

HORMONE RESET PROGRAM

With: Sara Gottfried, MD

About the Thyroid Gland

Your thyroid gland is located in your neck, just below your larynx, and is one of your largest endocrine organs. It produces two key hormones:

T₃: Triiodothyronine and T₄: Thyroxine

However, when we speak of the “Thyroid Hormones”, there is one more important hormone which is actually not made in the thyroid at all: Thyroid-Stimulating Hormone.

Thyroid-Stimulating Hormone (TSH) is produced in another endocrine organ, found within our brain: the pituitary gland. Specifically, it is produced in the anterior pituitary.

Thyroid issues can come about through either an error in TSH production or T₃ or T₄ production. It can be confusing, but think about it this way:

Your pituitary regulates how much of the thyroid hormones you need while the thyroid gland actually produces them. In this way, they each have their own function.

The pituitary gland is the manager, and the thyroid is the worker. Without a well-functioning manager (pituitary), the thyroid does not know how much work to do, and without a well-functioning worker (thyroid), the pituitary cannot control how much work gets done!

