

Your Guide to Thyroid Health



Healing Unleashed®

Taking you to a Healthier Place... *Naturally!*

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TABLE OF CONTENTS

Page #

CHAPTER 1

WHAT'S WRONG WITH ME DOCTOR? 3

CHAPTER 2

WHY AM I SO WIRED AND HYPER? 5

CHAPTER 3

IS YOUR THYROID RUNNING OUT OF STEAM? 7

CHAPTER 4

MAKE YOUR THYROID LOVE YOU! 9

“What’s Wrong with Me, Doctor?”



How many times have you asked your doctor this question...and not gotten a satisfying answer? If you are feeling absolutely worn out, with no energy to do the things you love or even to make it through your day, you may have problems with your internal battery...YOUR THYROID GLAND!

What is this thyroid gland supposed to do?

It's called an endocrine gland that secretes a hormone called thyroxin that controls the metabolic rate of the body.

Metabolic rate is the rate at which the body burns energy to maintain the normal functions of life and the growth and repair of body tissues.

If your thyroid isn't working, you can understand why you feel like you have run out of steam. Thyroxin affects every organ system in the body so it's a critical part of your biology.

One of the major causes in the epidemic of thyroid problems is the impact of increasing environmental toxins that bombard us every day. That's why learning to clean up your body is so vital to your organs functioning.

You need to know how well your thyroid is functioning. Ask your doctor to do the following tests:

- TSH (thyroid stimulating hormone that comes from the pituitary gland and stimulates the thyroid gland to produce thyroxin)
- Free T4 (amount of circulating thyroxin)
- Free T3 (another form of thyroxin and really important to know the value)
- Reverse T3 (elevated in extreme stress and in mercury toxicity)
- Thyroid Peroxidase Antibodies (TPOAb) and Thyroglobulin Antibodies (TgAb).

“Why am I so wired and hyper?”



There are many reasons for this feeling, and one of the most important causes is an overactive thyroid, “hyperthyroidism” (thyrotoxicosis) or Grave’s Disease (when the eyes are affected causing them to bulge). It can mimic other health problems and may be difficult to diagnose.

What are the symptoms?

- Sudden weight loss even with normal appetite
- Rapid heart beat...more than 100 beats/min.
- Heart palpitations
- Increased appetite
- Nervousness, anxiety and irritability
- Tremor of hands/fingers
- Sweating
- Changes in menstrual patterns
- Increased sensitivity to heat
- Increased bowel movements, even diarrhea
- Enlarged thyroid gland (goiter)
- Fatigue, muscle weakness
- Difficulty sleeping

- Thinning of the skin
- Fine, brittle hair

Hyperthyroidism is not as common as an underactive thyroid gland, but can be a very serious condition. If you are already on thyroid replacement medicine, the above symptoms may indicate you are taking too much thyroid medication. You need to have your thyroid function tested periodically to keep your dosage in the optimal range.

An important note: even if you correct your overactive thyroid, the eye changes (exophthalmos – protruding eye ball) that may occur in some patients will not necessarily improve.

The treatment for hyperthyroidism will depend on your age, your overall health and the severity of your disorder. The main treatments include:

- Radioactive iodine: to shrink your thyroid gland. Eventually you will need thyroid hormone replacement therapy
- Anti-thyroid medications: Prevents your gland from producing excess amounts of hormones. Common drug is Tapazole.
- Beta blockers: To reduce the rapid heart rate and prevent palpitations
- Surgery: removing the thyroid gland. This is not a common option because of the risk of damaging your vocal cords and the parathyroid glands that are located behind the thyroid gland. With this treatment, you will need lifelong thyroid hormone replacement.

Is Your Thyroid Running out of Steam?



10 Indicators of underactive thyroid (hypothyroidism):

1. Tired, sluggish feeling all the time after sufficient sleep
2. Dry, cracking skin, breaking nails and hair loss
3. Chronic constipation
4. Brain fog, poor concentration
5. Excessive weight gain and difficulty losing weight
6. Low body temperature consistently below 98.6 (normal range); overly sensitive to cold
7. Mood swings, anxiety or depression
8. Swelling of thyroid gland (center of neck) with snoring or hoarseness
9. Hormone problems: PMS, irregular periods, infertility, low libido
10. Tendonitis, carpal tunnel syndrome, joint and muscle pain.

25 million Americans are estimated to have thyroid dysfunction and most don't know it. The most common problem is hypothyroidism. With the rise of environmental toxicity (especially mercury), we are actually seeing an increase in thyroid disease. Women who are perimenopausal and older are more likely to have thyroid issues. Another rising problem in our American population is "gluten sensitivity". People with celiac disease or gluten sensitivity have an increased risk of hypothyroidism.

What causes your thyroid gland to under produce?

- Hashimoto's thyroiditis is the most common reason. This is an autoimmune disease where your immune system produces antibodies against your thyroid gland. Be sure your doctor tests you for these antibodies listed in Chapter 1.
- Goiters: This is a noncancerous enlargement of your thyroid gland due to a deficiency in iodine. This is not so common in the US because our salt is now iodized, but iodine deficiency can still exist. If you have Hashimoto's, it is not recommended to supplement your iodine intake.
- Stress: Enough said.
- Environmental toxins: Bisphenol-A (BPA) is a known endocrine disruptor and can slow the functioning of your thyroid gland
- And other factors we may not yet be aware of.

If you have more than half of the above symptoms, it's time to have your thyroid checked. A healthy thyroid gland is vital to overall health and vitality.

Make your Thyroid Love you!



8 Suggestions to Improve That Precious Thyroid Gland

1. Take high quality multivitamins with Iodine (caution if you have Hashimoto's Disease), Zinc, Selenium, Iron, Vitamins A and D and Vitamins from the B-complex.
2. Consider taking tyrosine and iodine supplement
3. Go gluten-free. If you have Hashimoto's Disease (autoimmune) stop all grains and legumes.
4. Learn to handle your stress and support the adrenal glands. The thyroid and adrenals work together.
5. Go to bed at a decent hour and get 8-10 hours of sleep
6. Find a dentist who can SAFELY remove any amalgam (mercury, yipes!!) fillings
7. Get bromide, fluoride and chlorine out of your diet and environment.
8. Heal your gut.

You may need to take thyroid medication such as Armour thyroid (desiccated thyroid) or pharmaceuticals such as Synthroid or L-thyroxine or Cytomel. The most important thing is that you do all you can to improve your health with the suggestions found in the eBook.

Don't suffer from a poorly functioning thyroid gland. We can help. Call Dr. Bedinghaus for a free 10 minute phone consultation at 303-986-0492 or visit us online at www.healingunleashed.com