

***“All of the old  
[endocrinologists] said that  
lowering of the body  
temperature is almost  
uniformly present in people  
with low thyroid...”***

***– Mark Starr, MD***

***“... usually 96° to 97° F  
[ underarm temperature taken for  
10 minutes before getting out of  
bed in the morning. ]”***

***[ Normal thyroid function indicated  
by temperature of 97.8 to 98.2° F. ]***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“Broda Barnes, MD, PhD had read all that old literature, and he knew that.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

**“[Barnes] would see patients that had tremor, tachycardia [rapid heart beat], skinny, anxiety, palpitations... [symptoms that might be mistaken for hyperthyroidism]...  
– Mark Starr, MD**

***“... but if they had a low basal temperature [below 97.8° F] he would put them on [desiccated] thyroid.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“And they  
would normalize.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“These patients’ low temperatures increase, quite significantly, in my experience...”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“... when you put them  
on desiccated thyroid.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***



***“What does  
[ desiccated ] thyroid  
do?”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“I did not realize that  
it might be the mitochondria  
until 2000.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“If there was an epiphany in  
all my years of study and  
writing my book...”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“... I saw a lecture  
and was directed  
to read this article.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“Mitochondrial DNA  
in Aging and Disease.  
Scientific American (1997)  
by Dr. Wallace.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“[T]issues and organs most readily affected by cellular energy declines are...”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“... the central nervous system... heart and skeletal muscle, the kidneys and hormone-producing tissues.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“These are EXACTLY the same tissues that are affected in low thyroid.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***



***“A book...  
Thyroid Disease  
and Muscle Dysfunction”  
– Mark Starr, MD  
“Hypothyroidism Type 2: The Epidemic”***

***“[ It says ]  
unusual deformities  
found in mitochondria  
within the muscles  
of hypothyroid patients.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“[ It showed there is ]  
an effect  
of thyroid  
on mitochondria.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“So I went to the  
“Textbook of Medical Physiology”  
– Mark Starr, MD  
“Hypothyroidism Type 2: The Epidemic”***

***“It seems almost an obvious deduction that the principle function of thyroxine [T4] might be simply to increase the number and activity of mitochondria.”***

***—Textbook of Medical Physiology***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“Suzanne de la Monte, MD,  
MPH won the Research  
Award for Alzheimer’s  
in 2000.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“And, when  
I heard her lecture...”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“... everything she talked about sounded like [ low ] thyroid to me.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***



***“Energy metabolism  
is decreased in the  
mitochondria  
with Alzheimer’s Disease  
[ just like with low thyroid. ]”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“The amount of enzyme  
formation in these patients’  
mitochondria  
is also decreased  
[ just like with low thyroid. ]”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“The number  
of mitochondria  
[ in patients with Alzheimer’s]  
is decreased  
[ just like with low thyroid. ]”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“Females are affected  
more than males  
[ by Alzheimer’s ]  
[ just like with low thyroid. ]”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“[ Alzheimer’s ]  
is much higher  
in developed nations  
with lower early death rates  
[ just like with low thyroid. ]”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***“The incidence  
[ of Alzheimer’s ]  
increases with age  
[ just like with low thyroid. ]”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

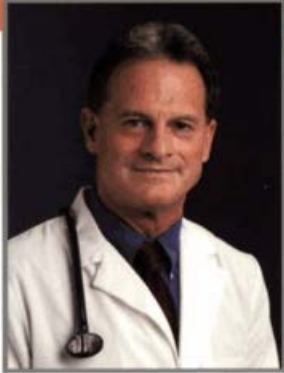
*Hi, this is  
Larry Hobbs @ FatNews.com*

***The audio is  
from a speech  
Dr. Starr gave  
at a 2007  
Orthomolecular  
Conference.***

Copyrighted Material

# Hypothyroidism

**T Y P E**  
**2**



Hypothyroidism Type 1  
Heart Disease  
Diabetes  
Pain  
Chronic Fatigue  
Depression  
Dry Skin  
Weight Gain  
Menstrual Problems  
High Blood Pressure  
High Cholesterol

**The  
EPIDEMIC**

**Mark Starr, M.D.**  
Copyrighted Material

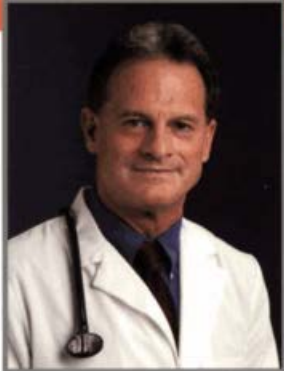


**“Hypothyroidism  
Type 2:  
The Epidemic”  
Mark Starr, MD**

Copyrighted Material

# Hypothyroidism

**T 2 P E**



Hypothyroidism Type 1  
Heart Disease  
Diabetes  
Pain  
Chronic Fatigue  
Depression  
Dry Skin  
Weight Gain  
Menstrual Problems  
High Blood Pressure  
High Cholesterol

**The  
EPIDEMIC**

**Mark Starr, M.D.**  
Copyrighted Material

***“All of the old  
[endocrinologists] said that  
lowering of the body  
temperature is almost  
uniformly present in people  
with low thyroid...”***

***– Mark Starr, MD***

***Underarm temperature  
“basal temperature”  
taken for 10 minutes before  
getting out of bed in the morning.  
Normal thyroid function indicated  
by temperature of 97.8 to 98.2° F.***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

**“[Barnes] would see patients that had tremor, tachycardia [rapid heart beat], skinny, anxiety, palpitations... [symptoms that might be mistaken for hyperthyroidism]...  
– Mark Starr, MD**

***“... but if they had a low basal temperature [below 97.8° F] he would put them on [desiccated] thyroid.”***

***– Mark Starr, MD***

***“Hypothyroidism Type 2: The Epidemic”***

***Quotes about  
Dr. Starr's book***

***“This is an  
astonishing book...”***

***– Robban Sica, MD***

***“... revealing the cause and successful treatment for... obesity, heart attacks, depression, diabetes, strokes, headaches, chronic fatigue and many more.”***

***– Robban Sica, MD***



***“His in-depth research and discussion of how environmental toxins can interfere with thyroid hormones is groundbreaking and enlightening for us all.”***

***– Robban Sica, MD***

# **Mark Starr, MD**

**21st Century Pain & Sports Medicine**

**10565 N. Tatum Blvd Suite B-115**

**Paradise Valley, AZ 85253**

**(480) 607-6503**

**[mstarrmd@yahoo.com](mailto:mstarrmd@yahoo.com)**

**[21centurymed.com](http://21centurymed.com)**

**[type2hypothyroidism.com](http://type2hypothyroidism.com)**