

THYROID

HEALTHY FOOD CHOICES FOR HEALTHY THYROID

FOOD GROUPS	ALLOW	AVOID
Meat/ Fish/Poultry When possible Organic and free range Baked, broiled or poached	Chicken, turkey, wild game, and cold water-caught in the wild fish: salmon, halibut, mahi-mahi etc.	Beef, pork, lamb Shell fish: shrimp, lobster. Meats with sodium nitrate: lunchmeats, bacon, cured, smoke or dried meat
Dairy	Plain yogurt, plain kefir, butter, eggs	All other dairy products: Milk, cheese, cottage cheese, flavored yogurt, flavored Kefir, Ice cream
Vegetables Fresh or frozen Raw or steamed	Vegetables, dried beans, lentils, legumes	Can vegetables, creamed vegetables, casseroles
Fruit or fruit juice	All fruits 100% Juice without sugar	Juice with sugar
Breads	GLUTEN FREE Buckwheat, brown rice, quinoa. _	Whole wheat and white flour products: bread, tortillas, pasta, crackers, ect.
Nuts / Seeds	Raw (not roasted in oil): pecans, pumpkin seeds, sunflower seeds _	Processed / dry roasted nuts
Fats / Oils	Cold pressed olive oil, grape seed oil, flaxseed oil, organic butter	Margarine, shortening, processed and hydrogenated oils, mayonnaise, spreads
Sugar	Stevia, raw honey, 100% maple syrup, 100% blackstrap molasses, agava	All forms of sugar, artificial sweeteners, high fructose corn syrup, rice syrup, date sugar, evaporated cane juice
Spices / condiments / others	All spices, hummus, small amount of sea salt or veggie salt	Salty foods, junk food, mayonnaise ,mustard, ketchup , processed foods
Drinks	64 oz distilled or reversed osmosis water, caffeine free herbal tea	City water or bottled water containing chlorine or fluoride, coffee, tea, soda, fruit juice with sugar added

THYROID (cont)

IODINE

<u>RDA</u>	<u>Major Functions</u>	<u>Enemies</u>
U.S. RDA .15 mg Usually stated as 150 mcg	Regulates metabolism Stimulates circulation Promotes healthy thyroid Aid energy production Promotes healthy hair, nails, skin, and teeth Aids oxidation of fats and proteins	Cooking (heat) Food Proccession Soaking in water
<u>Sample Selection</u> Mg about 100 g (about 3.5 oz) edible portion		
Kelp 150,000 mg Dulse 8,000 mg Swiss Chard .099 mg Turnip Greens .076 mg Summer Squash	<u>Complementary Nutrients</u> Vitamin E Vitamin F (Essential Fatty Acid) Iron Magnesium Phosphorous Potassium	<u>Best Food Sources</u> Seaweed : Dulse, Kelp
<u>Other Good Food Sources</u>		
Artichokes Black Walnuts Collards Green Beans Lettuces – Boston & Bibb Other Seaweeds, esp. Agar Raw Mushrooms Spinach Sweet Potatoes Turnip roots & greens	Asparagus Blueberries Cucumber with skin Green Pepper, Sweet Mustard greens Peaches Rutabaga Squash – Summer, Yellow, Summer, Zucchini Swiss Chard Watermelon	Bananas Chinese Cabbage Eggplant Kale Okra Potato with skin Snap Beans Strawberries Tomatoes

THYROID (cont)

Factors That Interfere with Thyroid Function (Affects conversion of T4 to T3)

SUPPLEMENTS	MEDICATIONS THAT INTERFERE	FOODS THAT INTERFERE	OTHER POSSIBLE INTERFERING FACTORS
<p><u>To Avoid:</u></p> <p>Alpha-Lipoic Acid</p> <p><u>Needed:</u></p> <p>Iodine (not with Hashimoto Disease)</p> <p>Iron</p> <p>Selenium</p> <p>Vitamin A</p> <p>Vitamin B2</p> <p>Vitamin B6</p> <p>Vitamin B12</p> <p>Zinc</p>	<p>Anti-acids</p> <p>Antibiotics</p> <p>Antidepressants</p> <p>Aspirin</p> <p>Amiodarone</p> <p>Ex: Cordarone</p> <p>Pacerone</p> <p>Beta Blockers</p> <p>Birth Control Pills</p> <p>Dexamethasone</p> <p>Ex: Decadron</p> <p>Estrogen</p> <p>Iodinated Contrast Agents</p> <p>Lithium</p> <p>Ex: Eskalith</p> <p>Lithane</p> <p>Methimazole</p> <p>Ex: Tapazole</p> <p>Phenytoin</p> <p>Phenyltoloxamine</p> <p>Propylthiouracil</p> <p>Propranolol</p> <p>Ex: Inderal</p> <p>Innopran</p> <p>SSRI</p> <p>Theophylline</p>	<p>Sugar</p>	<p>Aging</p> <p>Alcohol</p> <p>Aspartame</p> <p>Bromide</p> <p>Ex. In bread, Gatoraide</p> <p>Caffeine</p> <p>Chronic Illness</p> <p>Cigarette Smoking</p> <p>City Water</p> <p>Diabetes</p> <p>External Radiation</p> <p>Fasting</p> <p>Fluoride</p> <p>Fried Food</p> <p>Growth Hormone Deficiency</p> <p>Heavy Metals</p> <p>Ex: Lead</p> <p>Mercury</p> <p>Hemochromatosis</p> <p>Junk Food</p> <p>Low Adrenal State</p> <p>Malnutrition</p> <p>Pesticides</p> <p>Physical Trauma</p> <p>Postoperative State</p> <p>Process Food</p> <p>Radiation</p> <p>Stress</p> <p>Surgery</p>

THYROID (cont)

AXILLARY TEMPERATURE TEST

NAME _____

INSTRUCTIONS

1. Use an oral thermometer that has been shaken down to below 95 degrees F and place it on your bedside stand before going to sleep at night.
2. On waking, place the thermometer in your armpit for a full 10 minutes. It is important to make as little movement as possible. Lying and resting with your eyes closed is best. Do not get up until the test is completed.
3. After 10 minutes, read and record the temperature and date on the form to the right.
Record the temperature for at least three mornings (preferably at the same time of day) and bring the information back to our office. Menstruating women must perform the test on the second, third and fourth days of menstruation. Men and post-menopausal women can perform the test at any time.

Normal Range: 97.8 to 98.2

Average *below* indicate
HYPOTHYROIDISM

Average *above* indicate
HYPERTHYROIDISM

Month _____	Month _____	Month _____
DAY TEMPERATURE	DAY TEMPERATURE	DAY TEMPERATURE
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____
6 _____	6 _____	6 _____
7 _____	7 _____	7 _____
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31 _____	31 _____	31 _____

THYROID (cont)

SIGNS AND SYMPTOMS OF HYPOTHYROIDISM

Brittle Nails
Cold Hands And Feet
Cold Intolerance
Constipation
Depression
Difficulty Swallowing
Dry Skin
Elevated Cholesterol
Essential Hypertension
Eyelid Swelling
Fatigue
Hair Loss
Hoarseness
Hypotension
Inability To Concentrate
Infertility
Irritability
Menstrual Irregularities
Muscle Cramps
Muscle Weakness
Nervousness
Poor Memory
Poor eyebrow growth
Puffy Eyes
Slower Heartbeat
Throat Pain
Weight Gain
Poor eyebrow growth (especially outer 1/3)

THYROID (cont)

What is Gluten?

Gluten is a protein found naturally in foods.

Where can it be found?

Gluten can be found in numerous products. You must read labels and look for “gluten-free” on the product. Do not trust that you will be able to read the ingredients and determine if it is gluten free. Below is a partial list of foods that could contain gluten:

- Bread, including muffins, pancakes, waffles, etc. (white, wheat, rye, barley, spelt, kamut)
- Breading
- Cereal
- Cakes, cookies
- Crackers
- Dips
- Dressings
- Flavored Coffees and Teas
- Gravy
- Oatmeal
- Packaged foods (even those labeled “wheat-free” could still have gluten)
- Pasta
- Pretzels
- Seasonings
- Soups
- Soy Sauce

Can cause...

In some people, gluten can cause inflammation, which can cause autoimmune diseases such as:

- Arthritis
- Fibromyalgia
- Hashimoto’s disease
- Irritable Bowel Syndrome
- Psoriasis
- Thyroid disease

In some people, gluten can also cause respiratory distress (including asthma), skin disorders (including eczema), weight gain or weight loss, gastrointestinal distress (including diarrhea, constipation, gas, bloating, reflux), infertility, insomnia, fatigue and headaches (including migraines).

Gluten must be completely avoided for 3 months before any change in symptoms may be felt.

THYROID (cont)

Dean Moore
September 20, 2004

HORMONE IMBALANCE

I am writing this letter as a testimonial of the amazing results that my treatments with you have provided my health and me thus far.

I will be the first one to tell you that I was a skeptic when my wife set up my first appointment with you; skeptical, and also *not* looking forward to my first appointment with a chiropractor. Being from England, every person I had ever spoken to about chiropractic told tales of being cracked, prodded and adjusted in various painful ways!

I was still somewhat hesitant after you explained applied kinesiology to my wife and me; it sounded like something so simple couldn't possibly work for the symptoms I was having. I came to you with right sided twitching that would keep me up at nights, which several other medical doctors had told me was "obviously" muscle spasms. They put me on **muscle relaxers**- despite the fact that these very pills have impotence as a main side effect in males. This was of much concern since my wife and I are trying to have our first child together. So, until you gave me the first adjustment that put an end to the problems I was having (due, in fact, to slipped discs), I just had to live with the aggravation and lack of sleep I faced every night. I would try going to bed earlier, sleeping in different positions using different pillow arrangements- with no relief from the spasms. Only after my first treatment did I begin to steadily sleep through the night with none of the spasms.

I was also diagnosed about six months ago with severe **hypothyroidism**. My levels were checked regularly by my family practitioner and for a month or two, the *Synthroid* seemed to be helping. However, at my four-month appointment, just two weeks before my first appointment with you, my levels had shot back up by half and my medical doctor increased my *Synthroid* dose from 100mg to 150 mg - with no investigation into why the levels suddenly jumped back up!!

Once my wife and I mentioned this problem to you, you performed a simple but amazing test that told you that my problem was not as simple as my thyroid not working properly. You realized that my **pituitary gland** was also involved, and put me on a supplement to correct that problem. I go back for

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another thyroid panel next month but feel certain that I am already becoming more regulated by my increase in energy and feeling of well-being since beginning on the correct supplement provided by your office.

I cannot tell you how you have helped me! With each treatment I feel stronger and have less and less discomfort with my job, which is physically demanding. I can move muscles that I did not realize were lacking full range of motion, and my medication supplements finally seem like they are balanced rather than something we are just guessing at correct doses for.

I know I have told you how much I appreciate all you have done for me before, but I want to make sure you understand ***how much of a difference you have made in my health and my life*** since you began treating me. I love hearing others, friends and family, tell me about medical problems they are having who are getting no relief from medical doctors, because I get very enthused about sharing my experience as your patient with them. We would (and DO) recommend you to anybody who wants to change their health and their lives for the better. I can assure you that I am a loyal patient and will be coming to you for the duration!!

Very Sincerely and With Much Thanks,

Dean Moore

BRANDS WE USE

THYROID (cont)

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Baking mixes	Hogson Mill	Pancake		x		P W
Baking mixes	Glutino	Pancake		x		W
Baking powder	Rumford	Aluminum free	x	x	x	
Beans	Greenwise	Kidney, garbanzo, black beans, pinto	x	x	x	P
Beans	Dried beans	varies	x	x	x	P
Beans	West brae natural	"organic"	x		x	P
Beans	Amy's	varies				P
Bread	Udi's			x		P
Bread	Rudi's			x		P
Bread	Ezekiel					P
Butter	Canyon Creek Farms		x			P
Butter	Organic Valley		x			P
Butter	Kerry gold	butter	x		x	W- diary
Cereal	Alpen				x	P
Cereal	Kashi	Pilaf (non GMO)			x	P
Cereal	Baker's on Main street			x		P W
Cereal	Ezekiel				X	P
Cereal	Mona's		x		x	P
Cereal	Cascadian Farms					P
Cereal	Udi			x		P W
Cereal	General Mills	Chex		x		P W
Cereal	Uncle Sam	varies	x	x	x	W
Cereal	Erewhon	Brown rice cereal	x	x	x	W
Chips	Rice Works	Rice Chips		x	x	P W
Chips	Lundberg	Rice Chips		x	x	P W
Chips	Mediterranean	Lentil chips		x		P
Chips	Xochitl	Corn chips	x	x	x	P WD
Chips	glutino	Chips		x		W
Chips	glutino	pretzels		x		P W
Coffee Sub	Pero, cafix, Roma					P
Condiment	Buddies	Pickles dill	x	x	x	P
Condiment	Buddies	Sauerkraut	x	x	x	P
Condiment	Lindsay Naturals	olives	x	x	x	P W
Condiment	Bragg's	ACV	x	x	x	P
Condiment	varies	Extra virgin olive oil- 1 st cold press				P W
Condiment	veganise	Mayonnaise				P
Condiment	Ojai Cook	Lemonaise	x	x	x	P
Condiment	Louisiana	hot sauce	x	x	x	P

THYROID (cont)

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Condiment	Greenwise	Organic Ketchup	x	x	x	P
Condiment	Heinz	Organic Ketchup				W
Condiment	Greenwise	Organic Mustard	x	x	x	
Condiment	Braggs	Vinegar with Mother	x	x	x	P
Condiment	Heinz	Vinegar with Mother	x	x	x	W
Condiment	Lemonaise					
Crackers	Kame	Rice cracker	x	x	x	P
Crackers	Matzos	100% whole wheat	x		x	P
Crackers	Mary's gone Crackers	Varies crackers	x	x	x	P
Crackers	Vann's	Varies crackers		x		W
Drinks	Marinellis	Unfiltered apple juice	x	x	x	P
Drinks	*Zevia					P
Drinks	Lakewood	Unfiltered cranberry	x	x	x	P
Drinks	Lakewood	Unfiltered tart cheery	x	x	x	P
Flour	Hodgson Mill	varies	x	some	x	P
Flour	Bob's Red Mill	varies	x	some	x	P
Flour	Arrowhead	varies	x	some	x	P
Fruit	Dole	Pineapple	x	x	x	P W
Fruit	Publix	pear	x	x	x	P
Hot Cereal	Bob's Red Mill	Mighty tasty hot cereal	x	x	x	P W
Hot Cereal	Hodgson Mill	Buckwheat hot cereal	x	x	x	W
Jelly	Polaner	All fruits jelly			x	P W
Jelly	Smucker	Simply Fruit				W
Marinara/ Spaghetti sauce	Walnut Acres	Marinara & herbs	x	x	x	P
Marinara/ Spaghetti sauce	Publix Premium	Pasta sauce	x	x	x	P
Marinara/ Spaghetti sauce	Muir Glen Organic	Pasta sauce	x	x	x	W
Meat	Royal Red	Wild sockeye Salmon	x	x	x	P
Meat	Black Top	Pink Salmon	x	x	x	W
Meat	Crown Prince	Caught in the Wild	x	x	x	P
Meat	Grass fed Beef	Meat department	x	x	x	P
Meat	Buffalo Meat	Meat department	x	x	x	P
Meat	Aidell's	Chicken Meatballs	x	x		P meat
meat Lunch	Boar's head	"all natural"	x	x		P-Deli
Milk	Rice Dream, almond silk	Note: look for ones without Carageenan				P W
Nut Butters	MaraNatha	Cashew butter	x	x	x	W
Nut Butters	Smuckers	Organic peanut butter	x	x	x	P W

THYROID (cont)

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Nut Butters	Laura Scudders	Organic peanut butter	x	x	x	W
Oatmeal	Greenwise	Original instant oatmeal	x		x	P
Oatmeal	McCann's	Quick cooking Irish	x		x	P
Pizza	glutino			x		P
Pizza	Udi's			x		P
Pizza	Amy's					P W Frozen
Quinoa	Arrow Head	Organic quinoa	x	x	x	P
Rice & Couscous	Bob's Red Mill	Brown or Wild Rice	x	x	x	
Rice & Couscous	Lundberg	Brown Rice	x	x	X	
Salsa	Green mountain	Gringo Salsa	x	x	x	P
Salsa	Paul Newman					W
Sauce/Dips	San-J	Tamari Soy sauce	x	x	x	P
Sauce/Dips	Eden Organic	Tamari Soy Sauce	x	x	x	P
Skin care/cosmetic	Tom's	Deodorant	Aluminum free			P
Skin care/cosmetic	Jason	Deodorant				
Snacks		Brown Rice cakes		x	x	P
Snacks	Kind	Nut bars		x		P
Snacks	Cascadian	varies				W
Soup stock	Amy's Soup	Varies	x	some	x	P
Soup stock	Imagine	Organic Chick broth	x	x	x	P
Soup stock	Kitchen Basics		x	x	x	P
Spices	Simply Organic	varies				P
Spices	Badia Organic	varies				P
Spices	McCormick		No MSG			P
Spices	Arora Creations		x		x	P
Sweeteners/sugar	Stevia					P W
Sweeteners/sugar	Truvia					P W
Sweeteners/sugar	Organic Florida Crystal					P W
Tomato Paste	Publix	Tomato paste	x	x	x	P
Tomato Paste	Greenwise	Tomato whole-paste		x	x	P
Tomato Paste	Muir Glen	Tomato paste		x	x	W
Toothpaste	Nature's gate					P
Toothpaste	Natural Tea Tree Oil & Neem					
Water	Publix	purified				P
Yogurt	Cabot Greek		x	x	x	P
Yogurt	Stonyfield		x	x	x	P W

THYROID (cont)

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Yogurt	Chobani		x	x	x	P W

P is Publix, W is Walmart, WD is Winn Dixie – I did not go to Winn Dixie so they might carry many more of these items.

Brands you can feel safe with; Amy’s: www.amys.com; Glutino: www.glutino.com; Bob’s Red Mill: www.bobsredmill.com, Walnut Acres: www.walnutacres.com, Arrowhead Mills: www.arrowheadmills.com,

Cascadian Farms: www.cfarm.com, Enjoy Life Foods (wheat and gluten free cookies, bagels, bars & more) www.enjoylifefoods.com or 888-50-enjoy) , Muir Glen: www.muirglen.com, udi’s: www.udisglutenfree.com

on line store: www.vitacost.com

It is so important to read labels. I encourage you to read the label on any product on this list before buying it. Companies change in ingredients in their products.

Many of the restaurants have gluten free menus ...Just ask your server!

Pantry Conversions

The following items are found in our pantry. Items on the left are found in the standard pantry; items on the right are found in a healthier pantry. **ATTENTION DIABETICS!** The foods listed below in all capital

THYROID (cont)

letters should be AVOIDED until the doctor has instructed you it is safe to choose these foods as part of your diet. As your glucose stabilizes, you will be able to incorporate more foods.

<i><u>Pantry Items</u></i>	<i><u>Healthier Pantry Choices</u></i>
baking powder	aluminum free baking powder 1t baking powder = 1/2t Cream of Tartar + 1/4t baking soda
BISCUIT MIXES	WHOLE-GRAIN* MIXES
black tea	herbal teas
bouillon cubes	Pure vegetable bouillon; Miso (store in refrigerator); Chicken bouillon
Canned beans	The following beans can be purchased dried: adzuki beans, black beans, black-eyed peas; garbanzo beans; great northern beans; kidney beans; lentils; lima beans; navy beans; pinto beans; split peas
Canned tuna	Fresh or frozen tuna steaks
Cereals	Use whole-grain* hot or cold cereals; avoid cereals with additives, sugar, hydrogenated fats, or white flour
CHIPS	LOOK FOR ORGANIC, LOW-SALT, AND BAKED CHIPS; CORN OR TORTILLA CHIPS; BLUE CORN CHIPS
Coffee	herbal teas; roasted grain beverage Swiss water decaf process coffees (Be aware most commercial coffees use a chemical to get the caffeine out)
Nuts and seeds	raw, unsalted (store in the refrigerator); almonds & almond butter; cashews & cashew butter; pecans; sesame seeds & tahini; sunflower seeds; pumpkin seeds; walnuts; pine nuts
PANCAKE MIXES	WHOLE-GRAIN* MIXES
Salt	Ms. Dash varieties; sea salt (sparingly)
SALTINE CRACKERS	WHOLE GRAIN* CRACKERS WHOLE GRAIN*; RICE CAKES; HONEY GRAHAMS (WITH WHOLE GRAIN* FLOURS AND NO SUGAR)
Shortening	"Spectrum" Organic Shortening (palm oil); expeller pressed oils (keep refrigerated); olive oil; grape seed oil
Spices and herbs	all varieties sold in glass containers or bulk; avoid any sold in cans
canned soups	instant cup O soups home-made soups
soy sauce	liquid aminos
WHITE BREAD	WHOLE-GRAIN* BAGELS; WHOLE-GRAIN* BREAD; WHOLE-GRAIN* MUFFINS; WHOLE-GRAIN* PITA BREAD; WHOLE-GRAIN* TORTILLAS
WHITE FLOUR	WHOLE-WHEAT* FLOUR; WHOLE-WHEAT* PASTRY FLOUR;

THYROID (cont)

<i><u>Pantry Items</u></i>	<i><u>Healthier Pantry Choices</u></i>
	CORNMEAL; SPELT FLOUR; OAT FLOUR; RICE FLOUR; BARLEY FLOUR; BUCKWHEAT;
WHITE PASTA	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE RICE	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE SUGAR ASPARTAME(NUTRASWEET) SACCHARIN SUCRALOSE (SPLENDA) SORBITOL, XYLITOL	RAW, UNFILTERED HONEY; MAPLE SYRUP; BROWN RICE SYRUP; MOLASSES; SUCANAT; APPLESAUCE; STEVIA (Limit these sweeteners if you are on a diabetic or hypoglycemic diet with the exception of Stevia) (Stevia is preferred for Diabetics and Hypoglycemics)
<u>REFRIGERATOR ITEMS</u>	
Cheese	Goat's milk cheese or sheep's milk cheese (Feta, Romano, Cheddar, Chevre) sparingly
Eggs	Farm fresh, from grain fed chickens
FRUITS	FRESH OR FROZEN; ORGANIC, IF POSSIBLE; ALL VARIETIES only 1 for diabetic, borderline diabetic and hypoglycemic
Margarine & butter	Olive oil; sesame oil; grape seed oil or other vegetable oil (avoid canola oil)
Meat	Organic meats (no steroid, hormones, antibiotics used)
Milk	Oat milk; rice milk; almond milk; cashew cream; raw goat's milk (from a clean source) Most people prefer almond milk and/or oat milk
Sauces and condiments	Natural ketchup (sugar free) Safflower mayonnaise Preservative-free salad dressings with no hydrogenated fats; preservative and sugar free mustards; low sodium salsa's; FRUIT ONLY JAMS AND JELLIES
vegetables	Fresh or frozen; organic, if possible; all varieties

**Medications May Contain Hidden Gluten: Cytomel "Very Likely Contains Gluten" -
Our Gluten Free Family**

THYROID (cont)



Many people assume that medications are free from major allergens like wheat. People who follow a medically prescribed gluten free diet are told (by doctors and in support groups) to look up online whether a particular medication is gluten free. When I was first prescribed Cytomel, I confirmed it was gluten free by looking it up on the website glutenfreedrugs.com and speaking with my pharmacist. It was on the list and the pharmacist confirmed it being gluten free.

When a friend, who has celiac disease and the same low thyroid issue as I do, called me to tell me how upset she was when she discovered that this brand name thyroid medication called Cytomel contained gluten, I really didn't know what to think. Lisa pointed out "I am just so upset—every can of soup has to be labelled with ingredients and you can see if it contains wheat. But prescription medicine doesn't have to be labelled? How is this possible?"

To get more information about whether Cytomel contained gluten, I spoke to Christine with customer service at Pfizer 1-800-438-1985, the pharmaceutical company that manufactures Cytomel. Christine looked at database and checked with someone else and reported back that: "it lists as an inactive ingredient "starch" which would be wheat based and likely to be a potential source of gluten"

I was actually shocked to hear that it contains wheat starch. I have been on this medicine for a few years. (A few years, I will add, that I have been doing so-so and thought that my thyroid problems were causing me problems—never thinking it might be from gluten in my doctor prescribed thyroid medication.) After hearing that Cytomel contains wheat starch, my doctor replied "I am stunned and speechless."

Because thyroid problems and celiac disease/gluten intolerance go together it is disappointing that Pfizer is not using a different type of starch that is not a major allergen. It's not like Cytomel is a bagel or croissant that needs to contain wheat/gluten to be chewy and yummy. There is no reason to not use corn starch or another non-allergenic starch in the inactive ingredients.

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But, the bigger issue, is WHY AREN'T PHARMACEUTICALS REQUIRED TO LIST INGREDIENTS AND MAJOR ALLERGENS like food companies? How can a company like Pfizer get away with listing "starch" as an ingredient and not tell consumers the source of the starch? And how many of their other medications also contain "starch" which is actually wheat?

<http://ourgfamily.com/2013/04/medications-may-contain-hidden-gluten.html/>