

Silly Thyroid (and those Goofy Adrenals)

Dr. Andrew Dickens NMD
Healing Pathways Medical Clinic
6939 E. Main St.
Scottsdale, AZ 85251
(480) 699-7400
www.healingpathwaysmedical.com

NOT TO BE CONSTRUED AS MEDICAL ADVICE

Physiology:

1. Base of neck below Adam's Apple, butterfly shaped
2. Functioning of thyroid necessary for all other hormones to mature and function
3. Maintains temperature of body (and enzymes function best at optimal temperature).
4. Enables sexual maturation and brain development
5. Benefits immune system. Chronic infections hallmark of hypothyroidism (low thyroid)
6. Thyroid produces T4 (storage form) and T3 (active) as the main two hormones.
7. Basal Metabolic rate determined by the thyroid
8. Basal Temperature
9. Broda Barnes delivered paper 1942 "*Basal Temperature vs. Basal Metabolism*" that correlated 1,000 patients. Thyroid treatment increased Basal temperature.
10. Principal function of thyroid might be simply to increase the number and activity of mitochondria. Proper functioning then means removal of waste and nutrient increase.

Symptoms: Taken from www.21centurymed.com

1. Appetite disruption (heightened or diminished)
2. Autoimmune conditions, including allergies, lupus, and rheumatoid arthritis
3. Blood sugar disorders, such as diabetes, hypoglycemia, or a combination of the two
4. Cancers, all kinds
5. Cardiovascular abnormalities, including high cholesterol, poor circulation, heart palpitations, hypertension (high blood pressure), and hypotension (low blood pressure)
6. Dental problems, including chronic gum infections, receding gums, and TMJ or Temporomandibular Joint dysfunction (clenching of the teeth, leading to chronic inflammation and pain in the temporomandibular joint)
7. Fatigue and lethargy
8. Gastrointestinal disorders, including irritable bowel syndrome, and impaired digestion leading to constipation and nutritional disorders
9. Heart conditions, including coronary artery disease from accelerated atherosclerosis (hardening of the arteries), arrhythmia (irregular heartbeat), abnormal blood pressure (either too high or too low), diminished cardiac output, weakness of the heart muscle, and congestive heart failure
10. Hoarseness of voice, difficulty in swallowing, swollen enlarged tongue, and sleep apnea
11. Immune response malfunction, leading to increased infections (including *Candida albicans*) in all parts of the body
12. Mental and emotional problems, including difficulty in cognition, and anxiety, depression, memory loss, manic depression, psychosis, and schizophrenia
13. Metabolism malfunctions, leading to weight gain (usually) or weight loss (occasionally)

14. Muscular disturbances, including ataxia (lack of coordination), carpal tunnel syndrome, fibromyalgia, and weakness
15. Neurological impairment, including but not limited to ear conditions (deafness, tinnitus, and vertigo), headaches and migraines, Multiple Sclerosis, and paresthesia (numbness and “pins and needles” in nerves)
16. Pain in joints and muscles, including arthritis and fibromyalgia
17. Perspiration reduction
18. Reproductive disorders, including birth defects, cysts in breasts and ovaries, endometriosis, infertility, and menstrual disturbances
19. Respiratory conditions, including asthma, emphysema, pneumonia, and chronic sinus infections
20. Skin disorders, including acne, alopecia (hair loss), boils, dryness, eczema, hives, and psoriasis
21. Sleepiness and sleep apnea.
22. Slowed movement and speech
23. Structural weaknesses/deformities and impaired ability to repair damaged tissues, manifesting in brittle nails, brittle or scant hair (including baldness), degenerating bones (osteoporosis), malformed bones (scoliosis), and thinning and loss of eyebrows, notably the outer third
24. Temperature regulation malfunction: intolerance to heat, and excessive coldness, particularly in extremities.
25. Urinary tract problems, such as urinary infections and especially kidney failure from shrunken, scarred kidneys

Testing:

1. Blood test: Does it test for thyroid getting into the cell and effecting physiologic change or does it test for horseshoes and hand grenades (“getting close”)
2. Axillary vs. oral vs. rectal (good for small children 0.8 degrees higher) Below 97.8 axillary indicates hypothyroidism. Temp ctually indicates basal metabolic rate.
3. **Non-thyroid illness affecting thyroid function**
<http://www.definitivemind.com/forums/showthread.php?p=2857>

Thyroid Support:

1. Iodine as 7.5 mg Iodide (KI) and 5 mg of iodine. Or up to 200 mg in chronic conditions.
2. L-Tyrosine 300 mg
3. Selenium 200 mg
4. Zinc 30-50 mg
5. Adaptogenic herbs: Ashwaganda, Schizandra,
6. Other herbs: Coleus, Iris (blueflag)
7. B-vitamins: need increased with increased thyroid supplementation

Treatment:

1. If the above supports do not work then can be given thyroid hormones

“And Those Goofy” Adrenals:

1. Without proper adrenal functioning, thyroid hormone cannot be utilized by the body. Therefore critical to have a functioning adrenal before attempting to correct thyroid.
2. Poorly functioning adrenals seen in a fluctuating Basal Body temperature.
3. Adrenals need B5, Vit C (largest store in body outside of pituitary)