

News For Health Nuts

...‘Cause We’re Crazy About Feeling Good!

Volume 2, Issue 1

January 2014



Jennifer Wurst, MD

State Road Family Practice
12744 State Road
North Royalton, OH 44133

Office: 440-582-1484

Fax: 440-582-1835

Direct Voicemail: 888-741-9153

Table of Contents

1	New Beginnings...
2	An Epidemic Of Thyroid Disease
	Business Spotlight
	Coming Events
3	Weight Loss With Shaklee 180
4	New Year's Special
	Shaklee On Sale
	News FROM Health Nuts

Happy New Year!

I hope everyone had a wonderful holiday season with their family. I was happy to be able to get some vacation time in, and hang out at home with my three favorite guys.

Now it's time to look ahead to 2014 and set some goals. What will 2014 bring for you? How will you make your life better this year?

If I may, I'd like to suggest a few things to get you thinking:

1. Volunteer. Find a cause that is really meaningful for you and spend some time doing volunteer work. Share the experience with your children, if you have them, so they can see how rewarding it is to help others with more than just money. I would suggest that donating time is more important than money. You can always make more money, but there's only so much time that each of us has.
2. Write something. So maybe you're not going to write a novel or win the Pulitzer Prize, but everyone is an expert at something (meaning you know more than someone else). Writing an article or short paper about a topic that is meaningful for you is a good exercise in organizing your thoughts. Many of the local newspapers will take guest articles. If you'd like to write a 400-600 word piece on a health-related topic, I'd be happy to publish it on my blog (guest posts are lots of fun). You can also publish on Facebook by writing a Note and posting it. You never know who might need the information you have!
3. Take a class. What would you like to learn? The local community college has lots of inexpensive classes. Learn a new language, learn to use a new piece of computer software, or even earn a degree! You'll help your career too because employers love it when employees are lifelong learners.
4. Travel. Where would you like to go? Is there a place you've always wanted to see? Set a goal to cross something off the bucket list this year. As we have seen this year, you never know how long you have to work on your bucket list, so now's the time to get going! ❖

An Epidemic Of Thyroid Disease

Originally posted on [January 11, 2014](#)

Lately I've been getting a lot of questions about thyroid function. I'll bet everybody reading this post knows someone with a thyroid gland that doesn't work right. Lots of people have been coming in and telling me about symptoms that may point to thyroid disease, so I've been testing for it a lot. I thought I'd talk a bit about the thyroid and what happens "when thyroids go bad." LOL!

The thyroid gland is a two-inch-long butterfly-shaped gland that is found in the neck, on either side of the windpipe at about the level of the Adam's apple. It's a soft gland in a soft place, and unless it's enlarged or lumpy it's hard to feel.

The thyroid gland is the organ that controls the metabolism. Its hormones control energy production and usage in the body. Thyroid function also affects the brain, the digestion, the heart, the skin and hair, and many other organs in the body.

When the thyroid gland is not working right, it is almost always underactive. This is called HYPOTHYROIDISM. Thyroid hormone production is low and the metabolism is slow. The person may feel tired, gain weight, become depressed, develop constipation, and see dry, brittle hair and dry skin. The heart may be affected and the cholesterol may go out of balance.

The most common cause of hypothyroidism is Hashimoto's thyroiditis (or Hashimoto's disease). This is an autoimmune disorder where the person's own immune system attacks the thyroid gland (almost like a rejection reaction after a transplant). No one really knows what causes Hashimoto's disease. It does run in families but a gene hasn't been identified.

How do we diagnose underactive thyroid? Blood tests are the most important tests although an ultrasound can help if the gland is enlarged or lumpy.

What do we do if the thyroid is underactive? Most of the time, if the thyroid is underactive, medication must be taken. Untreated hypothyroidism can be dangerous in the long term. The most commonly prescribed medication is Synthroid (levothyroxine). There are other medications that are prescribed less commonly.

Continued on Page 3

Business Spotlight

This month's Spotlight is shining on the company that brings you this newsletter every month!

My go-to guy for all things printed, packed, mailed and shipped is Rick Centa at PostNet Macedonia. He does a great job with all the mailings I send him. If you get something in the mail from me, I bet Rick had a hand in it!

Here's Rick's contact info:

8210 Macedonia Commons Blvd. #68
Macedonia, OH 44056
(330) 468-0029
oh111@postnet.com

You can also just stop in. PostNet is right on the end of the little strip on Route 82, between OfficeMax and Hobby Lobby.

And don't be fooled by the "Beware Of Siggie" sign. Siggie is a sweetheart ☺

Want your business highlighted in this newsletter? Let me know!

Coming Events...

We have two events in January and February:

Shaklee 180 Turnaround Events

- Saturday, January 18 at 2:30
- Saturday, February 8 at 2:30

Turnaround Events take place at State Road Family Practice.

Have an idea for an event to share with other Health Nuts? Please call and let me know! I do need some lead time for publishing purposes, so advance notice would be great!

Want more information like this? Want to stay up-to-date and also receive this newsletter via email? Visit my website and subscribe!

www.jenniferwurstmnd.com

Weight Loss With Shaklee 180!

Shaklee 180 is a scientifically designed and proven program that helps you lose fat you don't want and keep muscle you need. The program is Powered by Leucine, an amino acid shown to preserve muscle mass.

By replacing two meals per day with Shaklee 180 Smoothies and Meal Bars, you can make sure you're getting the protein, fiber, vitamins and minerals your body needs while skipping the junk your body doesn't need.

Junk like artificial preservatives, sweeteners and coloring agents. Junk like genetically-modified food organisms. Junk that makes you tired and sick.

A Shaklee 180 Smoothie prepared with one cup nonfat dairy milk contains:

- **Protein:** Protein curbs hunger and helps maintain energy. Our Smoothies contain 24 grams of protein—as much as four eggs. Enough to keep you satisfied and feeling great.
- **Leucine:** The essential amino acid Leucine helps build and maintain lean muscle mass. One Smoothie contains as much Leucine as a 5 oz. chicken breast.
- **Fiber:** Six grams per serving – as much as one cup each of broccoli, cauliflower, and pineapple—to help with digestion and promote intestinal health.
- **Calcium:** as much as two cups of milk.
- **Vitamin D:** as much as 10 oz. of fresh tuna.

With Shaklee 180 you also get access to BurstClub workouts specially designed to get you maximum results in minimum time. These high-intensity interval training (HIIT) workouts are included with the purchase of a Turnaround Kit or Lean and Healthy Kit (see page 4 for more info). Don't believe you can really burn 350 calories in less than 30 minutes, and see increased energy and metabolic burn rate for 24 hours AFTER your workout? Try it! Seeing (or rather FEELING) is believing!

Also included is the Shaklee 180 app for iPhone and Android users, which lets you track your meals on the go and gets you entries in the Healthy Competition!

Are you ready to see results from your weight loss program? Call me at 888-741-9153 and let's talk about your weight loss and fitness goals. If you're ready to make a change, I'm excited to help!

Continued from Page 2

I have found two supplements to be very helpful in patients with thyroid disease. First of all, iodine is a very important mineral in thyroid function. Iodine deficiency causes a goiter in children and adults and in developing babies and young children can actually cause mental retardation. Thank goodness in the USA we very rarely see this problem. However there's very little information available on how common iodine deficiency is in the USA. Nowadays we've done a good job of getting people to get rid of the salt shaker, but iodized salt is an important source of iodine!

The recommended daily intake of iodine is 150 mcg. If you take a multivitamin please check and make sure it contains this amount of iodine. This is a MINIMUM however. If a patient has thyroid disease, I recommend he or she take twice that (300 mcg daily). Iodine is best absorbed in an organic (i.e. plant based) form. Kelp and seaweed supplements are great. Before you ask, Shaklee does NOT have a kelp or seaweed product. However the multivitamins have the recommended 150 mcg of iodine to meet minimum requirements.

If you choose to take a kelp or seaweed supplement please be sure to research the company's quality testing protocols as sometimes seaweed is contaminated with arsenic (naturally found in seawater and concentrated in the plant life). There are reports of people developing arsenic poisoning from taking large doses of kelp supplements.

One other important mineral for those with thyroid disease is selenium. Selenium is particularly helpful in Hashimoto's disease. Like iodine, selenium is best absorbed in an organic form. I recommend that folks with Hashimoto's disease take 200 mcg of selenomethionine (selenium bound to the amino acid methionine) every day. Again, Shaklee doesn't have a selenomethionine supplement, but there are many options available online.

I hope this information is helpful for anyone suffering with thyroid disease. Be well!

Want to read more info like this? Go to www.jenniferwurstm.com

New Year's Special!

To help you start your New Year off right, I am offering the chance to have a
PERSONALIZED supplement plan developed for you!

In person or over the phone, we will talk over your most pressing health concerns and
make a plan to address them!

This service is FREE OF CHARGE as my gift to you to help kick off 2014 as
your HEALTHIEST YEAR EVER!

Please call 888-741-9153 to schedule a time for us to talk. Let's get going!

Shaklee On Sale!

We had such a great response with this I decided to continue it! You will get a FREE canister of Smoothee mix with the purchase of any Shaklee 180 Kit between January 15 and February 15th. Share with your friends and show them how yummy weight loss can be!

Just make sure to mention you saw the discount in the January newsletter!

Turnaround Kit

Everything you need for your Shaklee 180 journey for an entire month. Two meal replacements, a serving of Energy Tea and three Metabolic Boost tablets per day. The Kit also contains a box of snack bars for snack attacks!

Lean And Healthy Kit

Once you've reached your weight loss goal, the Lean and Healthy Kit helps you enter stable maintenance. You will have one meal replacement daily and a serving of Vitalizer, the incredible multivitamin pack ONLY from Shaklee.

Have a Suggestion?

Please feel free to contact Dr. Jen and request future topics for the newsletter! Want to learn more about something? Let me know by calling me at 888-741-9153.

News FROM Health Nuts!

Margaret K.'s grandson Clay is feeling better! She sent me an email thanking everyone for the prayers. We know you all helped tremendously with his healing.

Stephanie R.'s beautiful daughter Madelyn is here! Stephanie is adjusting very well but probably could use some prayers for sleep and energy. All you moms and dads can relate, right?

Bob K. is having some health issues lately and could use some prayers too. (His wife Joan as well, for relief from worry.)

Laura K. is enjoying her first winter in Maryland. I know she's REALLY sorry she missed the subzero weather early this month...

Nancy A.'s home in Milton, Florida is for sale. If you know anyone in the market for a beautiful home with water access, let me know and I'll get you her contact info. (I'd be interested but I've got this job...)

Kristi S. is expecting! Congrats! My Health Nuts sure are a fertile bunch! LOL!

Margaret-Mary D. is having great success with Shaklee 180! She's got two friends interested in doing the program with her! Go Margaret-Mary!

Cyndee H. is VERY worried about her daughter Jax. Jax just started working for a VERY tough boss, very demanding and tyrannical. Jax and Cyndee need prayers! (Jax is MY new assistant, LOL!)

Beth K. lost her dog Buddy recently ☹