

Natural Help 4...

Hypothyroidism



What is Hypothyroidism?

Hypothyroidism is a thyroid problem caused by an **underactive thyroid gland** that produces insufficient amounts of thyroid hormones. This is a common condition that affects millions of people.

Because the symptoms may be varied and difficult to define, often mimicking other conditions, many **people with an underactive thyroid gland may be completely unaware** of the problem.

To get a basic understanding of **hypothyroidism**, you need to familiarize yourself with the thyroid. The thyroid is a small gland found in the middle of the lower neck (below the larynx or *Adam's apple*).

This gland manufactures thyroid hormones which enable the body to carry out a variety of very important functions. The **healthy thyroid** works in conjunction with pituitary gland which produces **thyroid stimulating hormone (TSH)**.

TSH in turn stimulates the thyroid gland to produce the thyroid hormones, T3 and T4. These thyroid hormones play a vital role in the body, influencing metabolism and all the organs in the body. They determine how fast or how slow the organs should work and how the body generates and uses energy.

When the thyroid is under-active and doesn't produce enough of these hormones, **hypothyroidism** can develop. **Metabolic rate and energy levels decrease** and the body uses energy slower than it should.

Who Suffers from **Hypothyroidism**?

Underactive thyroid is a very common medical condition and statistics suggest that 1 in 50 women and 1 in 1000 men will develop **symptoms of hypothyroidism**. It is more common in older women and can also occur more frequently during pregnancy.

Conventional treatment usually involves the administration of synthetic or animal derived thyroid hormone replacement drugs.

Diagnosing Hypothyroidism

A blood test is needed to confirm the diagnosis of an **underactive thyroid gland**, but does not necessarily tell you the cause. The patient's clinical history and results of antibody screening tests and thyroid scans can help to determine the

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

underlying cause.

Blood tests will measure the levels of TSH, the thyroid stimulating hormone, and T3 and T4, the thyroid hormones - as well as their interactions with each other.

The results of these tests will tell you where the problem lies - in the **pituitary gland**, where TSH is produced, the **hypothalamus** (which controls the pituitary gland) or in the **thyroid gland** itself. This will in turn help physicians to determine the correct management for you.

Symptoms of Hypothyroidism


The **symptoms of hypothyroidism** are not always easy to distinguish from other conditions, which makes a proper diagnosis very important. Some of the symptoms of **underactive thyroid gland** include:

- Fatigue and exhaustion
- Heart palpitations
- Depression
- Constipation
- Weight gain or difficulty losing weight
- Dry, tangly hair or loss of hair
- Brittle, split nails
- Aching joints and muscles
- Allergies, e.g. itching, rashes, hives
- Thrush
- Bloating stomach
- Swelling and puffiness in the eyes, face, arms and legs
- Low sex drive
- Poor concentration
- Menstrual problems such as heavy and/or infrequent flow

What Causes Hypothyroidism?

There are several potential diseases and conditions that can cause of **Hypothyroidism**.

- **Hashimoto's disease** - This is an auto-immune disease, where your antibodies, which usually ward off foreign infections or substances, turn on your own body and attack the thyroid gland. This causes inflammation in the thyroid gland, gradually affecting its ability to function and produce thyroid hormone.
- **Hypothyroidism caused by thyroid gland inflammation** – also called thyroiditis. This is caused when inflammation of the thyroid gland leaves a large percentage of the thyroid cells damaged and unable to produce enough hormones. This inflammation could be due to things like infection or trauma
- **As a Consequence of treatment for hyperthyroidism** – People who suffer from hyperthyroidism are often treated with radioactive iodine or anti-thyroid medications to reduce their thyroid function. When the function is reduced too much, **hypothyroidism** can result.
- **Thyroid surgery** – Removing all or a large portion of your thyroid can diminish hormone production. If there are not enough thyroid producing



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

cells to satisfy the body's needs, you will develop [hypothyroidism](#).

- **Pituitary/hypothalamic disease** – You could also be at risk of developing [hypothyroidism](#) if the pituitary gland fails to produce enough TSH – the hormone responsible for 'instructing' the thyroid to produce T3 and T4.
- **Iodine deficiency** – Iodine is found primarily in seafood, seaweed, plants grown in iodine-rich soil and iodized salt and is essential for the production of thyroid hormones. Some areas of the world experience a severe iodine deficiency, for example India, Chile, Ecuador and Zaire.
- **Radiation therapy** – Radiation used to treat cancers of the head and neck can affect your thyroid gland and may lead to [hypothyroidism](#).
- **Medications** – A number of medications (such as lithium which is often used for psychiatric disorders) can contribute to [hypothyroidism](#). Consult your doctor about the effect of your medications on your thyroid gland.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

Disorders Similar to Hypothyroidism

I have [hypothyroidism](#) symptoms but the tests say my thyroid is normal. What could be the problem?

Your symptoms may be related to another condition and the tests may be correct in indicating that your thyroid is functioning normally. However, it is also possible that the tests are not providing a true picture of the functioning of your thyroid. Thyroid tests can often come back 'normal' although the thyroid is not functioning as it should be.

This is because a 'normal' result on tests only tells you that your thyroid functioning falls within the 'average range'. Because thyroid functioning can vary from person to person, what may be 'normal' for one person is not necessarily so for the next person.

That is why the results of thyroid tests must always be seen in the context of symptoms experienced by the patient, which can provide valuable information which assists the diagnostic process.

Help for Hypothyroidism

Conventional treatment usually involves taking a synthetic or animal derived thyroid hormone medication on a daily basis. Levothyroxine is the most common conventional medication used to treat [hypothyroidism](#) and treatment is life-long.

Patients have to be aware that they understand their condition thoroughly and how to take and adjust their medication. The doctor will check TSH levels to determine the right dosage of levothyroxine. If the correct dosage is not administered **side effects could occur**, like heart palpitations, shakiness, an increased appetite and insomnia can occur.

If you suffer from heart disease, your doctor will probably start you on a smaller dosage and gradually increase it. **Thyroid hormone levels should be monitored on a regular basis** (approximately every 6 weeks) and **TSH levels checked** to determine whether the correct amount of thyroid replacement hormone is administered.

Great Health Sites

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[Natural Holistic Health](#)

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[Health or High Water](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

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[Native Remedies - Natural & Herbal Remedies](#)

[Remedies4 - Free Natural Health Ebooks](#)

There are **other treatment options** that can also be explored and may well be more suited to you. These include alternative and **natural remedies for hypothyroidism** and are especially for those who want to **avoid the side effects** of prescription drugs.

There are a variety of natural therapies that can be included in the treatment plan for thyroid disorders. **Natural remedies for hypothyroidism** with herbal and homeopathic ingredients can help to promote steady hormone levels, as well as maintain and **restore the health of the thyroid gland**.

Some herbal remedies commonly recommended for hypothyroid conditions include Equisetum arvense, Avena sativa, Centella asiatica, Coleus forskohlii and Fucus vesiculosus. There are also herbal and homeopathic remedies that can be used supportively to address some of the troublesome symptoms of **hypothyroidism**.

Correct use of **natural remedies for hypothyroidism** may allow patients to take less medication and achieve greater symptomatic relief. Discuss this option with your doctor, homeopath or naturopath, who will be able to recommend a natural treatment option.

Tips for Coping with Hypothyroidism

There are steps that you can take to make your condition manageable at home. Try some of these suggestions to help you cope more effectively:

- Surround yourself with a good support system
- Educate yourself on your condition
- Involve doctors, homeopaths, naturopaths, specialists, therapists, family, friends etc in the management of your condition
- Try to maintain a positive 'can-do' attitude
- Eat a healthy well-balanced diet
- Include lots of salt water fish, shellfish and sea weed in your diet as these are rich in iodine – essential for **healthy thyroid** functioning
- Avoid cruciferous vegetables (cauliflower, cabbage, broccoli, brussels sprouts, kale) as these contain a natural thyroid blocker
- Try to practice regular physical activity or exercise
- Take and adjust your medications as necessary
- Have your hormone levels monitored on a regular basis

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates



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about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Thyroid Assist: Helps maintain healthy thyroid functioning and thyroid hormone levels.

Thyroid Assist is a 100% safe, non-addictive, **natural thyroid** remedy. Thyroid Assist can be used consistently to safely support health and **systemic balance** in the endocrine system.

The **natural thyroid** supplement Thyroid Assist contains a selection of herbs known for their supportive function in maintaining **thyroid health** and **hormonal balance**. Thyroid Assist supports the healthy functioning of the thyroid, thereby helping to maintain **balanced metabolism**, body temperature, fertility, healthy weight and routine, healthy performance.

Natural thyroid remedies such as Thyroid Assist can make all the difference without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance ideal for **thyroid support** – exactly as nature intended!

[Learn more about Thyroid Assist](#)

Read the testimonials for these quality products [here!](#)



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Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

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[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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