



OPTIMUM CHOICES, LLC
Healthy choices for people and pets

Silent Epidemic

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Summary

The adrenal and thyroid glands are intimately connected and if one is imbalanced the other almost certainly has some form of dysfunction. It is also a good assumption that if these secondary glands are imbalanced, the primary glands in the brain that control them are also not fully functioning. This imbalanced state leads to an endocrine (glandular) system disorder and thus an impaired immune system. Standard thyroid blood tests will not accurately reflect thyroid function. Just taking thyroid medication and even supplements will not “fix” the imbalance. Rather than supplementing the symptoms, a more holistic approach would be to feed super nutrition to the primary glands in the brain. When the glands in the brain are balanced and operating in synergy, they will, in turn, bring the secondary adrenal and thyroid glands back into balance. With any glandular imbalance or a poor immune system, we feel it is more holistic to let the body do the balancing than a drug or supplement (which may have side effects and create a dependency for life).

Hidden Endocrine-Immune Imbalance

Too many people and pets today have [thyroid](#) and/or adrenal gland disorders. What people (and perhaps the Western medical community) do not realize is that if there is a thyroid imbalance, there almost certainly is an adrenal gland dysfunction and vice versa. These two glands are so intimately related that one cannot just medically treat one gland (as Western allopathic medicine does) and expect the other gland (and the entire endocrine system) to also be balanced. Furthermore, the thyroid and



adrenals are secondary glands. They both are controlled and regulated by the primary glands and organ of the body, namely the pituitary (master gland), pineal and hypothalamus in the brain. So, by deduction, if the thyroid and/or adrenals are not functioning properly, it

is a good bet that this triad in the brain are also not in balance. The significance of this imbalance in the brain is seen, when one realizes that if any part of the endocrine (glandular) system is dysfunctional, this also impairs the immune system. With a deficient immune system, the body is subjected to seemingly unrelated diseases and a [silent epidemic](#) including, but not limited to:

Adrenals and thyroid are secondary glands

- [Cancer](#)
- [Obesity](#)
- [Allergies](#)
- FeLV, FIP, FIV in cats
- [Autoimmune disorders](#)
- [Kidney](#) and liver disease



- [Inflammatory bowel disease](#)
- [Aggressiveness and strange behavior](#) in both people and pets
- [Hyper sensitivities to food](#) and insect bites (flea, tick and mosquito)
- [Chronic bacterial, viral and fungal infections](#)
- [Unresolved illnesses unresponsive to conventional therapy](#)

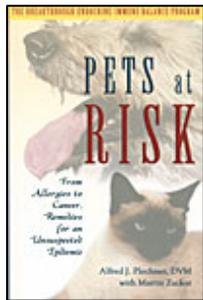
Pet Connection

To see why these glandular imbalances are so common today, let us look at our pets first. Fifty years ago pets lived to 15–20 years and more. Today the average life span of a Golden Retriever is just 7 years. Fifty years ago pets rarely got human degenerative diseases such as [diabetes](#), [cancer](#) and [autoimmune disorders](#). A recent study (2005, Morris Animal Foundation) showed **nearly 50% of older pets will die of cancer**. Dr. Martin Goldstein, DVM, a holistic vet in N.Y., told us he now sees puppies under 1 year old with cancer. Why are our pets now experiencing illnesses of epidemic proportions?

Shortened pet lifespan



Early in his 35-year practice, [Alfred Plechner, DVM](#), "...became dissatisfied with just treating the superficial signs of health problems...the conventional treatment I trained for at veterinary school had little impact on pets seemingly more susceptible to disease and allergies and who seemed to be living shorter and sicker lives." (Plechner, DVM, Alfred, [Pets at Risk: From Allergies to Cancer, Remedies for an Unsuspected Epidemic](#), New Sage Press, 2003, p. 3.) Dr. Plechner's frustration led him to use his own time and money on clinical research to discover why this was happening. He uncovered a **hidden adrenal gland defect that caused an endocrine-immune system imbalance**. His research showed this endocrine-immune system dysfunction was caused primarily by poor genetics and over-breeding with a poor nutritional diet of dry kibbles, environmental pollutants, stress and age being secondary factors.



Vet just treating symptoms

This hidden adrenal gland defect causes the adrenal glands to not manufacture enough cortisol hormone or the cortisol produced is bound (inactive). Cortisol is a powerful anti-inflammatory and helps the body deal with stress and infections. This defect, in turn, causes a domino-effect producing too much estrogen and not enough thyroid hormones. When the endocrine (hormonal) system is out of balance the end result is low antibodies and a poor immune system.

Hidden adrenal gland defect

Dr. Plechner developed a special blood test to detect this hidden defect in the adrenal glands—his Basic Endocrine-Immune One tests for cortisol, total estrogen, [thyroid hormones](#) T-3 & T-4, and IgA, IgM and IgG antibodies. If the cortisol level is low, estrogen level high, thyroid hormones low and antibodies are low, he suspects the animal has this hidden defect. The **standard veterinary blood test will not detect this imbalance**. Dr. Plechner's solution is a protocol of physiological (low dosage) injections (or oral medication) of cortisone to boost up the adrenal glands. He also found it necessary to give low doses of thyroid hormone to

Standard vet blood test not accurate



90% of his dogs and 10% of his cats. Once the endocrine system is back in balance, the immune system kicks in and all the disease symptoms disappear. Unfortunately, the animal must stay on these low doses of hormones for life.

Dr. Plechner was able to treat (with up to a 70% success ratio) **autoimmune disease, cancer, kidney & liver disease, epilepsy, obesity and even behavioral problems in dogs.** In cats, Dr. Plechner **successfully treated FIP (Feline Infectious Peritonitis), FIV (Feline Immunodeficiency Virus), FeLV (Feline Leukemia Virus) and urinary tract disorders.** One of the most prevalent but overlooked symptoms of the imbalance is malabsorption and digestive tract disorders ([inflammatory bowel disease](#)). If the endocrine-immune imbalance is present, the IgA antibodies that normally operate in the mucus membranes of the gut go out of control and sometimes even attack the body itself. The walls of the gut then become inflamed and thicken for protection. With the gut's defense system compromised, harmful bacteria and other bad microorganisms can attack. When this happens, nutrients, supplements, as well as medication to treat the disease are not absorbed by the body and exit the other end. This is one reason why positive results may not be seen using the best holistic remedies and even medication. One must correct the endocrine-immune imbalance first, so that the mucus lining of the gut returns to normal and then the body can absorb nutrients again and heal itself.

Another vet, Michael W. Fox, MRCVS, has done research (Fox, MRCVS, Michael W., "Endocrine Disruption Syndrome," *Journal of the American Holistic Veterinary Medical Association*, Oct.-Dec. 2005, pp. 33-35) on **endocrine disrupting compounds (EDCs)** that he feels is the primary cause of what he calls **Endocrine Disruption Syndrome.**

These endocrine disrupting compounds are so prevalent in our environment they are even found in human breast milk and Arctic seals. EDCs can be found not only in industrial pollutants, chemical fertilizers, and untreated sewage but also in common household products such as plastics (bisphenol A), clothing, floor material and the lining of food cans. Dr. Fox believes these EDCs make their way into animal's food and [water](#) and then disrupt the animal's entire endocrine and immune systems function causing the same epidemic diseases Dr. Plechner treated.



EDC=
Endocrine
Disrupting
Compound

STOP Supplementing the Symptoms

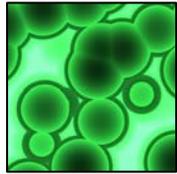
No matter what the cause (genetic, EDCs, poor nutrition, pollutants, etc.) it would seem the **answer to holistic wellness is to balance the entire endocrine and immune systems (not just the thyroid and adrenals) so that a fully functional body can take care of the symptoms.**

Holistically, instead of artificially boosting up the adrenals and thyroid (secondary glands), if we could feed and energize the primary glands of the brain (pituitary-master gland, pineal and hypothalamus) we could accomplish the same end results as Dr. Plechner's hormone replacement protocol. Holistically, this is working from the top>down or from the inside>out rather than the Western allopathic model of just treating the symptom, disease or single gland that appears to be dysfunctional. Once the master gland and organs of the brain are 100% functional, they would then regulate not only the adrenals and thyroid but every other gland and organ of the body. This promotes holistic wellness and

Whole food
products are
better than
supplements

the body will have no need for symptoms of disease. Our holistic preference is to use whole food products that can nutritionally support this process instead of drugs and supplements that just treat the symptoms or a single gland (thyroid or adrenals).

Nature's First Food



Bio-Algae Concentrates are any nurtured blend of algae. Bio-Algae Concentrates are not an extract or assemblage of isolated supplements but instead a blend of separate species of algae that are formulated by Nature. Since algae are one celled organisms, Bio-Algae Concentrates supply the body with super nutrition at the cellular level to wake up and energize the body and brain. Little digestion is necessary as the body's DNA is already programmed to utilize algae (algae are at the bottom of the food chain), so, within 30 minutes of ingesting Bio-Algae Concentrates, the hormone levels in the brain can be seen to increase. Once the body's hormonal (endocrine) system is activated (by balancing the glands in the brain), the immune system becomes 100% functional and the natural ability of the body to heal will take over.

Algae are at the bottom of the food chain

By addressing the cause of the problem (malfunctioning endocrine glands) rather than the symptoms, Bio-Algae Concentrates are a quantum leap in wellness. We have seen dogs that had [Immune Mediated Hemolytic Anemia \(IMHA\)](#) (a disease more devastating than cancer with up to 70% fatality rate) and one with a [mast cell cancer tumor](#) make a complete recovery. Other conditions we have seen improve include [skin and coat issues](#), [kidney](#) and [liver disease](#), [arthritis and flexibility issues](#), [adrenal](#) and [thyroid imbalances](#), [chronic infections](#) and [any illness unresponsive to conventional therapies](#). We know Bio-Algae Concentrates are completely holistic because unlike allopathic medicine, as the body naturally heals itself, a smaller dosage is needed by pets.

Even if your pet does not have symptoms of the above diseases, if you want to keep your pet healthy, try this holistic approach. Most [commercial pet food \(dry kibble or canned\)](#) lacks the nutrition for a healthy carnivore. And all cooked food, whether pet food or home-cooked, lacks enzymes because heat kills enzymes. Bio-Algae Concentrates contain over 4,000 enzymes, vitamins A, B₁-B₁₂, C, E, and K, Essential Fatty Acids of Omega 3, 6 and 9, all essential amino acids, phytonutrients and anti-oxidants 1000 times more powerful than vitamin E. Rather than being added in a laboratory, these nutrients naturally occur in the algae in the dosage and form that Nature intended. So, there is no risk of over dosing or imbalance as may occur with traditional vitamin supplements. Adding this super nutrition to your pet's diet will not only keep your pet healthy but give your pet the *Fountain of Youth*.

Dry kibble not appropriate for carnivores



Possible Answers to FIV, HIV and Cancer?

Dr. Plechner mentions in his [book](#) the implications of his findings for treating chronic illnesses in humans. Dr. William Jefferies, M.D., has been using low dosage cortisone for decades on human patients with the same success. Dr. Jefferies believes this therapy **can help humans with**

allergies, chronic fatigue, and autoimmune disorders including rheumatoid arthritis.

Consider these implications for humans.

1. The **feline immunodeficiency virus (FIV)** involves a retrovirus similar to **HIV** in humans. Dr. Plechner had a **70% recovery rate** using his hormone balancing protocol. Could this be part of the answer to human HIV?
2. **Every animal that Dr. Plechner treated for [cancer](#) had this endocrine-immune system imbalance.** Could we treat and prevent cancer by correcting this hidden adrenal gland defect and balancing the endocrine-immune systems?

People Connection

Based on all the above animal research, how do these findings relate to people?

1. The basic blood test which shows the values of cortisol and thyroid hormone levels (T3 and T4) in the blood, do not accurately determine whether one has an adrenal or thyroid gland imbalance. One could have adequate levels of hormones in the blood but still have symptoms of a dysfunctional thyroid and adrenal glands. If you have symptoms of an imbalanced gland but your blood tests “normal,” find a truly holistic practitioner that can read all the body’s signs (cortisol, total estrogen, [thyroid hormones](#) T-3 & T-4, and IgA, IgM and IgG antibodies) and uses whole food nutrition rather than supplements for each gland.
2. If your doctor is treating only the adrenals or thyroid gland, they need to be addressing both in order to affect a totally balanced endocrine system. Find a holistic practitioner that understands the relationship between the thyroid/adrenals and how to balance the entire endocrine system (in order to have a fully functioning immune system) via the glands and organs in the brain, rather than supplementing just the adrenals and thyroid.

Blood tests
are not
accurate



Hidden Poison in Food?

Two very overlooked factors that could be affecting our glands and immune system in both people and pets, are the new foods introduced in our diet just within the last 30-40 years. As



Americans, we eat soy mostly in unfermented forms, made into various processed imitation foods such as tofu, burgers, sausages, TVP chili, soymilk, soy cheese, and soy ice cream, as well as consuming large amounts of ‘hidden’ soy flour, protein and oil in most processed foods.

So, what is the problem with eating all this soy? Isn’t soy a healthy food? Many doctors, including holistic doctor Andrew Weil, promote it. Dr. Weil even partners with a pet food brand containing soy that is marketed as a high-end super premium food, sold in health food stores and natural pet stores.

Is soy
bad?

According to the extensively researched book, [The Whole Soy Story: the dark side of America’s favorite health food](#), by Kaayla T. Daniel, PhD, CCN, the Chinese first started eating soybeans about 2,500 years ago, after they figured out how to ferment it. Somehow, the ancient Chinese knew that soybeans still contain many toxins after cooking and thus avoiding eating it until they

learned to neutralize those toxins through fermentation. In traditional Asian diets, soy is only used in small amounts as a condiment, with pork, seafood and other animals providing the bulk of the protein. Only very recently has soy been eaten the way we typically eat it, consuming large amounts in an unfermented and often highly processed form. Soy was originally considered an inedible plant, used to fix nitrogen in the soil. Even today you can find people from farming families who remember that as the primary use of soy.



Real men
do not
eat tofu

Unfortunately, consumption of soy can create many health issues, in both humans and animals. Following are some of the major problems caused by soy, as described by the [Weston Price Foundation](#) on their website:

- High levels of phytic acid in soy **reduce assimilation of calcium, magnesium, copper, iron and zinc**. Phytic acid in soy is not neutralized by ordinary preparation methods such as soaking, sprouting and long, slow cooking. High phytate diets have caused **growth problems in children**.
- Trypsin inhibitors in soy **interfere with protein digestion and may cause pancreatic disorders**. In test animals soy containing trypsin inhibitors caused **stunted growth**.
- Soy phytoestrogens **disrupt endocrine function** and have the potential to cause **infertility and to promote breast cancer** in adult women.
- Soy phytoestrogens are **potent antithyroid agents that cause hypothyroidism and may cause thyroid cancer**. In infants, consumption of soy formula has been linked to **autoimmune thyroid disease**.
- Vitamin B12 analogs in soy are not absorbed and actually **increase the body's requirement for B12**.
- Soy foods **increase the body's requirement for vitamin D**.
- Fragile proteins are denatured during high temperature processing to make soy protein isolate and textured vegetable protein.
- Processing of soy protein results in the formation of toxic lysinoalanine and highly **carcinogenic nitrosamines**.
- Free glutamic acid or MSG, a potent **neurotoxin**, is formed during soy food processing and additional amounts are added to many soy foods.
- Soy foods contain high levels of aluminum which is **toxic to the nervous system and the kidneys**.

Soy affects
thyroid!



What all this scientific information boils down to is that soy can really screw up your body and your health. To understand this in human terms, all you have to do is read some of the stories of people whose health has been damaged by soy. You can find these stories in the book [The Whole Soy Story](#) as well as the letters to the editor in nearly every edition of Wise Traditions, the quarterly journal published by the [Weston Price Foundation](#). Following is a typical story, reported in [The Whole Soy Story](#) book from someone in Boulder, Colorado:

"I am a healthy 48-year-old woman. An avid runner, I have followed primarily a [vegetarian diet](#) for over five years, and have always had excellent blood chemistry results...Last year, however, I added something significant to my regular diet of fruits, vegetables, beans and grains: soy products. I followed the

Is vegetarian
diet good?

*conventional wisdom that this would alleviate early menopausal symptoms, keep my heart healthy, etc. I ate tofu daily, consumed soy milk in abundance, snacked on soy nuts...and looked for soy isoflavones in my supplements. Results: I now am facing surgery for a **goiter (enlarged thyroid)**...I have symptoms of **thyroid damage**. My **skin, nails, hair are all suffering visibly**. I have **chest pain** when I run. Worst of all my **cholesterol has risen from 137 to 210** in the last six months. A nonsmoking, non-drinking vegetarian who eschews all dairy products simply cannot experience this kind of change in less than six months without some external factor.”*



There are many more stories like this, telling of a myriad of health problems caused by soy. An executive secretary in her 50's with thyroid problems tells of how the hidden soy added to the bread she was eating caused such **severe forgetfulness** that she could not perform her job. When she stopped eating soy, the mental problems went away.

A second food source that could be potentially affecting our glands is GE (Genetically Engineered) or GMO (Genetically Modified Organism) food. The most knowledgeable genetic scientist on this planet, Arpad Pusztai, conducted a safety study (1998) with GMO potatoes. In an effort to determine what safety protocols were necessary, he studied three groups of potatoes:



1. Natural potatoes, which was the control
2. Potatoes spiked with insecticide
3. Potatoes which were genetically modified (GMO) to include insecticide



Only animals fed this third group (GMO) got sick after 10 days. Not even the potatoes spiked with insecticide made test animals sick. This proved to him the GE process created damaging change not the insecticide. What he saw was potentially **pre-cancerous cell growth in the digestive tract, smaller growth of brains, liver and testicles, partial atrophy of the liver and damaged to the immune system**. Based on these results and the **stomach lesions** and death in rats from previous Flavor-Saver tomato experiments, what implications could this have for people and pets who are developing **allergies, cancer, inflammatory bowel disease (IBD), Crohn's disease, celiac disease, colitis, megacolon, leaky gut syndrome** or other digestive disorders today? Did you know **GMO crops of corn, soy, canola, cotton, Hawaiian papaya, some zucchini, crooked-neck squash, sugar beets and tobacco** are being consumed today without having been tested with these vigorous scientific methods?

Beware of
Genetically Modified
Organisms (GMO)

Why is all the above significant to you, your family and your pet today? Because without you knowing it and without your approval, you, your family and your pet are probably eating GE food right now. You are part of a grand GMO experiment without your knowledge. While no firm scientific conclusion can be drawn from currently available research, we feel this issue is important enough to our health to personally avoid all GMO ingredients and GE food. Remember, 50 years ago the tobacco industry was saying, "There is absolutely no scientific evidence that second-hand smoke is harmful and there is no conclusive proof that even first-hand smoke is dangerous to one's health." Do you want to wait for conclusive scientific evidence? Today, the same companies that are using GE to manufacture GMO foods are the same companies that told us DDT, Agent Orange, PCB and aspartame are perfectly safe. For

GMO= corn,
soy, canola,
papaya,
sugar beets

more information on GMO food read our March 2010 e-newsletter article, [Are Genetically Modified Organisms \(GMO\) Bad?](#), so you can make an informed decision for your family (2-legged and 4 legged).

Answer to True Holistic Wellness

If you suspect an adrenal, thyroid, pituitary, pineal or hypothalamus imbalance, what can one do?

1. First and foremost (and least costly) is change your diet. Avoid all soy and GMO foods. This means anything containing corn, soy, canola, cotton, Hawaiian papaya, sugar beets and tobacco.
2. Avoid EDCs in municipal tap water by using filtered water for you and your pet.
3. Avoid all EDC environmental factors for you and your pet.



EDC Chemical	Items
DEA (Diethanolamine), propylene glycol, SLS (Sodium Lauryl Sulfate)	Personal care products—shampoos, conditioners, creams, body lotion, toothpaste
Bisphenol A	Hard plastic water bottles, food dishes and containers, can linings
Aluminum	Food dishes and containers
EDCs in water	Municipal tap water (use filtered water)

4. Balance the entire endocrine (glandular) system, not with single drugs or by supplementing the symptoms of the adrenals and thyroid but with whole food products that feed, energize and balance the primary glands and organs in the brain first. These primary glands will, in turn, balance the adrenals and thyroid internally rather than externally with a crutch (drugs, supplements and herbs).

For more information, go to the following web pages:

<http://www.OptimumChoices.com/Allergies.htm>

www.OptimumChoices.com/Bio-Algae_Concentrates.htm

[www.OptimumChoices.com/March_2010.htm#Are Genetically Modified Organisms \(GMO\) Bad](http://www.OptimumChoices.com/March_2010.htm#Are_Genetically_Modified_Organisms_(GMO)_Bad)

[www.OptimumChoices.com/Inflammatory Bowel Disease Holistic Perspective.htm](http://www.OptimumChoices.com/Inflammatory_Bowel_Disease_Holistic_Perspective.htm)

http://www.OptimumChoices.com/Silent_epidemic.htm

www.OptimumChoices.com/Soy.htm

www.Optimumchoices.com/Thyroid.htm

http://www.OptimumChoices.com/water_filters.htm

http://www.OptimumChoices.com/Whole_Food_Products.htm

Dr. Plechner's book [***Pets at Risk: From Allergies to Cancer, Remedies for an Unsuspected Epidemic***](#) can be ordered online at: www.dogwise.com. More information on Dr. Plechner's research and its implication for humans can be found at www.DrPlechner.com.

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