



Hashimoto's disease is 100% curable

One of many paradoxes in conventional medicine is its relationship to hypothyroidism, a disease known as Hashimoto's disease. This disease, like many others, was declared incurable. In the ocean of those who blindly agreed to the treatment protocol and condemned themselves to a life-long therapy, there are also those ones who have taken matters into their own hands. They began to think for themselves, arming themselves with facts and new findings - and today they are only those who once had a problem called Hashimoto. Now they are completely healthy.



Written by: dr. Dino Tomic for the magazine "Svjetlost" - Zagreb, 17 November 2014

As a doctor with many years of service I have noticed that the education system does not follow the technology, not to mention the dizzying development of human consciousness with new views on all aspects of life, including human health. We continue to educate young doctors who think (and unfortunately work) in the same way as their colleagues did many years ago. The consequence of all this is more and more disgruntled patients moving from pillar to post, hoping that they will find a solution for their health problems. Unfortunately, most of them very quickly realized that they would not succeed within the system of conventional medicine, which, in

recent years has been in crisis. Most of us have long been aware that conventional medicine deals with the symptoms and not the causes of the disease. It deals with individual organs or systems and not the human being as a whole. A disease is considered at the chemical level, rather than at the higher levels, where it actually occurs. In addition, chemical substances are used for (conditionally said) "treatment", although we also know that such substances have catastrophic effects for human health. The culmination of all this is that many diseases and conditions are simply declared incurable, and in this way people are sentenced to lifetime use of medications without hope of a better tomorrow. Unfortunately, most of them have a lack of information. They do not try to change this situation and they enter into this enchanted circle from which there is no escape.

WE WERE NOT BORN TO BE SICK

One of many paradoxes in conventional medicine is its relationship to hypothyroidism, a disease known as Hashimoto's disease. This disease, like many others, was declared incurable. In the ocean of those who blindly agreed to the treatment protocol and condemned themselves to a lifelong therapy, there are also those ones who have taken matters into their own hands. They began to think for themselves, arming themselves with facts and new findings - and today they are only those who once had a problem called Hashimoto. Now they are completely healthy.

When lecturing or speaking to many people, I often ask the question: "Have you ever thought about what happened to you: If you look back five or ten years ago, you remember a bright, happy and healthy person, who woke up with a smile on his/her face. For such a short time that smile was replaced by an expression of pain and suffering, and some of these people are more tired when wake up than when they went to bed. They are not willing to move into a new day. What is the cause for this? We were not born to be sick, unhappy, unloved. So, if we find the cause that led to our condition, we will solve it and get rid of all our troubles.

THE FIST ERROR

At first, we will consider what happens when you go to a doctor and it is found that you have a hypofunction of your thyroid gland. Under the medical protocol, in most cases you will receive substitution therapy, i.e., artificial hormones which should replace the lack of your natural ones. By adding external hormones, part of human body with reduced functioning is placed completely out of order. It is the same as if someone hurts his leg, and instead of rehabilitation and gradual strengthening of musculature, we place him in a wheelchair. It should be expected that he will completely lose the function of walking very soon. As a gynecologist I can present you that we do the same thing with ovaries when we give someone the pill, but it has an entirely different connotation. It is the first and catastrophic mistake: instead to strengthen and stimulate the thyroid gland, we put it out of order ... thus accelerating its deterioration. Common sense dictates that something being weakened should be made stronger if we want to put it back to its original state, but, unfortunately, in conventional medicine, common sense is often not the premise to depart from.

THREE KEY REQUIREMENTS

Another very important thing is that almost none of doctors examine the cause why the failure of thyroid function occurred. Sometimes it is a laborious process and of course it is easiest to write a prescription, but nobody thinks about anything being behind this move of the pen.

So, if we investigate, we must point out that in most cases this disorder has the autoimmune nature. What happened to cause that the immune system begins to attack its body organs, including the thyroid gland?

There are three key preconditions for the occurrence of the immune system disorder.

The first is genetic predisposition.

The second is the trigger.

And the third is so-called intestinal permeability or leaky gut syndrome.

Although we cannot change our genetic predispositions (nowadays this is questionable: GMOs etc.), we can prevent an autoimmune condition by removing the trigger for intestinal permeability. The phenomenon of leaky gut then begins to generate more other problems. Intestinal microorganisms are transferred to other systems where they otherwise do not belong. The struggle with *Escherichia coli* in the urinary tract is lost in advance, until we resolve the intestinal permeability syndrome. And, of course, enormous amounts of antibiotics are used in the long term, making the whole situation more complicated and aggravated.

THE CAUSES OF INTESTINAL PERMEABILITY

Based on some research we can point out several potential causes of intestinal permeability.

The first is gluten sensitivity which may lead to the development of celiac disease which further may continue to cause many autoimmune diseases, including Hashimoto's disease. By simple removal of gluten from their diet, some people solved their problems and diseases. So, people who suffer Hashimoto must first remove gluten from their diet as a possible cause of intestinal permeability.

If gluten is the only cause of intestinal permeability, that person will expect complete remission of antibodies and thyroid function may even return to normal in 3-6 months. If not, one must delve further.

Parasites represent another very important trigger for occurrence of intestinal permeability. In addition to quality food, if there are parasites in the intestines, it may cause a number of autoimmune diseases, including Hashimoto disease. So it is necessary to remove thoroughly the intestinal parasites.

In the third place is the excessive number of some species of pathogenic bacteria, particularly resistant strains occurred as a result of indiscriminate use of antibiotics.

In the fourth place is the lack of some oligomineral substances, primarily iodine, followed by zinc which participates in the restoration of the intestinal wall and then glutamine, which plays the same role. I have to disappoint some vegan/vegetarian diet followers, since some individuals who have returned to their intake of meat managed to put their Hashimoto under control, presumably due to the retaking of glutamine and other ingredients that have enabled the restoration of the intestinal wall.

And, in fifth place, in my opinion the most important trigger for occurrence of autoimmune mechanism, among other autoimmune diseases and Hashimoto's disease - is Candida. Irregular eating habits, excessive consumption of sugar in all foods, products made from white flour, too much fats and heavy meat and meat products, too much dairy products, carbonated beverages and alcohol lead to increased pH or body acidification. This creates fantastic conditions for an excessive growth of fungi in the intestines and for their dominance. The most important of them is Candida, which is so powerful that it can put the entire body under its control.

WHEN CANDIDA BECOMES THE MASTER

This is a very interesting story. But, the problem occurs when hitherto loyal Candida takes command and turns its master into its servant. It will then begin to write your menu and dictate your style of eating and living. This is one of the most powerful and most present living entities in nature. It is a perfect cleaner of organic nature, but sometimes, unfortunately, removes from this world some innocent human being. Little knowledge about Candida and its role can cost everyone. Millions of people on this planet heal from all kinds of lighter and extremely serious diseases under misdiagnosis and, of course, wrong medication, which further exacerbate their already difficult situation, while neither they themselves know, nor even their doctors – what the problem is. Elevated Candida and other fungi possess tremendously powerful mechanisms that block all defense forces of the host, keeping it on the verge of life, where the host serves exclusively to its purpose and its diet. It blocks enzyme and hormone systems, introduces you to a state of anergy with a drop in body temperature, with all the consequences of this serious condition. Many children are treated of attention deficit disorder (ADHD), as well as adults of all sorts of disorders of mental condition with drugs that have nothing to do with the cause of their condition.

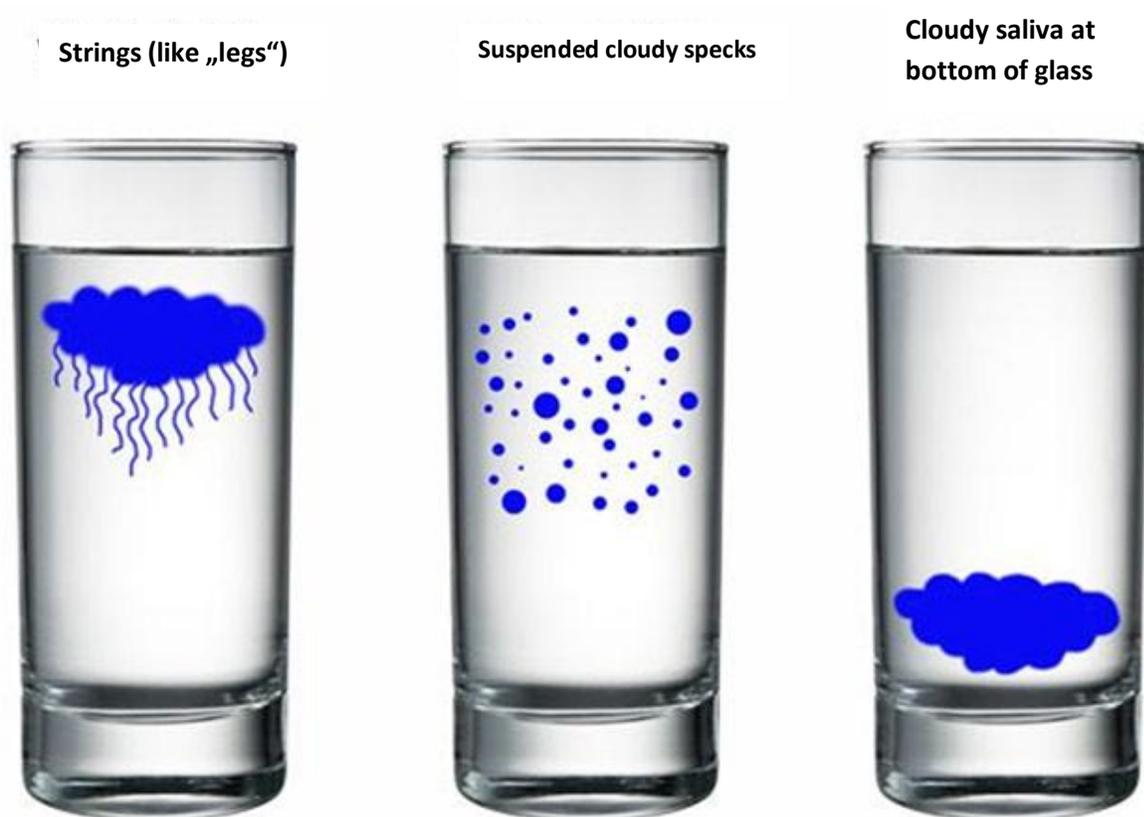
Powerful mycotoxins cause such changes in behavior that may be worse than the effects of any psychoactive substances. It is known that animals that are fed with rancid food (due to aflatoxin) have aggressive behavior, biting each other, sometimes to death. Thousands of people (more women - 10:1) have hypothyroidism, and as young people they are condemned to take medications during whole their life. Unfortunately, neither they, nor their doctors are not even aware that they can get rid of both hypothyroidism and drugs in a relatively short time ... if they had known that their condition (in most cases) would have been caused by Candida. Also, many heart and lung patients also have a similar problem, with the same pathogenic bacteria.

Some authors go so far as to arguing that Candida is a direct cause of cancer in humans. It is often the case that the lab tests do not found Candida in a given sample, but the modern bioresonance equipment diagnoses Candida in large numbers. This is just another indicator of how certain segments of traditional medicine are behind some new approaches to diagnostics and treatment.

Candida home test

To avoid to think about all of this too much, here is a simple way to determine at home whether you have increased level of Candida or not. This test is very simple and very reliable.

Saliva test can be performed at home, and it will show whether there is serious doubt that you have increased level of Candida fungus in your body or not.



The best time to perform this test is in the morning, immediately after awakening.

When you awake in the morning, before you brush your teeth or put anything into your mouth, work up some saliva and spit it into a clear glass of water. It is important not to cough, just spit slowly only liquid saliva and watch what happens.

Healthy saliva will simply float on the top, and this is completely normal. If, however, immediately or within 15 minutes there are thin strings coming down from your saliva through the water, it's a sign of the presence of Candida.

These strings look like hair or spider's legs, or even jellyfish. Another sign is very cloudy saliva that within a few minutes sinks to the bottom or cloudy specks in the middle of the glass which sink slowly or shrink below the saliva on the top.

What you see are actually colonies of fungi that connect the strings, and it is recommended to begin your treatment immediately. This test can be found on YouTube if you type "Candida spit test", and you can see how it looks in the video.

There are an enormous number of people who got rid of Hashimoto's disease and other diseases of autoimmune nature, and various allergies as soon as they got rid of Candida. Of course, the struggle with Candida is not easy. People who had or have Candida know that, but removal of Candida will drastically improve their health in all segments which will be a huge reward for their efforts. One very important thing about the treatment of Candida is that use of various pharmaceuticals will provide only short-term improvement. The greatest success has been achieved by applying natural methods of treatment. Maybe some of you will be surprised that I, as a doctor of conventional medicine give this advice, but my huge experience in this field has just strengthened my views.

THE SECRET IS IN CONTINUOUS BODY CLEANSING

But, we are going to talk about Hashimoto again. For a possible solution of this problem there are three key things.

Firstly, it is a removal of the possible triggers for autoimmune disorders. I do not know of a more powerful and beneficial plant on the planet than garlic. It is the most powerful body cleanser, especially for intestines, against all of the pathogenic micro-organisms, including Candida as well. Of course, the problem with garlic is that it has some strong and unpleasant odor. This can easily be prevented if you take 2-3 whole cloves of peeled garlic with a glass of water on an empty stomach every morning for 1-2 months. You have to do it half an hour before your meal. Drink it just as you drink some encapsulated drug. In that case you will avoid unpleasant smell in your mouth and you will not have heartburn or gastritis occurred due to irritation of the gastric mucosa. The key thing is that garlic, so undigested in its natural capsule reaches the large intestine and then slowly begins to release its medicinal ingredients. The fact is that many of these triggers of intestinal permeability are situated in the large intestine. In the first few days you will have a rush of unpleasant and smelly gases, as Candida during its destruction releases various toxic gases, but in a few days this will be reduced to an acceptable level. Many of my patients and friends who have applied this advice have just words of immense gratitude for such a simple and effective instruction and a way to improve their health. Stories of people who have applied this and their enthusiasm caused by improving their health can also be found on Internet. Also, you can contact some of them and exchange your medical

experiences. Of course, you can clean your intestines by the means of all other natural methods that are familiar to you or you have read about them somewhere.

Over time, we have become immensely “dirty” at both, energy and physical level, so our bodies simply can no longer function normally. Those who realize this are already half way to good health, and those who take concrete measures in terms of cleansing on both levels, are on the safe route to a better future.

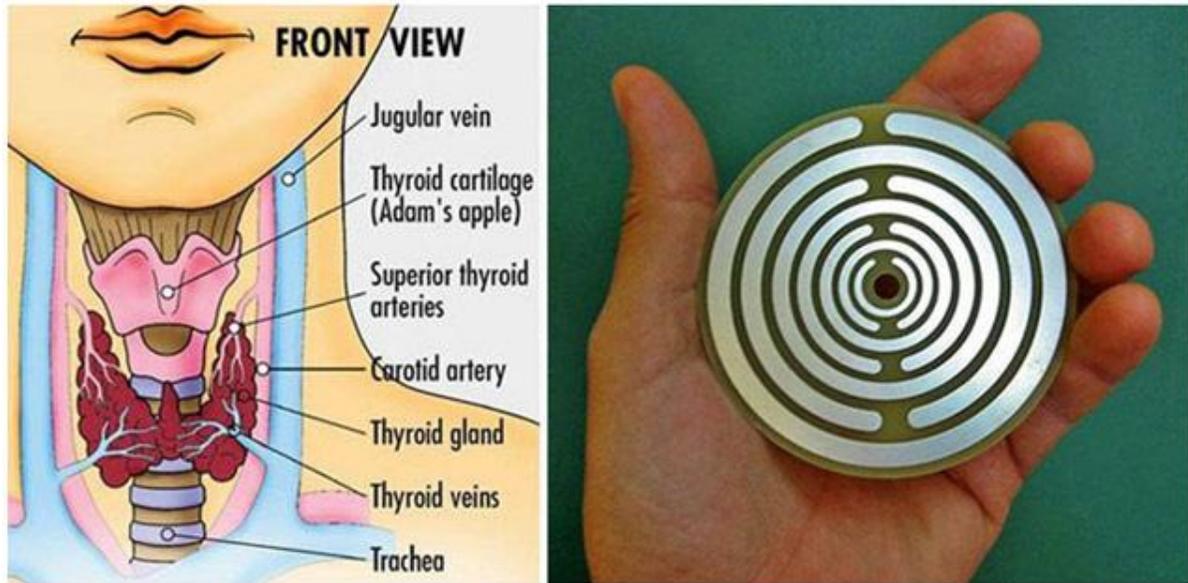
In the whole story, we should not forget the regulation of our pH status. This means that we have to get out of the acidic to alkaline condition, because in these conditions Candida and some pathogenic microbes cannot survive. In addition to the recommendation to use as many raw vegetables as you can in your diet, one very good way to achieve this is bathing in baking soda. So, 1-2 times per week put 1 tablespoon of baking soda into the tub with warm water and stay therein for 20-30 minutes. In addition to all, I think it is not necessary to talk about the importance of physical activity.

Another important thing to repair the damaged intestinal wall is intake of zinc and vitamins A and D, as well as magnesium, which is really useful in many ways to human health. Of course, when we talk about Hashimoto, iodine is unavoidable. One of good ways for iodine intake is to take 1-2 drops of Lugol’s iodine solution in 2 dl of water, every 3-4 days, that is two times a week during 2 months. The substituting of iodine can be made by other means that are available.

The third key thing is the stimulation of the thyroid gland, as mentioned at the beginning. One of the ways to achieve the same is to apply infrared lamps for 10 minutes once a day. And, of course, something - in my opinion the most effective for this purpose - is the application of Polaris, a polarization disc, which can be found on our market.

As we know, the thyroid gland is the conductor of the functioning of entire body. Its hormones control metabolism. In case of hypofunctional thyroid gland metabolism is slowed and the accumulation of excess weight occurs. There is a rapid deterioration of various organs and systems of the human body. The aging process is enormously accelerated.

Thus, the stimulation of such a small worker bee is a key part of the whole story. As I have mentioned, Polaris is now unexcelled to that end, which was proved by experience of a large number of users. Even those who do not have a problem with hypothyroidism will foster their vitality by such a stimulation of the thyroid gland. Also, this will contribute to slow aging, boost metabolism, take off the extra pounds, or, ultimately, improve your mood. For this purpose it is sufficient to treat your thyroid gland by Polaris only 5 to 10 minutes once a day. If someone cannot allocate for himself/herself even such a small amount of time, I think that he/she has no right to talk about his/her poor health condition to anyone ever. Remember, your health is only in your hands.



At the end I will say the general definition of the disease. Some say that the disease is an instrument of development of the soul. Other ones say that it is the consequence of the conflict between soul and mind, which is not far from the truth, because we all do not feel very good when we do something that is not in accordance with our being, but we continue doing so. Third ones say that all of us are fallen angels and that the disease is the means to discipline us. Anyway, I say that the disease is needless suffering, and that is the result of our lack of responsibility towards ourselves and the consequence of our great ignorance. Even if we are fallen angels, I am not sure that we are so bad and that we deserve all this suffering that we go through. I think that illness is simply the humiliation for a human being, and I'm ready to do it all together with you to get rid of these miseries, or at least to mitigate the same. If we are to learn some life lessons, let it be in a more dignified and less painful way.

We are born to be healthy, happy, to love and to be loved.

Stay healthy and happy!