

## Case Studies and Testimonials

*'After taking all of those herbs to calm down my blood pressure, palpitations, and overactive thyroid I don't feel hyperthyroid at all anymore. My regular medical doctor told me that it is not possible to treat Graves' disease without either taking it out, or nuking it with radioactive iodine. It has been six months since I started taking all those herbs, and I still have my thyroid and now there is no reason for me to destroy it. My blood tests and EKG are all much better!'*

*-Pam Criss, CT Graves' disease Patient*

Kim, please scan in the lab results on page 27 of the guidebook under the following title

### **Case Study #1:**

#### **TSH levels of a patient with mild hyperthyroidism:**

3/7/2002 before treatment (.02 mIU/L)

5/9/2002 After 2 months of ThyroCalm (.50 mIU/L)

Reference Range .35-5.50 mIU/L

### **Case Study #2**

#### **Patient: 38-year-old female**

##### **Brief History:**

Hyperthyroidism diagnosed 18 months previous. Diagnosis was toxic nodular goiter at onset. 6 months after diagnosis, symptoms resolved and lab values returned to normal, then 12 months ago symptoms returned with trembling, anxiety, heart palpitations, peripheral weakness, hair loss, heat intolerance, and itchy eyes.

With second bout of hyperthyroidism, she was diagnosed with Graves' disease (this time she was positive for antibodies), and she was diagnosed with concomitant depression and started on Celexa, initially at 20 mg four times a day, then reduced to 10 mg per day.

This patient was highly resistant to medication and was forgoing beta-blockers when first presented at my office. Her goal was to avoid radioactive iodine therapy as suggested by her endocrinologist.

*Visit History*

*Free T3 should be 3.5-7.7 pmol/L (0.2 - 0.5 ng/dL). The high level of free t3 at 22.64 indicates that the thyroid was producing three times the normal amount than a health thyroid. After using the ThyroCalm for six months it went down to 9.7, mildly above the normal range.*

Time of Visits	Lab Values	Pulse Rate	Blood Pressure	Symptoms	Prescription
Oct 22 2003	Free T3 22.64	84 BPM (beats per minute)	135/75 BP	palpitations	ThyroCalm primarily, and supportive supplements
Jan 22 2004	Free T3 17.8	80 BPM	150/72 BP	Hot, shaky, poor sleep, palpitations	ThyroCalm primarily, and supportive supplements
April 20 2004	Free 9.7	60 BPM	120/78 BP	Feels well, energy good, sleeps well, energy good	ThyroCalm primarily, and supportive supplements