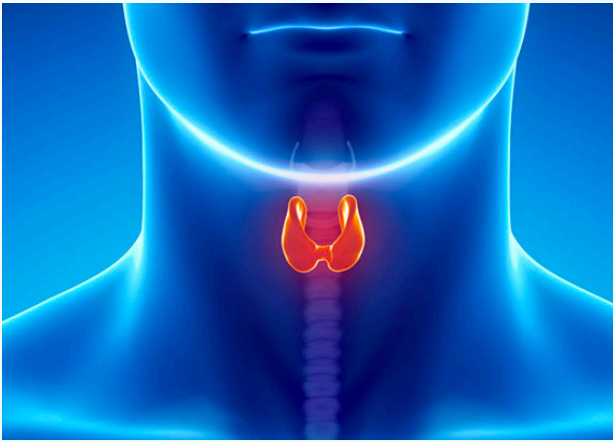


Your Guide to....

# Thyroid & Adrenals

## Thyroid Imbalance



The thyroid gland which is shaped like a butterfly is located in the front of your neck and is the controller of metabolism for the body. The thyroid gland produces hormones which enable every cell of your body to produce and use energy. If the thyroid gland is underactive then the end result is a slowing of your metabolism. The thyroid also works with the rest of your 'hormone symphony' to regulate wellness and optimal health.

Hypothyroidism is 10 times more common in women than in men, and the symptoms of poor thyroid function are very similar to those shown for adrenal dysfunction above. 80% of hypothyroidism is caused by autoimmune disease, which, for reasons that are not well understood, is more common in women.

In addition to the symptoms listed above, indicators of thyroid imbalance include:

- Sore muscles and joints
- Weight gain
- Depression
- Elevated cholesterol levels
- Heavier menstruation
- Slowed heart rate
- Facial swelling or puffiness
- Enlarged thyroid gland (goiter)
- Hoarse voice or feeling
- Memory issues
- Cold sensitivity
- History of infertility or miscarriages

Thyroid treatment typically requires pharmaceuticals. However, do not take thyroid medication without first taking a blood test to determine your measurable, specific deficit in thyroid function. If you do take thyroid medication, talk to your doctor about foods, supplements and other medications that can interfere with your ability to absorb the thyroid medication. Non-pharmaceutical methods for maintaining optimal thyroid function include gentle detoxification, supplemental tyrosine, selenium and iodine. Consult with your doctor for doses.

# Adrenal Imbalance



Cortisol, an adrenal hormone, is also called the stress hormone. It is associated with the 'fight of flight' response and is released in response to both physical and mental stress. This is a very important and beneficial short-term response, yet the very same hormone becomes dysfunctional and dysregulated with long-term, or chronic, stress.

## When cortisol is too low, symptoms include:

- Overwhelming fatigue and weakness
- Low blood sugar
- Low blood pressure (sometimes fainting)
- Poor sleep (difficulty waking in the morning)
- Tired in the early evening, with a surge of energy later
- New stressors are overwhelming and coping mechanisms feel useless
- Heart palpitations

## As the condition worsens, sex hormones are affected because precursors to the sex hormones are used to bolster the stress hormones and additional symptoms arise, including:

- "Wired but tired" feeling
- Insomnia
- Drop in libido
- Increase in infections
- Worsening of PMS symptoms
- Weight gain around the belly
- Increase in allergies
- Feelings of cold and sluggishness
- Decrease in liver function resulting in the accumulation of toxins in the body and inability to process alcohol

## When cortisol is too high (it can increase with age) it can lead to:

- Weight gain
- Insomnia
- Anxiety
- Brain fog, decreased alertness and concentration
- Weakness
- Insulin resistance (diabetes)
- Weakness of the immune system
- Osteoporosis
- Loss of muscle mass
- Skin issues
- Constipation and/or Irritable Bowel Syndrome

## Adrenal imbalance is exacerbated by, and can be caused by, lifestyle factors including:

- constant stress
- lack of sleep
- inability to relax
- poor nutrition
- smoking
- caffeine
- allergens and environmental toxins

Conversely, elimination and management of these lifestyle factors can allow the adrenals to heal.