

HORMONE RESET PROGRAM

With: Sara Gottfried, MD

Thyroid Cliffnotes (Part 1)

- ❖ Focus on your *accomplishments*!
- ❖ Measure your belly, right where your belly button is—you will probably see a shift within 7 days!
- ❖ There is a lot of cross-talk between the “Charlie’s Angels” (cortisol, thyroid, and estrogen)—fixing one can help fix them all.
- ❖ When it comes to thyroid dysfunction, there is a **wide-range** of opinions. It’s important to look at the data!
- ❖ Don’t accept it if your physician tells you “it’s only aging...”, have them run a thyroid panel! Why would you accept your physician’s guess when they can easily run tests to verify?!
- ❖ Remember, **you** are your best caregiver. Trust your gut, and find physicians who are willing to *partner* with you.

What Is the Thyroid Gland?

- ❖ It is your largest endocrine organ, is butterfly-shaped, and located in your neck.
- ❖ Your thyroid gland is the “master of your metabolism”.
- ❖ The triad of most common thyroid symptoms, AKA “thyropause”:
 - Fatigue
 - Weight gain
 - Mood changes (usually depression)

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❖ Other symptoms include:

- Hair loss (such as outer 1/3 of your eyebrows)
- Dry skin and hair
- Thin, brittle fingernails
- Fluid retention, especially in the ankles
- Elevated cholesterol
- Constipation*
- Cold hands and feet
- Increased sweating
- Aching joints, tingling in hands and feet
- Brain fog
- Hoarse voice
- Sluggish reflexes
- Low sex drive
- Heavier periods
- Infertility and miscarriages

*A quick note about constipation, normal is **at least every day**. It does not count if you need caffeine to poop because this could be a sign of an underlying adrenal problem.

- ❖ Assess how many symptoms you have yourself. Doctors are well-intentioned, but often misinformed or underinformed. If they will not order a thyroid panel for you, empower yourself and either find a physician who will or order a home test for yourself.
- ❖ Low thyroid function is **not** a moral failing—it is not you “failing to be like everyone else”.
- ❖ There are three tests you need:
 - Thyroid-Stimulating Hormone (TSH)
 - Free T3 (FT3)
 - Free T4 (FT4)
- ❖ T3 is the active form of your thyroid hormone, T4 is the storage form. T4 gets converted T3 automatically when needed.
- ❖ Some physicians only measure TSH—make sure you measure all three!

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- ❖ What can you do without knowing the numbers? Without the thyroid, not much unfortunately. What you measure, changes. Before you assume you're "just getting old", get tested! Tests are truly a "must have" in this situation.
- ❖ The #1 cause of thyroid disease is Hashimoto's Thyroiditis, an autoimmune syndrome where your immune system attacks your thyroid gland.
 - Check your antibodies so you can get them back into a normal range.
- ❖ Standard levels for your thyroid hormones are:
 - TSH: **0.3 – 3.0 mIU/L**
 - A better guideline is **0.1 – 1.5 mIU/L** for people who are normal.
 - T3: **2.3 – 4.2 pg/mL**
 - You should be in upper half, so **3.2 – 4.2 pg/mL**
 - T4: **0.8 – 1.8 ng/L**
 - You should be in upper half, so **1.3 – 1.8 ng/L**
- ❖ TSH is made in the *brain*, not the thyroid. Higher levels are worse—they mean your brain needs to scream to make its point.
- ❖ Free T3 and free T4 are made in the thyroid. Lower levels are worse—you do not have enough.
- ❖ Beyond getting tested, you should also get your thyroid examined. Check for nodules—thyroid cancer is on the rise, possibly due to the increased use of flame retardants in furniture (such as sofas and beds).