

# National Thyroid Awareness Month



It is said that up to 50% of people with thyroid disease do not know about their condition. January is National Thyroid Awareness Month and we wanted to bring this much ignored and often misdiagnosed disease to the attention of our readers.

The thyroid plays a vital role in many aspects of our lives. The thyroid gland produces hormones (T3 & T4) that influence almost every cell, tissue and organ throughout the body. Generally, problems associated with thyroid malfunction are cardiovascular, digestive and the nervous system. Among the many functions these hormones regulate are body temperature, heart rate, brain function, energy expenditure, digestion and weight. Think of the thyroid gland as the body's thermostat that modulates how it burns calories and uses energy. When the thyroid is not operating properly it is making either too much or too little thyroid hormone. Many conditions are simply manifestations of thyroid disease.

Let's take a look at the two adverse conditions of the thyroid and the effects they have on the body.

## **Hypothyroidism**

Is a reduced production of the thyroid hormone and leads to the most common symptoms of fatigue and intolerance to cold, heat, sweating and low body temperature. Additional symptoms include slow heart rate, easy weight gain, muscle weakness, dry and/or discolored skin, hair loss, constipation and depression.

**Hypothyroidism  
IS MORE  
common  
Than You Think**

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Hashimoto's Disease is the most common form of under active thyroid. It is an autoimmune disease where the body becomes allergic to thyroid hormone. Women are much more likely than men to develop this condition. If you are experiencing any of the symptoms listed, you may want to have your healthcare provider order a blood test to measure the levels of thyroid hormone (T3 and T4) and thyroid stimulating hormone (TSH).

You may also want to test yourself for an under active thyroid. Keep a thermometer by your bed. When you awaken in the morning place the thermometer under your arm and hold it there for 15 minutes keeping still and quiet. Temperatures of lower than 97.6 Fahrenheit may indicate an under active thyroid. Keep a log for five days to determine whether you should consult your physician.

### Hyperthyroidism

Is the over production of the thyroid hormone. The most common type of this disorder is Graves' disease. This occurs when the immune system produces antibodies to invade and attack the thyroid. Hyperthyroidism is not as common as hypothyroidism but the complications can be just as serious. Symptoms of hyperthyroidism may include bulging eyes, throat swelling, irritability, nervousness, feeling hot, insomnia, more than usual bowel movements, irregular menstruation, hair and weight loss, tremors and rapid heartbeat.

Sometimes a lump or tumor on the thyroid may be the cause of hyperthyroidism. When the body produces too much thyroid hormone physiological processes speed up. Consider this if you notice your digestion speeding up. Malabsorption may also occur; therefore it is very important to eat quality nutrients.



To support the structure and function of your thyroid consider the following nutrients.

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**Kelp** – contains iodine, the substance thyroid hormone is made of.



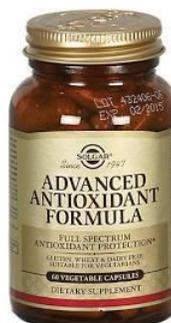
**L-Tyrosine** – an amino acid important to overall metabolism. Tyrosine attaches to iodine atoms to form active thyroid hormones. Low blood plasma levels have been associated with hypothyroidism.



**Vitamin B Complex** – oxygenates cells and improves energy and thyroid function. Brewer's Yeast is rich in B vitamins.



**Antioxidants** – protects the immune system. Selenium, Vitamins A, C, E and zinc are all helpful in modulating the immune response.



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**Calcarea Carbonica** – a homeopathic remedy that may increase thyroid function.



**Natural Progesterone Cream** – applying may increase thyroid function.



**Multivitamin and Mineral Complex** – in the case of hyper, use a super strength formula.



**Essential Fatty Acids** – necessary for glandular function.



The information presented here is not intended to take the place of your personal physician's advice and is not intended to diagnose, treat, cure or prevent any disease. Prescription Drugs and Supplements are not always compatible and should only be use with the approval of your doctor. Discuss this information with your own physician to determine what is right for you. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.