. All pesticides are estrogen mimics (xenoestrogens).

5. Cysteine-rich meats, such as steak, hamburger, pork chops and liver lower thyroid function because of the anti-thyroid effects of cysteine. This is why one should consume a variety of animal protein, not just meat, but all organic animal proteins.
6. RAW (not cooked) cruciferous vegetables (cabbage, cauliflower and broccoli) – contain thyroid inhibitors which must be destroyed by cooking.

THYROID INHIBITING SUPPLEMENTS

1. Synthroid (T4) shrinks the thyroid gland, suppresses the pituitary and can put a patient into a coma, if taken in high enough dosages.

2. PABA (para amino benzoic acid) – is very anti-thyroid plus it is a severe lacrimator (causes tears to form) it is a precursor to folic acid and is used to make vitamins, but by itself, it is extremely anti-thyroid. (Ref. Ray Peat).

3. ALL estrogenic substances whether synthetic as in pesticides, or natural as in soy and some herbal formulas, and all estrogen drugs (Estriol, Estradiol and Estrone).

4. Large doses of Beta-carotene as a supplement or in raw carrot juice (without the fiber) is very anti-thyroid. This is very thyroid inhibiting which is why it’s better to eat the whole raw carrot or juice the whole raw carrot with a VitaMix, than to just drink the raw carrot juice.

ENVIRONMENTAL THYROID POISONS

1. Pesticides, mentioned above, are very estrogenic, and all estrogenic substances suppress thyroid function and inhibit the conversion of T4 (thyroxine) to T3 (triiodothyronine).

2. Fluoride destroys thyroid function, poisons over 100 important enzymes in the body, causes seizures and premature aging, including osteoporosis.

3. Silver amalgam fillings – the mercury in these inhibit the conversion of T2 to T3 in the liver. So, if you have tried everything yet still have a problem, please consider removal of these toxic metals from your mouth.
4. Radiation, whether ionizing or non-ionizing causes damage to the thyroid. If you are exposed to any type of excessive radiation, whether from computers, cell phones or your environment, you should look for ways to protect yourself.

Credits: Inclusive of some of Lita Lee's writings based on Dr. Raymond Peat's teachings.