



## Hypothyroidism

The thyroid gland is one of the largest glands in your body. It resides in the front of your neck just below your Adam's Apple. Your thyroid gland is controlled by two parts of your brain—the hypothalamus and the pituitary gland. Your thyroid controls how quickly your body uses energy, makes proteins, and controls how sensitive your body should be to other hormones.

Your thyroid gland participates in these processes by producing the thyroid hormones triiodothyronine (T<sub>3</sub>) and thyroxine (T<sub>4</sub>). These hormones regulate the rate of metabolism and affect the growth and rate of function of many other systems your body. The thyroid gland also produces a hormone called calcitonin, which plays a role in maintaining calcium levels in your bones.

Low thyroid function may arise from many different physiological shifts. Often these shifts are identified on other sections of our metabolic assessment questionnaire and are supported first before tackling your thyroid. Thyroid health is dependent on, or influenced by, healthy GI function, stable blood sugar, healthy stress response, estrogen/testosterone balance, inflammation, essential fatty acid balance, and autoimmune situations. In the clinic, we use comprehensive blood tests to categorize the cause or type of thyroid dysfunction into one of eight typical patterns then specifically support that pattern followed by regular rechecks of blood chemistry. **What the research says and what we see clinically is that to 80% of the cases of diagnosed hypothyroidism in the U.S. are of an autoimmune nature.**

For a comprehensive resource on thyroid health, you should read the book [Why Do I Still Have Thyroid Symptoms?](#), by Datis Kharrazian, DHSc, DC, MS, MNeuroSci available at Amazon.com. It is one of the most well researched books on the market today containing over 700 primary source, medical journal references.

Thyroid hormone effects are wide ranging and influence metabolism and body composition, testosterone production, estrogen metabolism, liver function, brain function, fat and cholesterol metabolism, heart rhythm, stomach acid, sleep, GI function, and many others.

Symptoms of low thyroid function include:

- Fatigue
- brain fog
- hair loss
- thinning of the outer eyebrow
- cold hands and feet
- depression



- lack of motivation
- constipation
- weight gain
- dry skin

**A note about I-tyrosine and iodine:** the bulk of current research indicates that iodine and tyrosine are not indicated to support thyroid function in the U.S. (they may be indicated in third world countries) and in fact may make some thyroid conditions worse. **Our protocols do not use iodine or I-tyrosine.**

Synthroid and other thyroid drugs are in the top five most prescribed drugs in the United States. Many suffering with hypothyroidism experience a constant roller coaster of symptoms and changes in thyroid medication doses. This is because thyroid medicine often does not address the *root cause* of hypothyroidism. In the clinic, we use comprehensive blood tests to categorize the cause or type of thyroid dysfunction into one of eight typical patterns then specifically support that pattern followed by regular rechecks of blood chemistry.

Don't suffer any longer. Let us help you today!