

# Case Histories

## Case History – Hypothyroid Weight Loss achieved once cravings banished!

<b>Gender, Age, Occupation, Nationality, height and weight.</b>	Mrs. S.R. is a busy 39 yr old mother of 2, and teaches part-time. She is 5ft 5 tall and weighs 12 stone 13 lbs (165 cm, 80.4 kg).
<b>Presenting complaint – list and duration</b>	<p>Mrs. S.R. has been gaining weight since the birth of her two boys who are now 10 and 8. Whilst she has never been skinny, she has now reached a weight that is 1 lb away from 13 stone, and she finds it very hard to lose it!</p> <p>Along with the weight gain, S.R. has been feeling more and more tired, and her memory has become much less efficient too.</p> <p>Over the past year in particular, S.R. has been unable to resist snacking in the morning and the afternoon, and she just <i>knows</i> that this has led to her even greater weight. She just can't help herself, she needs to eat something sweet, or else she cannot function.</p> <p>S.R.'s goals were to lose 2 stone in weight and have better energy and a memory that works!</p>
<b>Any Investigations</b>	<p>Due to the fatigue and weight gain, Mrs. S.R. visited her Dr 8 years ago but blood tests revealed no imbalances. Each year she returned to the Dr and complained about her listlessness and weight gain without increasing her food intake. 5 years ago, the blood tests did reveal an underactive thyroid and thyroxine was prescribed. However, S.R. did not really feel much better when taking this.</p> <p>She has her TSH level monitored once a year to confirm the dose of thyroxine.</p> <p>We discussed undertaking an adrenal test for cortisol, but she just wanted to start something and not get put off by anything, including waiting for a test result. It appeared from all of her signs and symptoms that she had a degree of adrenal fatigue.</p>
<b>Strategy</b>	<p>Like a majority of patients, S.R. knows quite a bit about healthy eating, but she is simply not able to put it into practice. Whilst her lunch and dinner are soundly balanced with good quality proteins, fresh vegetables and low GL carbs her quickly-grabbed, high GL breakfast and carb snacks during the day are very clearly in need of change. S.R. knows this perfectly well and this is part of the problem. She knows it, but cannot do anything about it. This has led to feelings of low self esteem, lack of confidence and a resulting contradictory lack of care about her weight, and a rather bleak resignation about it.</p> <p>The focus of the programme was to reduce S.R.'s cravings, balance her blood sugar levels as well as provide some additional thyroid support.</p>
<b>Diet &amp; Supplements:</b>	The recommendations did not come as any surprise to S.R. since she told me she

## name and dose

could have told herself the same thing! However, she agreed to adopt a much more balanced breakfast with protein in the form of eggs or salmon, with oats or wholemeal toast. She agreed to drink more water than she had – an effective doubling of intake from less than a litre to almost 2 litres throughout the day. We also agreed that she would limit the portion size of any carbs at any meal or snack since it was clear they made her hungry for more of the same.

Now, to the supplements, which were going to be crucial in achieving success for S.R. since without a real biochemical effect at balancing her blood sugar, she acknowledged that she probably would not be able to resist eating the “wrong” foods. We also both discussed the importance of “thinking positive” but she had already done so much work on this area she was being more realistic than optimistic.

These were the recommended supplements:

Biotics Research – **BioGlycozyme Forte** – 2 mid am and 2 mid pm, with a small snack.

Biotics Research – **Iodizyme-HP** – 1 at breakfast

Biotics Research – **GTA Forte II** – 2 capsules at breakfast & lunch

- BioGlycozyme is a multi vit & min with active B vitamins and glandulars, designed to support those with low blood sugar and lower levels of cortisol.
- Iodizyme-HP contains 12.5 mg of iodine in the form of iodine and iodide. One tablet represents about the same intake of iodine as consumed in the average Japanese adult diet.
- GTA Forte II is a hormone-free thyroid glandular as formulated and used by Dr. David Brownstein. We agreed that she would have her thyroid tested again within 8 weeks of commencing this product in case it altered her need for thyroxine.

## Duration

S.R. followed the programme for 4 weeks and then returned for her follow up. She had also been in touch, as agreed, by email twice during that period of time to let me know how she was getting on.

## Outcome

The first thing she told me, 10 days into the programme, was that she was NO LONGER craving carbs in the morning or afternoon. She was in a minor state of shock! She told me. 3 weeks into the programme and she contacted me again, as agreed, and she confirmed that the cravings were still absent and that she was losing weight and her energy was improving too.

When we met 4 weeks after the first consultation, S.R. was quietly stunned how effective the supplements had been at reducing her cravings and changing her outlook on food. When presented with biscuits before, she could not resist, but now she did not even want to try one! As a consequence, S.R. had consumed considerably less sugary snacks, and had lost 8 lbs in the 4 weeks. We established that virtually all of the foods which she ate as snacks or sugar hits contained both sugar and wheat and she had avoided virtually all of them.

For the first time in years, S.R. was now actually looking forward to the Summer and their planned family holiday in the sun because she was not going to have to rely on her will power to overcome cravings. She reported improved energy, so much so that her husband joked that he now had a new wife. S.R.'s concentration was so much better and the fogginess that has inhabited her head was dispelled and she could think clearly now. As a result, her memory and overall brain function and her desire to

take on work and new projects was greatly improved.

She is looking forward to achieving a steady weight loss over the coming months and recognises that it may take 4 to 5 months to achieve her immediate goals, and to that end we have established a follow up appointment in a month's time just before she goes on holiday.

The only change in the programme was to change the GTA Forte II with **Thyrostim** (Biotics) which is what has been found clinically to be the most effective method of thyroid support, and a plan to rotate these products on a monthly basis.

## Comments

S.R.'s case is a very common and helpful example of how a number of hormonal imbalances can compound each other. Her underactive thyroid, which was most likely present some time before the diagnosis, led to her fatigue and probably a degree of adrenal fatigue (although unproven). The fatigue led to carbohydrate cravings that are very powerful because of the dopamine link – similar to that experienced by a drug addict. Weight gain follows the increased carbohydrate ingestion. And so the cycle continues.

Simply providing thyroid support may well not have been effective since it would not, on its own, have successfully addressed the cravings. When someone has low blood sugar, and probable low cortisol too, a higher dose multi vit & min with chromium is NOT the first approach to use. The body benefits most from the combination of active B complex and glandulars – as found in the BioGlycozyme Forte - to support against the low blood sugar levels. This product can be tremendously effective at helping banish the cravings in those with low blood sugar and low cortisol.

By balancing blood sugar successfully, and swiftly, S.R.'s very real and challenging cravings were soon a thing of the past. Combine this with targeted thyroid support for overall metabolism, and S.R. experienced weight loss, improved energy and brain function without any sense of "dieting".

So often in cases like this, the patient's self esteem is boosted by the ease of compliance and the lack of struggle, and the importance of balancing biochemistry comes into clear focus.

## Practitioner

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