

The

LIGHT



HOUSE

A Beacon of Health

NATURAL HEALTH CENTER, P.C.
8001 CHICAGO ST. OMAHA NE, 68114

Jan–Feb 2005

“Garden Of Attention”

By Jim Jensen

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Metabolic Class

Is Back !

See Details Inside

Although we have been in our Chicago Street location for a little over two years now, and have made many changes to the clinic, few changes have gotten the attention of the “English Style” garden which now graces the front of the clinic. The garden was a dream of Dr. Schmidt’s from the time he purchased the new location, part of a “grand design” he keeps stored in his head and reveals a bit at a time.

The dream may have belonged to Dr. Schmidt but the masterful work belonged to **Marlene**

Meier of “Piece Of Heaven Landscaping”. Marlene has been involved in the horticulture / landscaping world for most of her life. And speaking to her you know she is passionate about her work. In fact you will often hear her talk about how everyone should have a garden of some sort and how it will get into your blood like a disease. I think she is right, as evidence by the many patients who have voiced their joy and appreciation of the garden. Some have even commented on how the clinic looks more like a home than a doctor’s office.

Prior to the garden being in place you would

see patients walking straight into the clinic without hesitation. Now it is quite common to see patients lingering before and after their appointments along the garden path admiring our “Little Piece of Heaven”. **So it is with heartfelt thanks to Marlene for her great accomplishment in making the clinic look so much better.**

If you are interested in Marlene’s landscaping / gardening and design you may contact her at **“Piece of Heaven Landscaping” 571-6212.**

Basal Body Temperature, Iodine and Your Thyroid

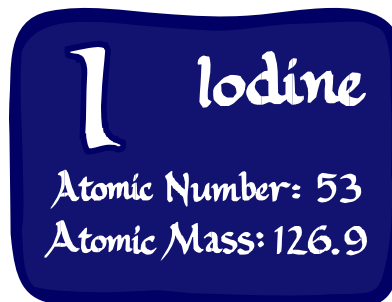
Mild or sub-clinical hypothyroidism (lower than normal thyroid functioning) is said to be one of the most common conditions effecting the population today. In fact, Dr. Broda Barnes, MD, the author of "*Hypothyroidism: The Unexpected Illness*", states that at least forty percent of the population has hypothyroidism. So why is it not recognized and treated by the medical community? The reason is due to the fact that doctors rely solely on the lab test as opposed to listening to the patient's symptoms.

So what are the symptoms of hypothyroidism or low thyroid? The major symptoms tend to be fatigue, obesity, inability to lose weight, morning sluggishness, cold hands and feet, cold intolerance, insomnia, loss of the lateral third of the eyebrow, and depression just to name a few.

"But I had my thyroid tested and all the levels

came back normal". This is a common statement and relates to the piece of the puzzle that is missing in the "diagnosis" of Hypothyroidism. The patient's basal body temperature and whether there is an iodine deficiency. **Let's start with the basal body temperature:**

To properly take the Basal Body Temperature (BBT)



you'll need a thermometer (non-digital). **Prior to going to bed shake down the thermometer and place it on your nightstand. The BBT is taken first thing in the morning prior to getting out of bed. The thermometer is placed under the armpit and left in place for ten minutes. At the end of the ten minutes record the temperature on a piece of paper. The temperature should be**

taken for a total to 5-7 days and then average the numbers out. A normal range will be between 97.6°F and 98.2°F. A low reading is anything below the 97.6°F. Premenopausal women should perform the testing away from the menstrual cycle. A low basal temperature indicates that a hypothyroid condition is present. **Which leads us to the Iodine Deficiency Test.**

Iodine is a trace element that is needed by the thyroid / body to convert the thyroid hormone T-4 into T-3 which is the active form of the thyroid hormone. So an individual with "normal" thyroid hormone levels may not be converting or utilizing the hormones effectively due to a lack of iodine in the system.

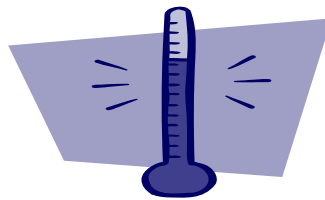
To test for iodine deficiency is very easy: First purchase a bottle of Iodine Tincture at a local drug store. Then in the
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morning after bathing place a two-inch patch of iodine on the underside of the arm. Watch the coloration throughout the day and record how many hours it takes for the stain to disappear. If your iodine levels are adequate the stain will still be visible 24-hours later. If your iodine level is inadequate then the body will recognize available iodine on the skin and will absorb it, causing the stain to disappear.

“I’ve done the test and my basal body temperature is low and the iodine stain was gone in less than 24-hours, now what do I do?” To re-

store the iodine levels in the body takes time, months for most people. Here at the Natural Health Center we carry an iodine supplement in a liquid form called “Thyrodine”. The normal dosage is one drop per day in about 4



ounces of water. Iodine is needed only in trace amounts so taking excess amounts is not recommended and in fact can cause sores to break-out in the mouth and if continued will cause the thyroid to switch into an overactive state. If you have not had your

thyroid tested and you suspect there may be a problem it is best to consult with Dr. Schmidt. Our office can order the same lab tests as your family physician and in most cases offer a natural solution for your condition. The supplies for the tests listed above can be found at most Walgreen’s stores. The type of thermometer recommended is “Geratherm” Mercury-Free Oral Thermometer (\$5.99) and the Iodine recommended is the “Walgreen’s Iodine Tincture” (\$2.99). Best of Health,

Dr. Schmidt

Fees stated indicate fees at the time of the article and have been changed

Clinic Hours for 2005

Dr. Schmidt and Staff would like to wish all our patients a “Happy New Year”. We thank you for your continued commitment to your health. The clinic hours for this year

are as follows:
Mon –Wed–Friday from 9am-6pm
Tues & Thursday from 9am-3pm
Saturdays from 9am-noon.

These times are when the clinic is open to purchase nutrition, not appointment times. We ask that you call ahead to schedule appointments. Here’s to a Healthy Year.