



MY EXPERIENCE WITH HYPERTHYROIDISM



BECOMING HEALTHY AGAIN

Hyperthyroidism

COMMENTS BEFORE WE BEGIN

This is a very personal story that I share to give others hope who struggle with their thyroid.

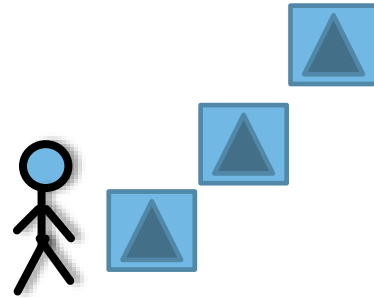
This experience helped me grow Spiritually and has been a catalyst for me to understand the importance of life – to live well by helping others.

As we plow through all the data: weight loss & gain, morning resting heart rate (MRHR), blood tests, medications and doctors, etc...

I humbly ask you do you know why you are here and are you doing these things every day?

To see my wonderful bride's thoughts, follow through to the end.

John T.



Learn how you too might come back from Hyperthyroidism!

Hyperthyroidism

SUMMARY THOUGHTS

- Time:** After going down in approximately 2 weeks it was approximately 4 months before healing was clear.
- Feeling:** Going from an 'endurance athlete' able to ride a 100 miles & 10,000 feet of climb in a single day or crossing across a state in a few days, I could not stand up without my heart rate climbing to 2 ½ times of what my resting heart rate used to be.
- Weight:** I lost ~ 25 pounds quickly and it took me approximately 6 months to put it back on.
- Bloodwork:** Fundamental blood markers for TSH, T4,free and T3, total were out 300 to 1000+%. T4,free and T3, total came back in about 4 months and TSH came in line in about 8 months. 9 months later I was off all medicine, 1 year later I opened up my diet.
- NOW:** At four years later almost to the day:
I remain healthy, weight, bloodwork and heart rate all back to normal ranges.
I have once again can bicycle across states SC (~250 miles), NC (~500 miles) and
I have spent three days climbing 30,000 feet and traveling 300 miles in 2017!

Learn how you too might come back from Hyperthyroidism!



Hyperthyroidism

A SUMMARY TIMELINE



Went down quickly!
~ 2 weeks

8/09 & 8/16
Blood work
TSH <0.01
very Low
T4, Free = 5.52
Very High

8/18
Rx - Methimazole 40mg/d
&
Start Amy Myer MD diet

AUGUST

Average Morning Resting Heart Rate (MRHR)
~ **100** BPM or +80%
Average Weight Loss
Down **25** pounds or 15%

SEPTEMBER

Average Morning Resting Heart Rate (MRHR)
~ **85** BPM or +60%
Average Weight Loss
Down **23** pounds or 16%

10/26
Blood work
TSH <0.01
very Low
T4, Free = 2.3
High
T3, Total = 122
In Range
11/03
Rx - Methimazole
40mg/day to 30mg/d
& continue Amy Myer MD (AMMD) diet

OCTOBER

Average Morning Resting Heart Rate (MRHR)
~ **75** BPM or +35%
Average Weight Loss
Down **22** pounds or 15%

11/21
Blood work
TSH <0.01
very Low
T4, Free = 1.3
In Range
T3, Total = 84
In Range
12/01
Rx - Methimazole
30mg/d to 20mg/d & continue AMMD diet

NOVEMBER

Average Morning Resting Heart Rate (MRHR)
~ **55** BPM or +0%
Average Weight Loss
Down **20** pounds or 13%

2/17
Rx - Methimazole
10 mg to 5mg/d
& AMMD diet

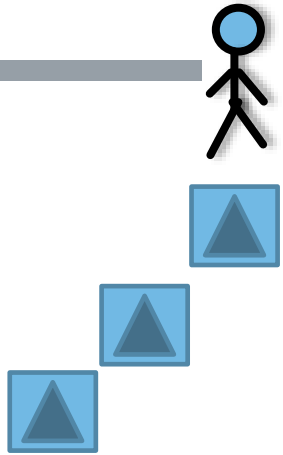
1/05
Rx - Methimazole
20mg/day to
10mg/d
To 10mg/d
& AMMD diet



Still a way to go, yet clearly healing!

Hyperthyroidism

DISCLOSURE



My lessons and my learning, please use it and share it if you like.

I do not receive any compensation for any these products, yet in full Disclosure:

- I am not a doctor nor do I play one on the internet or anywhere else.
- The thoughts that follow are from my own experience, learning & pain.
- Thank you!

My experience to help you!

Hyperthyroidism

WHAT I DID WELL & NOT SO WELL

When you are diagnosed with 'HYPERTHYROIDISM' or 'GRAVES DISSEASE' - You have really on three choices:

- 1) Diet (The Thyroid Connection by Amy Myers, MD)
& Medication Rx - Methimazole)
- 2) Shut down your thyroid with 'radioactive iodine'.
- 3) Get your thyroid partially or fully removed.

Options 2) and 3) will require you to take & regulate medication for the rest of your life.

I chose option 1)

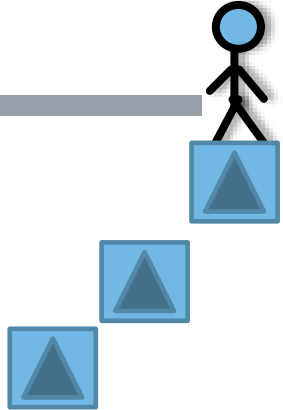


Hyperthyroidism

WHAT I DID WELL & NOT SO WELL

Done Well

- Considering all of the options (see p 6) and decided to pursue diet & medicine for healing.
- Reading & Re-reading The Thyroid Connection by Amy Myers, MD to understand the why's behind the Thyroid.
- Following Dr Amy Myers' recommendation for 'Letter to Your Doctor' (p 367).
- Changing diet to strictly follow Dr Amy Myers' recommendations on a 28-day plan (p 270) & recipes (p 318).
- Tracking many things daily during recovery: (see photo of sheets).
 - Taken Medications, Morning Resting Heart Rate (MRHR), Weight, Vitamins, Bowel Movements, Sleep, 20g protein shake, self-care (meditation, bath, etc.) and thoughts (trouble breathing, energy, great, etc.)
- Seeing a Wellness Doctor & getting started on medication prior to being able to see an Endocrinologist.
- Regular bloodwork approximately 1/month during & now ~ every 6 months.
- To understand that I can live in the Spirit & the Will of God before I am broken & at my end. Do your best and God has the rest. Let God into this moment.
- Going with my wife to my Doctors' appointments to allow us to ask better question & push on a Doctor's initial reactions with a why.
- Finding ways to get 'bloodwork' done at less & no expense.

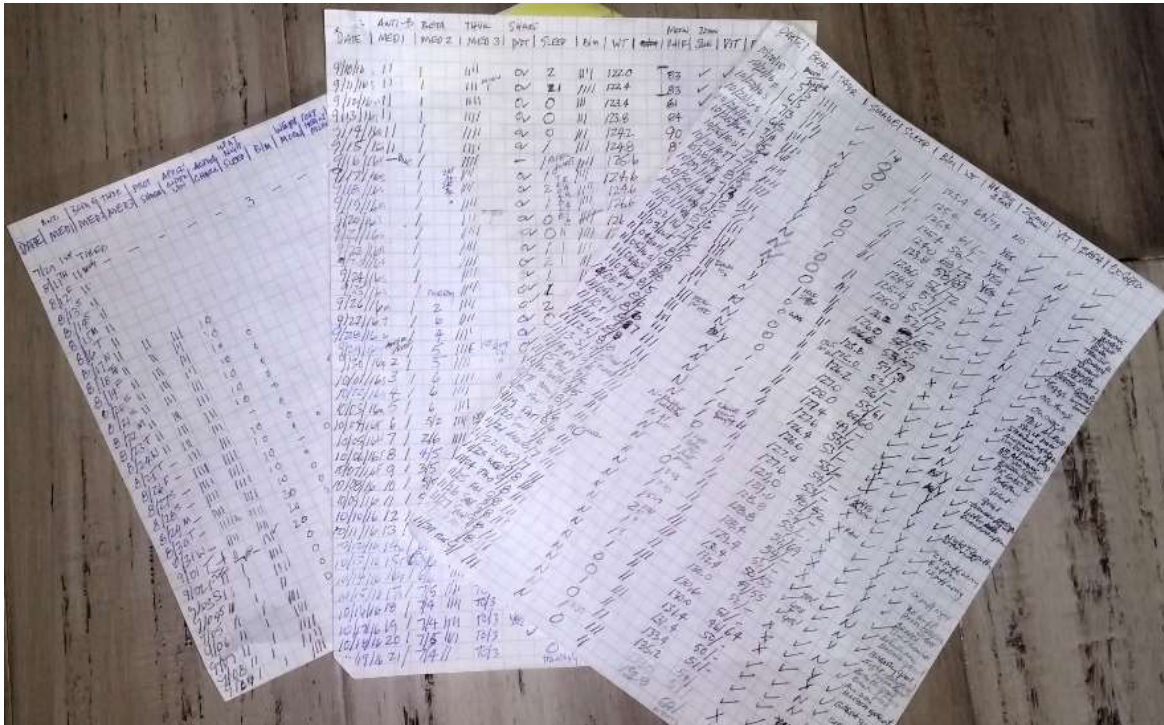


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WHAT I DID WELL & NOT SO WELL

Done Well

Tracking - I highly recommend doing this!



Suggest tracking:

- Date
- Medications
- Sleep
- Bowel Movements
- Weight
- Morning Resting Heart Rate (MRHR)
- Sun for at least 20 minutes
- Vitamins
- Self-care – Meditation, Bath, Prayer, etc.
- Thoughts

See the healing by tracking, bring this to your next Doctor visit!



Hyperthyroidism

WHAT I DID WELL & NOT SO WELL

Done not so Well

LEARNING

- Not having a Primary Doctor.
- Not reacting to rapid weight loss & higher Morning Resting Heart Rate (MRHR) - earlier.
- Pushing too hard (completing multiple simultaneous programs at work without rest, extended international travel for work, large bicycle event when 'tired', etc. = too much for me).
- Going to 'Urgent Care' (my humble opinion: This care is to diagnose either the flu or a cold & little else).



Hyperthyroidism

SUGGESTIONS FOR BLOODWORK

*Getting Bloodwork done
for less money*

LEARNING

When in your next Doctor's appointment, when they need some bloodwork to further diagnose or monitor your condition, I suggest:

Looking up - Health Testing Centers

This is a site that connects to LabCorp & Quest Diagnostics

Simply search the site for your correct lab test.

You will not need any not from your Doctor to order the test.

Be open & honest with the Doctor to ensure you are getting the correct test done.

When you get the results upload them to your Doctors system (for example 'MyChart') & wait for your Doctor's reply & recommendation.



Hyperthyroidism

DETAILS - DATA

*Morning
Resting
Heart
Rate
(MRHR)
Comes
back 1st*

then

Weight

'Normal'	54	147	These are weekly averages of daily tracking		
start 8/01	MRHR	WEIGHT	delta WT	% WT	
wk3	99	124	-23	-16%	AUGUST: MRHR ~ 100, WEIGHT down > 20 lbs or 15+%
wk4	99	125	-22	-15%	
wk5	98	124	-23	-16%	
wk6	91	123	-24	-17%	SEPT:
wk7	84	123	-24	-17%	1st MRHR average in 80's @ wk 7
wk8	84	124	-23	-16%	
wk9	83	126	-21	-14%	
wk10	81	126	-21	-14%	OCT:
wk11	77	125	-22	-15%	1st MRHR average in 70's @ wk 11
wk12	71	124	-23	-15%	
wk13	66	126	-21	-15%	1st MRHR average in 60's @ wk 13
wk14	58	125	-22	-15%	NOV: 1st MRHR average in 50's @ wk 14
wk15	54	126	-21	-14%	
wk16	53	129	-18	-12%	
wk17	50	131	-16	-11%	1st Weight average > 130 lb or weight loss approaches 10% @ wk 17
wk18	53	134	-13	-9%	DEC:

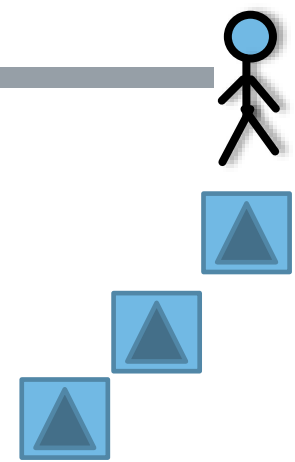


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DETAILS - DATA

Bloodwork - TSH, T4,free & T3,total

Blood work	Quest Lab Range (not Amy Myers' ranges are tighter)	08/09/17	08/16/16	08/24/16	08/24/16	10/04/16	10/26/16	11/21/16	02/07/17	04/03/17	06/28/17	
TSH	0.40 - 4.50 mIU/L	<0.01 L		<0.01 L		<0.01 L	<0.01 L	0.01 L	10 H	4.5 N R	2.67 N R	
T4, Free	0.8 - 1.8 ng/dL		5.52 H	5.44 H	5.52 H/H	3 H	2.3 H	1.3 N R	0.8 N/R	1 N R	1.26 N R	
T3, Total	76 - 181 ng/dL			N/T	N/T	--		122 N R	84 N R	72 L	78 N R	102 N R



Dr. Horton, “Typically T4, free comes back first, then T3, free and finally TSH. As you heal & the medication lowers you might go back & forth between Hyper- & Hypo-Thyroidism. You have approximately a 60% of healing with medication & less that for getting off that medication.”



Hyperthyroidism

DOCTORS

Dr Connie Casebolt Carver

Wellness by Design

Certified in Family Practice but focuses her entire energy on Wellness

864 – 558 – 0200

Very helpful in starting me on Hyperthyroidism medication, spent the time with me trying to figure out what was wrong. She got me started on the right path & recommended that I find a good Endocrinologist.

Dr David Hudson

Mountain View Family Medicine

Primary Care Physician

864 – 877 – 9577

Approved blood work that Dr Amy Myers book The Thyroid Connection recommended & now monitors by bloodwork with ranges recommended by Dr Horton listed below.

Dr James Kyle Horton

Endocrinology, Diabetes & Metabolism

864 – 400 – 3680

Initial Ultrasound of thyroid in office, monitored & recommended reduction in medicine.

I have & continue to recommend him for this clear feedback, statement of the facts & direction.



Hyperthyroidism

MY BRIDE'S PERSPECTIVE – PAGE 1

In August of 2016, Honey was “under the weather”. He was not doing his usual intense bike rides. He was laying around the couch watching shows which was atypical. He was tired. Yet, he had no cough, no runny nose, no fever.

I was to leave for a 3-week intensive yoga teacher training (YTT) and thinking to cancel to stay home. John assured me that I should go. He said he even went to see a doctor (clue) and was told he had the flu and to stay home from work and rest. He did not want me hovering over him. Off I went.

During texts and calls, John didn't share much other than saying he was tired. Having Saturdays off, I drove back home. He did not look better. He admitted he was too tired to cook the previous week. So, I cooked meals for the entire week, even snacks, and planned to drive back the following week.

Looking at the doctor's report whose diagnosis said “flu” even with the lab results as negative was baffling. My natural tendency is to research, looking for cases, treatments, but where to start?

I was leaving very early Sunday morning to return back to training when John revealed, he was scared, he had lost 10 pounds that past week. (I learned later that since he monitors his O2, heart rate, weight for training, it was an additional 10 lbs. loss for that week alone). I was going to call and quit, but he said I should STILL go. He was looking for another doctor. I did go but cried the entire trip up. (I tried too when she left - john)



Hyperthyroidism

MY BRIDE'S PERSPECTIVE – PAGE 2

We had been hosting church small groups for years, and I signed up for YTT because God told me during vacation the month prior to get trained (yoga was never a plan of mine). Every excuse I made to not sign-up literally dissolved. . . so now this. Was this a test of faith or obedience?

During this 2nd week training, even after each daily 8 am – 5 pm classes, there were homework, practices and assignments. Yet, I had been in contact with some small group members, some texting to say they would take John to the hospital, others praying, and me being worried. I didn't understand why this was happening. I saw how well during our small group meetings John was able to get people to share, and honestly enjoyed being with him because of his growth in Christ. I was still gripping on and so I finally surrendered. I said to God, if it is your will for John to die, then he is yours. I believed it and instantly felt peace.

With that, I focused on what God had asked me to do – finish this YTT. Some of those assignments could be turned in as late as December. I decided while being here, I'll even work on the large research assignments which was on anatomy/physiology. . . and reading the section on the endocrine system seemed to have a spotlight to make it jump out. It includes the thyroid. John in the meantime, had been able to see another doctor. Though a certified medical doctor, not one that could provide a referral which was required to see a specialist like an endocrinologist. Apparently, it takes time to get a primary care physician in the medical network but he finally got one.



Hyperthyroidism

MY BRIDE'S PERSPECTIVE – PAGE 3

A doctor I had been following Dr. Amy Myers had written a book called 'The Thyroid Connection'. I was able to make contact but the publisher release date was for the next month in September. We ordered the book.

John continued to lose weight. He was exhausted but couldn't sleep as his heart rate at resting was over 100 bpm. This man who used to ride 3 consecutive days of 100+miles and 30,000 feet of climb could no longer walk to the mailbox, and was skeletal.

When the book arrived, we read it from front to back. At his next doctor appointment, I came with John bringing the book. John asked for specific lab tests that Dr. Myers listed to have and was told it was unnecessary. There are times when I use a certain tone in my voice. This was one of those times as I pointed out that each time the root problem is not identified, it is more time off of John's life; take a look at the book, she is a real medical doctor. He did read her letter to doctors in the appendix and wrote the required lab tests. Fortunately, John's work company had a medical office that did blood work so with the doctor's note, that was quickly performed.



Hyperthyroidism

MY BRIDE'S PERSPECTIVE – PAGE 4

It took a few more weeks before seeing an endocrinologist. Once there, the doctor said John should have visited earlier. Sigh. This doctor was great. John was accurately diagnosed with Graves' disease, aka hyperthyroidism and prescribed two different medicines – one for heart and other for thyroid. There was also recommendation to get his thyroid ablated IF the levels did not decrease as the stress to his heart from the last few months was a big concern.

With the proper diagnosis, John immediately started following Dr. Myers' diet, eliminating the foods to avoid and including the ones that help heal the thyroid. John was able to stop the heart med and cut the thyroid med dosage after a few monthly appointments, and then stop all meds completely by month six.

In 2017, John was able to ride several multi-day cycling charity events again.

John's experience was a trial which provided much experience and lesson in living life. It changed our perspective of life, his focus on what to spend his time, energy and resource. A true test of faith and obedience. Praise God!

