



I am certain that no one, including the medical profession, understands how widespread thyroid problems are in the U.S. Learn what the thyroid is, its relation to metabolism, associated problems and what the drug companies don't want you to know.



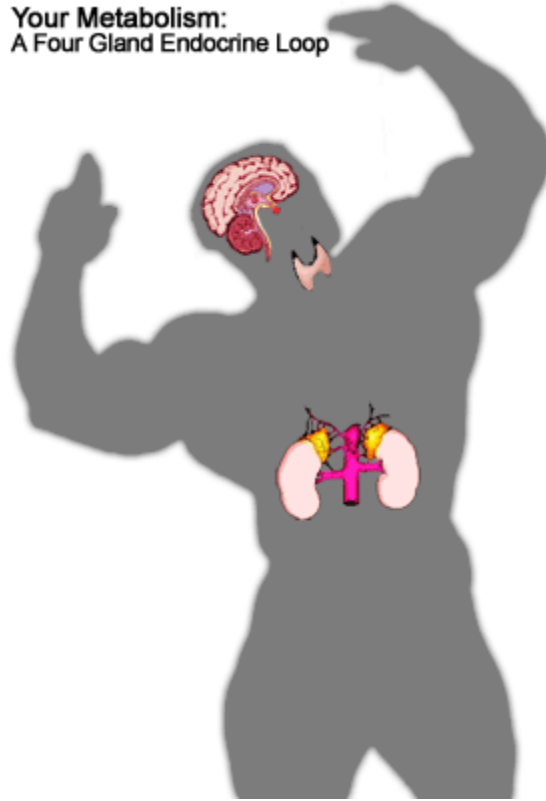
By: [Ron Kosloff](#)

I am certain that no one, including the medical profession, understands how widespread and monumental thyroid problems are in the United States. The problem is extremely real. My friend and teacher, Dr. Harry Eidenier, Jr., told me years ago that a thousand body functions are attributed to the thyroid, which is probably a low estimate by his own admission.

We are inundated with the word "[metabolism](#)" but, ironically, most people have no idea what it means. It's just a word to them to justify whatever they're discussing concerning exercise, weight loss, weight gain, bodybuilding, etc., but it sure as h\*ll sounds good! Just one of the difficulties of the trek through life is constantly trying to separate the lies from the truths.

The thyroid works in a four gland endocrine loop which includes the pituitary, the hypothalamus, and adrenals. This is your metabolism. Have any of the "smart guys" of the medical profession ever told you that? Of course not!

## Your Metabolism: A Four Gland Endocrine Loop



### The Four Gland Endocrine Loop

◀ [Back](#) [Next](#) ▶

[Clear](#) | [Hypothalamus](#) | [Pituitary](#) | [Thyroid](#) | [Adrenals](#)

Let me explain what happens when you're younger - I always give the example of a young lady that I used to go with.

### ➔ **From Anabolic To Catabolic:**

We had confrontations regarding her eating habits and, consequently, we broke up because of them. Her idea of a supper was 6 donuts and a Pepsi. She was a very beautiful lady but she was starting to gain weight. She couldn't understand why and she'd say that when she was 15 years old she could eat anything she wanted.


I would remind her that she wasn't 15 any more, that she was 34. I explained to her that from the time you're born to the time you are about 28 to 30 years old, you are in the anabolic state, which means you are "building up". That's why when you are younger, you can almost abuse yourself nutritionally and physically and it doesn't make any difference.

You're hormone levels are at their highest, your hydrochloric acid levels are at their highest, and every body function is just skyrocketing and almost perfect. But when you reach that magic number of 28 to 30 years old, you've reached a crescendo.

After that you go into the catabolic state and you can change drastically in one year if you don't take care of yourself. Even when you're younger, very little exercise and very little nutrition will stimulate your thyroid and your endocrine glands, but after you go into the catabolic state that isn't true anymore.

Unfortunately, most people find that out too late. Vince Gironda used to say over and over again that the ignorance regarding nutrition in the sport of bodybuilding is monumental.

RELATED ARTICLE



**Vince Gironda: Why He Isn't Accepted.**  
Several people have asked me why I have written articles concerning Vince Gironda. Hopefully with this article I can really explain who he was and why he was not accepted.  
[ [Click here](#) to learn more. ]

### → Myths Of Exercise:

I'm writing an article this fall called the Truths and Myths of Exercise. I had a woman named Linda in my office a few months ago who had gained weight over a period of two to three years. In an attempt to take it off, she was exercising like crazy, going to the gym every night, running, doing sit-ups and leg raises, lifting weights, sweating, and she wasn't losing weight.

I told her that exercise does not reduce superfluous fat. She looked at me stunned because all the commercials on television and radio and all the ads in the magazines tell us that we can't lose weight unless we exercise. I told her that concept is a [myth](#).

### Myth Articles:

- [The Top 5 Fat Loss Myths](#). - By [Craig Ballantyne](#)
- [Fixing The 3 Most Common Exercise Mistakes!](#) - By [Jeff Anderson](#)
- [Training Myths And The Female Athlete!](#) - By [Tina Marina](#)
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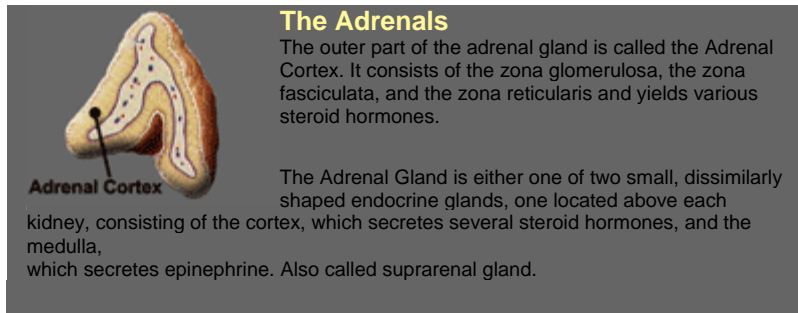
Reo Blair and Vince Gironda used to say they could put you to bed and with the proper nutrition program, you'd lose weight. I told Linda that I was going to prove to her that exercise does not reduce superfluous fat.

Let's say you went to bed tonight and you did a thousand legs raises, a thousand crunches, a thousand sit-ups, and a thousand whatever. The next morning, when your stomach is hurting, what is actually hurting, the muscle or the fat? She looked at me and the light bulb went on and she said, "The muscle".

I told her that was exactly right because you can't exercise body fat off and that the burning calories myth is just a figment of someone's outdated primitive theory. Vince told us that "definition" is the result of diet and thyroid, period!

Remember, the calorie and sit-up B.S. makes millions of dollars, so why kill the goose that lays the golden egg? Gaining and losing superfluous fat is a chemical metabolic internal process constituted by the action of the pituitary, the hypothalamus, the adrenals, and the heater of the body, the thyroid.





If you eat small meals and you get the junk carbohydrates out of your diet, you will lose body fat. That's why exercising didn't do it for Linda and that's why, when I owned the Power House Gym, hundreds of people would say that they were not losing weight despite the fact that they were exercising.

RELATED ARTICLE

**Thyroid, The Master And Commander Of Metabolism!**  
Millions of Americans trying to lose weight are horrified to see their bathroom scales inching uncontrollably up-wards. Sound a little too familiar? Well it is. There are steps to take care of the issue however.  
[ [Click here](#) to learn more. ]

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## The Thyroid

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Once I corrected Linda's thyroid, the weight all of a sudden just started to melt off. If your thyroid is functioning poorly, your life will be a mess. I can attest to that, because I have fought thyroid problems for years, and it wasn't medical doctors that cured me, it was because of good nutrition that today I have a fairly healthy thyroid, not perfect, but fairly healthy.

If you take notice, only Vince Gironda always discussed the thyroid in his teachings. Most people didn't understand him then and, to this day, most people still don't. Only the smart ones do. (I had to say that.)

### → Deficient Thyroid Symptoms:

The symptoms of a deficient thyroid are as follows and listed:

- In infants, mind or body can become dwarfed (Cretinism)
- Diminishing libido (men and women)
- Poor quality of hair or loss of hair
- Always tired, even after sleeping many hours
- Weight gain and weight loss
- Building up of body fat
- Mental problems
- Poor memory

- Weakness and Exhaustion
- Confusion
- Lack of concentration
- Poor bowel movements
- Cold hands and feet
- Low body temperature
- Craving carbohydrates
- General wellbeing suffers
- Dry Skin

One of the tests that I do for thyroid, along with muscle testing, is the iodine test, which I will explain to you if you call me (1-313-372-1807). Dr. Broda Barnes, who was an M.D., created the Barnes Thyroid Test which I will also explain to you if I talk to you.

### ➡ Improper Medical Testing:

Many clients have come to me with classic symptoms of poor thyroid. I'll tell them that their thyroid is not functioning. The clients will almost always tell me that they have been to see a medical doctor who advised them that their thyroids were functioning just fine.

Just to again show you the ignorance of the medical profession, this is what the doctors do: They take a blood test and they send it to the lab (They used to do a thyroid uptake, but they don't do that anymore).

The lab technician tests the findings and sees that T3 and T4 are circulating in the bloodstream. He sends the results to the doctor and the doctor tells the patient that his thyroid is fine. Wrong, Wrong, Wrong. Certainly the T3 and T4 hormones are circulating in the bloodstream, but let me tell you what happens, and why we are having such monumental thyroid problems in America today.

### ➡ Iodine Deficiencies:

Your doctor doesn't understand that there are nasty things in our water and in our food that are called chlorine, fluoride, and bromides. We drink, eat, and shower in these poisons. The bromides are in all white flour which is used for cookies, pies, donuts, cakes, spaghetti, etc.

Food manufacturers used natural iodine in various foods 20 years ago but, because iodine is more expensive, they replaced it with the dangerous halogen, bromide, in the quest for profit and due to "greeditis".

One of my teachers, the heralded Dr. Kurt Donsbach in California, told me 25 years ago that half the cancers, half the thyroid problems and half the heart problems are caused by our polluted water. What your medical doctor doesn't know is that these halogens move into your thyroid and "mimic" iodine. Besides your thyroid, halogens attack your heart and can cause cancer.

When the chlorine, fluoride and bromide halogens move into your thyroid, they displace natural iodine, making your thyroid unhealthy. Your doctor then puts you on a synthetic hormone. At the turn of the 20th century, medical doctors leaned toward more holistic and natural treatments. They would put patients on porcine, or pig thyroid.

Since a pig is an omnivore like a human being, porcine seems to work the best. Let me give you an example of what a synthetic does to your thyroid:

When a racehorse is coming into the last turn, and he's tied with three other horses for the lead, the jockey whips the horse. That is exactly what Vince Gironda would tell us that all these synthetics do, they whip your thyroid and they make it work.


The longer you use the synthetic, the more you need, and the weaker your thyroid gets, causing you to need even more, becoming a vicious circle.

### → Healthy Thyroid Requirements:

However, I've found that even if you're on a synthetic, you still have an iodine deficiency. Iodine is the number one nutrient for your thyroid. After iodine comes [Vitamin E](#), [protein](#), (because that is what the thyroid gland is made out of), [essential fatty acids](#) and [tyrosine](#), not necessarily in that order.

These have a direct healthy effect on your thyroid. We effect our thyroids negatively be eating white flour, white rice and white sugar and the hydrogenated oils.

RELATED ARTICLE



**Butterfly Effect: The Basics Of The Thyroid.**

The thyroid is the butterfly shaped gland that impacts metabolism in adults. I will discuss the basics of the thyroid here in part 1, which will cover what it is, what it does, and what problems sometimes occur.

[ [Click here](#) to learn more. ]

Drug companies know what I'm about to say is a fact but, just as Kevin Trudeau has proved in his book, [Natural Cures "They" Don't Want You to Know About](#), they intentionally try to cover up all natural cures.

Let's look at the men and women in America and the men and women in Japan. In Japan there isn't a prevalence of thyroid problems, ovarian cancer, breast cancer, or fibroid cysts. Why? Because the average Japanese man and woman gets 13 to 14 milligrams of natural iodine per day.

Americans barely get 150 micrograms which is virtually nothing! It's in their diet because they eat so much fish and sea vegetation, and their soil isn't depleted of minerals like American soil is.

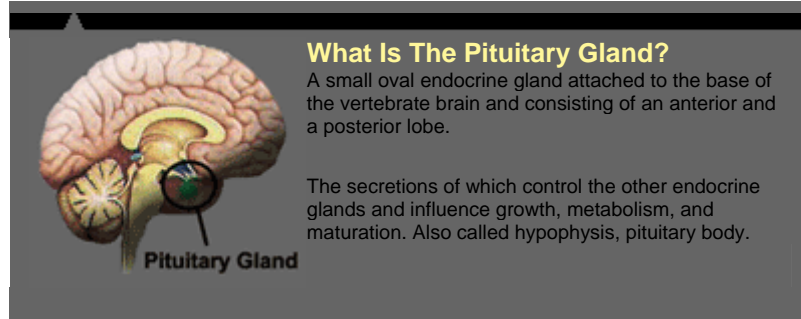
I recommend Sea Salt because it has many of the minerals that American's are missing from their diets. Drug companies and the medical profession know this, but they cover it up. The only way you can get what you need for a healthy thyroid is with a supplement.

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## The Pituitary

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Adjacent to your thyroid, at the base of your brain, is the pituitary, which releases natural [HGH](#) and that's your fat-burning [hormone](#) and your muscle building hormone. Once you get your thyroid straightened out, also get your pituitary straightened out because it takes a beating under stress, just as the thyroid and the adrenals do. It is very important that those three glands are well nourished with the nutrients I discussed earlier.



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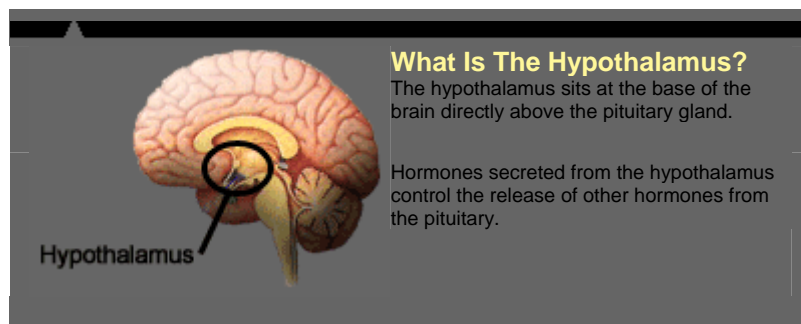
## The Hypothalamus

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Have you ever known anybody who is a "yo-yo" dieter, going up in weight, down in weight, up in weight again, down again? Then all of a sudden one day, for some reason, the yo-yoing stops. No matter what they do, they cannot lose weight.

The hypothalamus, which senses feast or famine and which has been tricked over and over again, one day just says, "Look, I don't know what you want me to do, so I'm not gonna do anything." I'll warn you right now, if you encounter this "yo-yo" long enough, you'll see that the hypothalamus is one of the worst glands to get regenerated. It can be done, but it takes a long, long time.

Often the person becomes frustrated and turns to surgery or liposuction and they never deal with the problem, they just continue to deal with the symptoms. That, of course, is the cornerstone of the medical profession, to never deal with the cause, only the symptoms, because treating the symptoms is profitable. Why get rid of the cause when it's an ongoing source of money for the drug companies and the medical profession?



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## Conclusion

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Nearly everyday somebody calls me saying that they now realize just how brilliant Vince Gironda was and that he was truly revolutionary, having said all these things 60 years ago!

As I've said a million times, only about 10% - 15% of weight trainers will embrace Vince's methods. If you look closely, you will see that they are people that truly listen, question everything and have a certain degree of intelligence, not a "Homer Simpson" mentality.

Thanks,

Ron Kosloff  
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