

THYROID CONDITIONS:
**ROOT CAUSES AND
NATURAL SOLUTIONS**



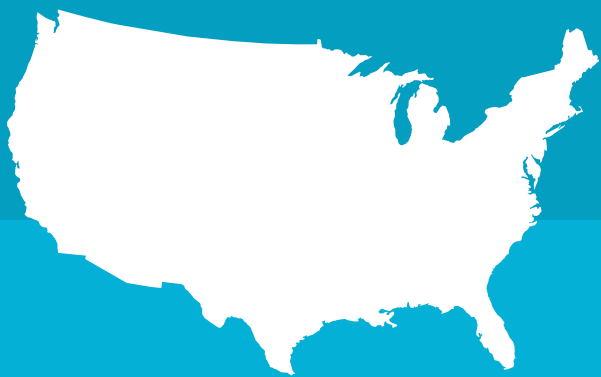
FLORIDA
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Thyroid conditions are hugely common, but also often missed.

Number of people with some sort of thyroid condition:

US: 20 million

Worldwide: 200 million



However, about 60% of those thyroid disorders remain undiagnosed. This is because the symptoms of common thyroid conditions are usually not intuitive. Instead, symptoms will manifest themselves over a wide range of organs and systems in the body. Could you be suffering from a thyroid condition?

Read on to learn about common conditions and how they present themselves.

WHAT ARE THYROID CONDITIONS?

The thyroid gland is a small, butterfly-shaped gland in the lower front of your throat. This gland produces hormones that are responsible for regulating a range of metabolic functions. In some cases, the thyroid gland does not produce enough of these hormones. In others, it produces too much, sending systems into overdrive. Thyroid conditions are more common in women than in men; women are seven times as likely as men to develop thyroid conditions. Thyroid conditions also get more common as people age.





UNDERSTANDING THYROID CONDITIONS

Thyroid conditions, in general, fall into two general groups: hypothyroid and hyperthyroid. There are a number of types of thyroid conditions that can lead to a wide range of symptoms.

TYPES OF THYROID CONDITIONS

The four general types of thyroid conditions that we see include:

- **Hyperthyroidism.** This condition, most commonly caused by Graves' Disease, leads the thyroid gland to produce too much thyroid hormone.
- **Hypothyroidism.** Hypothyroidism is most often caused by Hashimoto's Disease, which inhibits thyroid function.
- **Thyroid nodules.** These growths can be either solid or fluid filled. They are often associated with overstimulation of the thyroid gland, leading to hyperthyroidism.
- **Goiters.** When the thyroid gland is enlarged, it is known as a goiter. In some cases, there are no symptoms associated with goiters. In others, you may feel the enlargement as a lump in your throat that causes uncomfortable pressure.
- **Thyroid cancer.** There are a number of types of thyroid cancer. Most thyroid cancers are well-contained and easily treatable.

CAUSES OF THYROID CONDITIONS

In many parts of the world, the most common causes of thyroid conditions are nutritional deficiencies where a lack of iodine in the diet causes hyperthyroidism. This, however, is rare in the U.S.

Here, the majority of thyroid conditions are autoimmune in nature. Graves' disease occurs when the body attacks the thyroid gland. The gland overcompensates as if the entire body is under attack and makes excess thyroid hormone. Hashimoto's disease, another autoimmune disorder, suppresses thyroid function.

Those who are treated for Graves' disease will have permanent hypothyroidism after. This is because treatment for Graves' disease typically involves destroying or removing the thyroid gland. Rebalancing of hormones afterward is essential.

For reasons that are not fully understood, autoimmune disorders tend to "cluster." If you suffer from one autoimmune disorder, you have a higher chance of developing other ones in the future. It is not uncommon for someone who has been treated for Graves' disease, for instance, to develop Lupus, rheumatoid arthritis or psoriasis later.



SYMPTOMS OF THYROID CONDITIONS

Some thyroid conditions cause your body to release too many thyroid hormones. Others inhibit thyroid function so that you do not have enough. Each type of thyroid condition has a different list of symptoms. However, you may find a great deal of overlap between conditions.

Hypothyroid symptoms include:

- low blood pressure and low heart rate.
- decreased body temperature or hypersensitivity to cold.
- joint and muscle pain.
- dry skin.
- muscle spasms.
- fatigue.
- weight gain.
- hair loss.
- puffy face or swollen eyelids.
- constipation.
- memory issues.
- poor concentration or “brain fog.”
- depression.

Hyperthyroid symptoms include:

- anxiety or panic attacks.
- irritability.
- muscle weakness.
- difficulty sleeping.
- excessive sweating.
- hand tremors.
- goiters or thyroid nodules.
- weight loss.
- heart palpitations.
- bulging eyes.

Both conditions can cause changes in your hair that include hair loss or thin, brittle hair. Many people will experience depression and fatigue with both hypothyroid and hyperthyroid disorders.



DIAGNOSING THYROID CONDITIONS

The most reliable way to diagnose thyroid disorders is through blood tests that measure a range of thyroid hormones that include TSH, T4, FT4, T3, FT3 and RT3. During a normal physical, your general practitioner may just order TSH levels measured. However, these levels may look normal even if you are having thyroid problems. This is why it is important to read all thyroid hormone levels. FT3, FT4, T3 and T4 levels are all positively correlated; high levels indicate high thyroid function, low levels indicate low function. TSH and RT3 are inverted. A low TSH number, for instance, indicates hyperthyroidism, while a high one indicates hypothyroid. Is your thyroid condition autoimmune?

In many cases, thyroid issues can be traced back to autoimmune disorders. This can be true in cases that involve both hypothyroidism and hyperthyroidism. In some cases, individuals can initially suffer from autoimmune hyperthyroid disorders but develop hypothyroid later on. If you have already been diagnosed with one autoimmune disorder, your chances of developing other ones increases.

INTEGRATIVE TREATMENT OF THYROID CONDITIONS

Not all thyroid conditions are the same. While some thyroid issues require immediate medical treatment to correct acute issues, others are better handled through an integrated approach. We approach the patient as a whole entity and work to balance their hormone levels.

DISCOVERING THE ROOT CAUSE

Finding the root cause behind a thyroid disorder can help us develop a treatment path that works for you to provide lasting relief and reduce your chances of a recurrence. In some cases, stress, diet or toxin exposure can contribute to thyroid issues. We work with you to identify potential triggers and eliminate them.

BALANCING HORMONES

During treatment, it is necessary to first ensure that you have the right amount of thyroid hormone in your system. Thyroid hormone replacement may be necessary for those suffering from hypothyroid. In cases of Graves' disease, it may be necessary to suppress the thyroid gland to keep it from releasing dangerous amounts of thyroid hormone.

HEALING THE GUT

Leaky gut syndrome can lead to nutritional imbalances. If these imbalances are present, they can inhibit proper thyroid function. We work with you to find potential issues and correct them.

DIET CHANGE AND TOXIN ELIMINATION

Dietary deficiencies in vitamins A, E or B2 and minerals that include iodine, selenium and iron can interfere with proper thyroid function. Exposure to toxins that include alcohol, tobacco, mercury and others may also cause issues. We'll identify possible triggers and help you find better options.



STRESS MANAGEMENT

Stress and thyroid dysfunction can cause a feedback loop: your body's improper production of thyroid hormone can elevate your stress levels. However, high stress levels can also interfere with thyroid function, exacerbating existing thyroid conditions.

We work with our patients to help them find natural ways to manage stress. This can include eliminating unnecessary stress, working on stress management techniques and finding ways to find balance throughout your life.

BENEFIT OF INTEGRATIVE MEDICINE TREATMENT VS CONVENTIONAL TREATMENT

Conventional medicine often relies solely on a medical approach. Doctors may look at thyroid hormone numbers in isolation without considering other symptoms or indicators of potential thyroid issues.

We work with you to understand fully what is going on with your body. In addition to looking thoroughly at your thyroid hormone numbers on a regular basis, we will go over symptoms that can be related to thyroid issues. We'll work with you to identify your unique triggers. By finding root causes, we can help improve your symptoms now and help eliminate the possibility of future thyroid problems.

NEXT STEPS

The hormones released by our thyroid glands are instrumental in a wide range of seemingly unrelated body functions. Imbalances in either direction can leave us with symptoms that affect everything from our energy levels to our weight to our stress levels.

Seeking a healthy level of thyroid hormone can allow you to get your body back in balance and feel like yourself again. If you have experienced symptoms that you can't quite explain, a closer look at your thyroid hormone levels may help you get a clearer picture. We focus on finding answers so that you can get back to full health.

Get in touch today for a consultation.

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