

**START YOUR THYROID BALANCE JOURNEY TODAY.**

**25 Thyroid and  
Hashimoto's Truths  
That Explain Why  
You Feel So Lousy,  
Drowsy, Exhausted,  
and Lost!**



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**IT'S NOT JUST  
MENOPAUSE  
IT'S YOUR THYROID**

# IT'S NOT JUST MENOPAUSE; IT'S YOUR THYROID!

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That Explain Why You Feel So  
Lousy, Drowsy, Exhausted, and Lost!

By Dr. Joni Labbe, DC, CCN, DCCN

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This book represents the sole opinions of the author, and is not intended to be a substitute for working with a medical or healthcare professional. It is not intended to treat or diagnose. The self help aspects of this book do not replace professional treatment and should not be considered as diagnosis or treatment of any kind.

The names and all identifying information of the women who generously contributed to this book have been changed in order to respect their privacy.

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**Introduction – Who Says the Second Half of**

## Your Life Can't Be the Best Half?

If you are reading this book, it is almost certainly because you feel like you just aren't YOU anymore. Somehow, over the last few years, your body has gone from being your best friend to being a prison...a rundown, barely functioning prison at that!

Many women who have walked into my wellness center over the past decade list off a whole reel of symptoms. They tell me they feel like some invisible force has vacuumed up all of their energy, yet they still toss and turn at night. They wonder why all the hair on their head is migrating to their chin, their skin is so dry and flakey, and even the strictest diet isn't budging those ten extra pounds. My clients also lean in and confidentially admit they are as dry as the Mojave Desert "down there" and never feel "in the mood" with their spouses anymore.

Many women who have come to me have already sought help from numerous doctors and health professionals. They often tell me about the long list of experts they've consulted, suggesting how extensive their search for answers has been. Despite this, their blood tests typically return "normal," and they're frequently told their symptoms are just part of aging. Some are prescribed synthetic thyroid hormones, which might offer temporary relief before their symptoms reemerge. Others receive medications for anxiety. Friends and family may even suggest, with varying degrees of subtlety, that it's all in their imagination—that they're overreacting and need to accept these changes as inevitable.

It can be deeply disheartening when your efforts to understand and address your health concerns seem to be dismissed. Remember, your feelings and symptoms are real and deserve to be approached with care and empathy.

**Does this experience sound familiar? If it does, then you're reading the right book.**

The reality is that women don't just fade away after menopause; you're not supposed to wilt like a flower. If you're not feeling like your usual self, it's a sign that something inside your body isn't as it should be, and it deserves attention. This book is for all the women who have turned to my office in a final, earnest effort to find relief and feel better.

Conventional medicine excels in treating acute injuries and illnesses—think stitching

up cuts or prescribing medication to alleviate immediate symptoms. However, it often falls short of detecting and managing subtle imbalances within the body that can trigger many confusing and vague symptoms. The focus tends to be on quick fixes rather than understanding the root causes of these health challenges.

I embrace a unique approach to healing known as functional medicine. This method takes a holistic view, focusing on the individual, not just isolated symptoms. It's akin to piecing together a story that your health is trying to tell, aiming to address and treat the root causes of your discomfort rather than merely silencing the symptoms. Often, the underlying issue isn't a single, isolated factor but a complex interplay of imbalances that influence one another.

To gently guide the body back to a state of harmony, functional medicine employs a multifaceted strategy. This includes tailoring nutrition plans, recommending specific supplements, and incorporating suitable exercise routines. Each of these elements plays a vital role in restoring balance, underscoring the belief that our bodies possess an innate capacity for self-repair, provided we support them with the right tools and conditions.

For over two decades, I've guided hundreds of women toward the best- versions- of- themselves at my wellness center in San Diego and across the US with our exciting tele-health ThyroSisters™ Freedom Programs. As a board-certified clinical nutritionist and chiropractor, I advocate for my health protocols and follow them personally. My journey took a pivotal turn when I ran a comprehensive blood test on myself, and discovered I had Hashimoto's disease. This diagnosis was a significant wake-up call.

This personal experience propelled me to understand how to support women who, like me, felt like they were unraveling and weren't finding the answers they needed from traditional healthcare avenues. It underscored the importance of listening to our bodies and pursuing a path to wellness that addresses the root causes of our health issues rather than just the symptoms. My mission has been to offer solutions and support to women experiencing similar struggles, providing them with the understanding and care they've been searching for.

This book, "It's Not Just Menopause," is an eye-opener for women seeking to understand the origins of their symptoms. Embracing the mantra that knowledge is power, it aims to share 25 crucial truths about autoimmune conditions—insights you're unlikely to learn in a typical doctor's office. It's a reality that many doctors, pressed for time, aim to see patients as efficiently as possible. Often, if blood tests

don't immediately reveal any concerns, you might leave with little more than a quick farewell and, perhaps, a prescription for Prozac. But this book is a starting point if you're seeking deeper answers.

Please consider this book an introductory exploration, not an exhaustive manual, on autoimmune diseases, hypothyroidism, or the intricacies of functional medicine protocols. It's designed to offer you a preliminary understanding of your body's signals. If the information here resonates with you, I encourage you to explore deeper by joining the ThyroSisters community I founded at [www.ThyroSisters.com](http://www.ThyroSisters.com). There, and especially in my more detailed work, "Thyroid and Menopause Madness," you'll find extensive discussion on managing autoimmune conditions like Hashimoto's and hypothyroidism, among others. This journey is about starting to piece together your health puzzle, and I'm here to guide you through each step.

For now, my beautiful ThyroSister, know you are not Lazy, Crazy, or Finished! Empower yourself with knowledge and clarity.

Your Biggest Fan,

Joni Labbe, DC, CCN, DCCN

## Thyroid Truth #1: Normal Lab Tests Don't Mean That Your Thyroid is Normal

Susan has always taken pride in her ability to stay focused and energized. It's what propelled her to the position of Vice President at her company while raising three children simultaneously. However, recently, this once-powerful, driven, and balanced woman hasn't felt like herself at all. In fact, over the past month, she's been struggling—unable to get a good night's sleep and feeling exhausted and foggy-headed in the mornings. At times, she finds herself zoning out during meetings, and she experiences unexplained heart palpitations during her commute to work. The sight of hair in the drain and the extra pounds on the scale only adds to her plummeting self-esteem.

**What on earth is going on? Is this how aging is supposed to feel or is something more going on?**

After mustering the courage, Susan takes some time off work and visits her doctor's office. Upon detailing her symptoms, Susan's doctor proposes a blood test to assess her thyroid function. The doctor explains that the thyroid is a butterfly-shaped gland

at the front of the neck, responsible for releasing thyroid hormones. These hormones play a crucial role in regulating the body's metabolism. If there's an insufficient release of hormones or an imbalance in their levels, it could account for Susan's fatigue, mental fog, and other symptoms.

The day following Susan's blood test, her doctor contacted her with the results: Her thyroid levels were at 4.5, which falls on the higher end of the normal range. Susan feels relieved knowing that her thyroid isn't malfunctioning, yet she's also perplexed. If her thyroid isn't the culprit behind her symptoms, what could be causing them? Is there hope for improvement, or is this her new normal?

Unfortunately, Susan's story is all too common. **I have met so many women who go to their doctors only to be assured that their blood tests are normal when, in fact, "normal" doesn't actually mean "normal" at all!**

The current medical criteria for defining normal thyroid function are notably broad. Typically, the test results are labeled as normal if a client's Thyroid Stimulating Hormone (TSH) level falls between 0.35 and 5.0. However, what's often overlooked is that the optimal TSH level lies within a narrower range of 1.8 to 3.0. Within this range, individuals tend to feel healthy, energetic and focused. While one might still be considered "functional" with a TSH level below 1.8, akin to functioning on a diet of just 1,200 calories per day, optimal health is not attained.

In assessing health, it's essential to move beyond merely diagnosing severe illnesses and instead prioritize the support of genuine well-being. Although Susan may not be confined to a wheelchair or completely immobilized, her TSH level indicates that her thyroid isn't producing adequate thyroid hormone, signaling hypothyroidism.

Suppose Susan were to accept her doctor's diagnosis simply. In that case, she might never understand the root cause of her symptoms until her thyroid deteriorates further, reaching a critical stage where noticeable red flags appear in her blood tests. We certainly don't want Susan to reach that point!

Being merely "functional" isn't satisfactory for me and shouldn't be for you either. Even if your doctor has assured you that your blood tests are normal, it's crucial to recognize that there's more to the picture.

## Thyroid Truth #2: Your Hypothyroidism Might be Caused by Hashimoto's

In most cases, your immune system acts as a loyal ally, deserving a place among your closest companions. When a virus infiltrates your body, your white blood cells mobilize to combat the threat and protect your well-being.

However, there are instances where your immune system can be misled or mistakenly identify something beneficial as harmful. This is precisely what occurs in Hashimoto's thyroiditis.

## Never heard of Hashimoto's? You're not alone.

You've probably encountered the term hypothyroidism before. It's a condition characterized by the thyroid gland producing insufficient amounts of thyroid-stimulating hormone (TSH). Since TSH plays a crucial role in regulating the body's metabolism, having low levels of it is akin to fueling your car with water instead of gasoline. Individuals with hypothyroidism often experience fatigue, weight gain, brain fog, and generally feel unwell, much like Susan.

If you or someone you know is dealing with hypothyroidism, chances are that the underlying cause is Hashimoto's disease. In fact, Hashimoto's stands as the leading cause of low thyroid function or hypothyroidism in the United States. While it can affect individuals of any age and gender, it's most commonly observed in post-menopausal women.

## What is Hashimoto's, and why does it lead to hypothyroidism?

In Hashimoto's disease, your immune system mistakenly identifies thyroid stimulating hormone (TSH) as an intruder. To illustrate, imagine your immune system as a passionate Boston Red Sox fan harboring a strong disdain for the New York Yankees. Naturally, it targets anyone wearing a navy blue baseball cap, a trademark of Yankees fans. Imagine your thyroid innocently sporting a navy blue San Diego Padres cap. Unfortunately, your immune system can't differentiate between the Yankees hat and the Padres hat—it sees only the color navy blue and launches an attack!

In individuals with Hashimoto's disease, this autoimmune response often targets the thyroid gland, resulting in reduced function, decreased thyroid hormone production, and a host of unpleasant symptoms that can leave you feeling like you're falling apart.



When dealing with Hashimoto's, it's crucial to recognize that it's not just a "thyroid" issue—it's an "autoimmune" issue! This differentiation holds significant importance because the conventional thyroid hormones prescribed by doctors to treat hypothyroidism do not address the underlying Hashimoto's condition. Instead, they merely mask the symptoms by supplying the body with synthetic thyroid hormone. It's akin to adding more gas to a car with a leaky tank—it might keep the car running, but it doesn't fix the leak!

Regrettably, many doctors overlook testing for Hashimoto's disease altogether. They observe elevated TSH levels in blood tests, indicating thyroid dysfunction, and proceed to prescribe synthetic hormones to alleviate symptoms. However, this approach falls short. When faced with an immune system problem like Hashimoto's, the solution lies in healing the immune system—not just relying on synthetic hormone supplements. As you explore further into this topic, you'll discover the importance of addressing the root cause rather than simply addressing the symptoms.

## Thyroid Truth #3: Your Doctor Probably Isn't Running the Right Blood Tests on You

Hashimoto's disease is a nasty little trickster that dupes your immune system into attacking your thyroid, which, over time, results in hypothyroidism. As we've discussed, Hashimoto's stands as the primary cause of hypothyroidism in the United States, with a notable prevalence among post-menopausal women.

You might assume that when you share feelings of exhaustion, anxiety, and forgetfulness without an obvious cause during your visit to the doctor's office, your doctor would promptly order a series of blood tests to screen for Hashimoto's. However, in many cases, this expectation falls short. Instead, many doctors solely conduct a test to measure the level of TSH in your blood. While this number indicates whether your thyroid is functioning within conventional ranges (which, as we've discussed, may not reflect true health), it doesn't reveal whether you have Hashimoto's.

So, you might be wondering, why doesn't my doctor screen for Hashimoto's? Is it impossible to find or something?

Doctors often don't actively search for Hashimoto's because their approach to treatment remains largely the same regardless of whether Hashimoto's is present or not. Upon observing low thyroid function, they typically prescribe synthetic thyroid medication to address the issue. While this may alleviate symptoms temporarily in some cases, there's a fundamental flaw in this approach—it fails to address the underlying problem!

As I mentioned earlier, just like adding more gas to a leaking tank won't resolve the issue, simply supplementing with synthetic thyroid hormone doesn't solve the root cause. To truly resolve the problem, you must first identify and acknowledge the existence of the underlying issue—the leak in the metaphorical gas tank.

Hashimoto's is not impossible to find. Your doctor can conduct a simple blood test to detect specific antibodies known as TPO and TGB antibodies. If these antibodies are present in your test results, it indicates an autoimmune thyroid condition—Hashimoto's disease.

Once you've identified the root cause of your hypothyroid symptoms, you can begin exploring methods to soothe your immune system, preventing it from continually attacking your thyroid. We'll explore into these solutions later in the book.

But first, let's address a crucial question: How can you determine if you have an autoimmune condition?

## Thyroid Truth #4: Three Ways to Tell if Your Immune System is Attacking Your Body

When you have Hashimoto's, your immune system has gotten its wires crossed and mistakenly sees your thyroid gland as an unwelcome visitor, launching an attack on this essential little organ. This ongoing battle is the reason behind that unshakeable feeling of fatigue you're experiencing. It's as if your body is a car trying to run with water in its fuel tank; your thyroid struggles to produce the necessary hormones to

keep your metabolism humming along.

Wondering how to tell if it's Hashimoto's disease affecting your thyroid and not just a temporary imbalance? A straightforward method is through a blood test that checks for the presence of TPO (Thyroid Peroxidase) and TG (Thyroglobulin) antibodies. Finding these antibodies in your blood clearly signals that your immune system is actively engaging your thyroid.

Even before stepping into a clinic for blood tests, several telltale symptoms might suggest an autoimmune thyroid condition. Awareness of these signs can help you recognize when to seek further evaluation and support.

**Here are three surefire clues that your immune system is beating up on your thyroid:**

### Clue One: You're Already Familiar with Autoimmune Disorders

Have conditions like psoriasis, rheumatoid arthritis, ulcerative colitis, Sjogren's syndrome, scleroderma, or lupus been part of your health journey? If yes, your immune system has shown it can mistakenly target your body. Having one autoimmune disorder does indeed increase your risk of developing another. It seems to be a case of "When it rains, it pours."

### Clue Two: Your Symptoms Come and Go

Unlike the predictable course of a common cold, which worsens before gradually improving, autoimmune diseases have a less straightforward pattern. Your immune system's intermittent recognition of what it perceives as intruders causes your symptoms to fluctuate. Moving through "good days" and "bad days" might be a sign of an underlying autoimmune condition.

### Clue Three: Supplement Overload

Many new patients often arrive with a collection of supplements, each chosen to tackle specific symptoms: green tea for energy, glucosamine for joint stiffness, St. John's Wort for mood uplift, and ginkgo biloba for mental clarity, to name a few. While viewing each symptom in isolation is tempting, they could be branches of the same tree—an autoimmune disease.

If you answer yes to any of these observations, it's a strong signal to consider checking for TPO and TGB antibodies through a blood test. It's not necessary to go through your doctor for these tests; private labs offer them, though it means paying out of pocket. Since the approach to autoimmune conditions like Hashimoto's often focuses on symptom management rather than the root cause, partnering with a thyroid specialist might feel more aligned with your needs. I regularly guide my clients to trusted labs and subsequently discuss their results together, ensuring a supportive and informed pathway forward.

**If you're questioning "Why me?" in the face of a potential autoimmune diagnosis, you're not alone.** Let's explore some common triggers and underlying causes of autoimmune disorders, aiming to shed light on this complex aspect of health.

## Thyroid Truth #5: Your Autoimmune Disease is Caused by Genetics and the Environment

When a woman visits my office burdened with a myriad of symptoms – ranging from unrelenting fatigue to hair thinning, dry skin, a dip in libido, and unexpected weight gain – my go-to recommendation is often to conduct a thorough blood panel. More often than not, this detailed blood analysis uncovers an autoimmune condition, with Hashimoto's being a frequent finding.

Upon sharing these results, nearly every client asks, "How did I end up with an autoimmune disease?" The answer lies in the complex interplay between genetic predispositions and environmental influences. Imagine inside your DNA, there's a switch related to autoimmune disease. This switch could remain in the off position, or environmental factors could flip it on.

### Genetics as the Underlying Framework

This metaphorical switch is your genetic predisposition. If your family history includes autoimmune conditions like psoriasis, rheumatoid arthritis, or lupus, your risk of developing an autoimmune disorder is notably higher. Essentially, you're carrying a genetic "switch" that environmental triggers can activate.

### Environmental Influences

Our environment is awash with chemicals that can influence our body's functioning and how our DNA expresses certain traits. The accumulation of these harmful

chemicals can activate disease-related switches in our DNA, leading to various health issues, including autoimmune diseases. Here are a few environmental factors that could potentially turn on the autoimmune switch:

- **Cigarettes:** With over 519 chemicals in a single cigarette, smoking exposes your body to a barrage of harmful substances that can provoke autoimmune reactions.
- **BPA:** Bisphenol A (BPA) has gained infamy for its adverse effects, particularly on thyroid health. This chemical, prevalent in many plastics, has been increasingly removed from products by conscious manufacturers.
- **Rocket Fuel:** It might sound bizarre, but studies have shown that a significant percentage of women in America have trace amounts of rocket fuel in their bodies. This contaminant can seep into and persist in groundwater, posing a risk to your health.
- **Iodine:** Contrary to popular belief, iodine is a major trigger for Hashimoto's disease. If you suspect or are dealing with an autoimmune condition, it's critical to reassess your intake of iodine supplements.

Next, we'll explore why iodine, often hailed as a thyroid booster, might not be as beneficial as previously thought, especially for those just learning about the complexities of thyroid health.

## Thyroid Truth #6: Iodine is Not Your Thyroid's Friend!

Imagine you step into a health food store, seeking something to support your thyroid health. You mention your thyroid condition to the manager, who, with the best of intentions, hands you a bottle of iodine supplements. It's a common scenario fueled by the widespread belief that iodine is key to thyroid health. However, in the context of autoimmune thyroid conditions like Hashimoto's disease, iodine might not be the ally it's thought to be.

Iodine plays a critical role in thyroid function. It is a crucial component of the enzyme TPO, which is involved in producing thyroid-stimulating hormone (TSH). For those experiencing hypothyroidism, where the thyroid is underactive and not producing enough hormone, the logic seems straightforward: more iodine could boost TSH production and help the thyroid function better.

Yet, this reasoning doesn't take into account autoimmune conditions like Hashimoto's, where the immune system mistakes the thyroid and its hormones as

threats and attacks them. In such cases, increasing thyroid hormone production can inadvertently amplify the immune response against the thyroid.

Drawing on the analogy used by Dr. Datis Kharrazian, author of *Why Do I Still Have Thyroid Symptoms?* Taking iodine supplements when you have Hashimoto's is like pouring gasoline on a fire. It can cause the immune system to attack more vigorously as the thyroid is stimulated to produce more hormones. This can lead to symptoms of an overactive thyroid in some or an increase in TPO antibodies in others, signaling an intensified immune attack on the thyroid, sometimes even without noticeable symptoms.

Suppose there's even a suspicion of an autoimmune thyroid condition. In that case, it's advisable to halt iodine supplementation and carefully monitor the intake of iodine-rich foods such as seaweed, yogurt, milk, and eggs. Additionally, it's wise to check your multivitamin; if iodine is listed, it might be time to switch to a different supplement.

The advice from the health food store manager comes from a place of wanting to help, yet a medical background is crucial for understanding the nuances of thyroid health. Armed with this knowledge about iodine, we'll explore why tyrosine, another commonly recommended supplement, might not suit everyone with thyroid issues.

## Thyroid Truth #7: Tyrosine Doesn't Help Your Thyroid Either!

Recall that helpful manager at the health food store, always eager to offer iodine supplements to assist your thyroid? Now armed with the knowledge that iodine can exacerbate autoimmune thyroid disorders, you can graciously decline such supplements until you ensure you have sufficient selenium and zinc. What might the manager suggest next?

My guess is tyrosine. Similar to iodine, tyrosine plays a crucial role in thyroid hormone production. However, like iodine, it may not be advisable initially if you're aware you have Hashimoto's or a sluggish thyroid.

Tyrosine supplementation can support thyroid hormone production by increasing norepinephrine levels and stimulating the release of thyrotropin-releasing hormone. **While beneficial for primary hypothyroidism, it can be problematic for individuals with autoimmune issues.**

Tyrosine kinase inhibitors (TKIs) are novel molecular targeted therapies approved for treating various hematological and solid tumors. Numerous studies have shown their potential to cause thyroid abnormalities, primarily hypothyroidism and occasionally hyperthyroidism. It's crucial to raise awareness and closely monitor thyroid function tests in patients undergoing TKI therapy. While several mechanisms have been suggested for TKI-associated thyroid dysfunction, definitive treatment guidelines are still lacking.

## Thyroid Truth #8: Your Low Thyroid Could Actually Be Anemia

While Hashimoto's disease is indeed the leading cause of hypothyroidism in the United States, it's important to remember that it's not the sole reason someone might experience hypothyroidism. The thyroid gland can be influenced by various factors, including hormonal imbalances beyond those directly associated with autoimmune responses.

When individuals come to me with symptoms suggestive of hypothyroidism, yet their blood tests don't reveal the typical antibodies we expect with an autoimmune condition like Hashimoto's, one of the next conditions we explore is anemia.

Anemia is characterized either by a reduced number of red blood cells in your body or by a deficiency in hemoglobin within those cells. Hemoglobin is a critical iron-rich protein that enables red blood cells to transport oxygen throughout your body. Oxygen is essential for life—it powers your muscles, brain, and organs. If you're experiencing anemia, your body isn't receiving the oxygen it needs. Imagine trying to breathe with only half the usual lung capacity, similar to what your body goes through when you're anemic. The fatigue, chilliness, shakiness, and mental fog that often accompany anemia mirror many symptoms of hypothyroidism.

Anemia often involves iron supplementation, but this isn't a one-size-fits-all solution. Certain types of anemia do not improve with iron supplements, and in some cases, these supplements can exacerbate the problem by causing further breakdown of red blood cells. Moreover, excess iron accumulation can be harmful, potentially more so than other heavy metals.

For clients not diagnosed with an autoimmune condition, my approach includes testing for anemia, evaluating blood sugar levels, gut and liver function, and fatty acid metabolism, as these areas frequently reveal the underlying issue.

If you're concerned, you might be dealing with anemia, especially if you've tried iron supplements without success; it's crucial to pursue a comprehensive blood panel to identify the root cause and explore alternative treatment strategies. Your health is a puzzle; sometimes, it takes a bit of investigation to find the piece that fits.

## Thyroid Truth #9: Prolactin May Be Causing Your Low Thyroid

Hypothyroidism isn't solely caused by autoimmune conditions such as Hashimoto's disease. It can also stem from an imbalance in other hormones in your body, like prolactin. Your body functions best when all its components, including hormones, are harmonious. An imbalance in just one, like prolactin, can disrupt your entire system, impacting your thyroid and overall well-being.

The pituitary gland produces prolactin and is mainly known for its role in breastfeeding. However, the balance of hormones is key, with prolactin levels regulated by progesterone and dopamine. If these are low, prolactin can surge, overwhelming the pituitary gland.

This surge in prolactin can impact the gland's ability to produce other hormones, like thyroid-stimulating hormone (TSH), which is crucial for thyroid hormone production. TSH acts as a prompt for your thyroid to produce hormones, keeping your metabolism in check. However, if the pituitary gland overproduces prolactin, it might not produce enough TSH, leading to decreased thyroid hormone production.

This scenario can result in symptoms common to hypothyroidism, such as fatigue, difficulty losing weight, and thinning hair. It's essential, then, not just to test for low thyroid levels but to understand the root cause—whether it's Hashimoto's, a prolactin imbalance, or something else. Excess prolactin, importantly, can sometimes indicate the presence of tumors, making it critical to examine any hormonal imbalances closely.

## Thyroid Truth #10: Your TBG Could Be Too High

When your thyroid is happy and doing its job just right, it's a little factory producing not one but three special hormones that help keep you feeling great.



1. Triiodothyronine (T3)
2. Tetraiodothyronine (T4)
3. Calcitonin.

Each of these hormones has its own important job in keeping your body running smoothly.

Now, for T3 and T4 to travel around your body and get to where they need to go, they hitch a ride with a carrier protein called thyroxine-binding globulin, or TBG for short. TBG is a cozy shuttle service for your thyroid hormones, ensuring they arrive safely at their liver destination for a quick tune-up before heading off to their various important tasks around your body.

However, imagine if there were too many of these shuttles. It would be like having a traffic jam of limos, with T3 and T4 stuck inside, unable to get out and do their job. This happens when TBG levels are too high – it leads to a bit of a bottleneck, making it hard for your hormones to keep your metabolism on track.

This can result in signs of hypothyroidism, and the tricky part is that your regular blood tests might say everything looks fine, even when it's not. This is because those tests don't always tell us what's happening with TBG. For a clear picture, you need a thorough blood panel that includes TBG levels to really understand the full story.

If you're curious why TBG levels might rise, a common reason is increased estrogen in the body. This can happen with certain birth control pills and even some beauty products or creams that have estrogen in them. This unexpected rise can make TBG levels go up, creating that traffic jam for your thyroid hormones.

Getting the right tests is key. They help your healthcare provider determine exactly what's happening and how to ensure your thyroid hormones can zip around freely, keeping you feeling your best.

## Thyroid Truth #11: You Can't Treat Your Thyroid Until Your Blood Sugar is Under Control

Imagine you've always dreamed of swimming in the English Channel. One day, determined, you gear up in your swimsuit, pull on your goggles, and check your water wings. But if you haven't mastered swimming, diving straight into the Channel isn't

the best idea. Instead, you'd start in the shallow end of a pool, practicing your strokes until you're ready for the big swim.

This idea mirrors the approach we take towards enhancing thyroid function to alleviate symptoms of hypothyroidism. To tackle thyroid health, we must first address your blood sugar levels.

Blood sugar, or glucose, is essential for survival, much like fats are. It circulates in your bloodstream, fueling your cells to perform the miraculous tasks that keep you thriving.

Normally, our bodies are quite adept at managing blood sugar levels, assuming we eat nourishing meals. However, it's no secret that dietary habits can be less than ideal, with skipped meals or indulgences in high-calorie, sugar-rich foods. This can overwhelm our system, challenging maintaining balanced blood sugar levels and leading to potential spikes that cause health issues.

When fasting blood sugar levels exceed 127 mg/dL, it signals diabetes, a condition with so much sugar in the bloodstream that cells can't manage it. Reflecting on the latest figures, it's clear that diabetes and prediabetes remain significant health challenges in the U.S. Currently, 37.3 million Americans are living with diabetes, marking a noticeable increase from previous reports. Furthermore, an estimated 96 million U.S. adults are now considered prediabetic, highlighting a critical need for interventions to prevent the progression of diabetes (CDC.gov).

Just like preparing for that channel swim with careful, step-by-step training, managing thyroid issues begins with checking your blood sugar levels. It's a foundational step towards overall health, including the normal functioning of your thyroid.

## Thyroid Truth #12: A Healthy Brain Makes a Healthy Thyroid

Everything is connected in your body's intricate network, much like in an ecosystem. For example, a surge in estrogen can lead to an increase in thyroxine-binding globulin (TBG), which in turn absorbs thyroid hormones T3 and T4, vital for regulating your metabolism. When T3 and T4 levels are low, you might experience fatigue, weakness, and unexpected weight gain.

Your thyroid doesn't operate in isolation; your brain significantly influences its performance. Specifically, the pituitary gland, serotonin (a key neurotransmitter), and the hypothalamic periventricular nucleus play crucial roles in thyroid health.

**The Pituitary Gland:** This small but mighty gland in your brain releases thyroid-stimulating hormone (TSH), among others. TSH prompts your thyroid to produce its hormones. If the pituitary gland produces too little TSH, it can lead to hypothyroidism; too much TSH can cause hyperthyroidism.

**Serotonin and the Hypothalamic Periventricular Nucleus:** Serotonin is well-known for its role in feeling good but also affects many other body functions, including influencing the hypothalamic periventricular nucleus. This area of the brain impacts TSH levels, affecting thyroid function.

When any of these components—whether it's the pituitary gland, serotonin, or the hypothalamic periventricular nucleus—is off-balance, it can lead to thyroid issues. And while synthetic thyroid hormones might treat the thyroid directly, they don't address the root cause of the issue that stems from the brain.

## Addressing the Brain's Health

So, how do you "fix" your brain to support your thyroid? It starts with managing your blood sugar levels, as blood sugar significantly impacts serotonin levels. Conditions like hypoglycemia, insulin resistance, and diabetes need to be addressed to stabilize blood sugar, which is crucial for brain health. A healthier diet free from junk food and regular exercise are key steps.

Oxygen is another critical fuel for your brain, alongside glucose. If your brain doesn't get enough oxygen, it can't operate optimally. As we age, our efficiency in utilizing oxygen decreases, which can affect brain and thyroid function. There are therapies focused on improving oxygen utilization, such as Exercise with Oxygen Therapy (EWOT), which may offer benefits in this regard.

Tackling these underlying issues requires a holistic approach, focusing on diet, exercise, and possibly exploring oxygen therapies to enhance brain function and, by extension, thyroid health.

## Thyroid Truth #13: Gluten Could Be the Culprit Behind Your Hypothyroidism

The gluten-free diet has become quite popular, catching the attention of celebrities, athletes, and many people in your community. Gluten is a protein found in grains such as wheat, barley, and rye. It gives dough elasticity and a chewy texture to breads and baked goods. Beyond obvious sources like bread and pastries, gluten is also found in less-expected items like soups and salad dressings.

For individuals with celiac disease, consuming gluten triggers an immune response that damages the small intestine. Although only a fraction of the population has celiac disease, gluten can still pose risks to others, particularly those with autoimmune conditions like Hashimoto's disease. In Hashimoto's, the immune system mistakenly attacks the thyroid gland, reducing its hormone production.

**The link between gluten and autoimmune thyroid issues stems from the idea that gluten can act as an antigen, a substance that triggers an immune response.**

Gluten's structure is thought to closely resemble that of thyroid hormones, leading the immune system to target both gluten and the thyroid in its attempt to protect the body. Other common antigens include dairy, soy, eggs, and yeast.

Determining gluten sensitivity involves testing, ranging from blood tests to more detailed assessments, such as DNA swabs that consider the genetic basis of autoimmunity. Identifying and eliminating dietary antigens, like gluten, from one's diet can be crucial in alleviating symptoms and preventing the immune system from attacking the body.

If you're experiencing symptoms like fatigue, difficulty concentrating, or changes in mood and weight and suspect food sensitivities might be a factor, consulting with a healthcare professional who can provide access to comprehensive testing might offer insights and a path forward in managing your symptoms and improving your overall health.

Type 2 diabetes, which accounts for approximately 90% of all cases of diabetes worldwide, is strongly related to lifestyle choices. Those who develop type 2 diabetes tend to have poor dietary habits and perform little regular exercise.

Receiving a diagnosis of diabetes or pre-diabetes can be a scary or overwhelming experience, but it can also act like a big push in the right direction. Changing your diet and exercise patterns can create amazing changes in your body and help you reduce or even eliminate some of the symptoms that have been plaguing you for years!

**Here's just one small but incredibly important tip for those with high blood sugar or who are hypoglycemic:** Eat protein for breakfast, not carbohydrates. Eggs and lean meat, such as turkey bacon, are essential for supporting healthy blood sugar levels.

Even if your stomach is upset in the morning, you still need to eat a little breakfast high in protein. This will likely help settle your stomach. If, after you get your blood levels under control, you still suffer symptoms like fatigue, low libido, and thinning hair, it may be time to look at your thyroid function.

## Thyroid Truth #14: You Probably Need More Vitamin D

It seems like every time you flip through a health magazine, there's a new must-have vitamin gracing the cover, right next to an article demoting last month's nutritional hero. Despite the fluctuating trends, Vitamin D is a standout that's not going anywhere. Vitamin D is particularly noteworthy for those managing hypothyroidism and is essential for bone health, cellular function, and a robust immune system.

**The link between Vitamin D and hypothyroidism is intriguing.**

As Vitamin D deficiency has become more common, rates of hypothyroidism have surged. This correlation highlights the importance of maintaining adequate Vitamin D levels, not just for general health but specifically for thyroid function. Vitamin D can be sourced from diet, sunlight, and supplements, with rich dietary sources including liver, organ meats, some seafood, and egg yolks. For many, supplements provide a practical way to ensure adequate intake, especially if liver dinners or regular sun

exposure aren't appealing or feasible options.

**Vitamin D's role extends beyond basic health; it's pivotal in autoimmune conditions like Hashimoto's disease.**

Research suggests that many with Hashimoto's may have a genetic variation affecting their Vitamin D processing, further emphasizing the need for monitoring and possibly supplementing Vitamin D levels.

Testing for Vitamin D involves checking levels of 25-hydroxyvitamin D (25-OHD), but a more comprehensive approach includes assessing both 25-OHD and 125-OHD levels. While medical standards have established "normal" ranges for Vitamin D, aiming for "optimal" levels may provide better support for those with autoimmune thyroid conditions. In this light, supplementing with Vitamin D, alongside essential fatty acids, can be a strategic move in managing autoimmune thyroid diseases effectively.

Supporting normal Vitamin D levels is more than just following a trend; it's about nourishing your body's immune system and thyroid health with a well-rounded approach that includes nutrition, lifestyle, and targeted supplementation.

## Thyroid Truth #15: Essential Fatty Acids (EFAs) are Your Friends

America's dietary journey with fats has been a roller coaster, swinging from fear to acceptance. This evolving understanding reflects a broader realization: not all fats are created equal, and certain fats are indispensable for health. This shift is grounded in recognizing fats' complex role in the body, extending beyond mere energy sources to vital functions in cell structure, brain health, and the immune system.

**Omega-6 and Omega-3 fatty acids stand out for their crucial contributions to our nutrition and overall wellness.**

These polyunsaturated fats, which our bodies cannot produce independently, are

essential for building healthy cells and supporting brain and nervous system function. Sources of Omega-6 include plant oils (like corn and sunflower oil), nuts, and seeds, while Omega-3s are abundant in fatty fish (such as salmon, mackerel, and tuna), walnuts, and flaxseed. Despite the importance of both, achieving a balanced intake is key. Current research suggests striving for a ratio of Omega-6 to Omega-3 fatty acids between 3:1 and 5:1 for optimal health benefits (Mayo Clinic) ([www.heart.org](http://www.heart.org)).

However, the **Standard American Diet (S.A.D.)** typically features a disproportionate Omega-6 to Omega-3 ratio, skewing as high as 25:1, contributing to various health issues, including obesity. This imbalance underscores the importance of mindful dietary choices, emphasizing the need for a diet rich in diverse sources of healthy fats, particularly those high in Omega-3 fatty acids, to support overall well-being and mitigate the risk of chronic diseases (Mayo Clinic) ([www.heart.org](http://www.heart.org)).

The transition towards a healthier fat intake involves more than just cutting out trans fats or reducing saturated fats; it's about prioritizing monounsaturated and polyunsaturated fats found in plant oils, nuts, seeds, and fatty fish. These fats can support normal cholesterol levels, reduce heart disease risk, and support healthy brain function. Incorporating these healthier fats while limiting processed and fast foods rich in unhealthy fats can lead to better health outcomes (Mayo Clinic) ([www.heart.org](http://www.heart.org)).

In essence, fats are a crucial part of a balanced diet, with their quality and the balance between different types significantly impacting health. By choosing sources of healthy fats and aiming for a balanced ratio of Omega-6 to Omega-3, individuals can more effectively support their overall health, including managing conditions like hypothyroidism.

## Thyroid Truth #16: Polycystic Ovarian Syndrome Can Lead to Hashimoto's

In the complex system of our body, Polycystic Ovarian Syndrome (PCOS) and thyroid disorders like Hashimoto's disease showcase how hormonal imbalances can lead to significant health challenges. Understanding the symptoms of PCOS and its potential impact on thyroid health is crucial for addressing the root causes and finding a path toward healing.

## Symptoms of PCOS include

- Acne
- Weight gain
- Excessive hair growth
- Missed or irregular periods
- Infertility
- Anxiety and depression

## The Connection Between PCOS and Thyroid Health

**Hormonal Imbalance:** PCOS is characterized by elevated levels of androgens (male hormones), which can disrupt the balance of other hormones, including progesterone. This imbalance can indirectly affect thyroid health by influencing the production of thyroid hormones.

**Impact on Insulin:** Many women with PCOS develop insulin resistance, a condition where the body's cells don't respond effectively to insulin. Insulin resistance can lead to higher blood sugar levels and potentially type 2 diabetes. It's also associated with an increased risk of developing thyroid disorders, as high insulin levels can influence thyroid hormone activity.

**Autoimmune Response:** Hormonal imbalances in PCOS can trigger inflammatory responses, contributing to the development of autoimmune conditions in Hashimoto's disease, in which the immune system attacks the thyroid gland.

**Integrated Treatment Approach:** Addressing PCOS and thyroid disorders requires a holistic approach that goes beyond treating symptoms with medication. A comprehensive evaluation to understand the hormonal imbalances, alongside lifestyle modifications, can help restore balance and support overall health.

Understanding these connections emphasizes the importance of a comprehensive approach to treatment, focusing not just on symptom management but on restoring hormonal balance and supporting the body's natural regulatory systems.

**Thyroid Truth #17: Stress Could be  
Strangling Your Thyroid**



**Feeling overwhelmed lately?** If "stressed" seems like your default state, you're in good company. Today's fast-paced lifestyle means juggling personal responsibilities, work demands, and the ever-present digital connections, all of which contribute to our stress levels.

Chronic stress isn't just an inconvenience; it's like a heavy weight we carry around, impacting our health in myriad ways. From causing premature aging to more serious health risks like high blood pressure and digestive issues, stress has a significant impact on our well-being.

One area that's particularly affected by stress is our thyroid health.

## The Ripple Effect of Stress on Your Body

- **Adrenal Glands Kick into Overdrive:** Nestled above your kidneys, these glands release a cocktail of hormones, including cortisol, in response to stress. While beneficial in acute situations, constantly high cortisol levels can lead to various health issues.
- **Thyroid Suppression:** Chronic stress can suppress the thyroid gland by affecting the production of Thyroid Stimulating Hormone (TSH) from the pituitary gland. Lower TSH levels mean your thyroid isn't prompted to do its job, potentially leading to hypothyroidism.
- **Weight Gain and Insulin Resistance:** Elevated cortisol can contribute to unwanted weight gain and insulin resistance, compounding stress's negative effects.
- **Adrenal Fatigue:** Years of unrelenting stress can wear down your adrenal glands, leading to a state often referred to as adrenal fatigue. This can disrupt your body's hormone balance and further affect thyroid function.

## Managing Stress for Thyroid Health

Understanding the profound impact stress has on your thyroid and overall health can be a powerful motivator for adopting healthier stress management practices. Consider incorporating these strategies into your routine:

**Mindfulness and Meditation:** Regular practice can help reduce stress levels and improve your response to stressful situations.

**Physical Activity:** Exercise is a proven stress reliever and can help balance hormones.

**Quality Sleep:** Prioritizing sleep helps your body recover from stress and regulates hormone production.

**Healthy Eating:** A balanced diet supports your body's stress response and overall hormonal balance.

**Seek Support:** Sometimes, managing stress on your own can be challenging. Don't hesitate to seek support from mental health professionals or stress management programs.

Recognizing the intricate connection between stress and thyroid health underscores the importance of managing stress effectively. By adopting healthier lifestyle habits and addressing stress head-on, you can support your thyroid health and enhance your overall well-being.

## Thyroid Truth #18: Small Protein Messengers May be Shutting Off Your Thyroid

Diving into the intricacies of the human body reveals a bustling world of proteins, hormones, and cells, all dedicated to keeping us active and feeling good. Among these microscopic marvels are cytokines, small proteins crucial to our body's functioning, particularly in managing inflammation.

### What are Cytokines?

**Molecular Messengers:** Imagine cytokines as the body's postal service, delivering instructions that regulate immune and inflammatory responses.

**Key Players in Inflammation:** They're especially active in conditions like arthritis, IBS, asthma, and autoimmune diseases, such as lupus and rheumatoid arthritis, helping to coordinate the body's fight against what it perceives as threats.

### The Double-Edged Sword of Cytokines

While cytokines are essential for healing and protection, an excess can lead to

complications. High levels of cytokines can impact the brain's pituitary gland, reducing its ability to produce the thyroid-stimulating hormone (TSH).

TSH is crucial for thyroid function, prompting it to produce hormones that regulate metabolism, energy, and more. A cytokine-induced decrease in TSH can lead to hypothyroidism, with symptoms like weight gain, thinning hair, and fatigue.

## Moving Through the Fog

**Personalized Testing:** Comprehensive testing is key to untangling the effects of cytokines on health. By examining blood and other bodily fluids for cytokine levels, we can pinpoint disruptions in the intricate hormonal dance, particularly between cytokines and thyroid function.

**Tailored Approaches:** Identifying high levels of specific cytokines can illuminate the path to rebalancing your body's systems, potentially addressing the root cause of thyroid-related symptoms.

## Thyroid Truth #19: Healing Leaky Gut to Support Thyroid Health

Leaky gut is as unsettling as it sounds, involving a compromised intestinal lining that allows food particles and other substances to "leak" into the bloodstream. This condition turns your digestive tract, which should function as a secure barrier, into a porous fence, letting through what should have been processed or expelled.

Imagine bits of what you've eaten bypassing the gut's filtration system, floating freely in your body, prompting your immune system into an overdrive to tackle these invaders. A gut that's functioning properly acts like a vigilant gatekeeper. Still, inflammation or unwelcome guests like parasites (more common than you'd think, even far from the tropics and in suburbia) can weaken this defense.

The inflammation caused by a leaky gut isn't a one-off; it's a vicious cycle. Every meal can push more particles through the gut wall, signaling the immune system to launch a counterattack and causing more inflammation. This ongoing battle can predispose individuals to autoimmune diseases such as Hashimoto's, where the immune system, busy policing the gut, also mistakenly targets the thyroid.

Addressing a leaky gut isn't straightforward; it's not about a quick fix but halting the

inflammation cycle to let the gut heal. Part of the strategy involves eliminating foods that provoke inflammation, including gluten, soy, milk, eggs, and yeast. A comprehensive approach to gut healing, often called the 4R program—**Remove, Replace, Reinoculate, and Repair**—can be very effective. This involves removing inflammatory foods and parasites, replacing them with gut-friendly alternatives, reinoculating them with beneficial bacteria (probiotics), and repairing the gut lining with targeted nutrients. Such measures not only tackle the root of the leaky gut but can also mitigate or even resolve symptoms associated with hypothyroidism by giving the immune system less reason to go on the offensive against the thyroid.

## Thyroid Truth #20: You Aren't Crazy, Lazy, or Finished, No Matter What Your Doctor Tells You!

Receiving a "normal" test result when you're feeling far from okay can be incredibly frustrating. You might be battling daily exhaustion, struggling with brain fog so thick you're afraid you might forget your own birthday, finding your libido at an all-time low, and experiencing restless nights despite overwhelming fatigue.

It's disheartening, to say the least, when doctor after doctor tells you you're fine, based on standard blood tests. This can lead you to question your sanity, wonder if you're being overly dramatic, or assume this is just part of aging. But when your daily experience is far from feeling well, it's hard to accept this as your new normal.

Many women find themselves in this cycle of disbelief, having been assured by various doctors that their tests don't reveal any significant issues. However, the truth is that the basic blood panels often used in primary care don't provide a complete picture, particularly if your symptoms don't align with those of a more severe or recognizable illness. Being within the "normal" range doesn't necessarily mean you're at your healthiest.

This is where the distinction between traditional and functional medicine becomes clear. Functional medicine seeks to identify and address health issues even in their nascent stages, aiming for optimal health rather than settling for "normal" based on broad standards. For instance, while your Thyroid Stimulating Hormone (TSH) levels may fall within the standard acceptable range, functional medicine practitioners aim for an "optimal" range that better supports wellness.

Exploring beyond TSH levels, functional medicine explores into potential underlying causes of symptoms, such as autoimmune responses, leaky gut syndrome, inflammatory reactions to common dietary triggers, or parasites. This approach often involves a battery of tests beyond a simple blood panel, gathering the extensive data needed to tailor a treatment plan aimed at not just managing but potentially resolving the root causes of hypothyroid symptoms.

Remember, if you feel consistently unwell, it is your body's way of signaling something is amiss. It's crucial not to let anyone, doctors included, dismiss your concerns or symptoms.

## Thyroid Truth #21: A Diagnosis is Just the Beginning

Discovering the root cause of your symptoms can feel like a monumental relief. It's that moment when the puzzle pieces of your health start to fit together, offering clarity amid confusion. For many, finally being diagnosed with conditions like hypothyroidism or anemia brings a profound sense of validation. It confirms that you're not just imagining things; there's a tangible reason behind your intuition.

This revelation, however, is just the first step. Identifying a condition by name, such as hypothyroidism, sheds light on the symptom but not necessarily on the multitude of factors that could be contributing to it. The causes of hypothyroidism are varied, including autoimmune diseases like Hashimoto's, dietary sensitivities such as gluten intolerance, or even gut health issues like leaky gut syndrome. Each of these factors interacts with and can exacerbate the others, creating a complex web of health challenges.

conventional medicine might respond to a diagnosis of low thyroid function by prescribing synthetic hormones. While this approach can alleviate symptoms, it may not address the underlying causes. It's akin to silencing an alarm without tackling the fire that triggered it.

Functional medicine adopts a more holistic strategy, aiming not just to treat symptoms but to achieve and support overall health and wellness. This approach involves a thorough investigation to uncover all potential factors contributing to hypothyroidism. It might explore autoimmune reactions, food sensitivities, the presence of parasites, and more. Through comprehensive testing and subsequent

retesting, functional medicine tracks the effectiveness of treatment strategies, gauging improvements in thyroid hormone production, immune system activity, inflammation levels, and overall well-being.

Receiving a diagnosis is indeed a crucial breakthrough, but it marks the beginning of a journey toward healing. It's a call to dig deeper, understand your health's intricacies, and work towards not just normalcy but optimal wellness.

**A diagnosis is only the beginning.**

## Thyroid Truth #22: Don't Just Take the Batteries Out of the Fire Alarm

Just like a fire alarm's jarring sound is a call to action rather than an annoyance, your body's symptoms are alerts, not mere inconveniences. Ignoring symptoms or silencing them with medication without addressing the underlying cause is akin to removing the batteries from a ringing fire alarm and going back to sleep.

### Understanding Your Body's Alerts

**Persistent Unwellness:** Feeling constantly tired, forgetful, or dealing with chronic constipation? These are your body's ways of signaling that something's amiss.

### The Role of Medication

**Temporary Relief:** While medication, such as synthetic thyroid hormones, can alleviate symptoms of an underactive thyroid, it may not tackle the root cause.

**Potential Dependence:** Relying solely on medication can lead to increasing dependence over time without ever addressing the underlying health issues.

### The Importance of Addressing the Root Cause

**Identifying the Culprit:** Through comprehensive testing, a thyroid specialist can often pinpoint the exact cause of your symptoms. This could range from dietary triggers like gluten to gut health issues such as parasites.

### Creating a Sustainable Plan

**Natural Treatment Options:** Once the cause is identified, you and your specialist can

develop a natural treatment plan to resolve the underlying issues.

**Reducing Medication:** As your health improves over time, you may reduce or even eliminate the need for thyroid medication under your doctor's guidance.

Remember, while medication plays a critical role in managing symptoms and conditions, it is crucial to explore and address the root causes of your health issues. This holistic approach provides relief and can lead to long-term health improvements, reducing the need for medication and supporting overall well-being.

## Thyroid Truth #23: Embrace Your Body as an Ecosystem

Indeed, your body operates much like its own ecosystem, a complex network where everything is interconnected. When one element within this ecosystem—a hormone or a protein—gets out of balance, it can set off a chain reaction, affecting your health in numerous ways. This interconnectedness explains why conditions like hypothyroidism, Hashimoto's, and Grave's disease can manifest through a myriad of symptoms; it's rarely just one issue but rather a series of imbalances disrupting your bodily ecosystem.

### The Challenge of Chronic Conditions in Conventional Medicine

While conventional medicine excels in acute care—setting a broken bone, treating a stroke, or managing trauma—it often stumbles when faced with chronic conditions. These illnesses, characterized by widespread symptoms and multifaceted causes, can't be remedied simply as casting a bone. They require a deep dive into the many factors impacting the thyroid and beyond, often uncovering a domino effect of issues like a leaky gut leading to inflammation, which triggers an autoimmune response and ultimately suppresses thyroid function.

Addressing chronic conditions demands a holistic view of health. This approach involves comprehensive testing, a tailored treatment strategy, and ongoing adjustments based on the individual's response to treatment. This holistic, patient-centered approach is the cornerstone of functional medicine, which seeks to use extensive testing and natural interventions to restore balance to the body's ecosystem and help individuals achieve optimal health.

## Finding Hope Beyond "Normal" Test Results

For many, especially post-menopausal women struggling with unexplained symptoms, the journey to understanding and treating their conditions can be frustrating. Often, conventional medical tests return "normal" results, leaving them feeling dismissed and hopeless. Yet, the issue isn't their lack of effort or imagination; it's a matter of finding the right approach to uncover and address the underlying imbalances in their body's ecosystem.

You are not at the end of your rope; you need a guide who understands the intricate map of your body's ecosystem. Remember, the right approach can illuminate the path to better health, moving beyond "normal" test results to truly understand and treat the root causes of your symptoms.

## Thyroid Truth #24: You're Either Getting Better or Worse

The journey towards health is not merely about avoiding illness; it's a continuous path of self-care, resilience, and hope, cultivated through mindful decisions that respect and nurture your body's intricate ecosystem. This modern approach to wellness emphasizes that every daily choice contributes to your overall health, pushing you towards vibrance or gradually leading to discomfort.

### Embracing Mindful Self-Care

Mindful self-care involves intentional actions to care for our physical, mental, and emotional well-being. It's about making choices that align with your health goals and values:

- **Nutritional Choices:** Eating a balanced, nutritious breakfast sets a positive tone for the day and fuels your body and mind.
- **Stress Management:** Proactively addressing stressors, like resolving conflicts at work, can significantly reduce chronic stress's impact on your health.
- **Active Living:** Engaging in physical activity, whether it's a morning jog or an evening walk, celebrates your body's capabilities and boosts your mood and energy levels.
- **Conscious Relaxation:** Even relaxation can be mindful, choosing activities that genuinely rejuvenate you rather than defaulting to passive, screen-based activities.

### Cultivating Hope and Resilience



Facing health challenges head-on requires hope and resilience—believing in the possibility of healing and having the determination to make changes that lead to a healthier life:

- **Seeking Understanding:** Investigating the root causes of symptoms empowers you with knowledge, offering hope that things can improve with targeted actions.
- **Embracing Change:** While change can be daunting, it opens the door to healing and discovery. Adopting lifestyle changes that address underlying health issues can transform your life.
- **Building a Support System:** Surrounding yourself with a community that supports your wellness journey can bolster your resilience, providing encouragement and accountability.

## Making Choices That Honor Your Health

Ultimately, wellness is about making consistent choices that honor your body and promote health:

- **Informed Decisions:** Choosing treatments and lifestyle changes based on a deep understanding of your health conditions encourages a proactive rather than reactive approach to wellness.
- **Listening to Your Body:** Tuning into your body's signals and responding with care and compassion can guide you towards healthier choices.
- **Prioritizing Joy and Fulfillment:** Integrating activities and practices that bring joy and fulfillment into your daily life enhances your overall well-being.

## Thyroid Truth #25: You Are in Charge of Your Health Destiny

Diving into this journey of understanding thyroid conditions, we're peeling back layers to a fundamental truth that's as simple as it is profound: **the most invested person in your wellbeing is you.** It's a realization that shifts perspectives, opening doors to how we approach health, especially when embarking the complex waters of conditions like hypothyroidism, Hashimoto's, or Grave's disease.

### Embracing Your Role in Your Health

The space between not feeling sick and feeling vibrantly well is vast, filled with choices that inch us closer to one side or the other. It's about recognizing that, even amidst chronic conditions that seem daunting, how we steer our ship—through lifestyle, through the management of conditions we can't evade, like celiac disease or gluten sensitivity—rests in our hands.

## The Journey Through Thyroid Health

When the conversation turns to thyroid health, with its intricate web of causes and effects, it becomes clear that a passive stance just won't do. It's about seeking, about diving deep into the 'why' behind symptoms, and about not settling for a pat on the back and a 'you're fine' when every cell in your body tells you otherwise.

It's about choosing paths that might not be paved in prescriptions but in changes that nourish and heal—through diet, lifestyle, and perhaps a sprinkle of medicine when it's truly needed. This isn't to say medicine doesn't have its place—it does, profoundly so in cases of acute illness or when other routes have been thoughtfully considered. But it's also about believing in the body's capacity to heal under the right conditions.

### You Are the Captain

If you've ever felt like something was amiss, health-wise, it's your cue to take the helm, not to wait for someone else to steer you towards wellness. The call to action is clear: don't let 'normal' be an anchor when 'optimal' is what you're seeking. It's a challenge, yes, but also an invitation to a journey of discovery—one where better health isn't just a destination, but a path paved by your choices, big and small.

## Remember, you're not alone on this thyroid health journey.

While it's true that you're the primary advocate for your health, the ThyroSisters community, resources, and specialists are ready to support you every step of the way.

### It's Time to Take Action

ThyroSister, as we conclude this concise book, you officially become a part of our community, delving deeper into our individual thyroid journeys. This book serves as a starting point—a brief manual to help you grasp the inner workings of your body and why your doctor might not possess all the answers and solutions you seek.

There's so much more I wish to impart to you! Undoubtedly, you must harbor numerous questions, such as:

- How can I determine if I have an autoimmune condition?
- What specific tests are imperative, and how can I access them?
- How do I decipher these tests, or where can I seek assistance?
- What dietary adjustments can I make immediately to initiate a path towards

improved well-being?

I can offer you various avenues to obtain the answers you seek. If you found this book enlightening, I strongly recommend delving into my more comprehensive follow-up, "Thyroid and Menopause Madness," available in ebook, paperback, and hardback formats on Amazon.com. Recently, I published the 10th Anniversary - Second Edition of this #1 Amazon Bestseller. In this sequel, I explore deeper into the topics covered here and elevate your understanding by demonstrating how you can reclaim your health through entirely natural methods. This volume is a treasure trove of invaluable insights, much of which your doctor may never disclose to you!

Should you desire more personalized guidance or coaching, or if you have queries stemming from this book, please don't hesitate to reach out. I am still selectively accepting private clients and offer various levels of coaching. I can personally review your case, devise a tailored testing regimen, and direct you to a private laboratory in your vicinity for testing. The results will likely astound you—I assure you! We'll analyze them together to gain a comprehensive understanding of your body's internal dynamics, enabling me to craft a wellness plan that will revolutionize your life. To arrange a consultation, kindly contact me at [support@thyrosisters.com](mailto:support@thyrosisters.com).

Moreover, I want you to understand that you need not endure this journey in solitude. Far too often, women in their middle years feel overlooked and disregarded. You are remarkable, deserving of love and attention! I extend an invitation to you to explore my dedicated online community, **[www.ThyroSisters.com](http://www.ThyroSisters.com)**, where you can share your experiences, connect with fellow women, and mutually support each other in our pursuit of health and happiness.

This platform provides a safe space to pose those intimate questions you might hesitate to ask your acquaintances, deepen your understanding of the lessons from this book, and gain access to new tools and resources that I will continually integrate into the site as our community blossoms. I harbor grand ambitions for **[www.ThyroSisters.com](http://www.ThyroSisters.com)**, but it hinges on your active participation and enthusiasm to foster its growth!

Lastly, if you found this book beneficial, please consider taking a moment to pen and publish a review on Amazon, and if you feel inclined, share your review across social media platforms. Your support means the world to me, and I wholeheartedly wish you an abundance of health, joy, and love in your life!

Dr. Joni Labbe, DC, CCN, DCCN

By clicking the butterfly below, you will be welcomed into a space dedicated to those embarking their way through thyroid health - the ThyroSisters.

**Welcome to the sisterhood, where you are never alone in your journey.**



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