

CONDITIONS CAUSED BY OR ASSOCIATED WITH THYROID DEFICIENCY

Most conventional doctors realize a few problems associated with thyroid deficiency. On a routine exam, the following are the most common symptoms physicians recognize as indicating the lack of thyroid hormone:

Coarse, dry hair	Hair loss
Cold intolerance (you can't tolerate cold temperatures like those around you)	Irritability
Constipation	Memory loss
Decreased libido	Menstrual irregularities (amenorrhea, oligomenorrhea, menorrhagia)
Depression	Muscle cramps and frequent muscle aches
Dry, rough pale skin	Weakness
Edema, puffy skin	Weight gain or increased difficulty losing weight
Fatigue	

Yet, hypothyroidism is a commonly missed diagnosis by conventional physicians.

The reason hypothyroidism is commonly missed is because conventional physicians rely upon commonly used thyroid laboratory tests and not upon clinical evidence.

There is a selenium dependent enzyme called a de-iodinase that is responsible for removing the correct iodine when converting inactive T4 to active T3. Without selenium or through the inhibition action of certain heavy metals like mercury, the enzyme removes the wrong iodine making an inactive form of T3. Regular laboratory testing will show ample amount of T3 in the body, but it will be the inactive form. All doctors caring for hypo thyroid patients should do a Reverse T3 to determine the percent of inactive T3. If high, then supplementing with selenium and heavy metal removal is an important step towards total health. See the discussion of the thyroid elsewhere on this site.

There are several major reasons for thyroid deficiency.

- Dental toxins from jawbone osteonecrosis, implants or root canal teeth.
- Halide competition for iodine binding sites like by bromine (in flour), chlorine (in "city" water) and fluorine (fluoride) also from public drinking water and coincidentally in most bottled water.
- Heavy metal competition blocking de-iodination directly or through selenium inhibition.
- Iodine deficiency.
- Selenium deficiency.
- Thyroid damage (including trauma), viral or bacterial infections, and irradiation.
- Tyrosine deficiency.

Prescription v. Natural Thyroid Supplementation.

We have always recommended USP (natural) thyroid for those not sensitive to porcine derived glandular tissue. Because porcine and human are biologically very similar, whole thyroid replacement provides many necessary nutrients, enzymes and precursor hormones specific to the thyroid. It simply makes biological common sense to supplement with natural whole thyroid instead of a single patented prescription molecule.

Cardiovascular

Angina pectoris
Atherosclerosis
Hypercholesterolemia
Hypertension
Hyperhomocysteinemia

Dermatological

Psoriasis
Urticaria

Ear, nose, and throat

Allergic rhinitis
Hoarseness
Tinnitus
Vasomotor rhinitis
Vertigo

Gynecological

Fibrocystic breast changes
Infertility

Polycystic ovary syndrome
Postpartum depression
Premenstrual syndrome

Miscellaneous

Asthma
Carpal tunnel syndrome
Cold extremities, intolerance to the cold
Edema
Environmental Illness (EI - allergic “to the world” syndrome)
Erectile dysfunction
Headaches
Muscle aches
Reactive hypoglycemia
Recurrent infections
Sluggishness

Psychiatric

Poor mental concentration

Did you notice “Environmental Illness” on the list? Low thyroid is a set up for environmental illness. Thyroid support is one of the four things most alternative docs do when starting a new patient. The other three are hydration, liver and gastro-intestinal tract repair. We always include a Reverse T3 in our thyroid profile and ask the patient to keep track of their axillary temperatures. We cover iodine and selenium elsewhere on this site.