

# FROM DR. MILES



Yes, I am as much a real doctor as Dr. Seuss, but that doesn't prevent me from sharing my recent medical experience with you, in the hopes it may help someone out there. I have had some weird symptoms over the past year, the worst of these being nausea in the morning, but also including dry eye, fatigue, and various ghost pains. Most recently I began to have a metallic taste in my mouth. Since these are common symptoms with many causes, pinpointing the real cause was not easy. I found that they tended to disappear when I left town, so I had come to various working hypotheses. I thought that either 1) I was suffering from some sort of anxiety which disappeared when I was around people, socializing more than I usually do, 2) I was suffering from a vitamin or mineral deficiency or overdosing, which subsided when I was away from my cabinet of supplements, 3) I was being poisoned by my common eateries and grocery stores, 4) my house had become toxic.

When I added the metallic taste in my mouth, I feared that might be a sign of kidney problems, but it also might point more strongly to a mineral overdosing.

At last I decided to take positive action, and I scheduled a blood test while I was visiting my parents in Austin. I didn't do this earlier because healthcare in Taos is substandard. The hospital here has killed several of my friends (in my opinion), and come near killing several others, and I have vowed not to get near it. In general I avoid all doctors, and this recent visit was my first in eleven years. But in this case, the experience was positive, since I think it solved my problem. The answer was #2, and it was a case of overdosing, not deficiency. I was found to be hyperthyroidal, and though the doctor didn't immediately see why, I quickly hit on the cause myself. In my travelling vitamin bottle I had vitamin C, multi-mineral, magnesium, fish oil, spirulina, and kelp. I take vitamin C everyday, mostly to keep my gums healthy. The multi-mineral I used to take everyday in a partial dose (one pill instead of three), but I have since dropped it way down. The other things I take once or twice a week at most. But when I am home I also take chlorella about once a week. You may already see the problem. Chlorella, spirulina, and kelp are all prime sources of iodine. The multi-mineral was also giving me about 50% RDA, so I was getting too much iodine, directly leading to an overactive thyroid. On some days I was probably getting 300-400% RDA of iodine. I think anxiety/stress were also a factor, since stress suppresses kidney function, preventing it from flushing excess iodine. So basically I had minor iodine poisoning, exacerbated by stress/anxiety. The symptoms increased anxiety, since I was then also anxious about the symptoms. A terrible feedback loop.

When I discovered all this, it occurred to me how common this mistake might be, and how hidden it might be in most cases. We are taught that spirulina is a health food, and chlorella and kelp are also touted for thyroid health. So it wouldn't occur to anybody that these things would actually be the *cause* of thyroid problems. You couldn't discover this except through a blood test, so many would mistake

these symptoms for something else. They could easily be mistaken for anxiety, stress, depression, and so on. In fact, the doctor made that assumption *before* the blood test, offering me anti-anxieties immediately to relieve these symptoms. I told him I had no intention of getting on anti-anxieties or anti-depressants for any reason, but I was shocked at how easy it would have been for me to do so. He wouldn't have done the blood test except that I pretty much demanded it, and if I hadn't we would have missed the elevated thyroid numbers.

So, if you have these common symptoms, don't just assume you are anxious or depressed. You will say you have reason to be anxious or depressed, but think of the year I have had. If I don't have an excuse for anxiety no one does. And yet in my case, the main cause was iodine, not anxiety. Since I have cut out the chlorella, spirulina, and kelp, I have felt much better. I have had to watch my intake of other foods as well, including dairy, bananas, potatoes, and cod liver oil, all of which are also rich in iodine. We need iodine, but we do not need to overdose on it.

Another reason most people don't think to check for hyperthyroidism in such cases is the name itself. "Hyper" would seem to imply an increase of something—which it does—but when you are hyperthyroidal you don't feel hyper at all. Strictly the reverse. You feel weak, your muscles may cramp, and your energy levels are low. I found that I could push through it, but it took a lot of discipline. Exercise helps, since it jumpstarts the kidneys and pushes some of the iodine out. But when you are hyperthyroidal the last thing you want to do is exercise. The body rebels. So you have to force yourself to do it.

As you can see, cutting iodine is a much cleaner solution to this problem than taking anti-anxieties or anti-depressants. If I had agreed to do that, I would have just caused another round of problems, adding to my malaise. I assume a lot of people are caught in this loop, and I hope I can pull some of them out of it. And it isn't just iodine. You may be overdosing on other health supplements without knowing it. If you are like me (otherwise healthy), you may wish to address any new strange symptoms of this sort by doing a test. Cut all supplements (except vitamin C), and see if you feel better. If that doesn't work, get a blood test and ask the doctor to look at mineral imbalances. In other words, exhaust the simple solutions before you start drugging yourself with mainstream pharmaceuticals, and enriching those evil bastards.

Postscript: Some are saying the iodine was the source of my IQ, since iodine is sold as an IQ booster. But I had no need for an IQ boost. I was already a walking tragedy in that regard before I began poisoning myself. What I needed was to be able to get up in the morning without a stomachache, and I have now solved that problem.