



Thyroid

ADAM.

Some pearls regarding thyroid disease.

Thyroid disease is common. It is estimated that there are over 11 million cases, many of whom do not know they have the condition. Low thyroid states (hypothyroidism) are 10 times more common than hyperthyroid states. There are many causes of hypothyroidism but the most common form in the US is Hashimoto's disease. This chronic autoimmune disorder accounts for about half of all cases.

Symptoms of hyperthyroidism include:

- **Heat intolerance**
- **Bulging eyes**
- **Tremor**
- **Weight loss**
- **Nervousness**
- **Heart palpitations**
- **Enlarged thyroid**

Symptoms of hypothyroidism include:

- **Low body temperature**

- **Weight gain**
- **Fatigue**
- **Depression**
- **Dry hair and skin**
- **Hair loss**

Testing

1. **Find out your thyroid test results from your doctor's office.**
2. **If you can, get a hard copy printout for your own review and home medical files.**
3. **If "normal" or "reference" ranges are not indicated on the lab results, ask your doctor's office to tell you what these ranges are.**
4. **Note the level of your Thyroid Stimulating Hormone (TSH). At most labs in the U.S., up until late 2002, the normal range is from around 0.5 to 5.5. That range changed to .3 to 3 as of early 2003. Weeden, a British endocrinologist believes that levels above 2 are abnormal.**
5. **If the TSH level is below normal, your doctor may determine that you are hyperthyroid (overactive thyroid.)**
6. **If the TSH level is above normal, your doctor may determine that you are hypothyroid (underactive thyroid.) Unfortunately this may not be a good test for patients with Wilson's syndrome or pituitary deficiency syndromes. Pituitary deficiency is said to occur in one out of 10 hypothyroid cases. It is estimated that there are about one out of 10 people with thyroid disease to start with, many of which don't know it.**
7. **If your doctor ran a test called Total T4 or Total Thyroxine, normal range is approximately 4.5 to 12.5. If you had a low reading, and a high TSH, your doctor might consider that indicative of hypothyroidism.**
8. **If your doctor ran a test called Total T4 or Total Thyroxine, normal range is approximately 4.5 to 12.5. If you had a low reading, and a low TSH, your doctor might look into a pituitary problem.**
9. **If your doctor ran a test called Free T4, or Free Thyroxine, normal range is approximately 0.7 to 2.0. If your result was less than 0.7, your doctor might consider that indicative of hypothyroidism.**
10. **If your doctor ran a test called Total T3, normal range is approximately 80 to 220. If your result was less than 80, your doctor might consider that indicative of hypothyroidism.**

11. If your doctor ran a test called Free T3, normal range is approximately 2.3 to 4.2. If your result was less than 2.3, your doctor might consider that indicative of hypothyroidism. The new normals were changed to 1.5 to 4.2 but I consider most (but not all) patients less than 2.3 to have hypothyroidism either primary or secondary.
12. If your test results come back "normal" but you have many of the symptoms or risk factors for thyroid disease, make sure you ask for thyroid antibodies test. Some doctors believe in treating thyroid symptoms in the presence of elevated antibodies and normal TSH levels.

If your test results come back "normal" but you have many of the symptoms or risk factors for thyroid disease, consider going to a reputable holistic M.D. or alternative physician for further interpretation and diagnosis.

Alternative Medicine testing

Another way to study the thyroid function is with energy medicine techniques. These methods have less proven scientific validity utilizing controlled trials primary because of funding and lack of a sponsoring pharmaceutical company with a vested interest. However from a practical and personal experience these methods can estimate if you have a deficiency of thyroxine production, if the hypothalamus or pituitary gland is responsible and if iodine deficiency plays a role in your measurement or there is a defect in the triple warmer meridian that correlates with this gland. Note that ideally these tests should not be relied on alone but correlated with the clinical picture, temperature and blood testing. In our office we do not run ordinary blood tests for thyroid because they are often misleading. The ordinary T3 uptake, T4 and total T7 are distorted by chronic illness, estrogen, Synthroid, and literally anything that influences the proteins that carry the thyroxine (T4).

Treatment

Treatment depends on the type of process causing your condition. Sometimes it is better to measure antibodies against portions of your thyroid gland. These levels of proteins termed autoantibodies are literally a process of the body attacking the thyroid. Simple methods such as coconut oil, health store thyroid, kelp or other iodine sources may cover up energy testing methods but must be double checked with laboratory tests and clinical results that are not short term placebo effects and truly influence the thyroid tests properly. I have seen nothing in the health store or drug store that will eliminate the autoimmune process. Thus thyroid replacement is recommended.

Among natural doctors who have the capability of utilizing prescriptions and do not have a vested interest in any product, most prefer a natural thyroid product instead of Synthroid, levothyroid, levoxyl or a similar compound. Sometimes these are compounded. If iodine deficiency is responsible, it is not required to treat with medication. Iodine replacement is available from natural sources. At times, in milder cases, one can be treated holistically with detoxification, eliminating certain cruciferous plants and soy products, balancing all the endocrine system in a natural way and eliminating burdens on the immune and neuroendocrine system such as poisons, metals, infections. Hyperthyroidism

(High thyroid function) is harder to treat by natural methods than hypothyroidism (low thyroid) With this disorder surgery may be indicated if Plummer's disease is found with toxic nodules or radioactive iodine therapy with Grave's disease. Conventional medical treatment has its place with thyroid disease.

If you have any questions regarding the thyroid gland or it's illnesses, call my office at 817-268-1757.

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