

SUPER NUTRITION FOR WOMEN

I. MSG AND GOITEROGENS

It is of primary importance to understand the role of MSG and Goitrogens in our food supply. One is an endocrine disruptor and the other inadvertently shuts down thyroid function. Our water supply has shown an increase in estrogen levels that are affecting our population¹. Hence, women are ingesting an unavoidable, inadvertent and overabundance of estrogen, which is causing an increase in hypothyroidism and breast malignancies such as cancer.

A. MSG AND EXCITOTOXICITY PERMANENTLY DEBILITATING THE THYROID

Monosodium Glutamate (MSG) is a nutritional additive used as a flavor enhancer which that has been found to have negative consequences on our body. It is an endocrine disruptor which tricks the mind and salivary glands and induces indulgent overeating and consequently causes weight gain. Hence palatability which enhances the joy of eating and savoring certain foods, actually lures us into a trap that induces us to overindulge and overeat. MSG in turn, will cause internal destruction of our thyroid metabolism which will affect the entire internal functioning of our body. MSG tricks the thyroid to go into overdrive and eventually drives it into a permanent state of hypothyroid activity. Therefore, it is imperative to understand that this item, MSG, that is promoted as a flavor enhancer, actually drives us to a long-standing debilitation as a result of inadvertent ingestion.

B. GOITEROGENIC DECEPTION

The entire class of foods listed below debilitates the thyroid. This is not something that is taught in classes of mainstream schools. It is something that I learned quite

¹ Endocrine disruptors in our drinking water: Should we be concerned by N.J. Smith-Yale-New Haven Teachers Institute.

late in my life; nevertheless, it is an entire class of foods that may cause a "goiter"² to form. These are therefore called goitrogenic foods³:

1. Peanuts
2. Carrots
3. Cassava
4. Sweet Potatoes
5. Soy

There are many more, however this is a subject that must be addressed with all female patients who are also especially affected by current increases of estrogen in our public water supply which exposes them to hypothyroidism.

II. EXPLANATION OF HALIDES (Fluoride, Bromide, Sodium Chloride)

As Naturopaths, we need to discuss the intrusion of halides which are toxic halogens in our foods. Those include bromide and fluoride. Fluoride is added to water to reduce cavities and bromide, on the other hand is added to all processed breads and pastas and should be avoided. Bromide⁴ is also another by-product of treated water that tends to debilitate the thyroid. Sodium Chloride, commonly known as salt, is also found naturally in all foods but high levels are added to processed foods as a preservative, such as breakfast cereals, cheese, some tinned vegetables, some bread and snacks and should therefore be avoided as well.⁵

Inducement of halides actually tricks the carrier molecule in our body Albumin⁶, while traveling through the intestines. Halides have no place in our body and will therefore attach to a carrier in order to enter and interfere with the thyroidal

² Goiter – A swelling of the neck resulting from enlargement of the thyroid gland

³ Goitrogenic foods – depresses thyroid function by disrupting production of thyroid hormones by interfering with iodine uptake in the thyroid gland.

⁴ Bromide - is added to flour to enhance aging, bleach dough and enhance its elasticity. Incidental production of brominated organics can occur in treating drinking water and these compounds persist in the finished water that is consumed.

⁵ Halide Toxicity (Bromine and Fluorine) Dr. Lauren Deville

⁶ Albumin also acts as a plasma carrier by non-specifically binding several hydrophobic steroid hormones as a transport protein for hemin and fatty acids. Levels of albumin may decrease when conditions interfere with its production.

receptor sites, leaving one with a potential growth on the front of the neck called a "goiter."

III. IODINE

The only dietic method to abrogate the contamination of our public water supplies is through supplementing our diet with iodine. Iodine is found plentifully in the green vegetable called kelp⁷, however, it may not be enough to hinder goiter growth and potential cancer scares. Therefore, it would behoove us to add a nascent iodine supplement to our diet.

IV. THE CRIMINAL DECEPTION OF SOY

Soy has been used as a savior for women in menopause and a cheap source of protein; however, this is also one of the culprits that may permanently debilitate the thyroid as well. It is in all processed products through direct or cross contamination and it is loaded with phytoestrogen which sometimes blocks estrogen, it also inhibits the actions of thyroid hormones. I would advise female to avoid soy products.

V. BOTTOM LINE AND CONCLUSION

I have personally litigated water supply issues and seen lab reports showing elevated estrogen content and read about gender identity confusions that have occurred as a result, according to a Yale study. In the news recently, the actress Maria Menounos was recently treated for a benign tumor. Coincidentally, her mother had a malignant or cancerous tumor while her husband was not affected at all. This illustrates that women are the most vulnerable from this elevated estrogen issue in the public drinking water.

The issue of elevated levels of estrogen found in our water supplies, needs to be addressed since they cause hypothyroidism and malignancies called cancer. In order for women to begin healing from this over exposure, it is recommended

⁷ Kelp - is a large seaweed or brown algae

that progesterone supplementation be prescribed along with any estrogen supplementation, to counteract and reduce the risk of endometrial (uterine) malignancies.

I have dealt with many women who have diabetes and arthritis. Many of those issues are caused by intestinal permeation⁸ and gastrointestinal disease often caused by Genetically Modified Wheat (GMO), which should therefore, be avoided.

Depression is also an issue with women following pregnancy and/or menopause when hormones are out of control. Depression is also a factor of hypothyroidism that is not addressed often enough in those cases and may be easily corrected through diet and regulation of iodine supplementation. This treatment would in fact elevate their metabolism, which is an important factor to counteract depression.

It has been suggested that too much attention is given to the thyroid by doctors like Dr. Broda Barnes; however, if this little butterfly looking gland is malfunctioning in the slightest manner, then each and every body function is also going to be off kilter.

We have advised above, about the dangers of goitrogenic food and the importance of iodine supplementation in our diet as well as the importance of supplementing progesterone. Other issues to consider is vaginal lubrication which is done with various essential oils and re-programming of the digestive system.

Vaginal lubrication is produced naturally; these fluids increase during ovulation and sexual arousal. Vaginal lubrication decreases during menopause, aging and diabetes among other issues that will inhibit lubrication. A variety of essential oils may be used safely.

Reprogramming of the digestive system has been addressed previously which is done by conducting a gastrointestinal fast and flush and reoiling of the gastrointestinal system with natural fish oil and evening primrose as recommended in my article "How to Remove Toxins from your Body."

⁸ Intestinal permeation – The gastrointestinal tract is one of the largest sites of exposure to the outside environment and its function is to monitor and seal the host interior from intestinal permeation or disruptions.

Other issues that affect women are yeast infections. The solution to that issue is to make the intestinal environment alkaline so that no offending bacteria can exist. Baking soda can help.

Finally, I would suggest that home water supplies need to be tested occasionally, in order to test for hormone levels and to ensure delivery of safe home water supply. Filtering water through activated carbon removes many of the problem chemicals.

NOTE: In addition, for those women who are currently using synthetic "Levothyroxine, I have the follow advice:

1. Synthetic t3s are better suited than t4s.
2. Bio-Identical replacement of 5 mg bi-daily of cortisol in conjunction with Armor, is recommended.
3. Evaluation of hair analysis for copper levels to see if patient may have conversional deficiency of t4s and t3s.
4. Evaluation of chromium levels is also recommended to see if adrenal glandular supplementation is having desired effect.
5. Explaining correlation of gluten allergens to patients that already have determined thyroidal deficiency that needs to be addressed.
6. Since most patients will display clinical or sub hypothyroid, the para-thyroid aspect will also be debilitated and needs to be addressed with plant-based incorporation of calcium supplementation.
7. Glycemic indexes will also have to be explained to patient in evaluating factors of energy levels.
8. Case based dietary evaluations will have to be made during pregnancy.
9. Pregnant patients who are hypothyroid, will have prolonged and debilitated gestation, so actual elevation of thyroid hormone will need to be adjusted during that period, according to how patient feels, but will still need to be slightly

elevated in some form, to accompany the nutritional care of the mother and child, and ensure the optimum health of the child she is bearing.

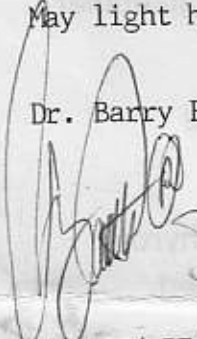
THIS PUBLICATION WAS AUTHORED BY Dr. Barry Emmett N.D.: C.F.T. It is protected under TEXAS BUSINESS AND COMMERCE CODE ARTICLE 1 section 9.203-9.207; also, see UCC 10-104 on security agreements on "[A]fter 'acquired-collateral. State rights are far stronger than federal, I did spend from 2009 until 2014 in law school and international business, along with global marketing as well. The website that it is filed on is: <http://www.co.walker.tx.us>. File 14-26900. Original draft copy-right date 2017. I do have drafted 25 publication in my filed of medical expertise and can assist one to solve almost any medical ailment thru natural modicum.

Please contact for further questions regarding natural health. I also am able to guide with sport injuries, and train physical fitness, as well as osteopathic advisement; This 'combines' both physical modicum as well as 'dietary' principles.

Last, please note that my editor altered the word 'malfesant' with 'malignant'. Any further questions please do ask. I do currently treat a multitude of patients simply thru natural health advisement. Its an 'educational' process and nothing further.

May light shine upon all that are reading this.

Dr. Barry Emmett N.D.: C.F.T.

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