The Thyroflex Method : A New Way To Diagnose And Treat Hashimoto’s Transcript

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Introduction and Speaker Background

Hello everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorder Summit. I am your host Dr. Anshul Gupta, world's Hashimoto's expert. And I have another great personality with me today who is going to talk all about Hashimoto's, Hashitoxicosis, Graves' disease and his approach towards it, you know, because, you know, he has helped millions of people improving and also reversing this disease.

So definitely we want to listen to what he wants to say. And he is more than generous of sharing his protocol with us today. So let me introduce my speaker and then we will delve into the discussion.

So Dr. Derrell Turner is a hormone specialist focusing on thyroid, iodine and adrenal and also DNA and RNA. He invented, patented, developed and clinically trialed hormone testing devices plus the supporting advanced innovative indications for the treatment of hormonal imbalances.

He also discovered an effective treatment and more importantly, what he says is the cure for Hashimoto's disease, the treatment of Graze and Reverse T3 and has developed effective protocols for balancing the core hormones.

In addition, he has further pushed the boundaries for the treatment of Hershey toxicosis with identifying mutant DNA and using an RNA intervention. In February of 2022, the clinics that are using his medical devices around the world surpassed 2 million mark with outstanding medical outcomes, using a combination of thyroid testing that is 98.5% accurate.

Dr. Turner, with his innovative breakthrough technologies, has been featured in various TV appearances, like the Dr. Phil Show, the Dr. Show, the Today Show, and as well as the Discovery Channel and plus many more.

Dr Turner, welcome over here. Thank you very much for inviting me Dr Gupta. It's a pleasure to share my insights into the treatment of autoimmune disease which affects the quality of people's lives.

First of all I want to open by saying is that we do have an answer, we do have a solution and we are able to put The autoimmune response or the cascade of autoimmune responses into remission.

That's a very important message that I want to get across. We do have an answer and we've been very successful at doing this. Awesome. I think each and every person who's listening over here will be so glad to hear that answer because they have been told time and again that there is no answer.

There is no way you can reverse a disease or put in a remission. And obviously they have been suffering miserably for a very, very long time. So why don't you open up with your take on Hashimoto's disease, what understanding that you want to present with people, what is happening with these Hashimoto's patients?

Hashimoto's starts because of an inherited thyroid disorder. You inherit the thyroid disorder from your mother or father from birth. So it's not your fault.

You just happen to have parents that have given you the wrong genetic makeup. So it's not like a cold or a flu that you suddenly develop. It really shows up at birth, hence the heel kick or the heel prick test, where they must treat the thyroid immediately upon birth if it's really severe.

Hashimoto's Origins and Iodine Deficiency

and or at the age of about seven or eight when you change from a child into a boy or girl and before then you don't know whether you're a boy or girl but your hormones start to kick in and you start to feel the effects of being a hypo or hyperthyroid patient.

And then for our female patients, but not so much for the male, when you go through puberty, you go onto a roller coaster that you do not have to go on.

Interestingly, if you have type 1 diabetes, you're always Hashimoto's. In fact, I've been just recently invited to do two clinical trials, which we can talk about a little bit later, on reversing of Hashimoto's and type 1 diabetics from birth.

In my opinion, the trigger for Hashimoto's is an underlying thyroid condition that is hypothyroidism, because Graves is associated with hypothyroidism, and lack of iodine.

And that's why it's a lot higher in some countries that have vegetarian diets, for instance, where there's no iodine in the diet. The iodine, as you know, is vitally important for converting the tea 4 into free T3.

That is the form of which the body can use, and it's critical that the iodine knocks off the iron of the T4. Over a period of time, if your body is iodine starved, you start to develop an autoimmune response.

and because your body is starving for iodine, is starving for enough thyroid for it to function. Absolutely. Now before you were like, you know, starting an interview that you were shared that, you know, several years ago, like, you know, you were doing this big kind of clinical study and then you accidentally kind of discovered, you know, like what was going on with these Hashimoto's and that led to kind of development of these protocols and things that you, you know, are helping people with.

So why don't we start over there? What was the clinical study about and what did you find out? OK then, we found out that the blood tests were not accurate.

According to Dr Richard Baylis, head of the Endocrinology Society in Europe, he stated a few years at the endocrinology meeting in Europe that bloods, be it TSH, T3, T4, T3, T4 were not valid.

He went on to say that the only things that were valid for determining thyroid function were the speed of the reflexes, which was done through a thing called an Achilles reflex test and the symptoms.

So we had patients coming in, their blood tests just didn't match in with the symptoms. They were symptomatic and we would send them away because there was nothing that we could treat them on.

Clinical Trial Discovery and Thyroflex Testing

accepting that they were symptomatic, I decided to tackle what I call the hyperthyroid blue about a quarter of a century ago, in the late 1990s. And I developed a machine that would test the speed of the reflexes.

The test of speed of the reflex is called the Waltzman's effect. It's been in use for about 200 years. When I was a young man in the 1940s and 1950s, my doctor used to sit me on his table and he would hit my knee with a reflex hammer.

Or he would tip my, hit my ankle for a ankle reflex or an Achilles reflex. And he would ask me some questions. Little did I know that he was doing the Waltzman's effect and he was asking me the symptoms.

Today in the 1970s, mid 1970s, blood came to be the standard way of determining thyroid function. It doesn't. It's not accurate. and is ineffective. It leaves the patient with the symptoms and no treatment in sight.

I decided to create a machine that measured the neurotransmitter speeds called a Thiroflex. And I decided to do clinical trials on it to get FDA approval.

My trials lasted for three years on 2,200 people, where we tested them every single month. And from those trials, I was able to get a machine, a device called a Thyroflex that is used by about 800 clinics around the world.

That's 98.5% accurate. During those trials, and we weren't looking for it in particular, but we wondered why these patients were suddenly coming back with big smiles on their faces.

And their symptoms were gone when they had an autoimmune disorder called Hashimoto's. That is, in terms that we as doctors refer to as TPOAB. And they had the antibodies.

And suddenly, because their trials lasted for quite some time, their antibodies would disappear. And their symptoms would disappear. We'd be able to get them symptomatic free.

And so we went over our screens of research data that we had collected. And we accidentally discovered that we were actually reversing That is putting Hashimoto's into remission, where we're able to get not only the patient totally symptom-free and into the quality of life that they didn't even know existed, and their TPO AB, in most cases, if they just stay compliant, went down to zero, because the solution takes one and a half years on average for us to reverse a Hashimoto's patient.

That is so good news because again a lot of my patients you know who have been to the conventional doctors or even endocrine doctors they have been told the antibodies once you have them.

they will never come down. So I'm so glad that through your trials and through your experience, you were able to reduce those antibodies. And plus, the symptoms too, right?

Because again, a lot of Hashimoto's patients have been suffering for a long time. They are either on medications, but still not feeling better. So along with the antibodies, symptoms were better.

So that is a very, very good news that you're sharing with people over here. So obviously the next question that people have is that, you know, what is your approach in terms of what is different about you?

Like, you know, is it only about medications? Is it about supplements? You know, there is a process, you know, maybe that is happening in all of these clinics, you know, which are using your protocol.

It's a very good question, Dr. Gupta, because it's a three-pronged approach. One, two, three. If you remain compliant, there's a super high probability that we will totally take your Hashimoto's away.

Don't forget, Hashimoto's goes to the gut first, then the gut feeds back to the brain, then it feeds, the next thing you know you have joint infusion, there's a whole cascade of autoimmune responses that you just don't want to go down that path if we catch it early enough.

The protocol involves us identifying and testing you on a thyroflex because once you've done the Hashimoto's test, we have to monitor it with the speed of the reflexes.

So that's the thyroflex machine which is checking the reflexes. Is that correct? Yes, correct. Okay, so that's the thiroflex machine that let's say anybody who gets a diagnosis of Hashimoto's or thyroid disorders, you know, like, you know, they get tested to that thiroflex machine and which, you know, technically checks their reflexes.

Yes. Now what we did is that the reason why we accidentally discovered it was we were switching, we were trialing different types of medications. Levothyroxine, and we tried everything.

Reverse T3, T3 only, a combination of T3, T4 synthetic and natural thyroid.

Three-Pronged Hashimoto's Protocol

the patients that went into sudden remission over that three year period of time, because we were switching the type of medications and the body stopped attacking the incoming medication, the autoimmune system stopped attacking the levothyroxine or the natural desiccated thyroid.

And as we went, we switched, switched, switched, switched through a one and a half to two year period And until the body decided that this was the medication that it wanted.

And that was the discovery that actually have led me to some very important interviews for discovery of autoimmune. And as I said, it was accidental. We weren't looking for it.

We just happened to stumble upon it. And so that's prong number one. So we put them onto a specific protocol with about half a dozen different medications.

And then we address diet. Anyone who has Hashimoto's automatically from day one has to go on to a Paleo diet. The diet is critically important because virtually all Hashimoto's patients have digestive issues.

We have some very good results if they go to Hashimoto's diet. While we're doing that, we have to balance their stress, their adrenals, and their stress modulators because the adrenals are able to affect the thyroid on three different levels.

So there's a, if you look at the thyroid axis and the adrenal axis and you line them up side by side, you can see why and understand why they have to address the adrenals and why we have to get those under control and finally sleep.

If we don't get the sleep under control, the fact I've just written a book on stress and written a book on sleep, that's about to be, it's in final review.

Dr. Gupta is through a major publishing house that you would have heard of called Red Ink. And so if we are going to address the Hashimoto's, we have to address the eating patterns, and we have to address adrenals, and we have to address sleep, and finally exercise.

We have to get you to do this moderate exercise on a daily basis, such as walking. It's as simple as you can do it. If you do more, it's better. But just a simple fact, we're walking 20 minutes a day briskly, not strolling.

And with those three-prong approach, we've had incredible success in the reversal and remission of Hashimoto's autoimmune disease. And I just want to mention here, we have very effective protocols.

Our system picks up whether you have reverse C3 or Graves, or if you have Graves and Hashimoto's, we have very effective protocols separate from the Hashimoto's protocol that treat that as well.

And we pick that up and determine whether you need the blood tests for those autoimmune disorders. Let's talk about reverse T3 because obviously most labs are not checking about it and some people might not even be aware what reverse T3 is.

So why don't you just kind of quickly tell people what is this reverse T3 and then, you know, do you do regular blood testing for reverse T3 or is it through your machine itself or your equipment that you check it to that?

Good, very good question. We have a symptom survey that actually asks you the symptoms of whether you're stressed or not. Very, very specific questions.

If you score in a certain way in the questionnaire, it triggers us to ask, send out for a reverse T3 test. Reverse T3 is 99% caused by excessive stress.

too much stress in your life. Stress can come from the food you eat, for instance. It can come from white flour, for instance, sugar. It can come from the medications.

Other than what we think thing stresses out, like driving into traffic to work, especially, as you know, in New Delhi, it's a nightmare, or just marital stress, money stress.

That's where people think stress comes from. But stress actually can be triggered by many, many other things in our lives that we don't even think about.

So if you have too much stress, something called the free T3 goes back to front. It's a T4 problem. And the T4 starts to pull, in other words, it starts to increase in the blood test.

And instead of recurring into 3T3, it converts, reversing the body, cannot use it. It is dangerous and you have to get rid of it. Therefore, reverse T3 is a specific blood test.

There was, for instance, in India, there was no reverse T3 test. We have now introduced it for India into India and many other countries. We run the reverse T3 tests worldwide when you cannot get them.

In the USA, it's fairly easy to get a reverse T3, but not commonly asked for. So reverse T3, we only do if you have the symptoms for the adrenals. It's a very simple solution.

We are able to reverse it with a thing called Cytomel, a specific dosage of Cytomel, within 30 days. Plus, that's part one. Part two is you must listen to a certain type of music that's clinically proven to alter the brainwaves from alpha to beta.

So we smooth them out every evening. and you play this music subliminally is by something rather binomial. Brain. Just going back to like, you know, your step one, cytomel, right?

Some people might not be aware, cytomel is basically a T3 hormone only. Yes. So that people are aware of it. So that's what, you know, Dr. Turner is talking about using as a step one.

And then, yes, you were saying about the step two was listening to this specific research based music, which changes your brain waves from alpha to beta, right?

Reverse T3, Stress, and Adrenal Support

is we stop the other thyroid while we give you the side amount. Of course, every single step of the way, the D3K2 and the iodine iodide play an important role with whatever we do with you.

We do have to have the D3K2 and the iodine iodide. And by the way, we do test for the iodine. We do have a device called a thyroidine where we test for the levels of iodine iodide.

and iodine iodide by the way has many many other uses within the body for prevention of breast lumps, dense breasts, hot spots, uterine fibroids, the ovarian cysts and of course for us men prostate enlargement as well as reducing the size or any lumps or bumps on your thyroid.

So that plays an important role in our treatment. Just coming back to reverse T3. So we play them, we alter the brainwaves, we give them the medication, we alter the brainwaves and we use a thing called bioadren.

It's an adrenal formula that I created and it has four different hormones in it. I deal in hormones only. I make 60 different specialty hormones for the treatment of male and female hormones and the various disorders that come with it.

And the bioadrenin, I've had it on the market for 25 years. I get rave reviews, even from the doctors who are adrenally exhausted, who just say, this is the best thing that I've ever given my patients and given myself.

So the reversal of T3 takes us 30 days. I think that's, I just really like it that, you know, how you mapped it down to even like, you know, the days and the time that, you know, people will typically take, you know, to get better.

So that's a very interesting twist. Now coming back to the Hashimoto's, you said it probably takes one and a half years for them to kind of, you know, improve or reverse their Hashimoto's disease.

So these steps that you mentioned, the four of them, they, all of them continue at the same time, or you kind of, You start with step one for a certain amount of time before you move on to the step two or all of them are done simultaneously.

Everything's gone done concurrently. And we are able to get them symptomatic free within 180 days. But the TPOAB and the TGAB, if they do have TGBA, TGAB, but we're mainly talking about the TPOAB, which is Hashimoto's, the markers in the blood take one and a half years for them to disappear.

They're slow to disappear because we want to calm the autoimmune response down. For instance, in graves we use something called lithium. to calm the thyroid down.

We're calming the autoimmune response down. We don't want you to end up with MG or MS or any of the more extreme autoimmune responses. There are many, many other of them, we want to, which get, which, which, which you're exposed to over time.

If you do not address Ashimoto's, we are able to calm down. By the way, I don't, you most certainly know this Dr. Gupta, 50% of all Alzheimer's is caused by mistreated underdiagnosed or untreated hypothyroidism.

So we can, if you start treatment, If you start treatment, we can say to you, we can reduce your chance of getting Alzheimer's by 50%. Have your chance.

Wow. That's, that's amazing. And that's exactly the point that why you need to address Hashimoto's and thyroid disorder like, you know, sooner rather than later, because, you know, it has like, you know, impact on literally everything you're aging, your brain aging, your Alzheimer's, dementia, how you're feeling in your body.

So absolutely. So a lot of people, you know, like, you know, think that, okay, well, you know, I'm taking a thyroid medicine. So what, you know, like, so why don't you kind of tell people is that if Hashimoto's or thyroid disorder is left untreated or not properly managed, what can, you know, like happen to these people?

What is the, what can happen in the long-term basis? Well, it starts out, as I said before, as an inherited underlying thyroid disorder. Usually, usually, what is more prevalent is straight hypothyroidism.

The untreated thyroid means, because if you use blood you're not going to pick it up, it usually means that if you have lack of iodine in your diet, and we're coming back to the iodine again, and that's why we give every patient iodine, you are going to trigger an autoimmune response.

18% of everyone in the USA has Hashimoto's and they're struggling with it. They either don't realize it or they've been told they have Hashimoto's but they don't know what to do with it.

The Hashimoto's impacts the quality of your life. I mean, not only does hypothyroidism impact the quality of your life, but Hashimoto's impacts the quality of your life.

The first thing it goes through is your digestion. You think, I can't do this, and I can't eat this, and I'm always having problems.

Managing Hashimoto's Long Term

I develop colitis. I can develop irritable bowel syndrome. It just goes on and on. That's just the digestive tract alone. And then the digestive tract feeds back to your brain.

So you get foggy thinking. You can't think straight. You cannot do math. You get depressed. Depression. You get anxiety. There's a whole lot of things.

In fact, you cannot walk in a straight line. You bump into things. Bumper to tables and chairs. And you think, gee, why am I doing that? So it plays a major impact on your life.

The longer you leave Hashimoto's untreated, then it turns into this cascade of the Parkinson's-like tremors, the Alzheimer's, the MS, MG, and all the other autoimmune diseases that you do not want to end up with.

So that is why it's so important to identify, but not only identify, up until recently, there has been no effective treatment. We have an effective solution that is able to reverse it.

Absolutely. So much important that people need to understand, you know, this is not a disease that you can ignore because it leads to more autoimmune conditions, more damage to your body, whether to your brain, Yes.

Chondria to your gut, to your adrenals, your hormones, you know, everything related to your body, you know, it starts getting damaged and suddenly it leads to obviously your long-term health issues too.

So I'm so glad that, you know, now finally, like, you know, you have this solution for people where they can improve their Hashimoto's and things. So basically, the way to recap for people is that once they get diagnosed or they already know they have Hashimoto's or thyroid disorder, they use a thyroid reflex machine to know their reflexes and things.

And that gives them maybe a score of what is the current situation going on. And then after that, they start the protocol, which has these different steps, which is addressing multiple things that you said are affecting Hashimoto's disease.

Is that correct? Yes, that is correct. Yes. There's one other thing that I want to add for our female patients. If you have just straight thyroid, it affects your estrogen and progesterone.

And two of the questionnaires we put into our symptom survey is, are your menstrual cycles regular? If they're not, then you, as a high probability, you have a hypothyroid condition.

If they're not 28 days, 28 days, if you have heavy bleeding, if you have clotting, these are not normal. And we're able to get rid of the mood swings as well.

So you don't have to go on a roller coaster. I have a daughter. I have a thyroid perfectly balanced, no roller coaster every month. So there are many other benefits.

for getting your thyroid treated, besides the prevention of autoimmune. You just don't want to go down with lack of iodine, in my opinion, down the autoimmune trail.

It's not a good trail to go down. It's quite strange, you know, Dr. Gupta, I do not have thyroid disorder, but so many people do, but I haven't specialized in this and of course the dead giveaway as soon as they shake someone's hands they have cold hands and that's a high probability of them having a thyroid disorder.

I say hey do you have cold feet? Here's my feet are freezing and then you touch the tip of their nose with the back of your hand and the nose is cold.

That's a dead giveaway for them being hypothyroid and then it goes on from there. Absolutely. I mean that is so great information that you have shared so obviously people will have this question where they can find more information about you or you know is there a place where they can go and know about you know like how to kind of approach this in the way that you are explaining to them.

Yes, yes the easiest way because we're spread around the world in 28 countries is to go to our website which is nitechmedical.com that's www.nitech.com and there's a lot of information on our website about autoimmune, where you can get help, all the different countries you can go to to get tested and don't forget Dr.

Gupta, that I told you at the beginning, that we actually manufacture the medications. For instance, we manufacture the 60 different hormones and they are super effective.

Where to Learn More and Closing Remarks

Which, for instance, I just want to mention something just before I go about our medications. Our D3 is derived from the sheep of New Zealand wool, pasture fed and raisin sunshine.

Our K2 with our D3 comes from NATO, fermented in Japan, and I have discovered how to increase the uptake of D3 by 380%. better than anything else that you can get.

We're not synthetic, we're natural, bi-identical. That goes for our iodine and iodide. I enhance our T1, T2, T3, T4 and T7 support. with a few other things like L-aspartic acid, selenium, l-tyrosine.

So everything that we make is super performance and that's why all of our patients have big smiles on their faces. and their symptoms disappear. We're able to get you symptomatic free with not only the testing, the approaches, our protocols, and the medications that we strictly control and manufacture.

Absolutely. So thank you so much again. Please. We will have all of these information about way to find him and all of the websites in the description.

So please go check it out. See what you know, like Dr. Turner is doing as well as you know, like as you mentioned that everything that he creates, you know, as high qualities as the highest standards.

So that's very important when you're getting your you know, treatments from or supplements or even biological hormones that they should be good quality.

Dr. Turner, we can keep going on and on, you know, for the whole day, but in the context of time, we will have to end our discussion. Any parting words you have for people before we end the discussion today?

Yes, I'd like to say one thing to summarize. This is about quality of your life. In other words, Why suffer from the symptoms of foggy brain? Cold, being cold all the time, not being able to think properly, confused.

This is about the quality of your life. We are able to have a major impact on people's quality of life. As many of our patients that we've treated through our clinics throughout the world have stated, I want to shout to the rest of the world that there is an answer out there.

And I've got the quality of my life back again. Many of our patients were skeptical when we started with them, especially with autoimmune, and they say, I feel like a 23 year old again.

And that's why I'm a very old doctor, and that is why I still work. because I thoroughly enjoy being able to return the quality of life to whoever comes in contact with or ever seeks treatment protocols.

Thank you, Dr. Gupta. Absolutely. Thank you so much for sharing those words of hope. You know, we need more of that, you know, in the current world of thyroid.

So thank you for doing that as well as all the work that, you know, you have done for years. So really appreciate it. I enjoyed being in the interview.

Thank you very much. Absolutely. Yes. You know, we also thoroughly enjoyed your information. So please listen to this rally couple of times before you get the whole gist of what Dr.

Turner was talking about. And please check out the links that we're going to share for him. And we're going to end the discussion over here, but we'll be back for another discussion later on.

This is it from my side. We will see you back again later. Thank you. Take care. Bye bye. Quality of life, Dr. Gupta, quality of life. Thank you. Agreed with that.

All right. Take care. Bye-bye. Thank you.