

Thyroid

Arnold N. Kauffman

It was in the midst of summertime blur when everything that should have been perfect was perfect. It was a period of time when voices were spoken and heard. It was a time when the world changed—not because it was forced to change, but because it had to change. Before the change, there was an evil stronghold on our very existence, on our every thought, on how we communicate, how we live, how we see the world around us, and how we see what is going on inside. We as people are raised, bred, formulated, and placed into categories: good or bad, rich or poor. There are so many categories that it is almost inconsequential to even think about the separation and division standing before us.

It is on this note that I begin to write of thyroid conditions effecting mostly women. Why do I say mostly women and not men? One can only guess (and it may not be a good one). What I know, and what I don't know. Having dealt with people who have thyroid issues on a number of occasions, I always pay attention to who has it, who beats it, who doesn't beat it, and why. *Why?* "Why" is always the question.

What I know according to Chinese medicine is that the thyroid is directly related to the throat. So, if a man or woman touches or squeezes the area from the base of the neck to the chin, there is a good reason as to why. There are three trigger points in that area: stomach 9, stomach 10, and stomach 11—all of which are points on the stomach meridian. Moreover, these points are related to the thyroid. So, because the thyroid is part of the heart and small intestine meridian, the thyroid deals with communication, voice, joy, and love.

This is why I believe women have more thyroid issues than men. What am I saying? By not communicating, by holding back conversation, by not speaking your truth, there exists a blockage of who you are and what you want to say. This is something with which women tend to struggle. This is my theory on why thyroid issues are so prevalent in women. From what I understand, 1 in 3 women are affected by thyroid conditions. This large number suggests that many women are trained not to speak their truth, their passion, their love, and of possibilities.

Instead, I see from my experience that women are taught to become part of a man's life, and to follow in his footsteps literally and figuratively. Both men and women are trained to be partners who are part of a family and not alone.

What does this mean? Everyone has a voice, a passion, a truth of what's important and what's not. In my opinion, people with thyroid issues squash their dream, their power, and their voice in order to make peace and amends so that they can fit in and survive for whatever reason. My friends, there is no right, no wrong. These are my observations from what I see, what I ask, and what I believe to be true.

On that note, I speak of Fortuna, who was suffering from some health issues at the age of 35. Luckily for her, she understood that she needed self-empowerment. As such, Fortuna felt responsible for her own well-being, and didn't just follow medical decisions and advice. Fortuna was diagnosed with hypothyroidism, or Hashimoto's disease—a disease that technically has no cure; patients are given medication for the rest of their life. Indeed, Fortuna was told to take Synthroid for the rest of her life.

She knew deep down that Synthroid would do her body harm. When she found out that one of Synthroid's side effects was bulging eyes, she became even more convinced not to take the medication.

Even though Fortuna adopted a vegetarian diet that day, her health only improved slightly. She continued to eat bread, dairy, and cheese as a vegetarian. These foods alleviated some of her symptoms, but it was not a cure-all. It was only when Fortuna switched to a plant-based lifestyle focused on fruit 10 years later that her symptoms disappeared. When Fortuna gave up cheese, dairy, yogurt, wheat, and sugar, her symptoms from Hashimoto's disease disappeared within three months and she completely recovered. This story, among many others, can be found on my YouTube channel.