



PROTOCOL FOR THYROID DEFICIENCY

Thyroid dysfunction can be either hyper (over-active) or hypo (under-active). Symptoms of an over-active thyroid may be weight loss, sleeplessness, anxiety, hair loss or dryness, and loss of menstruation. Symptoms of an under-active thyroid can be weight gain with difficulty losing it, thinning hair, fatigue, insomnia or irregular menstruation.

There are four techniques to test if the Thyroid is deficient. The most common is a blood test, which usually tests only T1, T2, and T3. To be more accurate this test should include T4 and TSH levels to see if the message to stimulate the Thyroid Gland is coming from the Pituitary Gland. This is helpful in finding the right supplement for the individual. The second option in screening the thyroid is a saliva panel, which can test T1 - T4, but is limited in that it cannot test TSH levels. The third is Thermography, which uses an infrared camera to look at the four quadrants of the Thyroid gland. It sees an under active or degenerative condition of this organ as hypothermic or cold and hypothermic (or hot) conditions as over-active or inflammatory and is better used for someone who has been on thyroid hormones for a while and wants an evaluation of the organ itself. The fourth option for testing the Thyroid gland is something that you can do at home. All that is required is a thermometer. This form of testing is called basal metabolic testing and requires taking the temperature under the arm first thing in the morning BEFORE any activity or getting out of bed.

INSTRUCTION ON BASAL METABOLIC TESTING: Shake the thermometer down the night before so that there you have a limited amount of activity before taking your temperature. Place the thermometer under the armpit first thing in the morning before rising. Document the results for one to two weeks at least. If the temperature is below 97% then nutritional support is appropriate. This test is not as clinically accurate if you need to know, for example, just how much T3 or T4 is needed for an individual. But it is a good place to start if you want to monitor your thyroid to see where it stands and if a nutritional supplement is improving its function.

Thyroid Support: Provide the proper nutrition, such as sea kelp with natural iodine and minerals. Avoid anything that can suppress thyroid function such as X-rays (dental specifically) and eating cabbage or soy products. Use a natural thyroid support such as support for both the pituitary and thyroid function with organic glandulars. The natural thyroid support, have the amino acid L-Tyrosine, needed to convert T4 to T3, and sea kelp as a natural iodine/mineral supplement.

Severe deficiency may require more than a month to see results but some improvement should be noticed within a few weeks. If the basal test or symptoms are not showing improvement, 'Armor' a natural thyroid is suggested before using synthetic medication such as 'Synthroid' as supplementation. A blood or saliva test might be helpful in deciding what product is right for you. It is always important to support the adrenal glands as thyroid deficiencies can come from long-term adrenal exhaustion.