

# Baritz Wellness Center, P.C.

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## Thyroid – Hypothyroid

10/18/10, 10/21/10

Hypothyroidism is an ailment characterized by underactivity of the thyroid gland resulting in insufficient production of thyroid hormones. Fatigue, depression and weakness are often the first symptoms to appear, others include:

Unexplained weight gain	Rough, dry skin	Memory lapses
Cold intolerance	Dry, course, brittle hair	Joint stiffness, pain or tenderness
Poor circulation, edema	Hair loss	Constipation
Loss of libido	Lateral part of eyebrow loss	Shortness of breath
Infertility, miscarriages	Nails brittle w/transverse grooves	Abdominal distention
Premature deliveries	Difficulty concentrating	Behavior changes

### Treatment considerations

- Improve nutrition support to ensure optimal production of thyroid hormones.
- Increase intake of vegetables and lean meats.
- Reduce bread, pasta, potatoes and rice.
- Avoid thyroid suppressing foods: flax, walnuts, soy and uncooked cruciferous vegetables (arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, mustard, radish, turnip, wasabi, watercress).
- Nutritional support for 12 months may be needed to see if a positive response can be achieved.
- Those taking thyroid medication may need liver support, because the liver is constantly processing this medication

### Whole Food Supplements<sup>1</sup>

- **Thyrotrophin PMG** 3/day  
Contains the patented “protomorphoten” extract which promotes healthy cellular division, function and growth
- **Trace Minerals B12** 3/day  
Trace minerals for proper endocrine system function and vitamin B-12 for red blood cell formation.
- **Cataplex F tabs** 3/day  
Source of unsaturated fatty acids and iodine; fatty acids are needed to ensure optimal delivery of iodine to the thyroid gland. Iodine is necessary for the conversion of T4 to T3.

### Herbal support<sup>2</sup>

- **Thyroid Complex** tablets 3/day liquid 15ml/day  
Herbal support for hypothyroid symptoms as noted above. Tablets are more convenient but the liquid is more bio-active and faster acting.

***To have a custom program created for you or for a free consult call 508 583-2565***

1. Standard Process Products for more info: [www.standardprocess.com/display/sponlinecatalog.spi](http://www.standardprocess.com/display/sponlinecatalog.spi)

2. MediHerb products for more info: [www.standardprocess.com/display/mhonlinecatalog.spi](http://www.standardprocess.com/display/mhonlinecatalog.spi). Do not take these herbs if you are pregnant or lactating or have hyperthyroidism; may aggravate GERD, if so we can reformulate to prevent aggravation.

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