

# Baritz Wellness Center, PC

450 Pleasant Street, Brockton, MA 02301 • 508 583-2565 • www.baritzwellness.com

## Thyroid – The Diesel

10/19/10, 01/19/11

The thyroid, a small gland in the front of the throat, is a vital foundation to the hormonal control system of the body, while also providing the primary control of metabolism. Thyroid hormones promote vitamin utilization, energy, digestion, muscle and nerve activity, blood flow, reproduction, and sexuality. In this stressful world there are many tendencies for thyroid imbalance. Thyroid disease affects women eight times more than men due to the tendency for estrogen to suppress thyroid activity and in turn thyroid depression skews estrogen balance by reducing the liver clearance of conjugated hormones. Estimates are that 13 million Americans suffer from thyroid disorder, but only half are aware of this condition.

Certain foods in the cabbage/broccoli family of vegetables, flax seeds (not oil), soy and walnuts can interfere with thyroid function. Some drugs impair the breakdown of thyroid hormone, creating mood alteration. It is known that antidepressants depress the pituitary and thyroid activity.

### Testing

Early morning temperature studies have been very useful in determining thyroid status. Dr. Broda Barnes discovered that a first morning basal temperature of less than 97.6 degrees suggests reduced thyroid activity. Laboratory blood testing can also be very revealing. The iodine patch test can reveal subtle and severe iodine deficiencies that may contribute to thyroid irregularity.

### Common Symptoms of Hypothyroid

Unexplained weight gain, cold intolerance, elevated cholesterol, low libido, menstrual irregularities, miscarriages, premature deliveries, stillborns, rough-dry skin, dry-course-brittle hair, hair loss, brittle nails, fatigue, depression, difficulty concentrating, memory lapses, joint pain & stiffness, constipation, abdominal distention.

### Common Symptoms of Hyperthyroid

Anxious, restless, tendency to emotional upsets, irritable tremors, hot flashes, insomnia, mentally quick, alert, racing heart, breathlessness, sensitive to unexpected noise, strong light irritates.

### Treatment Considerations

1. Nutritional support to ensure optimal production of thyroid hormone.
2. Nutritional support for 12 months may be needed to see if a positive result can be achieved.
3. If no improvement is seen after a few months and the patient is still not feeling well then consultation with a medical doctor should be considered along with nutritional support.
4. For those taking thyroid medications; it may be difficult to restore thyroid function due to glandular atrophy.
5. With proper support the thyroid is designed to work steadily and reliability, like a diesel, for your entire life.

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

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