

Natural Help 4...

Thyroid Disorders



What is the Thyroid Gland?

The thyroid is a small endocrine gland located just below your adam's apple and is often described visually as a butterfly having two halves or lobes.

The thyroid release hormones that **influence many bodily functions**, such as physical growth and development, metabolism, puberty, organ function, fertility and body temperature. These functions depend on two hormones released from the [healthy thyroid gland](#): tri-iodothyronine (T3) and thyroxine (T4).

The thyroid gland can produce too much of these hormones (hyperthyroidism) or not enough (hypothyroidism). These **thyroid hormones play a vital role in the body**, thereby influencing all organs. They also determine how fast or how slow the organs should work and when the body systems use energy.

How Does the Thyroid Work?

In order to understand better [what are causes of thyroid disorder](#) we must know the thyroid's function within the body. The thyroid makes tri-iodothyronine (T3) and thyroxine (T4) using iodine, which can be found in foods such as seafood and salt. T3 and T4 are responsible for controlling metabolism and regulating the rate at which the body carries out its functions. These hormones are extremely important as **every cell in the body depends upon thyroid hormones** for regular metabolism.

The thyroid works in conjunction with the pituitary gland at the base of the brain. When the level of thyroid hormones drops too low, the pituitary gland produces **Thyroid Stimulating Hormone (TSH)** which tells the thyroid gland to produce more hormones. Once aware of the TSH, the thyroid secretes more T3 and T4 thereby raising blood levels. The pituitary gland then slows down its TSH production.

To help understand the process, imagine that the thyroid gland is an oven and the pituitary gland is the thermostat. Thyroid hormones are like heat. When the temperature in the oven is just right, the thermostat turns off and the oven stops getting hotter. As the oven cools (the thyroid hormone levels drop), the thermostat turns back on (TSH increases) and the oven produces more heat (thyroid hormones).

The **pituitary gland** itself is regulated by another gland in the brain, known as the hypothalamus. The hypothalamus produces TSH Releasing Hormone (TRH) which tells the pituitary gland to stimulate the thyroid gland (by releasing TSH). So in the above *oven* scenario, the hypothalamus is the person who regulates the oven thermostat since it tells the pituitary gland at what level the thyroid should be set!

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

Who Suffers with a Thyroid Disorder? Is it Serious Health Risk?

What are causes of thyroid disorders affecting women more than men? The thyroid is an equally important organ for both men and women, but research shows that **women are more likely to suffer with thyroid problems than men.**

Even subtle deviations in thyroid hormone levels can put your health at risk. If left untreated, **thyroid disorders** may have serious consequences – particularly for your heart.

Diagnosing a Thyroid Disorder

A blood sample is the best screening method for any **thyroid disorder**. A blood analysis will help determine the levels of T4 and T3 that exist in the blood and can provide a picture of how the thyroid is functioning.

If your doctor feels further tests are necessary, they may administer a **radioactive iodine uptake test**. The type of radioactive iodine used for the test will **not** harm the thyroid or pose any risk to you. After 24 hours, special equipment is then used to measure the amount of radioactivity over the thyroid gland.

Thyroid tests can often come back *normal or sub clinical* although the thyroid is not functioning as it should be and all the symptoms of hypothyroidism are experienced. This is because a normal result on tests only indicates that the thyroid functioning falls within the *average or slightly below 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.

Patients who have a good working knowledge of their bodies can provide valuable information which assists the diagnostic process.

Symptoms of a Thyroid Disorder

The most common **symptoms of thyroid disorders** are:

- **An Underactive Thyroid – Hypothyroidism**
The thyroid does not produce enough hormones and many **symptoms of thyroid disorder** in this case are related to a slow metabolism.
- **An Overactive Thyroid – Hyperthyroidism**
The thyroid becomes enlarged, produces too much hormone, and the body uses energy faster than it should.

Symptoms of the above disorders include:

- fatigue
- dry, coarse skin and hair



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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.

- hair loss
- hoarse voice
- forgetfulness
- mood swings
- trouble swallowing
- weight gain or weight loss
- intolerance to temperature
- irritability/nervousness
- sleep problems
- muscle weakness/tremors
- irregular menstrual periods
- vision problems or eye irritation
- infertility

Help for a Thyroid Disorder

Once we know **[what causes thyroid disorders](#)** and are diagnosed, we must seek proper treatment. The treatment will depend on the type of **[thyroid disorder](#)**. There are three main categories of conventional medical treatments - prescription medication, radioactive iodine and surgery.

Although **[thyroid disorders](#)** can be life-long conditions, most are easy to manage but **complications can occur** if they are left untreated or if the incorrect treatment is used.

There are many **alternative treatment options** available for sufferers in addition to the conventional methods listed above. Because conventional treatments often provide only partial relief to patients, alternative and natural treatments are being embraced more enthusiastically.

Holistic and natural treatment programs can help overcome a variety of thyroid conditions and symptoms. The combination of homeopathic and herbal remedies often has **no side effects, is effective and safe** to use.

A healthy diet, exercise, meditation and other mind-body therapies have given many patients relief and comfort. Many natural and alternative remedies can also be investigated as a broader treatment plan that **addresses the cause of the disorder**, and not just the symptoms.

Remember, however, that any **[thyroid disorder](#)** should be evaluated by a health professional whether choosing conventional treatments or an alternative option as your treatment plan.

Tips for Coping with a Thyroid Disorder

[Thyroid disorders](#) can cause significant disruption to one's quality of life. So here are a few tips to keep in mind:

- Be aware of your body. Don't ignore symptoms because you think they could be *something else*.
- Choose a health care professional who is knowledgeable about thyroid disorders.
- Explain how you feel. Keep a journal, making brief notes about your

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symptoms – as well as those that are giving you the most trouble. Try to notice when they get better or worse. Also use the journal to jot down questions you may want to ask during your visit.

- Let your health care professional know about any family medical history relating to autoimmune diseases
- Be sure to have a thorough examination and ask key questions, such as "Will the procedure hurt?" and "What will the test results tell me about my condition?" These are valid points to consider before deciding on a therapeutic direction.

Seek out second, third or even fourth opinions if you are not satisfied with your diagnosis or treatment options.

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 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



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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 – and giving natural remedies a bad name.

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.

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](#).

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](#)

ThyroSoothe: Promotes thyroid health and the thyroid's natural ability to balance itself.

ThyroSoothe is a 100% safe, non-addictive and **natural thyroid** remedy. ThyroSoothe has been used for many years to safely **maintain thyroid function and the health and systemic balance of the endocrine system**.

ThyroSoothe is a **natural thyroid treatment** that contains a selection of herbs known for their supportive function in maintaining **thyroid health** and well-being. ThyroSoothe supports normal **endocrine system and thyroid gland function**, thereby helping to maintain a balanced metabolism, body temperature, fertility, healthy growth and routine **thyroid hormone** regulation.

ThyroSoothe can make all the difference, without compromising health and **without the risk of serious side effects**.

This **natural thyroid** 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 – exactly as nature intended, so you don't have to wonder **how to regulate thyroid function** naturally anymore.

[Learn more about ThyroSoothe](#)

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



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