

LOW THYROID FUNCTION

Hidden Hypothyroidism

Hyperthyroidism is a medical emergency and is not covered in the questionnaire. In hyperthyroidism, the body is producing too much thyroid hormone. Symptoms include jitteriness, increased basal temperature, enlarged thyroid, weight loss (even when eating and appetite remain normal), rapid heartbeat, tremor, sweating, more frequent bowel movements, difficulty sleeping, thinning skin, fine/brittle hair and bulging eyes. The eyes may become dry, red, swollen, water excessively, and may be bothered by strong light.

Hypothyroidism: According to research appearing in the Archives of Internal Medicine (2000;160:526-534.), 13 million Americans may have thyroid disease and not know it. Even if thyroid blood tests are normal, hypothyroidism may still be present. There are many patients who are tired, depressed or cannot seem to lose weight. These symptoms may be caused by hypothyroidism.

The thyroid is the body's thermostat. It regulates how fast we burn calories to produce energy. People with hypothyroidism tend to have low energy because their metabolism slows down. It is a problem that is commonly missed by doctors.

Thyroid testing totally inadequate, according to the British Medical Journal: The common test doctors use for thyroid problems is called TSH. TSH is a pituitary hormone that stimulates the thyroid gland—levels are used to screen for thyroid problems. The British Medical Journal [BMJ]

In 2015 the New York State attorney general's office accused four major retailers of selling fraudulent herbal supplements. Most products (80%) from GNC, Target, Walgreens and Wal-Mart did not contain ANY of the herbs listed on their labels. We have looked into the quality of supplements and can help you avoid fraud and find quality products.

2000;320:1332-1334 (13 May)] published research where the authors concluded that the research is lacking that shows us the relative importance of the TSH lab test. TSH production is affected by the level of thyroid hormone, but it is also affected by other things. We don't fully understand how various illnesses affect TSH and the thyroid hormones. There is also a need to consider the possibilities of false positive and false negative results when looking at lab tests related to the thyroid. There are patients who have been told that their thyroids are "normal",

IF YOU SIMPLY FOLLOW THE ROADMAP TO HEALTH DIET FOR 30 DAYS, YOU WILL NOTICE AN IMPROVEMENT IN YOUR SCORE WHEN YOU RETAKE THE SYMPTOM QUIZ. CONTACT OUR OFFICE FOR A COPY.

but in reality, may be hypothyroid because the only thing tested was their TSH.

Hypothyroid diagnosis requires more than just lab tests: Dr. Broda Barnes was critical of the lab work available to diagnose hypothyroidism. Dr. Barnes felt that the basal body temperature should be between 97.8 and 98.2 degrees (when taken in the armpit). If a patient has a low basal body temperature and hypothyroid symptoms, that is justification to treat the thyroid, according to Dr. Barnes. The problem is that many things can cause a low temperature. Using basal body temperature is also unsatisfactory, but it can be combined with other methods and help to make the diagnosis.

There are now ways to combine lab information and body temperature with symptoms to come up with a diagnosis—and a safe and reasonable treatment. Often, drug therapy is not needed, especially in these subtle cases. Nutritional therapy has great potential to get good results without side-effects or risk.

Possible Signs and Symptoms: Below are some of the symptoms of hypothyroidism. All of the symptoms need not be present for the patient to have hypothyroidism.

- Low body temperature and feeling cold even when others do not.
- Fatigue.
- Lack of motivation
- Poor memory
- Loss of interest in sex
- Dry, itchy or scaly skin
- High cholesterol
- Muscle cramps at rest
- Constipation
- Cysts and fibroids
- Sadness or crying for no reason (This can include women who have this symptom or

experience mood swings at certain times during their menstrual cycle)

- Inability to lose weight
- Puffiness under the eyes
- Ankle swelling
- Depression
- Frequent colds

Hypothyroidism can cause serious health problems: Hypothyroidism can cause high cholesterol and heart disease. Research appearing in the *Annals of Internal Medicine* (2000; 132(4):270-8) shows that subclinical hypothyroidism and thyroid autoimmunity can also increase the risk of heart disease.

An article in *Environmental Health Perspective* (June 2000;108(Suppl 3):433-438) reviewed the importance of the thyroid for brain function and the effect environmental chemicals have on both the thyroid and the nervous system. Proper thyroid function is especially important for brain development in the fetus and during the first two months after birth.

Research appearing in the *American Journal of Psychiatry* (March 1993;150:3:508-510) suggests that the thyroid may be involved with some cases of depression. It was a small study that looked at 16 patients with subclinical hypothyroidism and 15 with normal thyroid function. The frequency of depression over the course of a lifetime was higher in the group with subclinical hypothyroidism.

Expectant mothers should have their thyroids checked: Hypothyroidism can be responsible for miscarriages. If an expectant mother has hypothyroidism and doesn't miscarry, her baby will have a lower IQ than if her thyroid was normal [According to a study published in the *New England Journal of Medicine* (1999;341:549-555, 601-602),].

According to a study published in the New England Journal of Medicine (1999;341:549-555, 601-602), if a woman is pregnant and has hypothyroidism, the IQ of the child may be adversely affected. Women with untreated thyroid deficiency during pregnancy are 4 times more likely to have children with lower IQ scores. 19% of the children whose mothers had undiagnosed hypothyroidism during pregnancy averaged 85 or less on their IQ tests. Children who have an IQ of less than 85 are more likely to have difficulties in school. Children between the ages of seven and nine, with mothers who had untreated hypothyroidism, scored an average of seven points lower on IQ tests than children with mothers that had normal thyroid function. The article goes on to say that during the first 12 weeks of pregnancy the fetus relies entirely on the mother for thyroid hormone. The thyroid may play a role in brain development.

Research appearing in the Journal of Pediatrics (epublished ahead of print April 12, 2011) looked at the relationship between maternal thyroid function, iodine levels, and child development. The level of free thyroxine in the mothers of the children in the study was measured during the first trimester of pregnancy. The 86 children involved in the study were evaluated using the Bayley Scale of Infant Development at 12, 18, and 24 months of age.

Researchers found that there was a relationship between the mothers' free thyroxine levels and the children's psychomotor development at ages 18 months and 24 months. The children of mothers in

the bottom 25th percentile of free thyroxine levels tended to be more developmentally delayed than the children of mothers with higher thyroxine levels. The authors of the study saw these findings as showing a need for iodine supplementation before conception and during pregnancy and lactation.

Addressing low thyroid function can prevent heart disease, miscarriages, and improve the IQ of the newborn.

Taking thyroid hormone and still having symptoms? Some patients who have been on Synthroid may still have symptoms of hypothyroidism. These people usually have trouble converting T4 to T3 (T3 being the more active thyroid hormone). The doctor monitoring the levels will usually rely on blood tests. Often the blood tests are normal, but the patient is still having problems. Supplements, like B₁₂, selenium and other nutrients can improve thyroid function in people taking Synthroid. Call for a consultation and we can explore this issue.

Hypothyroidism is a complex issue. Diet, lifestyle, and nutritional support can often yield satisfying results. Iodine deficiency is common in the US, but there are many other nutrients important for good thyroid function. The thyroid is vulnerable to chemical exposure, so you should avoid additives and processed foods. Feel free to contact our office for a consultation.

CONTACT US FOR A CONSULTATION