



ForefrontHealth

5-Step Thyroid-Dosing and Troubleshooting Plan

Your Guide to Thyroid-Dosing and Troubleshooting...

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The Ultimate Thyroid-Boosting Meal Plan

If you're looking for a simple way to boost your thyroid health... this done-for-you meal plan is like a 7 day thyroid-boosting jumpstart, designed to help start bringing you and your thyroid back to life.

[Get It Here](#)

Using the “Right” Thyroid Medication or Thyroid Supplement...

There are many thyroid medication and supplement options out there.

This guide is applicable to only certain types, including “desiccated thyroid” or “T3-Only” medications (with or without a T4-Only medication).

If you’re currently only using a “T4-Only” medication such as Synthroid, levothyroxine, Levothroid, Levoxyl, Unithroid, etc., then you have a couple of options.

First, you can discuss trying an alternative medication with your doctor, such as desiccated thyroid (*we prefer WP-Thyroid*).

Or, you can use our Raw Desiccated Thyroid supplement, which doesn’t require a prescription and happens to be on sale right now. [Click here to learn more.](#)

NOTE: Our Raw Desiccated Thyroid supplement should be used in addition to any thyroid medication you are currently using, and not as a replacement.

Now that we’ve cleared that up, it’s time to discuss the dosing...

Everything You Should Know About Thyroid-Dosing (But Don't)

When it comes to prescribing desiccated thyroid or T3-Only medications, most doctors have it all wrong.

This has everything to do with the “half-life” of thyroid hormone. To keep things simple, consider the half-life of thyroid hormone to be the amount of time that your body can use it.

With T4-Only medications, the half-life of T4 (inactive thyroid hormone) is about two weeks. This means that you can take a T4-Only medication once per day and your T4 levels will remain stable.

With desiccated thyroid or T3-Only medications, the half-life of T3 (active thyroid hormone) is on the order of hours. This means that if you take it once per day, you'll get the benefits for four to six hours and then your T3 levels will drop down below normal again.

This is far from ideal when you want to maintain stable T3 levels all day to feel your best.

Everything You Should Know About Thyroid-Dosing (But Don't) (con't...)

Do you think your thyroid gland produces all the T3 you need for the day at one time, and then takes the rest of the day off?

No way!

Then why would it make sense to supplement thyroid hormone that way?

It doesn't...

In order to keep T3 levels stable, it requires one to use desiccated thyroid or T3-Only medications multiple times per day.

This is often referred to as ***Multi-Dosing***.

Multi-dosing is simply a way of using thyroid hormone multiple times per day in order to maintain stable T3 levels, which better mimics how your thyroid gland should naturally work.

How to Multi-Dose Thyroid Hormone

The most successful thyroid doctors in the world don't treat their patients by adjusting their dosage based on their thyroid labs.

They treat their patients based on the **dosage of thyroid hormone necessary to help alleviate their symptoms.**

The most successful thyroid doctors in the world also find that their patients feel their best when their TSH is suppressed below one (often close to zero).

This is the same that we have found with our own clients as well.

"The proper dosage for any individual is the minimum needed to relieve symptoms. Most commonly, in adults, this is two grains; three grains sometimes are needed. rarely four grains may be required."

— Dr. Broda Barnes

How to Multi-Dose Thyroid Hormone (con't...)

However, it's important to understand that hypothyroidism can result in a multitude of symptoms, and sometimes observing symptoms alone can be confusing.

For example, we have many clients with intolerable fatigue, while others are running solely on adrenaline and literally can't sit still.

So, its best to use a secondary measure of thyroid function when symptoms may be confusing or uncertain.

This is where temperature and pulse testing come into play.

The overall best approach to determine the proper dosing of thyroid hormone is to observe symptoms AND temperature and pulse as we teach in our [Hypothyroidism Revolution Program](#).

However, for now we're going to keep things simple.

How to Multi-Dose Thyroid Hormone (con't...)

When multi-dosing thyroid hormone, it's always best to...

1. Start slow.
2. Keep a record log noting changes in symptoms.
3. Only adjust the dosage every two weeks.

Multi-Dosing Instructions (*Using our [Raw Desiccated Thyroid Supplement](#)*):

1. We generally ease into this by starting with a 65 mg (half-dose) in the morning and then observe changes in symptoms over the following two weeks.

Note: If you're already using desiccated thyroid or a T3-Only medication once in the morning, then you can move on to the next step.

2. If all goes well, then we'll add an additional 65 mg (half-dose) around lunch time before spending the following two weeks observing symptoms again.
3. If all goes well again, we'll add another additional 65 mg (half-dose) around dinner and then observe symptoms again for the following two weeks.

4. We can also add an additional 65 mg (half dose) around bedtime if it is tolerated and continue to observe symptoms for another two weeks.
5. Once we reach 3 to 4 half-doses and symptoms have not resolved, then we continue the same trend if one is still noticing improvements or there is an indication of the need for additional thyroid. To do this, we simply repeat the process beginning at step 1 again, while adding an additional 65 mg (half-dose) at each step until symptoms are resolved.

NOTES:

1. We cannot recommend that you use your thyroid medication differently than how it was prescribed. So, we recommend one continues their medication while multi-dosing additional doses with our [Raw Desiccated Thyroid Supplement](#).
2. With our Raw Desiccated Thyroid Supplement, one shouldn't exceed the maximum recommendation on the bottle for a given day.
3. If one begins to experience elevated heart rate, heart palpitations, nervousness, or anxiety, then this can be a sign that one has taken more thyroid than they can tolerate at one time. Stop until symptoms subside, then one can continue using a reduced dosage that is better tolerated.

4. If symptoms resolve more quickly than a two-week period, this can be a sign that you may be using too much thyroid and you may need to reduce the dosage.
5. If no noticeable difference in symptoms is observed with the maximum recommended dosing, then there are other factors that are inhibiting your ability to utilize thyroid hormone efficiently. Some common causes of this include Vitamin A and Vitamin B deficiencies, which we address with our [Vitamin ADK Thyroid Formula](#) and [Vitamin B Thyroid Complex](#) supplements. Additional nutritional deficiencies include a lack of dietary protein, magnesium, calcium, and carbohydrates.
6. The older one is and/or the more stress one is under (from all sources, not just psychological) the more thyroid hormone is generally required to compensate.
7. It's common for one's need for thyroid hormone to change seasonally depending on the amount of sunlight and outside temperatures. More thyroid hormone is often required in the winter months to provide the same symptomatic relief than in the summer months.
8. It's important that one observes their response over a long enough time period. Some expect immediate results and give up too soon. Others begin with excessive doses and experience negative reactions. It's best to take it slow and steady.

9. There is no dosage that works for everyone. Sensitivity to thyroid hormone differs from person to person. We have seen some clients require large doses of thyroid while others found a small dose to be effective.

That why using our *Raw Desiccated Thyroid* and this dosing guide can help you determine the optimal dosage for your individual needs.



Forefront Health Raw Desiccated Bovine Thyroid

Our Raw Desiccated Thyroid is pure desiccated (freeze-dried) raw whole thyroid gland from healthy and pristine New Zealand raised cattle. The raw thyroid tissue is processed by low temperature lyophilization to ensure and preserve natural constituents.

Our Raw Desiccated Thyroid is a thyroid supplement that can help to:

- Re-Activate Your Thyroid Hormone Pathway
- Restore Thyroid-Supportive Youth Hormones
- Re-Balance Thyroid-Suppressive Hormones
- Restore Metabolism and Thyroid Health

To learn more about our **Raw Desiccated Thyroid Supplements** and **save 25%**, click the button below:

[**SHOP NOW**](#)