

# THYROID:

## YOUR HORMONE MAKEOVER GUIDE

Welcome to a crucial aspect of your Hormone Makeover journey - understanding and supporting your thyroid health. The thyroid gland produces hormones that regulate metabolism, energy, and numerous bodily functions. Recognizing signs of thyroid imbalance and understanding its role is vital for achieving optimal hormonal health and overall well-being.

### **SYMPTOMS OF LOW THYROID (HYPOTHYROIDISM):**

- Fatigue and weakness
- Weight gain or difficulty losing weight
- Increased sensitivity to cold
- Dry skin and hair
- Hair loss
- Constipation
- Depression
- Slow heart rate
- Heavy or irregular menstrual periods
- Muscle aches and weakness
- Joint pain or stiffness
- Impaired memory
- Enlarged thyroid gland (goiter)

### **SYMPTOMS OF HIGH THYROID (HYPERTHYROIDISM):**

- Unexplained weight loss
- Rapid heartbeat or palpitations
- Increased appetite
- Nervousness, anxiety, or irritability
- Tremors in hands and fingers
- Excessive sweating
- More frequent bowel movements
- Fine, brittle hair
- Sleep difficulties
- Changes in menstrual patterns

### **FUNCTIONS OF THYROID HORMONES:**

- Regulate metabolism and energy production
- Support brain function and mood
- Maintain healthy skin, hair, and nails
- Regulate body temperature
- Support cardiovascular health
- Aid in growth and development
- Influence reproductive health

### **IMPORTANT THYROID TESTS:**

- TSH (Thyroid Stimulating Hormone)
- Free T4
- Free T3
- Reverse T3
- Thyroid Antibodies (TPO and TgAb)

### **THYROID SUPPORT AND TREATMENT OPTIONS:**

- Thyroid hormone replacement therapy (T4, T3, or combination)
- Natural desiccated thyroid (NDT)
- Nutritional support (iodine, selenium, zinc, iron)

## IMPORTANT NOTES:

- Thyroid function can impact and be impacted by other hormones
- Autoimmune conditions like Hashimoto's or Graves' disease can affect thyroid function
- Proper diagnosis requires comprehensive testing, not just TSH

## LIFESTYLE FACTORS FOR THYROID HEALTH:

- Eat a balanced diet rich in iodine, selenium, and zinc
- Manage stress through relaxation techniques
- Get adequate sleep
- Exercise regularly
- Avoid environmental toxins when possible
- Consider going gluten-free if you have autoimmune thyroid issues

Remember, your Hormone Makeover is a personalized journey. Thyroid health is crucial for overall hormonal balance and well-being. Always consult with your healthcare provider about any symptoms or concerns, and never adjust your thyroid medication without professional guidance. Proper management of thyroid function is key to achieving optimal health and vitality.

## ADDITIONAL NOTES:

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