

Thyroid: Master of Metabolism

- Your Thyroid is a perfect example of the **Body – Brain – Gut Connection**
Pituitary Gland > Thyroid produces T4 > Body Converts T4 to T3 > Feedback to Brain/Pituitary
- Thyroid hormone levels play a role in breathing, blood circulation, body temperature, muscle control, digestion, bowel movements and even brain function.
- Testing for thyroid conditions is accomplished via bloodwork or an ultrasound.
- Food and Nutrient requirements: **Iodine, fats, proteins** – all needed to produce T4/T3
 - **Chloride and Fluoride** interfere with Iodide uptake and usage
 - Soy is a **thyroid irritant**, unless fermented
 - **Cruciferous vegetables** – can be both good and bad for your thyroid health

Your Body Must Convert T4 to T3 to Activate Your Metabolism

- Base thyroid hormone T4 is converted to the workhorse T3
- 60 % of the conversion occurs in your liver
- Another 20% of the conversion occurs in your intestines
- The last 20 % is converted in other body tissues such as your heart, skeletal system, other muscles, fat cells, and the glial cells of your central nervous system.

What limits your body's ability to complete the conversion?

Chronic Inflammation

How Acupuncture Can Help – Nourishment and Support

- Nourishment through the foods you eat and the herbals you use; work toward stability in the GI tract.
- Acupuncture treatments keep energy flowing and replenish energy stores.
- Timeline of healing is effected by the duration and severity of the imbalance, age and overall health.

Acupuncture and enzyme nutrition can support and preserve thyroid function in conjunction with other traditional treatments

- 96% of people with thyroid issues are women
- 5 % of the adult population in the US is hypothyroid
- Only 1% of US adults are hyperthyroid

Thyroid Disease Facts

Hypothyroidism Symptoms: Your thyroid is not producing enough hormones to maintain your metabolism.

Fatigue
Cold hands and Feet

Dry skin
Brittle nails

Weight gain
Constipation

Irritability
Depression

Hair Loss
Memory Problems

Hyperthyroidism Symptoms: Your thyroid is producing too much hormones leaving your metabolism stuck in high gear.

Rapid heartbeat - Difficulty sleeping – Anxiety/Irritability - Excessive sweating – Weight Loss - Increased appetite

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