Why Treating Symptoms Isn’t Enough for Autoimmune Thyroid Disease Transcript

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Introduction and Speaker Background

Hello everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorders Summit. I am your host doctor Anshul Gupta, world's Hashimoto's expert and I have another great personality with me today who is going to talk all about how she motos, how she talks, causes 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 Doctor Darryl Turner is a hormone specialist focusing on diet 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 grays 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 harsh toxic doses with identifying mutant DNA and using an RNA intervention. In February of 2022, the clinics that is 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. Doctor Turner, with this innovative breakthrough technologies you know, has been featured in various TV appearances like the Doctor Phil Show, The Doctor Show, The Today Show, and as well as the Discovery Channel and plus many more.

Doctor Turner, welcome over here. Thank you very much for inviting me. Doctor 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 auto immune response with the cascade of water immune responses into remission.

That's 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 is 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 did 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.

Hashimoto's Origins and Iodine Deficiency

You inherit the sorry disorder from your mother or father, from birth. So it's not your fault. You just happen to have parents that are giving you the wrong genetic makeup?

So it's not like a cold or flu that you suddenly develop it. It really shows up at birth. Hence the heel kick or the heel prick test with a treat. Where?

When I must treat the thyroid immediately upon birth. If it's really severe. And, or at the age of about 7 or 8, when you change from a child into a boy or girl and before then, you don't know whether you're a boy or a girl, but your hormones start to kick in and you start to feel the effects of being, a hypo or hyper thyroid patient.

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

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

And, the in my opinion, the trigger for Hashimoto's, is an underlying thyroid condition. That is hypothyroidism. Because graves is this, is associated with hypothyroidism and a 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 for into free tea tree.

That is a form in which the body can use. And it's critical that the order knocks off the iron of the of the tea for 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, the US said 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?

Okay. Then, we found out that the blood tests were not accurate. According to Sir Doctor Richard Bailey's head of the Indian Cosmology Society in Europe.

Clinical Trial and Discovery of Remission

He stated a few years at the at the at the Andrew chronology meeting in Europe that bloods British t3 t4 free these very faithful 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. The blood tests just didn't match him with the symptoms. They were symptomatic, and we would send them away because, there was nothing that we could treat them. On accepting that they were symptomatic, I decided to tackle what I call the hypothyroid.

Blew about a quarter of a century ago, in the late 1990s, and I developed a machine that would test the speed of the reflexes, to test the speed of the reflexes, called the Walkmans.

In fact, 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 hip, my ankle. For a ankle reflex or, or an Achilles for reflex. And he would ask me some questions. Little did I know that he was doing the Walgreens effect, and he was asking me the symptoms today, in the 1970s, mid 1970, blood came to be the standard way of determining thyroid function.

It doesn't is not accurate and is it 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 through the thyroid flex, and, I decided to do clinical trials on it.

And get if to get FDA approval. My trials lasted for three years on 2200 people, where we tested them every single month. And from those trials, I was able to get a machine, a device called the Thyroid Fix that is used by about 800 clinics around the world.

There's 98.5 is inaccurate during those trials, and we weren't looking for it in particular. But we wonder why these patients were suddenly can we bank with big smiles on their faces?

And the symptoms were gone when they had an autoimmune disorder called Hashimoto's. That is, and in terms that we as doctors refer to as tipo AB, and they had the antibodies and suddenly that because the trials lasted for quite some time, the antibodies would disappear and the symptoms would disappear.

We be able to get them symptomatic. Three, three. And so we went over our screeds of research, that data, that we, we had collected and we accidentally discovered that we were actually reversing that is putting Hashimoto's into remission.

We were 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 tipo AB and 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 to endocrine doctors, they have been told the antibodies, once you have them, they will never, you know, come down.

So I'm so glad that through your trials and through your experience, you were able to reduce those antibodies. And plus, you know the symptoms too, right?

Because again, none of those patients, you know, have been suffering for a long time. They are either on medications but still not feeling better. So along with the antibodies you know, 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, it is a process. You know, maybe, that that is happening in all of these clinics, you know, which are using your protocol.

It's a very good question, Doctor Gupta, because it's a three pronged approach, 1 to 3, if you if you remain compliant. There's a super high probability that we will totally take your Hashimoto's away.

Three-Part Treatment Protocol

Don't forget, Hashimoto's goes to the gut first, then it goes, the gut sees back to the brain, then it feeds. And the next thing you know, you have joint infusion.

There's a whole cascade of auto immune responses that you just don't want to go down that path. If we catch it early enough. The protocol involves as identifying and testing you on a side effect, because once you've done the Hashimoto's, test, we have to, monitor it with the speed of the reflexes.

So that's the time to break into bite. That's the of flex machine, which is checking the reflexes. Is that correct? Yes. Correct. Okay. So we monitor it okay.

So that's the type of machine that let's say anybody who gets a diagnosis of Hashimoto's thyroid disorders, you know like you know they get tested to that 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, trialing different toxin medications, levothyroxine.

We we and we tried everything reverse T3, T3 only, combination of T3, T4, synthetic and natural thyroid. The patients that were went into sudden remission, over that three year period of time.

We were because we were switching the type of medications and the body stopped attacking the incoming medication, the auto immune system stopped attacking the levothyroxine or the natural designated thyroid.

And as we when we switched switch, 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, 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 on to 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 with some very good, results if they go to Hashimoto's diet.

What we're doing that we have to balance is stress. Their adrenals and these 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 in 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 you, if we don't get the sleep under control, fact of just reading a book on stress and written a book on sleep. That's about to be is in final review.

Doctor Gupta is through a major publishing house that you would have heard of called reading. 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 as just moderate exercise on a daily basis, such as walking as simple as you can do it. If you do, more is better. But just a simple fact of walking 20 minutes a day virtually, not strolling.

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

Our system picks up where do you have reverse seats for your graves or if you have graves in Hashimoto's, we have restrictive protocols separate from that, your mother's protocol that treat that as well.

And we pick that up and determine whether you need the blood tests for those autoimmune disorders. So 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, good.

Very good question. We have a symptom survey, that actually asked 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 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, things stress us out, like driving in to traffic to work spiritually. As you know, in New Delhi, it's a nightmare.

Or just, marital stress, manage stress. That's where people think stress comes from. But stress actually can be triggered my 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 the T4 problem and the T4 sat support. And now that was a site to increase in the blood tests.

And instead of recruiting into free T3 every, it converts reverse and the body cannot use it. It is it is dangerous and you have to get rid of it. Therefore, reverse T3 is a Pacific blood test.

We there was for instance, in India there was no reverse T3 tests. We have that introduced that for India into India and many other countries. We run the reverse T3 tests worldwide.

When you cannot get them in the USA, it is really easy to get a reverse T3 but not commonly asked for. So reverse it's free up. 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 single side of Mal, a Pacific dosage, a side of ML, within 30 days. Plus we. 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, is, is by sending out a binomial. Brain just going back to, like, you know, your step one side to my right. Some people might not be aware.

CI to mal is basically a T3 hormone. Only. Yes. So yes. Yes. So that people are aware of it. So that's what, you know, Doctor Turner is talking about using is a step one.

And then yes, you were saying about the step two was this into this specific research base, music which changes your brainwaves from alpha to beta.

Reverse T3, Stress, and Adrenal Support

Right. Is we something other thyroid. Why why we give you the side amount. Of course every single step of the way. The, d3, K2 and the I don't, I do I play an important road role with whatever we do with you, we do have to have the D3, K2 and the I don't I did, and by the way, we do test for the I, we do have a device called the thyroid on.

We, we test for the levels of iodine iodide. And I don't it I, by the way, has many, many other uses within the body, for prevention of breast lumps, dance for hotspots, uterine fibroids, the ovarian cysts.

And of course, for us, when prostate enlargement, as well as reducing the size or any lumps and bumps on your thyroid. So that plays an important role in that 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 the thing who by bio a dream.

It's 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, for the, for the treatment of modern female hormones and, and and the and the various disorders that come with it.

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

And give them my give them, give them 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, or people 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 I mentioned, the four of them, they all of them continue at the same time, or you kind of you start with step one, you know, for a certain amount of time before you move on to the step two or all of them are done simultaneously.

Everything is gone, done concurrently. And we are able to get them symptomatic through free within, within 180 days. But the TPR AB and the TGA AB, if they do have TG BA tg AB, but we're mainly talking about the TBI, which is Hashimoto's.

The, the markers in the blood take one and a half years for them to disappear. The slow to disappear as because we want to calm the auto immune response down.

For instance, in graves we use something called lithium to calm the thyroid down. We calming the auto immune response down. We don't want you, and we don't want you to end up with, you know, MG or M. S.

or any of the more extreme autoimmune responses. There are many, many of all of them. We want to, which care which, which is which you're exposed to over time if you do not address Hashimoto's, we able to calm down, by the way?

Other you must have. We know this started up to 50% of all Alzheimer's is caused by mistreated, underdiagnosed, or untreated hyperthyroidism. There's, you know, thinking 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, no 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.

Hashimoto's Progression and Long-Term Risks

So what, you know, like, so why don't you kind of tell people is that if a remote thyroid disorder is left untreated or not properly managed, what can you know, like happened to these people?

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

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 struggling with it. They either don't realize it or they've been told that that you know it matters, but they don't know what to do with it.

The Hashimoto's impacts the quality of life. I mean, not only does thyroid have hypothyroidism practically, but Hashimoto's impacts the quality of life.

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

It just goes on and on. That's just the digestive track 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, bumping to tables and chairs.

And you think, gee, why am I doing that? So it has a place, a major impact on your life. The longer you leave Hashimoto's untreated, then it then turns into this cascade of the Parkinson's like tremors, the, the Alzheimer's, the M. S., MG, and all the other things that, all the other autoimmune diseases, that you do not want to end up with, so that is why is so important to identify and, 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 you can ignore because it leads to more autoimmune conditions, more damage to your body, whether to your brain, yes, gonorrhea to your gut, your adrenals, your hormones.

You know, everything related to your body. You know, it starts getting damaged. And certainly 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 the solution for people where they can do improve their Hashimoto's and things. So basically to what the way like, you know, to recap for people is that, you know, once they get diagnosed or they already know they have the type of disorder, you know, they, you know, use the machine to know their reflexes and things and that you know, gives them maybe a score like a what, you know, what is the current situation going on.

And then after that they start the protocol, you know, which has these different steps, which is addressing multiple things, you know, that you said are affecting proximal to the seas.

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 1 or 2 of the questions we put into our sentence, survey is your, your menstrual cycles regular? If the not, then you talk, is a high probability you have a hypo thyroid condition.

If the 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 rebalance. No roller coaster. Every month. That's, So there are many other benefits for getting your thyroid treated besides the prevention of autoimmune.

You just don't want to go down the, with lack of iodine, in my opinion. Then the auto immune trial is not a good trial to go down. It's quite strange.

You know, I don't I do not have thyroid disorder. But so many people do. But I happened to specialize in this. And, of course, the dead giveaway. As soon as I shake someone's hands, they have cold hands and, there's a high probability of them having a tire disorder.

Where to Learn More and Final Takeaways

I say, hey, do you have coffee? Is back feet of freezing, and then you touch the tip of their nose where the back of

your hand and the nose is cold. That's a dead giveaway for them being, hypo thyroid.

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 spread around the world in 28 countries is you go to our website, which is Nitec Medical, Nitec medical.com as w w w nitec nitec medical.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, Doctor Gupta, that I told you at the beginning that we actually manufacturer the medications.

For instance, we manufacture the, 60 different hormones. And they are super effective, which, for instance, I just want to mention something just before I got better medications at D3 is derived from the sheep of New Zealand.

Wool pasture fed and raising sunshine. And K2 with that. D3 comes from natto fermented in Japan, and I was, and I have discovered, had increased the uptake of D3, by 380% better than anything else that you can get.

We're not synthetic, we're natural by identical. That goes for iodine. And I died, I enhance, at T1, T2, T3, T4, and T7 support. With a few other things like ls, ls, Vedic acid, selenium, l tyrosine.

So everything that we make a 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 that we have protocols.

And, the 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 where to find him and all of the websites in the description.

So please go check it out, see what you know, like Doctor Turner is doing as well as, you know, like, as you mentioned. And everything that he creates, you know, is high quality is at the high standards.

So that's very important when you're getting your, you know, treatments from or supplements or even bad hormones that they should be good quality. So Doctor Turner, we can keep going on and on, you know, for the whole day.

But in the in the context of time, we will have to end our discussion. Any parting words? You have for people before we end of discussion today? Yes. I'd like to say one thing to summarize this is the 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 my, as many of as our patients that we've treated through our clinics throughout the world have stated, I want to chat to the rest of the world that there is an answer out out there, and I've got the quality of my life back again.

Many 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 what I and that's why I'm 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 whoever seeks, treatment protocols.

Thank you, Doctor 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 that's 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 a couple of times before you get the whole gist of what Doctor Turner was talking about.

And please check out the links that we are going to share for him. And, we are going to end the discussion over here. But we will be back for another discussion later on.

This is it from my side. We will see you again later. Thank you. Take care. Bye bye. Quality of life, Doctor Gupta. Quality of life. Thank you. I agree with that.

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