



## Greetings Tom,

Welcome to Alternatives newsletter, a monthly publication designed to empower readers with knowledge and resources to achieve physical, emotional, mental and spiritual healing.

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## Thyroid: Master of Healthy Metabolism



From its strategic location at the front of the neck, the thyroid produces hormones that help control the entire body's metabolism. Its work is an important part of keeping the body in balance. But still, it's estimated that about half of the 27 million Americans who have thyroid disease go undiagnosed partly, perhaps, because the symptoms of

thyroid disease can be so elusive, according to Dr. Patricia Ryan.

Those symptoms may include cold extremities, hair loss, dry skin, constipation, irregular menses, poor digestion, joint aches, fatigue, multiple infections, weight gain and loss of lateral eyebrows, to name a few. "Thyroid disease occurs in about one of eight people," Dr. Ryan said, "and women seem to be at the greatest risk. We're not sure why it seems to be so prevalent."

The thyroid is the only organ in the body capable of absorbing iodine. The thyroid takes in iodine, obtained through food, iodized salt, or supplements, and combines it with the amino acid tyrosine. The thyroid then converts the iodine/tyrosine into the hormones T3 and T4. The "3" and the "4" represent the number of iodine molecules in each thyroid hormone molecule, according to Dr. Ryan.

"Physicians often screen for thyroid disease by using a lab test called the TSH," Dr. Ryan said. "I actually use both TSH and T3 tests, which provide more in-depth information to help determine thyroid function. Many people have symptoms of low thyroid, but their physicians tell them their lab is normal," Dr. Ryan said. "Lab parameters were set to detect disease states, not the state of optimal functioning."

"Even if the lab tests are normal, there may be some thyroid dysfunction. So a free T3 lab test may sort this out for some patients. If tests show a borderline problem, we can recommend dietary and supplement changes that can support thyroid function, including tests that help determine the iodine level in the body." For more information about thyroid disease, contact Dr. Patricia Ryan at Alternatives: A Center for Conscious Health.

## Thyroid's Disease's Baffling Symptoms

Thirty-three-year-old AnneMarie Haferbier of Omaha was baffled by a string of unusual symptoms that kept her doctors guessing as well. She was constantly tired, had dry skin and was consistently losing her voice. Some of her symptoms mirrored asthma or allergies, and she'd been treated for that for 10 years. When she gained 25 pounds in one year, her doctor chastised her for poor eating habits, even though she hadn't changed her diet.



AnneMarie and Don Haferbier

"I went to my doctor and demanded a battery of tests," she said. "Initially, she had told me my symptoms had nothing to do with thyroid disease." The test results revealed otherwise. AnneMarie had thyroid disease. What's more, she didn't have asthma, and probably never did.

So her doctor put her on Synthroid – a conventional thyroid medication. "It helped immediately," AnneMarie said, "but I found that after a couple of months my system would go through a cycle where I would feel great and then go downhill."

Friends at work told AnneMarie about Dr. Patricia Ryan. She met with Dr. Ryan, who recommended Armour® Thyroid, a natural thyroid replacement for underactive or nonfunctioning thyroid. She has followed that regimen, along with herbs and vitamins prescribed by Dr. Ryan, for about four months.

"I feel very good now. What I like about Dr. Ryan is that she's knowledgeable about well-documented symptoms that mainstream medicine doesn't always acknowledge. She validates what you know to be true. It's great also knowing that she has training in conventional as well as alternative medicine."

For more information about thyroid disease, contact Dr. Patricia Ryan at Alternatives: A Center for Conscious Health.

## Meet Rosie Vincent RN



Rosie Vincent RN grew up in New Orleans where the cuisine often included fried foods and sugar was a household staple. But when Rosie was only 24, she lost her 57-year-old father to heart disease. That's when she became passionate about holistic nutrition. "I'm so sorry I can't go back and help him, but I can help others," she said. A

registered nurse since 1972, when she received her degree from Charity Hospital School of Nursing in New Orleans, Rosie has devoted her career to helping people make sound nutritional decisions. She is a student of the "Chinese Five Element Theory," which assigns a season to a corresponding organ that helps her patients focus on achieving nutritional balance. She has been counseling patients in nutrition and wellness education with Dr. Ryan for the past six years, and is currently obtaining her B.S. in Holistic Nutrition from Clayton College.

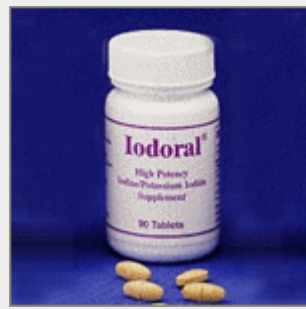
Rosie particularly enjoys participating in initial patient interviews with Dr. Ryan where she helps counsel on the benefits of proper nutrition. "I'd like to think that we are a real resource for people to help them find an alternative that works." Rosie likes to develop creative ways to make eating healthy more enjoyable, like taking people's favorite recipes and adapting them to healthier alternatives. She currently gives nutrition and healthy eating classes at Alternatives through Metro Community College, and is planning to organize events for the public, such as healthy potlucks.

For more information, contact Rosie Vincent at Alternatives: A Center for Conscious Health.

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## Featured Product: Iodoral



This product is on sale through mid-June at Alternatives for \$27.65.

\*Iodoral is a special combination of iodide and iodine that helps to saturate the tissues of the body with sufficient levels of iodine. It is a tablet containing 5mg iodine and 7.5mg iodide as the potassium salt.

**Please note: Iodoral should only be taken under doctor's orders by patients whose tests reveal they have an iodine deficiency.**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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