

## Feature Topic: Hypothyroid

This month I wanted to talk a little about thyroid problems. This is too big a topic to cover in one newsletter, so I'll cover the most common thyroid problem – hypothyroid.

Hypothyroid means your thyroid is running to slow. This can be caused by either the thyroid itself just being slow or it can be caused by the pituitary gland not telling your thyroid to work like it should. In the latter situation, the condition is referred to as “hypothyroid secondary to hypoanteriorpituitary” (how’s that for a mouth full?) What is happening here is that the pituitary gland is not making enough Thyroid Stimulating Hormone (TSH) so the thyroid gland tends to go to sleep somewhat.

If you have hypothyroid you may have any of the following symptoms or problems:

- Fatigue, sluggishness
- Thinning hair or excessive hair loss
- Feel cold and do not like colder weather
- Increased weight gain, especially around the middle of the body.
- Depression
- Mental slowness
- Need a lot of sleep
- Constipation
- Outer third of the eyebrows get thin
- Body temperature below 97.8

Blood testing is not always accurate in testing for a hypothyroid. As far as we are concerned, if you have the signs and symptoms of hypothyroid and your blood test says you're “normal”, we still consider you to have a hypothyroid.

If you no longer have a thyroid and you are on thyroid medication, it is important that you take iodine. If you don't, your chances of developing cancer or fibrocystic disease is increased. We recommend a daily intake of about 12 to 13 mg of iodine a day. This is far above the RDA of only 150 micrograms (12 mg is equal to 12,000 micrograms). However this is the amount eaten by the Japanese and other ethnic groups and they have a fraction of the breast cancer and fibrocystic disease other people have.

If you have a hypothyroid you will want to limit the amount of cruciferous vegetables you eat. This includes things like cabbage, cauliflower, broccoli, brussel sprouts, collards, mustard greens, etc. These are the main ones but you can get a full list off Google on the internet.

Hypothyroid can often be successfully helped with natural, alternative medicine, even if you have been on thyroid medication for a long time.

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