

The Thyroid's Role in Our Health

A healthy thyroid gland is crucial in order to have a healthy body and brain. The thyroid hormones literally affect every system in the body—directly or indirectly. If you suffer from, or have suffered from a sluggish thyroid, you can attest to the devastating affects of insufficient thyroid hormone output. These can include fatigue, weight gain, heart palpitations, hair loss, both low and high blood pressure, depression, swelling, constipation, excessively dry skin and hair, arthritis, muscle aches and weakness.

This small gland, which is located in front of your wind pipe in your neck ordinarily weighs less than an ounce. However, for some who have enlarged thyroids, they can weigh up to eight pounds or more. Imagine having a newborn baby hanging on your neck 24 hours a day! This enlargement is due to the thyroid function being too low, and so more cells are built up trying to produce more thyroid hormones.

What the thyroid does is regulate the rate at which each cell in your body burns the food that you eat to give you energy for life. Because of this necessary combustion many functions of the body are affected when the thyroid is too low. Besides the issues mentioned above, here are a few other problems: If a woman's thyroid function is too low, it can cause sterility, making it difficult (if not impossible) to get pregnant. Women going through menopause will have a much more difficult time with all symptoms if her thyroid is functioning low. Low thyroid can also cause young girls to begin puberty at a much earlier age—there have been some who have begun menstruating as early as 5 years of age—due to low thyroid. However, once they were given correct thyroid therapy, their periods stopped, the developed breasts went back down and the puberty signs disappeared until the appropriate age.

Many of the mental problems today can be linked to low thyroid. This is because the thyroid hormone directly affects other hormones and chemicals, which affect neurotransmitters in the brain. It only takes one endocrine gland to be out of balance to cause a cascade effect on the ENTIRE system. However, in case after case, when the correct thyroid therapy was given by their Doctor, it helped to reverse the depression experienced due to low thyroid.

Hyperactive children who can't sit still in school, who are being diagnosed with ADHD and medicated for that are also being shown to have low thyroid function. And when they are given the proper thyroid medication, their problems of hyperactivity go back to just the normal activity of a healthy child.

Paradoxically, an under active thyroid can be responsible for both undergrowth (dwarf) and overgrowth (giant). If it is markedly reduced at the time of birth and continues that low, this person may never get more than 3 feet tall and have reduced brain function. On the other hand, if it is mildly deficient, they will grow and grow to exceptionally tall.

Many who have low thyroid have had their thyroid hormones checked and have been told they are normal. That's because conventional medicine often may not be using the most current cut-off levels for TSH. In 2002, the Society of Endocrinologists announced that the standard testing ranges for TSH were inaccurate and that many people with hypothyroidism were undiagnosed. To this day, many thyroid lab tests have not been corrected to test for the accurate range of thyroid hormone levels.

What is the best test for low thyroid function? According to Dr. Broda Barnes (1906-1988), the Basal Temperature Test has been found to be the most accurate thyroid test. To find out how to take this test correctly, please contact me for details, or read the newsletter article, "Thyroid Temperature Test".

Many ask if taking iodine can regulate the thyroid. Although the iodine is needed to make thyroid hormones (T3 & T4), it is only one small component of a very complex hormonal and signaling system. The thyroid gland, the thyroid hormones and the entire glandular system relies on a very delicate balance. One affects the other and an attempt to correct one hormone or gland without affecting the balance of a complex network is impossible.

Having an elevated iodine level in the blood can indicate thyroid dysfunction since it is not being taken up from the blood by the thyroid. Hypothyroidism is usually seen when there is too much iodine left in the blood.

Eating a balanced diet that includes some iodine, such as sea vegetables like kelp, dulse, wakame, nori and bladderwrack is important, as well as foods that contain selenium, such as brazil nuts and eggs. An abundance of these is not necessary. Just a modest amount of these foods can be enough for a healthy glandular system to receive benefit.

Other factors that affect the thyroid are radiation, halogens and emotional abuse. If there is thyroid dysfunction, then cleansing the body of these (including stored toxic emotions) could be of great benefit.