

News from Dr. John C. Lowe

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The Metabolic Treatment of Fibromyalgia by Dr. Lowe

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No More Begging and Pleading with Misguided Doctors: Liberation through Self-education, and Action on Your Own Behalf

Dr. John C. Lowe

I received the question below at AskDrLowe@drloewe.com yesterday. Since I wrote my answer to the woman's questions, I've had to control the outrage that I must quash inside myself every day. It wells up from my awareness of the misery hypothyroid patients suffer from the commercially-driven dictates of the endocrinology specialty (dictates that the specialty euphemistically calls "practice guidelines").

At the same time, I've felt a mixture of other emotions from my memory of conversations with many practicing clinicians. They've admitted to me that they know the specialty's dictates harm patients, but they comply with the dictates from fear of retaliation from the endocrinology specialty through medical regulatory boards.

I feel especially outraged over the suffering of British patients from the recent diagnostic and treatment [recommendations of the British Thyroid Association](#) and the Royal College of Physicians. I say "especially outraged" because I fully expect that the recommendations will cause even more widespread suffering than already afflicts so many British hypothyroid patients.

As I reflect back over my years of clinical practice, I see countless faces of hypothyroid patients. Most of the patients had long suffered due to the endocrinology specialty's dictates. Many of their faces were wet with tears, others were clinched tight from anger, and still others were weary or despondent from the dismal days-and-nights the dictates had caused them to suffer through. And I can never stop thinking about all the people yet to become hypothyroid, many of whose lives those dictates will spoil, outright ruin, or bring to a premature end.

I know some clinicians who courageously violate the specialty's dictates. By doing so, they get many hypothyroid patients well. But those few clinicians practice medicine in constant danger of local endocrinologists filing complaints against them with medical regulatory boards. The complaints most often cite the clinicians for suppressing patients' TSH levels. Only if a hypothyroid patient has had thyroid cancer does the endocrinology specialty approve suppressing his or her TSH, allowing the benefits that come from it, such as a longer life, improved health, and an improved sense of well-being.

But if a patient hasn't had cancer and suppresses his or her TSH with thyroid

hormone, the increased life span, better health, and improved well-being, according to the specialty, *must* be "placebo effects." And the specialty warns that the price the patient is likely to pay for enjoying those "placebo effects" is osteoporosis, adrenal crisis, or sudden death from a heart attack. No endocrinologist I've ever asked has explained to me why these adverse effects don't befall thyroid cancer patients who live for decades with suppressed TSH levels. But feeling justified in "protecting" the noncancer patients from their TSH-suppressing clinicians, some endocrinologists send complaints to regulatory boards, and woe betide the cited clinicians.

For hypothyroid patients and their TSH-suppressing clinicians, the circumstance isn't improving but is getting worse. Because of that, I've come to believe that a particular route is best for many of these patients to take. If they don't have collaborative, dictate-violating clinicians to help them get well, the next best route to follow—rather than allowing the dictates to keep them sick—is to turn away from conventional medicine and educate and treat themselves.

Fortunately, in the U.S., hypothyroid patients are at liberty to do this, at least for the time being. They can do it thanks to the 1994 Dietary Supplement Health and Education Act. That Act allows access by personal choice to effective medications classified as "dietary supplements" rather than FDA-regulated drugs. Patients don't need prescriptions to use dietary supplements; all they need is the knowledge of how to properly use them and the gumption to turn away from big pharma's drugs and put the dietary supplements to use.

For anyone who benefits from the information I include here, I ask only one thing in return: that you be ever vigilant for what, at the root, are big pharma-prompted attacks on the 1994 Act. And when one is under way, take prompt action by letting your legislators know that you demand the health freedoms the Act ensures. We'll let you know at drlowe.com when the Act is under attack, and we'll be grateful for your steadfast and repeated defense of it along with ours.

Now . . . here's the email inquiry I mentioned at the start that set off all these thoughts, and my response to the person's questions.

Question: I have Hashimoto's and was feeling like a new human being on 2 grains of [Nature-Throid](#). I'd *never* felt as good before in my life. Then, last month I went in for my regular visit to my family doctor and she checked my thyroid. Her nurse called a week later and said my TSH was too low and I was overstimulated, and she made me drop my dose from 2 to 1 grain. I did, and for the last week, I've felt like a slug again. I'm depressed and constipated, and I'm freezing and wearing a sweater while everybody else is in T-shirts, bare feet, and flip-flops. I called and told the nurse that I had felt great on 2 grains and that I did not feel overstimulated at all. I also told her how awful I've felt since dropping my dose to 1 grain. She put me on hold, and when she came back, I was shocked at what she said. She told me the doctor said I'm better off feeling awful than getting bone fractures or a heart attack from too much thyroid. Are those really my only two choices, feeling awful or dying from a heart attack? Do I have to beg and plead to use enough thyroid hormone to feel well, like I did on 2 grains of [Nature-Throid](#)?

Dr. Lowe: I'm sorry your doctor sent you on a toboggan slide to suffering again. She apparently has been effectively propagandized by the endocrinology specialty, whose beliefs about the TSH, I staunchly believe, are purposely shaped by boardroom executives of corporations that own TSH test kits and sell them by the millions to laboratories for clinicians to order.

The scientific evidence shows that even if you have a suppressed TSH, with a high degree of probability, that won't cause you to develop osteoporosis. In fact, if the 2 grains of [Nature-Throid](#) enabled you to be more active, you may

have bone density that's higher than that of other women your age. Your doctor seems to have been misled to a false belief: that she can accurately deduce from your TSH level what your bone density is. Of course, that's nonsense. She can find out exactly what your bone density is by ordering the test called "bone densitometry"; but *never* will she know what your bone density is from the level of your TSH.

And a heart attack from 2 grains of desiccated thyroid? Your doctor, in my opinion, should be ashamed of herself; she could not subscribe to that belief if she is were half-rational and read the relevant research reports in the medical literature. That statement alone shows that she's uneducated about a therapy she's prescribing; to me, that's professionally irresponsible. As she should know, you're far more likely to have a heart attack from *too little* thyroid hormone than you are from *too much*. Proper testing is readily available to her to accurately find out what your heart status is, and that testing does *not* include your TSH level.

Fortunately, you and others don't have to put up anymore with doctors making you suffer from hypothyroid symptoms. And you no longer have to put up with her or any other doctor causing you to develop coronary artery disease or low bone density by forcing you to take too little thyroid hormone. Nature-Throid is in my opinion the best prescription thyroid hormone product on the market. It's clean and highly effective, but it's effective *only* if your doctor lets you use enough of it to get well.

But with a doctor as misguided as yours, and who restricts you to too low a dosage, you can simply switch to [Hypo Support Formula](#) (HSF). HSF doesn't require a prescription, and I've found in two clinical trials that it's as effective as any other thyroid hormone product. It would be best if you had a doctor well-educated about hypothyroidism who would work with you in using HSF. But if not, you can use it as you see fit, free from any doctor interfering with your self-treatment through his or her false beliefs about TSH levels. We're closely monitoring scores of patients who are now using [HSF](#). Those who've already found their optimal dosages (with total disregard for their TSH levels) say they feel extremely well—just as you say you felt on 2 grains of [Nature-Throid](#).

If you use [HSF](#), I believe you can best avoid interference from your doctor by you refusing to let her order another TSH test. If she asks about your thyroid status, you can tell her not to bother herself over it. You can also say that your thyroid condition is being taken care of by someone who knows best how to handle it. That person, of course, is a well-informed *you*.

You being "well-informed," of course, means knowing how best to handle your own hypothyroidism. I encourage you—as I do every patient forsaken by his or her doctor's ignorance of clinical thyroidology—to read, read, read, and learn *everything* you can about hypothyroidism and how to properly treat yourself for it. (A good place to start is [drlowe.com](#). At [drlowe.com](#), we have close to 400 pages of information free of charge. I also strongly recommend my encyclopedic coverage of hypothyroidism, thyroid hormone resistance, and their proper treatment in [The Metabolic Treatment of Fibromyalgia](#).)

Properly treating yourself for hypothyroidism is basically this: treating yourself as most doctors treated hypothyroid patients before the mid-1970s. After that time, the endocrinology specialty came more-and-more to promote the use of the TSH, as corporations made vast fortunes off the test and shared the profits with the specialty. Nowadays, when it comes to diagnosing and treating hypothyroidism, an implicit motto indelibly stains the collective brain of the endocrinology specialty. That motto is, "The TSH and the TSH alone in the service of health . . . and, as a side benefit, power and profit!" The specialty imposes this motto on other clinicians through its "practice guidelines," actually dictates imposed at the expense of your health and that of millions of other

hypothyroid patients. But you don't have to let this institutional falsehood (that the TSH is the test of choice) harm you any longer.

Concerning your self-education about hypothyroidism, I can tell you one thing with confidence: you won't have to read much before you know more than most doctors do about the disorder. And I believe those doctors whose knowledge you'll surpass include most members of the endocrinology specialty. Because most doctors have little knowledge of hypothyroidism, and because they're likely to try to impose the specialty's dictates on you, it's important that you also learn to *resolutely* tell these doctors that you don't care for their opinions on your thyroid status and your thyroid treatment.

As I final thought, I think you can feel good about a fortuitous turn of events for hypothyroid patients such as yourself. And that turn of events is my answer to your last question: *Never again do you have to humble yourself before some misguided doctor and beg and plead to take enough thyroid hormone to be healthy and feel good.*

I've included below links to three chapters from a book I wrote. In the chapters, I explain how most people, such as you, can safely get well with thyroid hormone. I've given you links to the chapters because of a firm belief I hold. That belief concerns what I see as the best way for hypothyroid patients across our globe to escape the wide-scale harm to health caused by the endocrinology specialty's dictates. That way from harm to health is this: *liberation through self-education, followed by well-informed action on one's own behalf.* You're free to share the chapters with anyone else who wants the basics for escaping illness-sustaining medical care and beginning their short journey to recover from hypothyroid symptoms. My sincere best wishes to you for soon feeling healthy again.

Free Book Chapters for Self-treating Hypothyroid Patients

| [Metabolic Rehabilitation](#) | [Numbers Count](#) |
| [Safely Getting Well with Thyroid Hormone](#) |

*A gift to you with my best wishes
for you soon safely getting well,
Dr. John C. Lowe*

Our Services

Tammy Lowe

If you want to discuss the services we provide, please contact me. You can reach me by email at Tammy@drlowe.com or by phone at 603-391-6061.

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