Comparing Thyroid Hormones

Make Sure You Get The Most Effective Thyroid Hormone – It Can Make All The Difference!

If either you or your doctor discovered that you are hypothyroid (low thyroid), getting the very best form of thyroid hormone is critical. Many doctors absolutely insist on prescribing the "very worst" form of thyroid hormone. I will provide you with the facts that you can take to your doctor if necessary. Once you learn the whole unbiased story, you will be in a better position to make an intelligent decision regarding which form of thyroid hormone would be the safest and most effective.

What Do We Know About The Prescription Thyroid (Synthroid™)

1. Synthroid™ is a chemical form of T_4 thyroid.

2. In his book *Natural Hormone Replacement* (2001), Dr. Neal Rouzier, M.D. FACEP states that most of his new patients were experiencing typical thyroid symptoms, even though they had been taking the thyroid medication Synthroid™, (which was obviously ineffective).

3. The basic problem is, the majority of people have difficulty converting the T_4 thyroid, to the much more active T_3 form. Many different factors can easily undermine the efficient thyroid conversion process in the liver. One good example is Insulin resistance, associated with type II diabetes.

4. As with drugs in general, Synthroid™ not only has its share of associated side effects, but also some troubling potential risks, which should make any doctor think twice before prescribing it over a much safer, and proven effective alternative.

5. It has been reported in the *Journal of the American Medical Association*, that Synthroid™ depletes calcium (http://www.vitaminevi.com/Index/Drug_Index-F.htm).

6. Some **common side effects** associated with Synthroid™ include:

* Diarrhea
* Irritability
* Headache
* Hand Tremors
* Leg cramps
* Insomnia
* Vomiting
* Nervousness
* Changes in menstrual periods

7. Then, some of the symptoms from possible overstimulation are:

* Abdominal cramps
* Anxiety
* Chest pain
* **Emotional instability**
* Hair loss
* Headache
* **Heart attack or failure**
* Irregular heartbeat
* Irritability
* Hyperactivity
* Increased heart rate
* Tremors
* Shortness of breath
* Nervousness
* Palpitation
* Sleeplessness
* Muscle weakness

8. We are also warned that: Synthroid™ can interact with a wide variety of medications, which just happen to include some widely used medications, such as:

* Oral Contraceptives	* Antidepressants	* Antacids
* Blood pressure medications	* Asthma medication	* Diuretics
* Diabetes drugs	* Blood thinning drugs	* Aspirin

9. A surprising number of women are placed on Synthroid™, (and **normally left on the drug**), yet we also find the warning that: ***"Postmenopausal women on long-term Synthroid™ therapy may suffer a loss of bone density, increasing the danger of osteoporosis* [brittle bones]"** (http://www.healthsquare.com/newrx/syn1421.htm).

10. Most importantly, the majority of diabetics are hypothyroid (requiring thyroid medication), and as we know the greatest common contributor to cardiovascular disease is diabetes. Thus, there is an obvious connection with all three conditions, yet from one source we find that:

> *If you have diabetes, or if your body makes insufficient adrenal corticosteroid hormone, Synthroid® will tend to make your symptoms worse. Synthroid® has profound effects on the body. Make sure your doctor is aware of all your medical problems, especially heart disease, clotting disorders, diabetes, and disorders of the adrenal or pituitary glands* (retrieved from http://www.healthsquare.com/newrx/syn1421.htm).
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> While another source additionally warns*:*
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> *Tell your doctor if you have or have ever had diabetes; hardening of the arteries (atherosclerosis); kidney disease; hepatitis; cardiovascular disease such as high blood pressure, chest pain (angina), arrhythmias, or heart attack; or an underactive adrenal or pituitary gland* (retrieved from http://www.nlm.nih.gov/medlineplus/druginfo/medmaster/a682461.html).

As you can easily see, we have some obvious concerns regarding the use of the Synthroid™, which most doctors insist on prescribing for a thyroid disorder, as it is intimately connected with both diabetes, and cardiovascular disease.

Then there is the concern of possibly experiencing some of the more serious side effects associated with overstimulation (drug overdose), such as **emotional instability** or possibly even **heart attack or failure**, which is greatly increased when combined with any of the many commonly prescribed medications that Synthroid™ can interact with. I would assume that by far, the majority would be taking at least one of the medications on the list. For instance, women are already ten times as likely to experience a low thyroid condition as men, however many women are likely taking oral contraceptives, which is not only on the list of potentially interacting drugs, but is also a known thyroid suppressant.

Also, as mentioned earlier, depression is one of the most common symptoms associated with a hypothyroid condition, and even though Synthroid™ seldom resolves the condition, patients are normally left on Synthroid™, while another medication on our list of potentially interacting drugs (antidepressants) is often added, increasing potential risks.

Many in the nation are also taking at least one of the over-the-counter medications antacids or aspirin, which also increase the potential for drug interaction. The more potentially interacting medications you find on that list that you might be taking while on Synthroid™, the greater your risk will be. As usual, there is a much safer alternative, known as Armour™ Thyroid, which we will now examine.

Some of the Many Benefits of Armour™ Thyroid

1. As Armour™ thyroid is a natural product and not a chemical compound, your liver will not attempt to remove it, as it would with Synthroid™. Consequently, your effective dosage can be more easily controlled and maintained.

2. In Armour™ thyroid we find a combination of both T_4 and T_3, in the same proportion our body normally produces. Although T_3 is approximately four times as fast acting as T_4, both actually work well together, as the T_4 helps moderate the action of T_3. Sometimes the T_3 thyroid, (if not combined with T_4), can result in overstimulation unless slowly released, as only the body can efficiently do. Although a time-release form of T_3 is available, it can only be obtained through a compounding pharmacy, and there appears to be a concern. It is very difficult (if not impossible) to accurately achieve even distribution of the time-release agent with the T_3 thyroid hormone. Our thyroid normally produces an adequate level of T_4 thyroid, thus that is seldom the cause of the majority of hypothyroid conditions. It is instead an inefficient conversion process, and thus an insufficient level of free T_3 thyroid.

3. Companies such as Standard Process™, Inc., which produce quality supplements from natural sources only, include glandulars in their formulas that they refer to as protomorphogens. They contain extracts of organs such as heart, adrenals, kidneys, liver, thymus, or thyroid, etc. The extracts are normally from either bovine (beef) or pork organs. We find they are not species specific, but instead organ specific. This means, in our body they are not broken down as other proteins to individual amino acids, but instead go directly to the specific target organ, and are beneficial for maintaining or regenerating the specific organ intended. As Armour™ thyroid is a glandular extract, it would likely strengthen the thyroid as well. Then, according to Dr. David Brownstein, M.D., it also contains T_1 and T_2 thyroid, as well as the beneficial cofactors calcitonin and selenium. Most importantly, **although Synthroid™ seldom works, Armour™ thyroid seldom fails.** The importance of proper metabolism cannot be over stressed, so getting the most effective form of thyroid hormone is essential.

4. We can only begin to appreciate the value of Armour™ thyroid, if we consider that many in the nation are needlessly placed on potentially dangerous antidepressants, when Armour™ thyroid would often resolve the condition (as well as many others). And by taking a thyroid hormone that truly works, the action of all 3,000 enzymes in the body will also begin working more efficiently. Then, many who were unable to lose weight, due to insufficient metabolism, would finally be much more successful.

5. And last but definitely not least, I believe we are all aware of the tremendous deterioration to the overall body, especially the cardiovascular system, the eyes, and kidneys, associated with diabetes. And then we have the **amazing discovery** of both Dr. C. D. Eaton and Dr. Broda Barnes, **that thyroid therapy (using Armour™ thyroid) prevented the normal complications normally associated with their patients' diabetes!** We also find that many of the conditions we normally attribute to diabetes, are actually influenced by a hypothyroid condition, which can only be truly resolved by Armour™ thyroid (not Synthroid™).

I rest my case.

The Natural Armour™ Thyroid Versus Synthroid™

A typical response by many doctors upon a patient's request for Armour™ thyroid, seems to be that it is not as well regulated as Synthroid™. In reality, quite the opposite is actually true.

The problem with regulating Synthroid™ is, like other medications, it is a chemical compound, which is treated as a toxin by the liver. Then it also interacts with many other commonly prescribed medications, as we just learned. Especially when taking multiple medications, drinking alcohol, or even eating grapefruit (which suppresses the P450 enzyme in the liver responsible for detoxification), how can anyone accurately predict the effective dosage they might get on any particular day? So, even if the amount of T_4 thyroid in Synthroid™ was closely regulated, your effective dosage can still vary considerably.

Now, let's compare that with the Armour™ thyroid. First we'll evaluate the process for producing Armour™ thyroid, in order to assure that an accurate level, and ratio of both natural T_4 and T_3 are properly maintained. We find that:

> *First thyroid glands are collected from USDA-approved grain-fed pigs. The thyroids are processed, dried, powdered, and compounded to produce Armour Thyroid tablets. Since the amount of thyroid hormone present in the thyroid gland may vary from animal to animal, the T_4 and T_3 are measured in both the raw material and in the actual tablets. This ensures that Armour Thyroid tablets are the same from tablet to tablet* (http://www.armourthyroid.com/con_faqs.aspx).

We then find that Armour™ thyroid meets all the USP standards for accuracy and safety, as follows:

> *Armour Thyroid Tablets, USP, contain the labeled amounts T4 and T3. These standards are established by the United States Pharmacopeia (USP).* ***To meet quality standards, Armour Thyroid must also pass bacteriological testing and must meet other product quality tests*** (retrieved from http://www.armourthyroid.com/con_faqs.aspx).

If you want even more proof that should convince any doctor with an open mind, we just happen to have another opinion from a very credible source – *The New England Journal of Medicine*!

NEJM STUDY PROVES ARMOUR THYROID BETTER THAN SYNTHROID

> *Patients with hypothyroidism show greater improvements in mood and brain function if they receive treatment Armour thyroid rather than Synthroid (thyroxiine). Hypothyroidism, where the gland has ceased to function or been removed, is usually treated with daily doses of Synthroid. But the researchers found that substituting Armour thyroid led to improvements in mood and in neuropsychological functioning.*
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> *Not all tissues that need thyroid hormone are equally able to convert thyroxine to triiodothyronine, the active form of the hormone. But most patients with hypothyroidism (reduced thyroid function) are treated only with thyroxine. On 6 of 17 measures of mood and cognition -- a catchall term that refers to language, learning and memory -- the patients scored better after receiving Armour thyroid than after receiving Synthroid. No score was better after Synthroid than after combination treatment. The authors also detected biochemical evidence that thyroid hormone action was greater after treatment with Armour thyroid. The patients who were on Armour thyroid had significantly higher serum concentrations of sex hormone-binding globulin.*
> *The New England Journal of Medicine 1999;340:424-429, 469-470*
> (http://internationalhealth.net/NewsArticles.htm#armour).

So the question is: Where did most doctors learn that Armour™ thyroid is not adequately regulated? Likely from the Abbott Laboratories representative who was promoting his company's product (Synthroid™). If he had done the research himself, he obviously would have known better.

Dr. Neal Rouzier discovered that many of his new patients were still suffering from typical thyroid symptoms, although they had been placed and often left on Synthroid™ (T_4) for years. The problem is, far too many don't efficiently convert the T_4 thyroid to the much more active T_3 form. However, Dr. Rouzier found that his new patients immediately noticed a major improvement when placed on Armour™ thyroid. Yet, in spite of the noted improvement, their own personal doctor normally insisted on placing them

back on Synthroid™ (artificial T_4 thyroid), and absolutely refused to prescribe Armour™ thyroid. Is there something drastically wrong with this picture?

Many doctors will only prescribe Synthroid™, and absolutely refuse to prescribe Armour™ thyroid. Armed with the above information, the doctor will have a difficult time justifying his or her position. If your doctor still refuses to prescribe Armour™ thyroid, in my opinion a change of doctors is likely in order.

Do The Self Test (Evaluating Your Own Thyroid Function)

You can either have your doctor do a test (for free T_3 thyroid), or you can do a temperature test yourself. This can be accomplished by placing a normal glass thermometer underarm, first thing in the morning before arising. Just lie still and leave it there for ten minutes and record your temperature. Repeat the process for five consecutive days, and then average your temperature. If your average temperature is 97.4° or less, natural thyroid supplementation will most likely help. The dosage might have to be titrated (adjusted) until you find the dosage that is right for you. Once it is, you should soon begin noticing a difference.