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HYPOTHYROID

HASHIMOTO'S DISEASE

Hashimoto's is an autoimmune disorder where the immune system attacks the thyroid gland, leading to hypothyroidism.

- **Antibody presence:** Hashimoto's is characterized by the presence of thyroid antibodies, whereas hypothyroidism may not always involve autoimmune factors.
- **Symptoms:** Both conditions can cause similar symptoms like fatigue, weight gain, and hair loss, but Hashimoto's may have additional symptoms related to the immune system.
- **Diagnosis:** Hashimoto's is typically diagnosed through blood tests that detect thyroid antibodies, along with thyroid function tests for hypothyroidism.
- **Treatment approach:** Treatment for hypothyroidism usually involves thyroid hormone replacement, whereas managing Hashimoto's may involve addressing the autoimmune component as well.
- **Regular monitoring:** Both conditions require regular monitoring of thyroid hormone levels and symptoms to adjust treatment as needed.

The focal point here is that you have an autoimmune disease that is causing the hypothyroidism, so you have Hashimoto's it is important to really focus on that mechanism because hypothyroidism can be the result of many different factors. Hashimoto's thyroiditis is an inflammatory autoimmune disease in which cells within the thyroid are gradually destroyed by autoantibodies. This reduces the capacity for thyroxine production and causes hypothyroidism.

1. **The aims of treatment are to reduce the production of thyroid antibodies by regulating immune function.**
2. **To reduce inflammatory process and the increased free radicals that result from inflammation.**
3. **Finally to treat symptoms such as fatigue and weight gain.**

Cod Liver Oil, 3 Soft pills 3x a day

To provide EPA and DHA with Vitamin D in clinical dosages.

<https://drstephenstokes.standardprocess.com/products/cod-liver-oil>

Rehmannia Complex Tablets 1-2 tablets 3 times a day

These herbs in this formula provide anti-inflammatory activity with the immune, suppressing activity of Hemidesmus. As a result, there will be a reduction in the inflammatory process and a reduction of the number of thyroid antibodies, resulting and reduced thyroid damage.

<https://drstephenstokes.standardprocess.com/products/rehmannia-complex>

Thytrophin PMG 9 a day

This is a Protomorphogen product (PMG) and it is a controversial recommendation. Some people believe it is nothing more than expensive protein pills. However, the theory is that by using specific cellular extracts of thyroid tissue taken from animals we can create a diversion in the body and the immune system attacks the animal tissue, leaving the human tissue, creating a window of opportunity for healing in auto immune disorders. This is NOT HORMONE THERAPY. I have written about it, extensively in my book and made several videos on it. It is, a product that has helped many people suffering from auto immune diseases. And is something you could consider.

<https://drstephenstokes.standardprocess.com/products/thytrophin-pmg>

Echinacea Premium tablets, take one tablet three times a day.

Echinacea exerts an auto immune modulating effect. This is very different from an immune stimulator, which can sometimes cause trouble here instead of just boosting the immune system, which can increase the auto immune disease. We modulated bring up areas that are weak and suppressing areas that are overactive. Echinacea premium is an exceptionally useful product for this.

<https://drstephenstokes.standardprocess.com/products/echinacea-premium>

Thyroid complex tablets, one to two tablets two times a day

Bladderwrack is used traditionally for the treatment of hypothyroidism. It provides iodine, which is essential for the synthesis of thyroxine. With-ania and bacopa have been shown **increase thyroxine levels** and also have an **antioxidant effect**.

<https://drstephenstokes.standardprocess.com/products/thyroid-complex>

St. John's Wort 1-tablet 3 times a day

St. John's work provides antiviral activity for viruses that are classed as enveloped. These include herpes virus, Epstein-Barr virus, cytomegalovirus, Ross river virus, hepatitis B, C virus and many of the viruses that caused the common cold and influenza. It also has antidepressant and nerve tonic activity, making it an ideal adjunct to other herbal treatments or auto immune diseases

<https://drstephenstokes.standardprocess.com/products/st-johns-wort-18g>

I believe that the above protocol will give you an excellent opportunity to achieve all of the aims of treatment. I want to just take a brief moment and explain some important points. First of all these products I mention should be thought of as prescription medication's in the sense that they are very specific formulations made to achieve clinical goals and cannot be compared to traditional vitamins or supplements that you will find at Walmart or even in a health food store. They are expensive and they cannot be substituted. Also, because they are so effective, you will have to be very careful monitoring your prescription medication's. If as an example, the protocol reduces your auto immune disease then your prescription medication will become too strong and could make you sick. So this is not something to be taken lightly. You have to be careful. You have to monitor yourself. Start slow, take notes and work your way through it. I have treated many patients over the last 20 years with this disease with the above protocol, however, it is impossible to know how you yourself will respond therefore you must take personal responsibility and make sure that you proceed slowly and also follow the protocol as recommended. I am available to help guide you

through however you should also speak with your physician that is currently managing your case.

I have listed the recommended products in what I consider order of importance or I should restate that, in order of popularity. Therefore what I'm saying is if I was going to take only one product, it would be the first product. That said, people are funny and I do find that most clients will immediately purchase the PMG and reject all the other recommendations simply because the PMG is inexpensive and sounds like something new and exciting. Building a foundation of health is the most important step to take and making sure that your healthy and other areas will also reduce the auto immune response. Diet exercise sleep positive attitude Sunshine all of these things contributing greatly to the success of the protocol.

If you decide to work through the recommendations, please use the above links. They will allow you to purchase the products directly from the manufacturer Standard Process you will be assured of getting the quality needed, and you will also get any current discounts that they offer. Standard Process does not sell directly to non-medical persons however because I am a national provider you can buy the products using these links. They also will allow you to review the products in detail. Using the provided links cost you absolutely nothing and helps support my efforts so I can continue to give this free service to help people. Speaking of which if you have not already done, so please download a copy of my book heal yourself. It is free as are all my books on my website. None of this content was AI generated, I wrote it while sitting in my office drinking a cup of coffee Tuesday, June 4 at 8:00 AM. It is so weird to have the state that. But please reach out through text message or email with any further questions or if you do just like to discuss any of the above topics.

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