



Natural Solutions That Work

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# Thyroid

*Know Your Optimal Thyroid Levels*

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## *Thyroid*

The Thyroid makes hormones by using proteins and iodine. Thyroid hormones regulate how slow or fast your body works. Living your best life can be hindered by a poorly working thyroid.

## *Thyroid Issues*

The immune system can attack the thyroid gland leading to an inflammatory condition called **Thyroiditis or Hashimoto's** disease. This happens because the sac that covers the thyroid is no longer protecting the gland and the immune system is attacking the thyroid.

Low thyroid hormone production, **Hypothyroid**, can happen to anyone. **Hyperthyroid** is not seen as often but a real health issue. Testing is important to determine where to start.

Thyroid symptoms are the following: **Anxious, Cold, Depression, Hair Loss, and Weight Loss or Gain.**

## *Thyroid Solutions*

The goal is to use testing to identify if your thyroid is producing hormones in the optimal ranges. We want your thyroid to be at **healthy optimal levels, not on the edges of the reference range.**

Hashimoto's requires the repair of the sac that encapsulates the the thyroid. This is a nutritional and an immune system repair. When the sac is restored the antibodies that signal the white blood cell attack on the thyroid diminish.

The result is a leveling of the thyroid hormone and a healthier you.

***Schedule your appointment today  
to discuss the right tests***