



# Thyroid & Adrenal Research Institute

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## Are 80% of your Patients at Risk?

In 1989, while lecturing at the Barnes Foundation annual meeting, Dr. Jacques Hertoghe, the third generation endocrinologist, estimated the incidence of hypothyroid to be 80% among this Belgian countrymen.

From his book on Hypothyroidism, Mark Starr M.D, states ... “ ***Never in the history of modern medicine has there been an epidemic of such proportion that has gone unrecognized.***” . . .

**“Proper recognition and treatment of hypothyroidism would prevent much of our illness and suffering.”**

**NiTek** a company focused on non invasive technology has recently developed a machine “**the Thyroflex**” that very accurately identifies thyroid function; in an easy, non-invasive, non-expensive, 4 minute test. The results are instant and give the treating doctor a tool to help them make treatment decisions that will be of great health benefit to their patients.

**If your patients are complaining of these symptoms, and their serum blood levels are normal, they are classified as Sub clinically Hypothyroid:**

### **HYPOTHYROID SYMPTOMS**

1. More tired and sluggish than normal.
2. Drier skin or hair than normal.
3. Sleep more than usual.
4. Weaker muscles.
5. Colder than others.
6. Muscles cramp more than usual
7. Poorer memory.
8. More depressed.
9. Slower thinking.
10. Eyes are more puffy.
11. Math is more difficult.
12. Hoarser or deeper voice.
13. Constipated more often.
14. Coarser hair.
15. Puffy hands and feet.
16. Unsteady gait.
17. Gain weight easily.
18. Outer third of eyebrows thin.
19. Menses more irregular.
20. Heavier Menses.

### **Then They may be at risk for :**

1. Cardiovascular Disease and Sudden Death.
2. Diabetes, insulin resistance and obesity,
3. Arthritis and Inflammation,
4. Neurological Problems including doubling the risk of Alzheimer's,
5. Pregnancy complications.

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