

Thyroid Solutions

It is amazing to think that so many people are walking around with thyroid disorders that are undiagnosed. This tiny endocrine gland which is located just below the Adam's Apple is the generator of hormones and chemical messengers that coordinate and control some of the most important of body processes such as metabolism, sleep cycles, perspiration, respiration, reproduction, digestion, cardiac rhythm, muscle activity and menstruation. The thyroid has also been dubbed the "gland of emotions" since it has direct influence on cognitive states, energy levels, memory, depression and anxiety. The problem begins when the thyroid gland either produces too much or too little thyroid hormones, throwing the body and mind into total disarray.

When the thyroid is overactive and produces too many hormones, it is called hyperthyroidism. There are many causes of hyperthyroidism including pregnancy, tumors, medications, poor diet, genetics and an autoimmune disorder termed Graves Disease. Signs and symptoms of an overactive thyroid include weight loss, jitteriness, tremors, increased sweating, a constant feeling of being hot, insomnia, increased frequency of bowel movements, PMS, increased menstrual flow, heart palpitations, goiter and protruding eyeballs. Mental and emotional changes such as depression, waves of anger, hostility, panic attacks and lethargy are also common in the case of an overactive gland.

Hypothyroidism is caused by an underproduction of thyroid hormone and is one of the most common medical conditions that effect mankind. I should really say womankind since all types of thyroid disorders are much more prevalent in the female gender than in males. Causes of this type of malfunction include poor development of the thyroid gland, drug interactions, aging, disorders of the hypothalamus or pituitary gland, menopause, type O blood type, and most commonly the autoimmune disorder called Hashimoto's Thyroiditis. Signs and symptoms of an underactive thyroid include weight gain, fatigue, inability to tolerate cold, painful menstruation, fertility problems, muscle cramps, slow heartbeat, constipation, dry and scaly skin, hair loss (including the outer 1/3 of the eyebrows), milky discharge from the breasts, PMS, goiter and swollen, droopy eyes. Emotional effects include depression, sluggishness, sleepiness, forgetfulness, loss of sex drive, slowing of thought and speech, irritability, and manic behavior.

Long term thyroid dysfunction can be a serious condition, and can lead to heart attack, respiratory distress, intestinal obstruction, dementia, brain damage and even death. As you can see, this little organ has varied and far-reaching effects on your health and well being. The most important aspect of treating thyroid dysfunction is identifying it. Unfortunately, unless you go to a medical doctor or chiropractor that specializes in endocrine disorders, thyroid dysfunction can go undiagnosed for years and have detrimental effects on your life. Or worse, you can be told that your problems are all in your head, and leave you feeling that your problems are a figment of your imagination. This in turn can add to your anxiety and depression and contribute to a negative feedback loop that causes further disruption of your thyroid hormone production. The answer is to make sure that you get a complete thyroid hormone blood panel that includes TSH levels. TSH, or Thyroid Stimulating Hormone, is a neurotransmitter secreted by the pituitary gland of the brain. This gland is responsible for activating or inhibiting thyroid function, and is a major player in the diagnosis of thyroid disease. It is also interesting to note that much of the stimulation of the pituitary gland comes from our emotional states. Therefore, psychological treatment and counseling may be a critical factor in determining the health of the pituitary gland and in turn the thyroid. It is like the chicken and the egg analogy. Do thyroid disorders cause emotional and psychological problems, or do negative thoughts and emotions adversely affect how the thyroid gland functions? The answer to this riddle is not known, but it is evident that psychological intervention and treatment do have a positive effect on the function of the thyroid gland.

Another way of diagnosing thyroid dysfunction is to do a thyroid self-test. To do this, keep a thermometer by your bed at night. When you awaken in the morning, place the thermometer under your arm and hold it there for fifteen minutes. Keep still and quiet. Any motion can upset your temperature reading. A temperature of 97.6 or lower may indicate an underactive thyroid. Keep a temperature log for five days. If your temperature is consistently low, consult your health care provider.

Wholistic treatments for overactive thyroid include eating a diet rich in cruciferous vegetables, avoiding dairy products, and eliminating caffeine, nicotine and soft drinks. Treatments for an underactive thyroid include eating a diet rich in fish, seaweed and iodized salt. These foods have an abundant supply of elemental iodine. Iodine has been shown to stimulate thyroid gland hormone production. It is also advised to avoid processed and refined foods including white flour and sugar. Also, avoid fluoride (including that found in toothpaste and tap water) and chlorine (also found in

tap water). Chlorine, fluoride and iodine are chemically related. Chlorine and fluoride block iodine receptors in the thyroid gland, resulting in reduced iodine containing hormone production and finally hypothyroidism.

Sat. 5/6 @ 1:00pm Free Lecture- "TOTAL BODY ENHANCEMENT".
Special guest speaker Dr. Brian Yodice. West Islip Public Library. Please call (631) 277-6767 to confirm your reservation.

Wed. 5/17 @ 7:30pm Free Lecture- "TOTAL BODY ENHANCEMENT".
Special guest speaker Dr. Brian Yodice. Universal Health & Rehabilitation. Islip. Please call (631) 277-6767 to confirm your reservation.