

## Signs your Thyroid is not managed correctly:

### Too Much Thyroid Hormone

Anxiety  
Irritability  
Dizziness, vertigo  
Mental problems  
Heart palpitations  
Tremors  
Feeling too hot  
Excess sweat  
Scant or missed periods in women  
Infertility  
Blurred vision  
Weight changes (loss)  
Thinning of hair  
Itching  
Rashes  
Possible increase in blood sugar  
Fatigue

### Too Little Thyroid Hormone

Weight gain  
Hair loss  
Dry skin  
Dry hair that's prone to breakage  
Pale skin  
Cold intolerance  
Fatigue  
Weakness  
Constipation  
Depression  
Irritability  
Memory problems/Brain Fog  
Heavy or erratic periods  
Decreased libido  
Thinning of outer eyebrows  
Puffy Face

## Tests that give you the FULL picture of your Thyroid function:

You Can order your own tests through [www.ultawellness.com](http://www.ultawellness.com)

<b><u>Test</u></b>	<b><u>Optimal Range</u></b>	<b><u>Out of Range meaning</u></b>
TSH	0.5-2 IU/L	H= Hypo L = Hyper
Free T4	15-23 pmol/L	H=Hyper L=Hypo
Free T3	>5-7 pmol/L	H=Hyper L=Hypo
TPOab or TgAb	<2 IU/m	H= Body is attacking the thyroid
Reverse T3	11-18 ng/dl	<b><u>High Reverse T3=Hypo.</u></b> A high number means your body is making too much T4 to make Reverse T3 and not making enough T3 that your cells use to make energy. <b><u>Low Reverse T3= Hyperthyroid.</u></b> If you don't have enough of it your other thyroid hormones are within range, your cells are making too much energy and you feel it- not in a good way.

Why These Tests matter:

**TSH Thyroid Stimulating Hormone** Your hypothalamus is like the thermostat for thyroid hormone — it keeps watch on how much thyroid hormone is in your bloodstream, and it responds when you need more. When your level drops too low, it releases TRH, thyroid releasing hormone. Your pituitary gland picks up on TRH, and it releases TSH in response.

Does it test thyroid function? Well, yes, but only if your hypothalamus and pituitary are doing their thing. The stops on the signaling pathway can get messed up for various reasons. Any problems with detecting hormone or releasing hormone at any point in the cascade, and the TSH test becomes worthless.

**Free T4-**

Your thyroid makes mostly T4, also known as thyroxine. Thyroxine is the storage form of thyroid hormone — it circulates in the bloodstream, then your tissues snap it up and store it. When an area of your body needs a power boost, it gets converted into the active form, T3 (more on that in a minute). Most of it is bound to protein in the blood, but free T4 is unbound and available for your body to use.

**T3 –**

When your tissues determine they need a power-up, they convert T4 into Free T3, the active form of thyroid hormone. Sometimes your thyroid makes sufficient hormone, but you don't convert it, so you'll get hypothyroid symptoms.

**Reverse T3**

Some of your T4 stores convert to Reverse T3. While T3 helps your cells make energy, Reverse T3 slows down T3 and slows down energy production. You might think more energy is better, but if your cells make too much energy, you end up with hyperthyroid symptoms like racing heart and anxiety.

Are you on the right medication?

First make sure your thyroid medication is being absorbed. Thyroid medication must be taken on an empty stomach with water—not coffee. Coffee can severely alter the absorption of thyroid medication and should be taken only after 1 hour of taking your thyroid medication. Thyroid medication also requires the presence of stomach acid so if your stomach acid output is low taking your medication with a tsp of apple cider vinegar in 8oz glass or water or hot lemon water (one lemon in an 8oz water glass) can help provide enough acidity to aid with the absorption of thyroid hormones. Also watch for drug interactions with antacids, proton pump inhibitors, calcium, magnesium, aluminum, and iron can suppress stomach acid.



If you are having symptoms of an over-treated or undertreated thyroid but your T4 levels and TSH levels are coming back normal you likely need to try a medication with T3.

**Not all hypothyroid medications are created equal.**

If you have been diagnosed with hypothyroidism, there are several medication options available – both natural and synthetic. Compare the differences between the most popular brand-name medications and see for yourself that not all hypothyroid medications are created equal. Talk to your doctor to figure out if natural is right for you.

	Natural T3 & T4 hormone replacement	Gluten and corn free	No artificial colors	No FDA recalls (for hormone inconsistency)	Only two inactive ingredients	Price range*
WP Thyroid®	✓	✓	✓	✓	✓	<b>\$14-\$25</b> for 30 pills
Nature-Throid®	✓	✓	✓	✓	—	<b>\$12-\$24</b> for 30 pills
Armour®	✓	—	—	—	—	<b>\$15-\$35</b> for 30 pills
Synthroid®	—	—	—	—	—	<b>\$47-\$58</b> for 30 pills

\*Prices referenced are from Clark's Profile Pharmacy and are subject to change without notice. Synthroid is a registered trademark of AbbVie Inc. Armour is a registered trademark of Actavis LLC.

 Nature-Throid® <small>You. improved.</small> (Thyroid USP)	 WP Thyroid® <small>Westhroid Pure</small> (Thyroid USP)	Armour® / NP Thyroid® (Thyroid USP)	Synthetic T4 (Levothyroxine)	Synthetic T3 (Liothyronine)
1/4 grain (16.25 mg)	1/4 grain (16.25 mg)	1/4 grain (15 mg)	25 mcg	5 mcg
1/2 grain (32.5 mg)	1/2 grain (32.5 mg)	1/2 grain (30 mg)	50 mcg	
3/4 grain (48.75 mg)	3/4 grain (48.75 mg)		75 mcg	
			88 mcg	
1 grain (65 mg)	1 grain (65 mg)	1 grain (60 mg)	100 mcg	25 mcg
			112 mcg	
1.25 grain (81.25 mg)	1.25 grain (81.25 mg)		125 mcg	
			137 mcg	
1.5 grain (97.5 mg)	1.5 grain (97.5 mg)	1.5 grain (90 mg)	150 mcg	
1.75 grain (113.75 mg)	1.75 grain (113.75 mg)		175 mcg	
2 grain (130 mg)	2 grain (130 mg)	2 grain (120 mg)	200 mcg	50 mcg
2.25 grain (146.25 mg)				
2.5 grain (162.5 mg)				
3 grain (195 mg)		3 grain (180 mg)*	300 mcg	
4 grain (260 mg)		4 grain (240 mg)*		
5 grain (325 mg)		5 grain (300 mg)*		

1 Grain = 38mcg of T4 & 9mcg T3