

DEAR PHARMACIST

The Thyroid Summit: Watch in your jammies

Are you tired, and frequently cold? Do you have poor memory? Are you overweight and losing hair? You are probably wondering why I ask such personal questions. I've been your "dear pharmacist" for 15 years, so I'll tell you like it is: All of those symptoms could be connected to one thing — low thyroid hormone levels in the body. It's worth testing for, but the problem is that conventional tests miss a lot of thyroid disorders. You're told "It's normal" when you feel terrible. If overlooked, you'll be on the medication merry-go-round, and you better hold on.

Medications and vitamins can support your thyroid gland, but it has to first be detected. Over the past year, I've been involved in a special project, my best professional accomplishment. I've been working closely with my friend and thyroid expert, Dr. David Brownstein. Together we have created an online experience called a "summit" that will enable anyone from around the world to listen to, and watch a slide presentation from home. It's free, and to sign up you just go

to TheThyroidSummit.com and "save your seat." We begin broadcasting various presentations on June 2 for seven life-changing days.

People have asked me why I am hosting the thyroid summit. I had a mild case about 10 years ago, that went undiagnosed for about two years, and I figured it out myself. I put a picture of myself for you to see in my book, "Thyroid Healthy," which is out now. It's not the most flattering picture because I had 15 pounds on me. But I'm proud of myself now, because I am 49 years old, only 110 pounds and have a perfect thyroid. I'm on a mission to help others.



We've interviewed 32 health care experts. Among the greats, you will hear from Dr. Mercola, Mike Adams, founder of Natural News, Dr. [Jacob Teitelbaum](http://www.JacobTeitelbaum.com), Dr. Jonathan Wright, Dr. Kent Holtorf, actress and thyroid thriver Gena Lee Nolin, Dr. Tom O'Bryan, celebrity nutritionist J.J.

Virgin, activist Mary Shomon and many others. Dr. Brownstein and myself also are in the lineup.

If you're not aware of a thyroid problem, you could develop psychological, cardiovascular and neurological disorders. At the thyroid summit, you will learn:

- How anxiety, bipolar, mood swings and depression are tied to thyroid
- How certain medications can induce thyroid disease
- Why a diagnosis of chronic fatigue and fibromyalgia often are given to thyroid patients
- What lab tests actually uncover it
- What natural remedies work to relieve symptoms
- Which medications and supplements help, and which harm
- How to help your dog or cat with thyroid disease

I'm so proud of this project and the goodness that will come from it. The thyroid summit will help you rediscover health and educate yourself well enough to speak to your medical professionals (and be taken seriously). I'll see you online at the thyroid summit on June 2. Sign up today at www.TheThyroidSummit.com.

This column is not intended to treat, cure or diagnose you. To submit a question, visit www.SuzyCohen.com.

