SOFTWARE & TECH

# Stop The Thyroid Madness

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## Understanding the Movement to Stop the Thyroid Madness

For millions of people suffering from hypothyroidism, the journey to feeling well can be a long and frustrating maze. Standard medical treatments often leave patients still battling fatigue, weight gain, brain fog, and depression. Out of this struggle emerged a powerful grassroots movement known as **Stop the Thyroid Madness**(STTM). This patient-led revolution has reshaped how thousands of people view thyroid treatment, shifting the focus from lab results alone to how a patient actually feels. It is a call to action for those who have been told their labs are "normal" while they continue to suffer. The core message is simple yet profound: you do not have to settle for a life of exhaustion and misery when a tailored, symptom-based approach can restore your vitality.

This article dives deep into the principles of the STTM movement, exploring its history, its critique of conventional thyroid care, its emphasis on natural desiccated thyroid (NDT), and its unwavering commitment to patient empowerment. Whether you are newly diagnosed or a long-term thyroid patient seeking answers, understanding the philosophy behind **Stop the Thyroid Madness** may provide the missing piece in your health puzzle.

### The Origins of a Patient-Led Revolution

The **Stop the Thyroid Madness** movement was born in the early 2000s, largely through the work of Janie A. Bowthorpe, a medical patient advocate who had experienced the shortcomings of standard thyroid treatment firsthand. After years of being told her thyroid levels were "in range" while she felt increasingly unwell, Janie created a website and later a book that compiled the collective wisdom of thousands of thyroid patients. The name itself reflects the frustration and anger many patients feel toward a system that seems to ignore their suffering. The movement grew rapidly through online forums, blogs, and social media groups, creating a community where patients could share what worked and what did not. What started as a small group of people comparing notes evolved into a comprehensive resource that now influences how many alternative and functional medicine practitioners approach thyroid health. The central tenet of **Stop the Thyroid Madness** is that the patient is the expert on their own body, and that laboratory reference ranges should not override lived experience.

### The Core Philosophy: Symptoms Over Lab Numbers

Traditional endocrinology often relies heavily on TSH (thyroid-stimulating hormone) as the primary marker for diagnosing and managing hypothyroidism. A "normal" TSH, usually between 0.5 and 4.5 mIU/L, is frequently used as the sole indicator that treatment is adequate. The STTM movement challenges this dogma head-on. It argues that TSH is a pituitary hormone, not a thyroid hormone, and that it can be influenced by many factors unrelated to thyroid function, including adrenal health, stress, and inflammation. Instead of worshiping TSH, the STTM approach prioritizes the treatment and tracking of specific hypo- and hyperthyroid symptoms. This includes addressing persistent fatigue, cold hands and feet, hair loss, constipation, menstrual irregularities, and

mental fog. The movement advocates for the use of Free T3 (the active thyroid hormone) and Free T4 levels, along with symptom assessment, as the true guides for dosing. In the STTM view, achieving optimal health often requires a TSH at the very low end or even below the standard reference range—something many conventional doctors consider dangerous, but which STTM proponents argue is necessary for many patients to feel well.

## Natural Desiccated Thyroid: The STTM Gold Standard

One of the most distinctive features of the **Stop the Thyroid Madness** approach is its strong advocacy for natural desiccated thyroid (NDT). NDT is derived from the dried thyroid glands of pigs and contains a full spectrum of thyroid hormones, including T4, T3, T2, T1, and calcitonin. This contrasts with synthetic levothyroxine (brand names Synthroid, Levoxyl), which contains only T4 and relies on the body to convert it to the active T3 form. Many patients on the STTM forums report that they never felt truly well on synthetic T4 alone. They describe persistent symptoms of low T3, such as low body temperature, depression, and slow metabolism. NDT, by providing T3 directly, often resolves these issues. The movement provides detailed guides on how to start NDT, how to dose it, and how to work with doctors who may be unfamiliar with it. While NDT is not the only option endorsed by STTM, it is the most celebrated. The book **Stop the Thyroid Madness** includes extensive reviews of various NDT brands, patient experiences, and tips for obtaining a prescription. For many, switching from synthetic T4 to NDT is the single most transformative change they make in their thyroid treatment.

## The Problem with Conventional Lab Ranges

A major pillar of the **Stop the Thyroid Madness** philosophy is the critique of laboratory reference ranges. STTM argues that the "normal" ranges used by most labs are far too broad and are based on a sick population that includes people with undiagnosed thyroid dysfunction. As a result, a patient can have a Free T3 level that is technically "in range" but still far too low to support optimal health. The movement advocates for optimal ranges, not just normal ones. For example, STTM suggests that a Free T3 level should be in the upper half or even the upper third of the reference range for most people to feel their best. Similarly, Free T4 should be in the mid-range or higher. The movement also emphasizes the importance of reverse T3 (rT3), an inactive form of the hormone that can block T3 receptors. High reverse T3 can cause hypothyroid symptoms even when T4 levels are adequate. The STTM community offers protocols for identifying and managing high reverse T3, often through the use of NDT or a combination of T4 and T3 medications. This nuanced approach to lab work represents a significant departure from the standard "one-size-fits-all" method of thyroid management.

## The Critical Role of Adrenal Health

In the **Stop the Thyroid Madness** framework, the adrenal glands play a starring role. The movement emphasizes that thyroid treatment cannot succeed without also addressing adrenal function. Adrenal fatigue, or hypoadrenia, is a condition where the adrenal glands are unable to produce sufficient cortisol in response to stress. Symptoms include extreme fatigue, dizziness upon standing, salt cravings, and poor tolerance to stress. STTM teaches that if a patient starts thyroid medication, especially NDT (which contains T3), without first supporting the adrenals, they can actually worsen their health. T3 accelerates metabolism and can put additional strain on already depleted adrenals, leading to symptoms of anxiety, palpitations, and insomnia. The STTM protocol advises patients to assess their adrenal status through symptom checklists and salivary cortisol testing before and during thyroid treatment. Common adrenal support strategies include using adrenal glandulars, adaptogenic herbs like ashwagandha and rhodiola, ensuring adequate salt and water intake, and prioritizing rest. For many patients, resolving adrenal issues is the key that unlocks successful thyroid treatment. Without healthy adrenals, even the best thyroid protocol may fail.

## Patient Empowerment and Finding the Right Doctor

Perhaps the most empowering aspect of the **Stop the Thyroid Madness** movement is its unwavering belief in patient agency. STTM provides detailed resources on how to become an educated self-advocate. This includes

learning how to read your own lab results, understanding the difference between various thyroid medications, and developing the confidence to speak up when a treatment is not working. The movement also offers guidance on finding a "thyroid-wise" doctor. This might be a functional medicine practitioner, a naturopath, or a progressive MD who is open to using NDT and optimizing T3 levels. STTM encourages patients to bring printed resources from the book and website to medical appointments and to be prepared to explain why they are requesting specific labs or medications. The movement recognizes that not all doctors will be receptive, but it stresses that the patient has the right to seek care that aligns with their needs. The STTM online community is filled with stories of patients who switched doctors multiple times before finding one who truly listened. This journey of persistence and self-education is at the heart of the STTM experience.

## Common Criticisms and Controversies

Like any paradigm-shifting movement, **Stop the Thyroid Madness** has its share of critics. Mainstream endocrinologists often express concerns about the safety of suppressing TSH, warning of potential risks to the heart and bones. They also question the validity of adrenal fatigue as a medical diagnosis and caution against the use of unregulated glandular supplements. Some critics argue that the STTM approach can lead to overmedication and that the movement's rejection of standard protocols may cause patients to avoid necessary treatments. However, STTM proponents respond that the movement advocates for careful monitoring and that the goal is optimal health, not aggressive dosing. They point out that the risks of undertreated hypothyroidism—including heart disease, cognitive decline, and reduced quality of life—are often far greater than the theoretical risks of optimized T3 therapy. The debate continues, but the growing number of patients who report life-changing improvements on an STTM-inspired protocol is hard to ignore. The movement has undeniably forced a broader conversation about what effective thyroid care should look like.

## How to Get Started with the STTM Approach

If you are considering exploring the **Stop the Thyroid Madness** approach, here are some practical steps to begin your journey:

- Educate yourself: Read the book Stop the Thyroid Madness by Janie A. Bowthorpe, and spend time on the STTM website and forums. Learn the language of thyroid labs and treatments.
- Get comprehensive labs: Request a full thyroid panel including TSH, Free T4, Free T3, reverse T3, and thyroid antibodies (TPO and TgAb). Do not accept a standard "TSH only" test.
- Assess your adrenals: Use STTM symptom checklists and consider a 4-point salivary cortisol test to understand your adrenal status.
- Find a thyroid-wise doctor: Look for practitioners who are open to using NDT and optimizing T3. The STTM website has a list of recommended practitioners in various regions.
- Start slowly: If you begin NDT, the STTM protocol recommends starting with a low dose (such as 1/2 grain) and increasing gradually based on symptoms and labs.
- Listen to your body: Track your symptoms daily. Use a journal or app to monitor your temperature, pulse, energy, mood, and other markers. This data will be invaluable for adjusting your dose.
- Join the community: Participate in STTM Facebook groups or other online forums. Sharing experiences with others who understand the journey can provide both emotional support and practical advice.

Remember, the STTM approach is not a quick fix. It requires patience, diligence, and a willingness to challenge conventional wisdom. For many, the reward is a life reclaimed from the grip of chronic illness.

## The Future of Thyroid Care and the STTM Legacy

The **Stop the Thyroid Madness** movement has left an indelible mark on the landscape of thyroid health. It has given a voice to millions of patients who felt silenced by a medical system that prioritized lab numbers over human suffering. It has normalized the idea that optimal thyroid treatment is highly individualized and that there is no single "right" way to manage the condition. While mainstream medicine has been slow to adopt many STTM principles, there is a growing recognition that the patient's experience matters. More doctors are now willing to prescribe NDT, more labs offer reverse T3 testing, and more research is being done on the role of T3

therapy. The STTM movement is a testament to the power of community and the resilience of patients who refuse to give up on their health. Whether or not you agree with every aspect of the philosophy, there is no denying that STTM has changed lives. For those who have struggled for years with unresolved hypothyroid symptoms, the message is clear: you are not alone, and healing is possible when you become your own best advocate.

### Conclusion

The journey to optimal thyroid health is rarely a straight line, but the **Stop the Thyroid Madness** movement offers a roadmap for those willing to take an active role in their healing. By prioritizing symptoms over lab ranges, embracing natural desiccated thyroid, supporting adrenal health, and fostering

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