

- THE -
Thyroid
FACTOR

**The 21 Day
Thyroid Boosting
Weight Loss System
For Women**





THYROID FACTOR

Thyroid health is a hot topic these days. I guarantee you have either read or heard about one or more Hollywood stars talking about it. Maybe even a friend or family member. Possibly you suspect you have thyroid related issues that are unresolved, or have been diagnosed with a thyroid disorder.

The thyroid is one of the most complicated, and hard working glands in the body, and is part of the endocrine system. The thyroid gland is also known to be one of the glands that is connected with a growing group of people that suffer from autoimmune disease.

Autoimmune disease is when the body begins to attack itself, it's systems and tissue. It is not as able to ward off intruders, and the invasion from everyday toxins in food, air, and the stressors in life. Thyroid disease is on the rise and has been said to be a growing concern for

our modern society.

The disorder known as Hashimoto's Autoimmune Thyroiditis is common in those with hypothyroidism. It is also on the rise, and can actually destroy the thyroid gland if untreated. We will cover more on this later.

Twenty four hours a day, our internal systems are trying to work together to keep us alive, and healthy. Our body is trying to ward off the invaders that come through our systems. Sometimes there is too much to ward off, and the body begins to attack itself due to the constant sources of inflammation. This is how the autoimmune disorder can begin, and we must understand the root of this disorder... so that we can begin to combat it, and be well again.

Besides being a controversial topic with

doctors and alternative care specialists, the options on how to treat diseases of the thyroid are in constant debate.

So where do you fall into this conversation about thyroid health, hormones and your body?

It is estimated that 30% of women have undiagnosed thyroid issues. The Wall Street Journal recently shared an article by Melinda Beck that stated that finally, treatments are being recognized as safe...and that are not only given by endocrinologists. This is a huge breakthrough. Finally alternative health is starting to be recognized and other methods of healing are necessary. According to the American Thyroid Association an estimated 20 Million Americans suffer from hypothyroidism.

⁽⁶⁾ It is also estimated that over 200 Million suffer globally from this disease of the endocrine system. ⁽¹²⁾ and that women are five to eight times more likely to have thyroid disease. So what keeps us from getting better, and where does thyroid disease start?

This disease can stem from genetics, iodine deficiency and even stress. Getting to the “root” of this disease is where the healing begins, and also, where the controversy begins. Whether you choose conventional medical care, or an integrative approach...it’s

wise to do your homework first.

This guide will help you on your path to healing so that you can live a long, strong and healthy life, free from disease and illness.

The symptoms are so often overlooked as women get older or start to experience weight gain and hormonal disturbances, that they are told that “it is just because you’re at that age” as they are ignored and sent away. Or they are given medication quickly without getting to the root of the disease, that do not only not help...they sometimes experience worse feelings and effects than *before* they took the medication.

Do you have symptoms that are suddenly making you feel like you are aging fast and living in someone else’s body? Or even worse, have you left your Doctor’s office time and time again, only to feel even more hopeless and misunderstood when you rattle off the list of things wrong with your body? It’s no wonder women with thyroid disorders experience depression. It’s hard to get anyone to pay attention to you, let alone come up with a cure!

You’ve most likely mentioned to your friends and doctor that you’ve never had to worry about things like weight gain, hair loss, loss of libido, and brain fog...and within the last

year or so, these are everyday issues that are getting worse?

Sure, maybe you have battled weight gain in the past, but now there seems to be so many other issues that you are seeing, and feeling. The forgetfulness, the joint pain, with stomach and gut issues and excess belly bloating and weight gain...

The last thing you want to hear from your doctor is that “you are older now” or that “your blood work looks fine.”

You know your body, and you know when something just isn't right. But how do you make someone listen and care? How do you figure out if it's all in your head, or if internally something in your body is out of whack and needs attention?

There is great news. You can be a part of the wellness of your endocrine and thyroid system. You can “coach” your body to function at optimal levels.

This is the place where you will find the tools to unlock the mysteries behind this tiny gland that does so much, so that you can be educated and start to understand how to treat, heal and take part of the health of your thyroid and the systems that work with it.

For a moment, let's talk about what I have



personally discovered and experienced...

I know what it's like to feel that suddenly your body is changing, and that you have lost control. I have experienced many of the symptoms that I have listed, and sought medical attention when I felt that nothing I was doing was making a difference. I spent a couple of years pleading with different medical doctors, that looked at me, ran a few numbers, and then told me that “I fell into the normal range.” The most stressful and talked about feelings were my being fatigued. Suddenly I was experiencing physical body changes, that didn't seem to subside, even with a good night's sleep... Not to mention things that I could not explain...despite my best efforts to “be healthy” and feel good.

I understand how depressing it is when you



are opening up to a medical practitioner, sharing your darkest feelings... and then leaving even more frustrated without answers or solutions.

Don't despair. There is light at the end of the overwhelming tunnel. As you read and use this guide, you will find as I have, that you can feel and look better than ever, despite what you feel like today.

Signs of a thyroid condition vary from person to person and can sometimes mimic other diseases, which is one reason why thyroid disorders often remain undiagnosed. Certain statistics show that 20 million people suffer from thyroid disorders, and that it is one of the "modern disorders" of our time...and that those numbers are rising fast.

It is more important than ever that you get to the root of your health issues, and find someone that you trust. You will want a medical specialist or one that practices both conventional and alternative care that listens. One that let's you be part of your own healthcare and decisions for treatment, if you should need it.

This Ebook will be a great source of information, practices and guidelines for you to look and feel your best for years to come. Not only in regards to your thyroid, but your overall health.

The most common problem to date, is that doctors do not always agree on what the top thyroid advocates and integrative health practitioners believe. Even if you get back tests that show your thyroid is not working at optimal levels, or if your doctor says "you are on the low end of the scale, so we don't need to do anything"...you will have to be very versed in thyroid health. You will have to be diligent in finding someone that is "on your side" and wants what YOU want for your health. The best outcome that is possible.

If you are having symptoms that are affecting your quality of life, your physician can run tests to determine whether you have a thyroid disorder. There are quite a few tests, and all doctors are not always ready to do all of

them...We will discuss the tests, and what they mean later on in this book.

The good news is this. With the public outcry for help and thyroid advocates shouting out their findings that have little to do with conventional medicine, and a lot to do with diet and lifestyle changes...

Women are taking charge, healing inflammation, losing weight, feeling energized and getting back to how they felt when they felt the best in their lives.

I have optimized my thyroid hormones, using natural thyroid medication, simple and effective dietary changes, and exercise that does not overtax my body. I am now feeling and looking better than I have in years, and this is why I am so passionate about sharing this information with you.

One of the most common issues, that leads mainly women to get professional care, is that they start to gain weight, or simply cannot lose any weight despite trying what seems to be the right diet and enough exercise. One of most common thyroid issues starts in your gut. You most likely have heard the term "leaky gut".

If you do not have enough thyroid hormone, your metabolism will most likely be low, and you will could be diagnosed with

hypothyroidism, ⁽³⁾This can stem from autoimmune origin, heredity, or lack of iodine in the system.

Hyperthyroid on the other hand can come from injury to the thyroid, infection, too much thyroid medication in the tissue and blood stream, and Graves Disease which is the most common form of hyperthyroidism in the United States.

Your thyroid controls many of the systems that are necessary for overall great health and well being. This is where you will want to know what questions to ask, what options you can take to feel your best, and how to choose a health care practitioner that works together with you.

You will want someone, whether they be a medical doctor or an alternative specialist, that knows that a healthy thyroid needs a specific diet, possible medication, and certain lifestyle habits to keep it functioning properly.

You want someone that you can work together with so that your thyroid and overall health gets, and stays on track.

Remember this. No-one cares more about your health and wellness than you. This book will help you on the road to looking and feeling great for years to come, with simple but actionable steps that you can implement every day.

▶ THYROID BASICS

The Thyroid is a small butterfly shaped gland that sits below the Adam's Apple. The thyroid secretes and stores several hormones into the bloodstream that contribute to energy production including the metabolic rate, regulation of body temperature, the brain, and plays an active role in the heart and with blood pressure.

The thyroid uses iodine, a mineral that is found in foods and also in iodized salt.

The release of thyroid hormones controlled by the hypothalamus in the brain, and produced by the pituitary gland. This is all part of the endocrine system, that relies on and uses hormones to control the body.

Organs of the endocrine system are spread throughout the body and include the pituitary, adrenal, and pineal glands in addition to the thyroid and parathyroid glands. Other organs contain some cells that secrete hormones, and are also a part of the endocrine system. Hormones are generally slow acting and use chemicals to regulate cells throughout the body. This can fluctuate at different times due to age, illness, pregnancy, disease, and medications.

While some act locally, others enter the lymph system or bloodstream and act at a distance. Most are amino acid based; the well-known steroids are derived from cholesterol. A third class is secreted from cell membranes throughout the body.

The thyroid hormone is two separate hormones that play a major role in body metabolism regulation.

When the thyroid does not produce enough hormones (this "message" comes from the pituitary gland), it is called low thyroid or "hypothyroidism." When too much thyroid hormone is released it is referred to as "hyperthyroidism".

Hypothyroidism disorder is on the rise and it is said that over 13 million Americans suffer from this disorder and have not been diagnosed yet! Women are eight times more likely to have this disorder than men, and it is associated with depression. Mainly due to the emotional turmoil of the actual time it takes to be diagnosed and treated...as it is usually a long and rough road to travel.

Hyperthyroidism is when there is too much thyroid hormone circulating in the body. Inflammatory conditions of the thyroid gland and autoimmunity (just as with hypothyroidism) can trigger this. Causes range from supplements with thyroid hormone in them, to the most common form of hypothyroidism...Graves Disease.

This ebook is loaded with cutting edge information, so that you can take back control of your body and your thyroid's health, and have tools that will take your health to the best level possible.

If you are feeling symptoms associated with thyroid disease, it is more important than ever that you find a qualified healthcare practitioner. One that listens and includes you, in addition to gathering and putting into action, the right steps to the path to wellness.

▶ SYMPTOMS

Endocrinologists used to be the only medical practitioners that treated thyroid disorders. With the rise of this disorder, there are many more qualified specialists that offer not only medication options, but diet and lifestyle advice so that you can be part of your wellness changes.

Many doctors and alternative health care practitioners believe that hypothyroidism in its beginning stages (if the blood tests show that the body is producing some thyroid hormone and the symptoms are slight) can be treated with dietary and lifestyle changes before medication is given.⁽¹⁾

Symptoms of low thyroid, or “hypothyroid” can range from person to person. However, the most common symptoms are fatigue, weight gain and bloating, depression, brain fog and forgetfulness, hair loss, loss of libido, poor or interrupted sleep, chronic inflammation, and the inability to regulate body temperature.

It is also common to suffer from dry skin, a hoarse voice, weakness, digestive disorders including gas, bloating and constipation, a lump or nodules in your throat, menstrual irregularities, joint and muscle pain.

The inability to get pregnant is also associated with thyroid disorders.

These symptoms are usually associated with hypothyroidism. Women are 8 times more likely to develop this disease than men.

Hyperthyroidism is when the thyroid produces too much thyroid hormone, referred to as thyrotoxicosis. This can also lead to Graves disease and can be detected with a series of tests. Symptoms include rapid heart rate, weight loss, hair loss, tremors, irritability and a retraction of the eyelids resulting in a “staring” appearance.⁽²⁾

These symptoms of both “hypo” and “hyper” thyroid, can be indicative of other diseases or disorders. When some or most of these are what you are experiencing, you should ask your doctor to consider that your thyroid is not functioning properly. You should also ask to have the full range of testing done, based on your overall symptoms and quality of life.

It is important to note that in the worse situation, untreated hypothyroid levels, can result in a myxedema Coma, a deadly complication that is rare, but one to consider. Thyroid disease is nothing to ignore. It is a real illness that has become one of the biggest threats to our health, and it is on the rise.

▶ WHAT DOES THE THYROID DO?

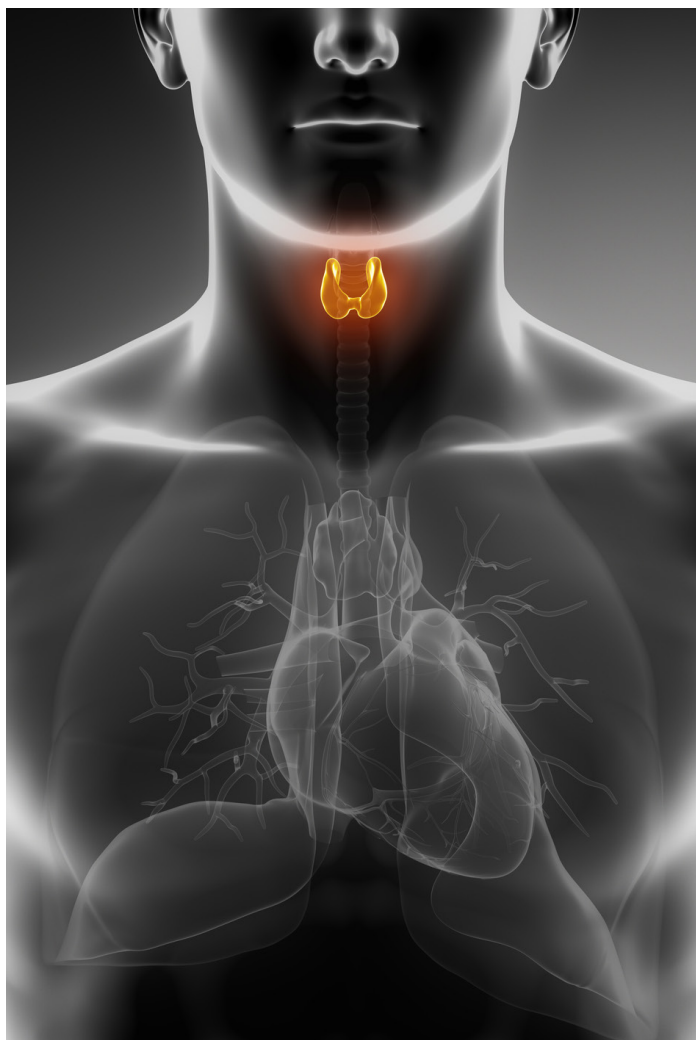
Understanding the role of the thyroid is very complex. However, with the right care, you can play a large part in the optimization of how your thyroid produces hormones, without having to go to medical school.

This will be done with tips on how to choose the right health care practitioner that works together as a team with you, and your diligence to a specific way of eating, exercising and living.

The thyroid gland produces thyroid hormones. These hormones control and regulate the metabolic rate, digestive system, muscle control, brain health, the heart and bone health as it relates to calcium absorption.

The release of hormones from the thyroid gland is thyrotropin-releasing hormone and comes from the hypothalamus in the brain, and thyroid stimulating hormone (TSH) that comes from the pituitary gland. ⁽¹⁾

The thyroid produces thyroxine and triiodothyronine. These are referred to as



the thyroid hormones. 80% of thyroxine is converted by organs such as the liver and kidneys, whereas 20% of triiodothyronine is made by the thyroid gland. ⁽¹⁾

The thyroid requires iodine to make these hormones. The diet is the only way to get iodine as the body does not produce it on its own. Iodine is an important nutrient to consider unless you have been diagnosed with an autoimmune disorder, then iodine supplementation is not advised. ⁽⁴⁾

▶ GETTING DIAGNOSED WITH THYROID DISEASE

There are tests that most conventional doctors will not administer unless asked, and some will flat out just refuse, saying that it is all in your head, and you need to “find a way to manage your stress!” (the last thing a woman wants to hear when she is asking for help and feels that her body and life have spun out of control!).

You have to take your health into your own hands when you walk into your doctor’s office and let them know you want to walk away with a plan, and you want to be part of your own body’s health care. Don’t be intimidated by medical professionals. If you find that they don’t want to include you in your plan, then find a new doctor that listens, cares, and wants to help you feel good for life! These are usually conventional doctors that are more “modern” and practice both conventional medicine in addition to holistic, or integrative and/or alternative medicine.

There are several tests that will let you (and your doctor) know if you are suffering from either low thyroid, too much thyroid hormone, or Hashimoto’s Autoimmune

Thyroiditis.

During your first visit, your doctor or healthcare practitioner should do a physical exam, looking for signs such as lumpiness in the gland by palpating the outside of the thyroid in your neck. They should check your heart rate, and possibly perform an electrocardiogram (ECG).

Additionally, your doctor will draw some blood for laboratory testing and should ask you about your family history, symptoms, and how long have you’ve been experiencing them. They may even ask you to take your temperature every day before you get out of bed for 30 days. Hypothyroid patients usually have a lower resting body temperature. These tests and questions will be a good beginning to your diagnosis, and of course your path to healing and feeling better.

The best care will come from someone that treats symptoms, AND lab findings. A doctor that says your numbers are in the “low range” but you are presenting many symptoms, should look into diet first, then possibly medication options. They should present and discuss them with you.

Don’t let a doctor say that “they did the test and your numbers are normal” when you have multiple symptoms. Become informed

and educated and get the best possible help you can, so that you can manage your thyroid symptoms and overcome the negative side effects associated with thyroid disease and disorders.

An inflamed or improperly functioning thyroid or endocrine system, is most likely a result of a combination of things, beginning with genetics, and/or diet and lifestyle choices. In order to get on the path to wellness, you should have some understanding of the basics so that you can be the biggest part of your health care.

Remember, If your doctor is unwilling to listen to you, or says that “all of your symptoms are normal” or “age related”...then find a doctor that cares and will listen. One that lets you be part of YOUR own body’s care, how it feels and how it looks, so that you can live a long and strong life, energized and happy...healthy and fit!

Instead of going from doctor to doctor, find someone reliable that has a good reputation for treating what YOU are feeling, and then proceed. Each body is different and there are many different ideas, and protocols for treating thyroid disease.

It is important to know, ranges of what is “normal” means, in the tests which your

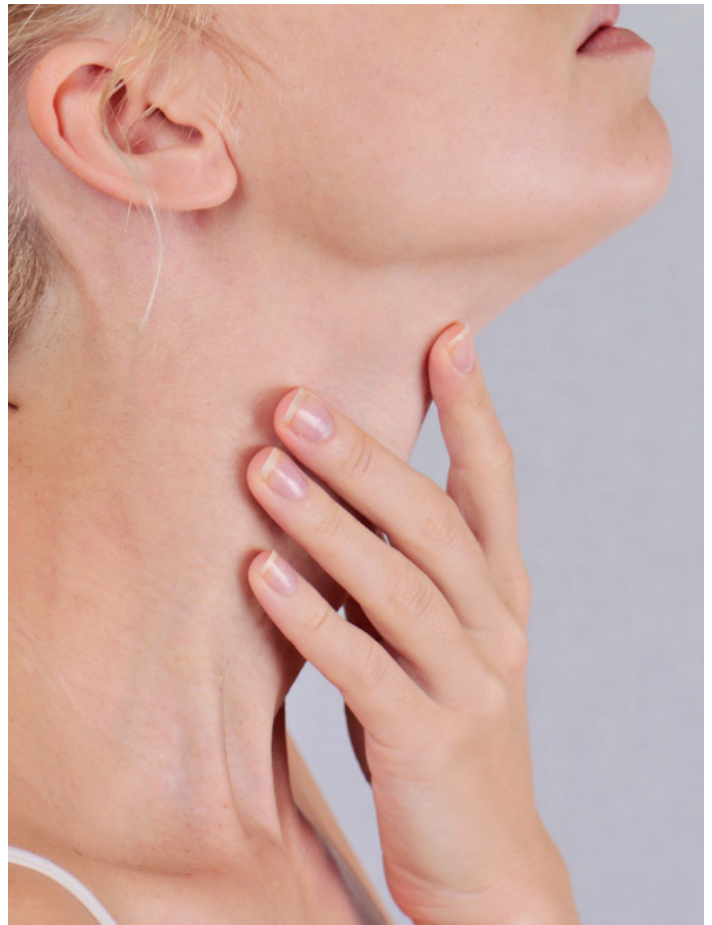


doctor is looking. It is also important to get all of your tests done by the same lab and to look with your health care practitioner at the results and see where you fall in the labs “normal” range. This is how you will monitor if whether medication or lifestyle changes, are working or not.

Save the lab results and notes from your appointments in a folder so that when you get blood drawn, you can compare the results of your last test with how you are currently feeling. This will help with how you progress and determine the course of action, and if medication is necessary. It will also help with deciding if medication dosages need to be changed.

▶ HOW TO FIND THE BEST MEDICAL CARE.

- Get a referral by word of mouth if possible, for thyroid health, or hormone health specialists. If you cannot find someone through a referral, look online for someone local that practices integrative health care and conventional medical care. These specialist are gaining more popularity, and they are the best option. Again, you want someone that works with you to heal your body.
- Start the appointment by being a concerned, but informed patient. You will get better care if you are not completely “in the dark” about your possible condition.
- Tell the person booking the appointment, that you might need extra time if you are a new patient or if you want time to discuss any new health issues.
- Cost is usually what keeps patients from seeking alternative care. Unfortunately a lot of alternative and holistic care specialists do not take insurance... and that is one of the reasons people sacrifice the



best care. Look for a qualified specialist who practices integrative care that also accepts insurance first. Just be sure to inquire before you book your appointment. Most places will tell you this in advance. A lot of alternative health care practitioners charge a hefty fee to book and then even more to cancel.

Ask if they can bill your insurance or if they have a payment plan.

If they are holistic in nature, ask if you can get blood tests done at a reputable lab and

bill those to your insurance company.

Try not to put a price on your health...your goal is that you want to feel your best.

- Come to an office visit with a list of symptoms, that is short and to the point. (don't just try to remember...that will waste time and you want to leave with actionable steps)
- Ask questions in relation to what the health care person is telling you. Ask them to explain it in "layperson terms" as you want to have at least a basic understanding of why they think you should do something, or take a certain medication.
- Make each appointment one that counts towards your health getting better, and one that you and your doctor or practitioner work together on.
- Take notes.
- Book a follow up appointment.

It is imperative that if you are diagnosed with a thyroid disorder, that you routinely get your blood work checked and discuss any new symptoms. Even with a stellar diet, lifestyle changes and medication, there are times

when medications need an adjustment.

It is advised by most thyroid advocates that blood tests be done approximately every 3-6 months, unless you have something that needs to be "reported" to your healthcare practitioner, if you are not feeling well, or you are experiencing worse symptoms.

The body takes time to adjust to a new lifestyle, diet, and/or medication. Sometimes you will feel worse for a while as your body reduces toxins and adjusts to your new habits or medications.

Be patient. If you remain diligent, I can assure you that some, if not most, of your symptoms can be alleviated with the right protocol.

Let your primary care doctor know (if they have not referred you) that you will be seeing someone else. You might even be lucky enough to find someone for all of your health care needs. That would ultimately be the best option as they will get to know you, and you them.

You want someone that you feel wants to help you. When you find this person, aside from your own actions, it can lead you to the path of wellness for life!

▶ THE TESTS

What tests will be the most beneficial, why and what do they mean.

The thyroid is so complex that there are many facets that have to be explored if you are suspecting thyroid disease. There are what some practitioners feel are the “gold standard” tests. While others feel that due to symptoms and patient history, a more extensive list of blood work is needed.

One of the largest controversies to date is the guidelines of what the “normal” thyroid functioning TSH reference numbers should be.

According to the current Medical Encyclopedia and the American Thyroid Association, Normal values range from 0.4 to 4.0. milli-international units per liter (mIU/L). However, some doctors are saying the normal reference range is up to 5.0.

Serum levels and ranges vary by age, and are supposed to reflect higher TSH levels in patients over 70. Pregnant women will have different ranges according to trimester, and should be checked accordingly.

Since TSH values can change during the day, it is best to have this test done early in the morning. It is also smart to always have follow up testing done at the same time of the day.

Now, I don't know about you, and I am not a medical doctor, but doesn't that “range” seem to be rather large and vague? Most thyroid advocates tell you to beware of professionals that only treat numbers, and find someone that treats disease.

The range of what your doctor deems normal, should be based on your body's symptoms, age, other determining factors, and whether they change or not when treated. Not just a number from the lab work without any attention to your symptoms. The lab numbers and range should be a guideline as to how you are treated.

Since the boom of thyroid disease in the last twenty years, and the suspected number of people walking around without treatment or diagnosis, the outcry is getting louder to change the reference numbers that have been used.

With the number of integrative, holistic, homeopathic, and naturopathic healers growing, there are more options to stellar health and wellness, than a trip to the M.D.

The argument seems to be a complex one for

some, and a cut and dry one for the medical community. This is where you must decide what is right for you, based on all of the factors in this guidebook.

The current argument with non-conventional medicine is this: normal does not always mean a number, but the way the patient feels, looks, presents, and how the systems work synergistically together. If the body is functioning well with a lower TSH number and everything else seems to be optimal, so be it. If a patient feels better with a slightly higher range to aim for, then that is that person's normal.

This is not necessarily the belief of the medical community. Although their thoughts seem to be changing slowly as people demand alternative methods besides medication, conventional doctors are still reluctant to change what they learned years ago.

In 2002, the guidelines for the TSH level range were changed by the National Academy of Clinical Biochemistry.

In each year that followed that study, more groups were monitored, and the ranges of "normal" were changed again. It seemed that when the population that was supposedly healthy was tested, they too showed signs of thyroid disease!

Unfortunately these new findings would

show that what was thought to be 5% of the population was now over 20% of the population. Then the studies ran into problems...

When scientists and doctors from the most prestigious teaching colleges and academy's could not agree on the normal TSH range, they went back to what they used two decades ago...and this is why there are so many opinions to date.

The problem that the current integrative caregivers are still baffled by is why are they ONLY treating numbers, not symptoms or people? That is why there is still so much controversy with the medical world and the alternative and holistic groups of healers to date.

This is why you must educate yourself and be vigilant in monitoring what you feel like, what your numbers are, and IF they change with lifestyle and/or medication. This is why you must find care in the hands of someone that lets you be a part of your own health and body, and it's healing and longevity.

Although the thyroid is a tiny and mysterious gland, with a large job... it is finally becoming easier to find someone that will test you with the full array of blood tests as the disease is becoming more "mainstream" and the public is insisting on better care.

Try to understand the basics so that you can walk

in as an educated patient that is able to discuss the course of your health care. It might seem overwhelming at first, but at least learn the basics.

Questions to ask your healthcare provider :

1. Is there a target number you'd like me to get to, or are my symptoms more important?
2. What do you consider the "normal" reference range to be, and is it the same for each patient?
3. Are all of the tests done in the same manner, from the same lab, and taken at the same time of day?
4. Will this "normal" fluctuate, and why?
5. What are the side effects of medication? Will I have to be on it for life, and are there other medications that will interact with it?
6. How long should it take for my symptoms to start to go away?

And the key question they should be concerned with if they are up to today's standard of thyroid care is:

7. What can I do besides take medication to make my thyroid health better?

Here is a detailed explanation of the tests your doctor may want.

1.) A TSH test measures the thyroid stimulating hormone.

This comes from the pituitary gland that tells the body if it needs more hormones or not. This is one of the most basic tests that can be determined by bloodwork.

This is the test that tells us how much T4 the pituitary gland is asking the thyroid to make. If your TSH levels are high or abnormally high, this means you have an underactive thyroid, known as hypothyroidism.

This is the hormone that stimulates thyroid function. This hormone is made and released by the pituitary gland. Your pituitary gland detects whether you have sufficient thyroid hormones to be used.

**When the pituitary gland senses that the levels are too low, it forces your thyroid to release MORE thyroid hormone.*

**When your TSH level is high it means that your thyroid is NOT producing enough thyroid hormone. That is where the term hypothyroid comes from.*

This test will also tell if your body is not producing enough thyroid hormone, due to the message being "blocked" by the

pituitary gland and the body slows down the production of this hormone.

This is the best place to start, however it is not the only test that needs to be done to get a proper diagnosis.

A lot of doctors will consider the TSH test to be the standard test to determine if you have an underactive thyroid. However, this test alone does not determine the entirety if your thyroid is performing correctly.

A slightly higher than normal range does not necessarily mean you have to take medication. You might be able to start feeling better with diet and lifestyle changes. However, if your numbers do not change within 3-6 months and your symptoms stay the same or get worse, medication is most likely necessary.

If you are suspecting that you have thyroid problems, be sure to get more than just the TSH test done. Most conventional, or “old school” medical doctors and endocrinologists, think that this test is enough. However, after years of taking into consideration the “complaints” of masses of people with undiagnosed thyroid disorders, it has been determined that the full range of tests be done, as the TSH test alone does not give you the entire story of how or if your thyroid is working properly. ^(9,10)

The severity or lessening of your symptoms should be the determining factor of whether you take medication, have your medication dose adjusted, or can make changes with diet alone.

Some thyroid advocates have written about complete remission of thyroid disease with extensive dietary and lifestyle changes that we will discuss later.

The entire picture of your health must be assessed. Not just the number in the blood test. Yes, blood work and numbers matter. However, be wary of someone that never asks if you are following a healthy thyroid diet, or what your emotional stress levels are.

**Cortisol is a hormone that is associated with stress, and with thyroid disease, comes a lot of stress. Try to find ways to minimize stressors or eliminate them.*

2.) A Free T3 Test measures triiodothyronine, or T3, the active thyroid hormone. Low levels of this hormone indicate hypothyroidism.

The amount of Free T3 in your system is directly related to your metabolic rate. This hormone is the one that could be responsible for you not being able to lose weight, or if you keep gaining it. When this number is not tested, the full scope of how the thyroid is working and what hormones it is producing cannot be assessed.

The T3 that doesn't bind to protein is called Free T3 and circulates unbound in the blood. These are the "messengers" that move through our bloodstream into our cells. The Free T3 test determines the amount of T3 that is attached to proteins and floating freely.

A lower than normal level can indicate thyroid disorder or even Hashimoto's.

T3 is the most active useable form of thyroid that is used in all of the cells in the body.

The conversion of T4 to T3 is the critical element in how the thyroid regulates the systems in the body. Make sure that your doctor tests your T3 levels in addition to all of the separate thyroid tests to get a proper diagnosis. (7,10)

A lot of doctors will only test for T4 and this is where a lot of women get frustrated. On T4 medication only, a lot of symptoms do not subside. Many women have found relief from getting on a compounded T4, and T3 medication or a prescribed conventional T4 and separate T3 medication.

When looking to the integrative community for answers, their findings for patients show a more favorable outcome, when taking a T4 and T3 combo for the most optimal results, physical and emotional. (5)

Many up to date thyroid experts and

advocates, and integrative health care specialists, believe that the patient will feel better, (and it has been reported by many patients) when the Free T3 levels are in the top half of the normal range and even higher. (7,8)

3.) A Free T4 Test measures thyroxine, or T4 that is in the bloodstream that can be converted to T3 in the tissue. T4 is responsible for growth and metabolism.

This is one of the most important diagnostic tests. Considering weight gain is one of the most common complaints along with fatigue. This test should be looked at as a crucial part of healing.

A T4 test is one of the tests in conjunction with the Free T4 test to see if your thyroid is working properly. There is a Total T4 test and a Free T4 Test. Both are needed to determine if you have low thyroid levels. (10)

Low thyroid levels are on the rise, and is this is now considered to be one of the contributing factors to the demise of overall health and wellness in many Americans. Especially women.

If your TSH level is abnormal, your doctor will most likely run a T4 Test. In order to get the full picture of your thyroid's performance, you should ask for a Total T4 test and a Free

T4 test. In addition to a Reverse T3 test. Low levels of T4 can indicate hypothyroidism, malabsorption, fasting, or illness.

4. Reverse T3 test.

Reverse T3 can “block” whether your body can effectively activate the proper energy pathways in your hormonal system. If you are producing excess amounts of reverse T3, you will end up slowing down the systems, contributing to a slower metabolic rate.

When we are stressed out, our bodies may revert to preservation mode and slow down the systems including the metabolic rate. This is why the reverse T3 test can help to determine what needs to be done to heal the thyroid system.

It is also important to discuss your current diet, exercise, and lifestyle, in addition to your symptoms, with your health care practitioner. This should also include your emotional feelings, mental health and stress related feelings.

If they are well versed and up to date on the most recent findings, they should be able to help you, and work with you. Only then will you be able to come up with a plan that makes a difference in your overall health and wellness and heal your body's systems, including thyroid and hormonal.

BLOOD TESTS TO DETERMINE THYROID DISORDER (10)

1. TSH
2. T3, Free T3 and reverse T3
3. Total T4 and Free T4

IMPORTANT ADDITIONAL TEST:

4. Thyroid Antibodies Test for Hashimoto's Autoimmune Thyroiditis.

This Thyroid antibody test is used to determine Hashimoto's Autoimmune Thyroiditis.

The Autoimmune Disorder known as Hashimoto's Autoimmune Thyroiditis, is when TPOAb, or thyroglobulin antibodies are present. An analysis of the anti-thyroperoxidase levels are necessary to determine if the disorder is present. If the Anti-TPO levels are elevated at all, a diagnosis is made.

Be advised that if you are seeking medical care from a conventional doctor, or endocrinologist, most of them refuse to test or believe that there is any significance to this test for antibodies.

(I found this personally to be true. And, as I took part in my healing, and the numbers of antibodies present in my blood lowered, I was feeling my best!)

If you are diagnosed with Hashimoto's, keep this in mind. As an integrative healthcare practitioner wants the antibodies to go down, a conventional doctor may say that this number does not matter. You will have to decide as you go through the journey to heal.

The production of these antibodies shows that the level of the thyroid is compromised. This is when the immune system attacks its own tissue and cells due to the presence of thyroid antibodies. This is the most common form of thyroiditis...or inflammation of the thyroid.

It has been stated by holistic care practitioners that as many as 80% of hypothyroid sufferers have an autoimmune disorder that is triggering most of the symptoms.

This is where your personal choices, diet and lifestyle changes, will come into play. You can make a difference, and any doctor that says these tests don't mean anything should not be part of your health care. Move to someone in healthcare with a more integrative approach.

KEY - The objective is to lessen the overall autoimmune response so that you calm the inflammation of the thyroid, along with the body's other critical systems. This is how you will restore your health and life, so that you feel great at any age.

If left untreated, the inflammation can get so problematic that a goiter can develop. This can be determined by palpating or *feeling* the neck around the thyroid gland. This can also be diagnosed during an ultrasound.

In the early stages of thyroiditis, the levels of T3 and T4 may be normal. If the levels fall, this can lead to Hashimoto's Autoimmune Disorder where the pituitary gland keeps producing more thyroid hormone and creating a higher TSH level.

A family history, combined with the thyroid antibody screening is necessary to determine the medical intervention plan.

Although there is no known cure for Hashimoto's Autoimmune Thyroiditis, it is very important that if you suspect any thyroid disorder based on your symptoms, that you seek treatment before your thyroid stops producing any of the necessary hormones.

Being diagnosed with a thyroid disorder, or Hashimoto's is manageable with proper medical care, dietary and lifestyle practices, as well as a healthcare practitioner that includes you in your plan.

BASIC THYROID TEST SUMMARY



A TSH test measures the thyroid stimulating hormone. This comes from the pituitary gland that tells the body if it needs more hormones or not.

A Free T3 Test measures triiodothyronine, or T3, the active thyroid hormone. Low levels of this hormone indicate hypothyroidism.

A Free T4 Test measures thyroxine, or T4 that is in the bloodstream that can be converted to T3 in the tissue. Low levels indicate hypothyroidism.

According to the American Thyroid Association, an estimated 20 million Americans have some form of thyroid disease...

And, up to 60 percent of those with thyroid disease are unaware of their condition.

Furthermore, women are eight times more likely than men to have thyroid problems.(11)

Diagnosing Thyroid Cancer

The main diagnostic procedure for suspected thyroid cancer is a fine-needle aspiration (FNA) of the thyroid nodule. In an FNA, a needle is inserted into various parts of the nodule, fluid and cells are removed, and these samples are then evaluated. Sometimes FNA tests are done with an ultrasound to help guide the needle into nodules that are too small to be felt. Between 60 percent and 80 percent of FNA tests show that the nodule is benign. Only about one in twenty FNA tests reveals cancer and frequently a surgical biopsy or thyroidectomy is needed to rule out or diagnose cancer.

▶ MEDICATIONS AND TREATMENT

CONVENTIONAL AND INTEGRATIVE

If you are diagnosed with a thyroid disorder, there are many options. Be sure to discuss all of the medications and side effects with your healthcare practitioner, as well as a nutrition plan to reduce the inflammation inside of your body.

Prescription medications are available in already made doses, or in compounded doses from a compounding pharmacy.

There are medications that can be made in a compounding pharmacy, and there are conventional medications such as Synthroid, Levoxyl, Levothroid, and Tirosint.

There are also naturally derived medications such as Nature Throid, and Armour Thyroid, that have been around for years.

The most commonly prescribed thyroid medication is still levothyroxine sodium, which is sold under the name of Synthroid and Levoxyl. This has been around since the 50's and is still used to treat hypothyroidism, and thyroid cancer.

A less commonly used medication is synthetic triiodothyronine, or T3, known generically as liothyronine and sold under the brand name Cytomel. In recent years physicians

have begun to prescribe T3 in addition to T4 as patients and thyroid advocates state that patient response and results are more favorable with both.

Before synthetic forms of thyroid hormone became available in the 1950s, desiccated porcine thyroid hormone was used to treat patients with the hypothyroid disease.

This medication is prepared from pig thyroid glands and is very popular today among holistically oriented physicians, and integrative practitioners that believe that it resolves symptoms better than synthetic hormones.

Available by prescription, brand names include Nature-Throid, Westhroid-P, and Armour Thyroid.

Most thyroid experts and advocates urge women to discuss a “combo” of a T4 and T3 blend that regulates the production of thyroid hormone and how the thyroid converts these hormones.

These medications, in addition to managing stress, dietary, and exercise changes, are how you can get to the root of your thyroid issues and possibly put your disease into remission.

Remember that even if you find the best health care, and are diligent with your changes...the body takes time to change and adapt. Even if you have to take medication, keep a positive outlook and remain diligent to your diet and lifestyle changes. YOU can make and feel changes that can change your body, your life and the future of your health with daily practices that will, and can make a huge impact.

****IMPORTANT MESSAGE ABOUT HOW TO TAKE THYROID MEDICATION.**

Taking thyroid hormone on an empty stomach and waiting at least one hour before eating has a significant effect on absorption.

Don't drink your morning coffee until at least one hour has passed. It is critical to stick to this rule to realize the full benefit of your dosage.

It will be up to your health care practitioner, your lab results, your symptoms, and what type of medical practitioner that you are seeing as to what form of medication you will take if deemed necessary.

Weigh out the pros and cons. Ask about side effects, and what to look for when taking medication. Be knowledgeable of why your doctor is prescribing a certain medication and ask if there are other options. Some insurance companies only pay for conventional prescriptions, others have clauses that may work in your favor.

Please note that the most comprehensive treatment of thyroid disease as noted by thyroid advocates is not just medication, but an overhaul of your diet and lifestyle habits, in addition to determining if there is a need for meds.

Holistic healers and nutritionists continue to show stellar changes in symptoms and outcomes when treated with dietary changes in hypothyroid patients. While conventional medical intervention is oftentimes necessary, it is not the means to an end with thyroid

disease. You have options. Make the decision that makes the most sense based on your history, symptoms, age, heredity, lab and blood work, and recommendations from whom you are seeking healthcare from.

The next chapters and downloads will guide you towards a healthy thyroid friendly diet. This could ultimately bridge the gap between only medicine, or lifestyle choices and less medical intervention as you heal your body and get to the origin of your thyroid disease or chronic illness.

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