

FOREFRONT HEALTH

5-Step Thyroid-Dosing User Guide



Re-Balance, Re-Activate,
and Restore Your Thyroid Health
with Raw Desiccated Thyroid

Published By:

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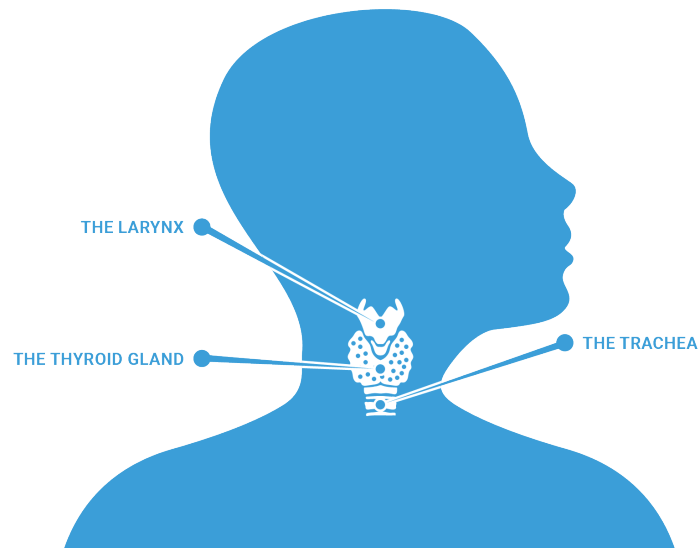
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What is Thyroid Hormone?

Thyroid hormone is the **primary hormone responsible for the regulation of metabolism**. It is produced by the thyroid gland, which is the butterfly-shaped organ located in your neck just below your adam's apple or larynx.



The Thyroid Gland

The thyroid gland produces two different types of thyroid hormone - the inactive form (T4) and the active form (T3) of thyroid hormone.

The inactive form of thyroid hormone (T4) is produced at a ratio of 4:1 compared to the active form (T3).

Note: It's important to understand that **the body can't actually use T4 until it has first been converted into T3**.

This process takes place in the liver along something we like to call the *Thyroid Hormone Pathway*.

...But more on that later.

The Role of Thyroid Hormone

Thyroid hormone affects every cell in the body.

And as mentioned, thyroid hormone is the hormone that is primarily responsible for the regulation of metabolism.

So it should make sense that **without adequate levels of thyroid hormone, or proper conversion of thyroid hormone, cells can't metabolize or produce energy properly and metabolism suffers!**

This is why hypothyroidism sufferers, those suffering from an underactive thyroid, typically face one or more of the following symptoms:



Fatigue



Weight Gain



Mental Fog



Joint & Muscle Pain



Sleep Issues



Digestive Health



Hair, Skin, &
Nail Issues



Mood Issues

All of these symptoms stem from metabolic dysfunction as a result of a blockage somewhere along the *Thyroid Hormone Pathway*.

But, not to worry, these symptoms can be relieved and hypothyroidism can be overcome.

All it takes are the proper tools & resources, along with a helpful guide that's been in your shoes and can help you navigate around some of the common pitfalls, along your journey to better thyroid health!

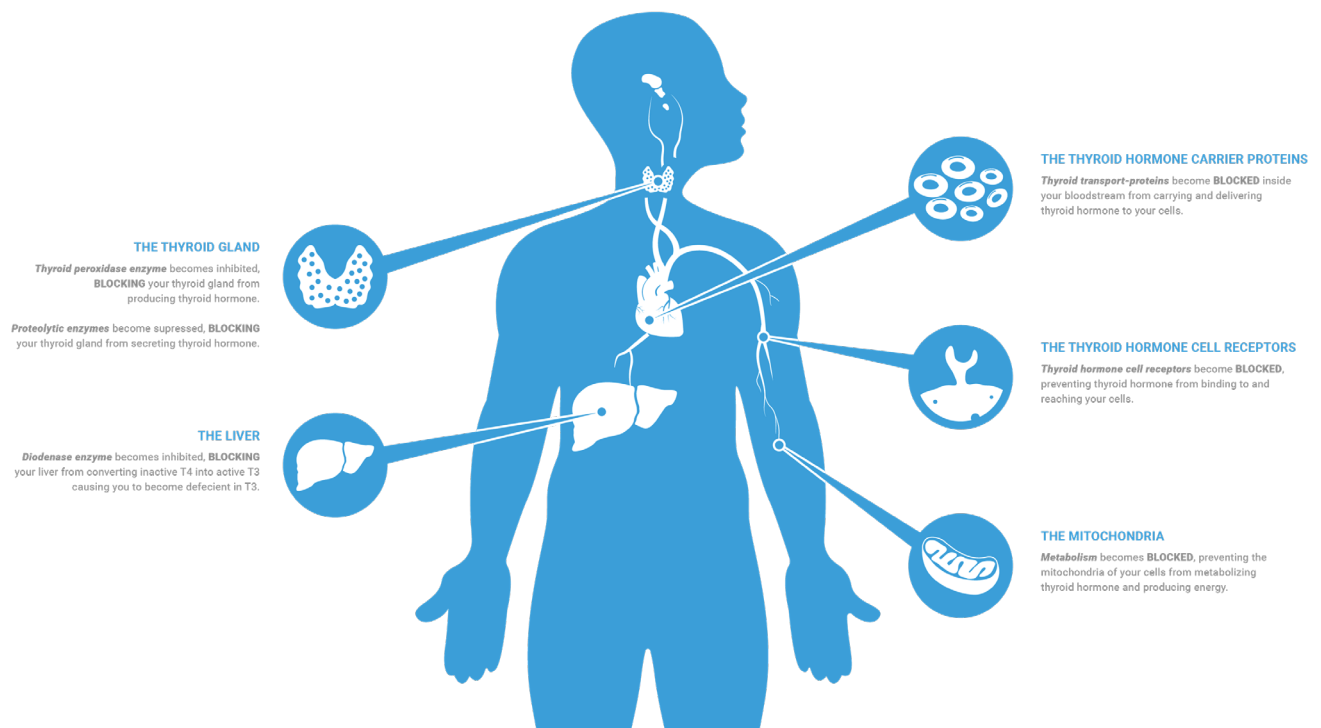
The Thyroid Hormone Pathway

So what is the Thyroid Hormone Pathway?

The Thyroid Hormone Pathway is the path in which your thyroid hormone must travel down before it ever gets to your cells.

This pathway consists of the thyroid gland, which are controlled by the hypothalamus (via TRH) & pituitary glands (via TSH), the liver, the bloodstream, cell receptors, and the mitochondria within every cell of your body.

Thyroid Hormone Pathway



And with hypothyroidism, your pathway becomes blocked on multiple levels preventing your thyroid hormone from ever reaching your cells.

The Thyroid Hormone Pathway

(Continued)

In other words, your thyroid gland might not be the issue. And in our experience, it usually isn't the thyroid gland that's causing the problems.

Regardless, we must work to unblock the *Thyroid Hormone Pathway* if we want to start feeling relief and ultimately overcome hypothyroidism.

As we like to say here at Forefront Health, *if you can't get the right thyroid hormone to your cells or your cells can't metabolize that thyroid hormone efficiently, then you will always be hypothyroid.*

And no amount of thyroid medication will ever change that.

This is just one of the reasons why thyroid sufferers typically don't feel any better when taking most prescription thyroid medications.

But, that's not the only reason.

When it comes to thyroid medication and supplements, *there's no one best option that works for everyone...*

...Yet, understanding the differences between the types of thyroid medications and supplements on the market will give you a much better chance of success.

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

Thyroid medication can be categorized into 4 main groups...

- 1) **T4-Only Medications** (Synthroid, Levothyroxine, Levoxyl, etc.)
- 2) **Desiccated Thyroid** (Armour, Naturethroid, Raw Desiccated Thyroid, etc.)
- 3) **Compounded Thyroid** (Usually custom-made in a compounding pharmacy)
- 4) **T3-Only Medications** (Cytomel, Liothyronine, etc.)

The type of medication or supplement that works best can depend on the individual and the underlying problems that are driving their thyroid condition.

In most cases, **we find our clients & customers are using the wrong medication...** or using the right medication in the wrong way.

If there's one thing we've learned, it's that using a thyroid medication or supplement that contains the active T3 thyroid hormone is essential.

We've also found that compounded thyroid medications are generally not a great option for most.

That's why this guide is applicable to only certain types, including “Desiccated Thyroid” or “T3-Only” medications (with or without a T4-Only medication).

If you are currently only using a “T4-Only” medication such as Synthroid, Levothyroxine, Levothroid, Levoxyl, Unithroid, et cetera, 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 when available).

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

(Continued)

Or, you can use our Raw Desiccated Thyroid supplement, which doesn't require a prescription.

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...



Forefront Health Raw Desiccated Thyroid

Use with thyroid medication or alone (if not using thyroid medication) - our raw desiccated thyroid supplement can help restore metabolism & thyroid health, improve liver health, protect against stress, heart disease, and so much more!

Special Offer: Click the button below to sign up for a Raw Desiccated Thyroid subscription and **save 10%** - for the life of your subscription!

The best part is that you'll never have to worry about being without it. Just choose the Subscribe & Save option that best suits your needs directly on the product page and put your deliveries on autopilot.

SUBSCRIBE & SAVE

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.

And it 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 2 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 4-6 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)

(Continued)

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.

But, before you start multi-dosing, make sure you follow these 3 simple rules...

How to Multi-Dose Thyroid Hormone

3 Simple Rules for Multi-Dosing Thyroid Hormone

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

[**Disclaimer:** If you are currently using a thyroid medication containing T3 then do not adjust or alter the use of your medication without first consulting with your doctor.]

*"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*

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).

And that's exactly what we've found to be true with our own clients & customers as well.

How to Multi-Dose Thyroid Hormone

(Continued)

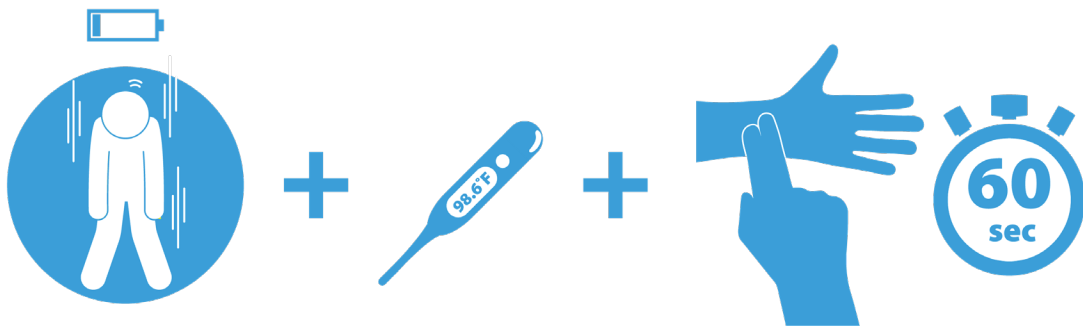
However, it's important to understand that hypothyroidism can result in a multitude of symptoms, and sometimes observing symptoms alone can be confusing.

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

So, it's 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 are going to keep things simple by giving you 5 steps to follow to multi-dose thyroid hormone safely and effectively.

How to Multi-Dose Thyroid Hormone

(Continued)

5-Step Raw Desiccated Thyroid Multi-Dosing Guide

1) Take one 130 mg capsule of Raw Desiccated Thyroid in the morning with food

We generally recommend our clients & customers start with a 130 mg capsule of Raw Desiccated Thyroid in the morning and then observe changes in symptoms over the next 2 weeks.

For those that are more sensitive to new medications & supplements or have high levels of adrenaline, we recommend easing into this by starting with a 65 mg (half-dose) in the morning and then observing changes in symptoms over the following 2 weeks. This can be accomplished by using the Raw Desiccated Thyroid 65 mg dosage or by carefully opening a 130 mg capsule and dividing the dosage roughly in half.

Note: If you're already using Desiccated Thyroid or a T3-Only medication once in the morning, then you can skip the morning dosage and start with Step 2 below. If you're already using a T4-only medication (Synthroid, Levothyroxine, Levoxyl, et cetera) then you can use the Raw Desiccated Thyroid together with your medication.

2) Take a second 130 mg capsule of Raw Desiccated Thyroid in the afternoon with food

If all goes well within the first 2 weeks, then we'll add an additional 130 mg capsule around lunch time (approximately 4-5 hours after the first dose) and then spend the following 2 weeks observing symptoms again.

If you become sensitive (experience elevated heart rate, heart palpitations, or nervousness/anxiety) to the added dosage, then reduce the added dosage to 65 mg. This can be accomplished by using the Raw Desiccated Thyroid 65 mg dosage or by carefully opening a 130 mg capsule and dividing the dosage roughly in half.

This dosage can also be reduced as needed to toleration. However, if no additional thyroid can be tolerated then wait for 2 weeks before attempting to introduce it again.

How to Multi-Dose Thyroid Hormone

(Continued)

3) Take a third 130 mg capsule of Raw Desiccated Thyroid around dinner with food

If all goes well again, we'll add another additional 130 mg capsule around dinner time and then observe symptoms again for the following 2 weeks.

If you become sensitive (experience elevated heart rate, heart palpitations, or nervousness/anxiety) to the added dosage, then reduce the added dosage to 65 mg. This can be accomplished by using the Raw Desiccated Thyroid 65 mg dosage or by carefully opening a 130 mg capsule and dividing the dosage roughly in half.

This dosage can also be reduced as needed to toleration. However, if no additional thyroid can be tolerated then wait for 2 weeks before attempting to introduce it again.

4) Try additional Raw Desiccated Thyroid around bedtime

We can also add an additional thyroid dosage 130 mg or 65 mg (half dose) around bedtime if it is tolerated. Continue to observe symptoms for another 2 weeks.

5) Continued Dosing (if needed)

Once we reach 3 - 4 130 mg doses per day and symptoms have not resolved, then we continue the same trend if one is still noticing improvements or if 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.

We don't generally recommend using more than 4 - 6 130 mg capsules (520 mg to 780 mg) or any equivalent combination.

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 multidosing additional doses of our Raw Desiccated Thyroid Supplement.

How to Multi-Dose Thyroid Hormone

(Continued)

- 2) With our Raw Desiccated Thyroid Supplement, one shouldn't exceed the maximum recommendation of 780 mg on 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 the recommended 2 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 becomes and/or the more stress one is under (from all sources, not just psychological) the more thyroid hormone one generally needs 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 from using too much too quickly. 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.

How to Establish a Sustainable Thyroid-Dosing Routine

Establishing a sustainable thyroid-dosing routine involves using the right type of thyroid medication or supplement (one containing some active T3 thyroid hormone) and using it to determine the optimal multi-dosing schedule as outlined in this guide.

Once you find the right multi-dosing schedule for you and your thyroid, it's important to maintain that schedule consistently every day (remember the half-life of T3 is only hours long).

We often recommend both carrying your Raw Desiccated Thyroid with you and using your smart-phone to create daily notifications of when to take it. This way you'll always have it ready when needed.

And don't run into the same issues that many of our clients & customers do with having to pay expensive shipping fees because they forgot to order more before running out...

This is exactly why we created our Subscribe & Save shipping option. With the help of a subscription you can get your Raw Desiccated Thyroid automatically delivered when you need it without having to worry about running out.



Forefront Health Raw Desiccated Thyroid

Use with thyroid medication or alone (if not using thyroid medication) - our raw desiccated thyroid supplement can help restore metabolism & thyroid health, improve liver health, protect against stress, heart disease, and so much more!

Special Offer: Click the button below to sign up for a Raw Desiccated Thyroid subscription and **save 10%** - for the life of your subscription!

The best part is that you'll never have to worry about being without it. Just choose the Subscribe & Save option that best suits your needs directly on the product page and put your deliveries on autopilot.

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Most Hypothyroidism Sufferers are Deficient of This Vitamin...

You may not know this, but thyroid hormone (T3) and Vitamin A have an important relationship.

Thyroid hormone (T3) and Vitamin A work synergistically to support your thyroid health.

Both are required to convert your cholesterol into all of your thyroid-protective youth hormones...

Yet, most hypothyroidism sufferers are deficient in Vitamin A.

Simply put, being deficient in Vitamin A prevents you from being able to use thyroid hormone effectively.

So, it won't matter how much thyroid medication you use, without adequate Vitamin A your thyroid medication won't help much.

And the more thyroid medication you use, the greater your need for Vitamin A.

To get the most out of your Raw Desiccated Thyroid, we recommend our clients & customers take both our Raw Desiccated Thyroid in combination with our Vitamin ADK Thyroid Formula.

Click the button below to learn more about our Vitamin ADK Thyroid Formula and save an additional 10% on your next purchase!

Note: Offer applies to our Vitamin ADK Thyroid Formula ONLY.



[LEARN MORE](#)

Frequently Asked Questions

Should I stop my thyroid medication when starting the Raw Desiccated Bovine Thyroid?

No... we don't recommend that you stop your current medication. Only your doctor can recommend that you do that.

With that being said, our Raw Desiccated Bovine Thyroid is not a 1-for-1 equivalent to other thyroid medications. So, there's always the risk that stopping one's medication could make their thyroid condition worse. Instead, our Raw Desiccated Thyroid is designed to be used with your existing medication.

This guide contains specific instructions for how to dose the raw desiccated bovine thyroid if one is already using thyroid medication, regardless of type.

Can I use the Raw Desiccated Bovine Thyroid if I'm not currently using any thyroid medication?

Yes... if one is not currently using any thyroid medication, then there's no risk that their thyroid condition could worsen by stopping it. Therefore, one can simply follow the dosing recommendations found within this guide.

Can I use the Raw Desiccated Bovine Thyroid to replace my current thyroid medication?

No... our Raw Desiccated Bovine Thyroid is not a 1-for-1 equivalent to other thyroid medications. This makes it very difficult to determine exactly how much of the Raw Desiccated Bovine Thyroid is required to equal the effects of one's existing medication.

Doing this successfully often requires one to slowly decrease their medication and slowly increase the dosage of Raw Desiccated Thyroid, all while utilizing regular lab testing and temperature/pulse testing to ensure that thyroid function remains unchanged. This can truly become a complicated process, and therefore, we simply recommend following the dosing recommendations found within this guide.

Frequently Asked Questions

(Continued)

Why do you recommend taking the Raw Desiccated Thyroid with food?

Within the medical community, it's commonly recommended that thyroid medications be taken on an empty stomach and that one not eat anything for hours after. This is due to fears that certain foods could interfere with the absorption of the medication/hormones. With that being said, studies that have looked at this are very limited and inconclusive.

While we can't recommend that one uses their prescribed medication in any way other than how it was prescribed, we have found that this is not a concern with the use of the Raw Desiccated Bovine Thyroid. In some cases, using it with food can be beneficial, as it can help to slow the digestion and absorption of the thyroid, which can help improve tolerance for those who may be sensitive.

As we commonly discuss, thyroid sufferers have trouble regulating their blood sugar and commonly wake in the morning with elevated thyroid-suppressive stress hormones. Going an hour or more without eating anything only disrupts blood sugar further and forces these thyroid-suppressive stress hormones higher.

We never recommend trying to solve one problem only to create another one in the process.

Should I be concerned that you might run out of your Raw Desiccated Thyroid?

Not at all... first, we understand that both our clients and customers depend on our thyroid supplements to feel their best day in and day out. The last thing we want is to run out of any production that could compromise your quality of life. That's why we're committed to doing everything we can to ensure that we won't run out.

For some often difficult to source products, like our Raw Desiccated Thyroid, we order both frequently and in very large quantities to help ensure that you can stick to your routine.

Frequently Asked Questions

(Continued)

What if I'm sensitive to thyroid hormone?

There are two primary causes of thyroid hormone sensitivity.

In some cases, it's due more to a nutritional deficiency. There are many that can cause this, but we find a magnesium deficiency to be most common.

Many hypothyroidism sufferers also compensate by overproducing adrenaline, and active T3 thyroid hormone makes one more sensitive to adrenaline, thus amplifying its effects/symptoms.

When adrenaline is elevated, some can't tolerate much T3 (or thyroid medication containing T3) at all. Using too much for what your body can tolerate at one time can cause some sensitivity symptoms including elevated heart rate, heart palpitations, feelings of stress, anxiety, etc.

This doesn't mean that one doesn't need the T3. It simply means that one can't tolerate that large of an amount at one time. This is one reason why we sometimes recommend starting with a small dosage (i.e. 65 mg capsules) and increasing it more slowly.

Multi-dosing can help as well as it spreads the T3 out over time as opposed to spiking T3 levels all at once.

However, the real concern is the adrenaline. Focus needs to be placed on down-regulating the adrenaline so that you can tolerate the amount of thyroid hormone that your body actually needs.

We often address this in a few ways. If we suspect a potential magnesium deficiency, then increasing magnesium intake can help. If one is going to supplement it, we recommend magnesium glycinate.

From there we also focus closely on regulating blood sugar because that's one of the most common causes of elevated stress hormones. That may include using our food/mood logs to record changes in diet, temp/pulse fluctuations, and how you feel before/after meals to determine the state of blood sugar. For those who are following our Hypothyroidism Revolution

Frequently Asked Questions

(Continued)

Program diet, but are still struggling with blood sugar, we might use taurine, which helps to increase liver glycogen storage for better blood sugar regulation.

We can also address the adrenaline more directly with GABA agonists. For example, our Collagen Protein, as well as thiamine, biotin, pyridoxine and niacinamide, all found in our Vitamin B Thyroid Complex can help. Taurine, as mentioned above, and theanine are additional amino acids that can help as well.

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