

the

thyroid checklist



RECOGNIZE SIGNS OF THYROID IMBALANCE

TAKE PART IN YOUR HEALTH CARE WITH EMPOWERMENT

HOW TO DISCUSS YOUR THYROID WITH YOUR DOCTOR



Hi there! My name is Samantha Teague, and I'm a Certified Paleo Nutritional, Holistic Wellness, and Health & Life Coach through the Centre of Excellence, the Transformation Life Academy, and the Womanly Wealth Academy.

As a mom and chronic illness warrior, I turned to real foods and a holistic lifestyle to become whole again when allopathic medicine just wasn't cutting it for my health issues any longer.

I was an EXHAUSTED and ANXIOUS soul. My skin was a papery, yellowish-grey and flaky mess. My stomach and gut hurt no matter what I ate (not to mention the urgent trips dashing to the bathroom). My joints were stuck in place every morning, and my muscles could barely even get me up a single flight of stairs.

That was until I discovered real, whole foods even beyond what I thought was proper nutrition, and before I was diagnosed with thyroid disease and adrenal fatigue. My hormones were an absolute wreck and needed love and nourishment to recover.

By applying to myself the recovery steps that I now use to empower and coach women just like you, I was able to THRIVE through and beyond my health struggles with an ancestral diet and holistic practices.

I'm so excited to hand you this top-notch checklist to have for you and your doctor. I was so confused about the tests I needed to take and needed to look in so many places to find information, which is why I had to create this list for you and everyone I adore.

Love & Care,

Samantha



THE THYROID IMBALANCE CHECKLIST FOR YOUR DOCTOR

Are you aware that millions of Americans have thyroid disorders? What's even more shocking is that many of these people are not aware that they have it. The American Thyroid Association estimates that one out of eight women will develop thyroid disorders at some point in their lifetime. This is why patients are coming to medical and health professionals to properly diagnose their condition and determine the best possible treatment.

Thyroid imbalance is one of the most common problems these days since the thyroid is responsible for regulating the metabolic processes of the body. When the thyroid is underactive, this is considered hypothyroidism, where everything will slow down. This may lead to problems such as gaining weight, dry skin, fatigue, poor concentration, hair loss, infertility, constipation, depression, low body temperature, and low libido. When your thyroid is overactive, your metabolism increases, which may lead to anxiety, weight loss, loose stool, and fast heartbeat.

If you've found that your thyroid is out of whack or you're already being treated for thyroid dysfunction, yet you still have symptoms, take a look at the following checklist for seven thyroid imbalances that you may need to bring up:



THEY DON'T CHECK FOR THYROID DYSFUNCTION

Surprisingly, there are some thyroid dysfunctions that are not diagnosed due to the fact that doctors have not tried testing it. If you're a woman under 40 or you have recently given birth, your doctor may never consider thyroid laboratory testing. It is also evident in those who have conditions such as chronic fatigue, fibromyalgia or even autoimmune diseases.

Above all, thyroid dysfunction symptoms are very vague. Anxiety, fatigue, weight gain, hair loss, depression and all other symptoms are primarily written off as stress or aging signs. Therefore, it is always essential that doctors conduct a complete and efficient thyroid panel in a patient's evaluation.



THEY DON'T ASSESS ALL OF YOUR THYROID LEVELS

If the doctor requests thyroid laboratory work, they can often check the thyroid stimulating hormones in your body. Even conventional medicines are still using the TSH level as a key marker to diagnose thyroid dysfunction.

Elevated levels of TSH show that your pituitary gland is signaling that your body has low levels of thyroid hormones and is not increasing their production. However, it tells you how your pituitary is performing but it will not tell you about what hormone levels your thyroid is creating. This is one way of determining the active level of thyroid hormones you have versus its storage forms.

If you really want to have the best thyroid panel to get a whole picture of whether your thyroid is experiencing problems or not, you need to seek the advice of a professional doctor.

At a simple glance, here are some of the pieces of information that you need to give to your doctor and request an exact thyroid dysfunction panel:

- Free T4
- Free T3
- TSH
- TG-AB, TPO
- Reverse T3

These are the most important things you need to consider as far as doctor checklists are concerned. By having an advanced idea regarding this matter, you are assured that your condition will be properly and immediately assessed.



THEY ALWAYS RELY ON THE NORMAL REFERENCES INSTEAD OF THE OPTIMAL LEVELS

Because your doctor will rarely order full thyroid workups, they usually rely more on normal references and range, which are oftentimes inaccurate and too broad. When doctors created laboratory references that included a healthy thyroid, they discovered that they had included some people who were already experiencing thyroid dysfunction.

Due to such incidents, the American Association of the Clinical Endocrinologist recommended that lab references needed to be narrower. However, many laboratories and doctors have not yet updated some of their practices.

Many patients are told by their doctors that the level of their thyroid is normal, yet they are experiencing some symptoms of this condition. There are some doctors who put emphasis on functional medicine. It aims to give you optimal and detailed knowledge of your thyroid range, which is narrower and can explain what this condition is about right away.



THEY DON'T ASSESS THYROID ANTIBODIES

A vast majority of the thyroid dysfunction these days is primarily caused by one's autoimmunity. This means that the immune system of the body attacks your thyroid, which may cause it to either under produce or overproduce.

Conventional medicines adhere to similar protocols for treating non-autoimmune and autoimmune thyroid dysfunction, which is why they don't really care if you have thyroid antibodies. In the functional type of medicine, it is best to seek a doctor who can give you information if the dysfunction you have is primarily caused by autoimmunity, since this will definitely change your treatment plans.

Environmental factors including gut health, diet, toxins, stress and infection are also underlying autoimmunity causes that your doctor should address.



THEY DON'T ASSESS NUTRIENT DEFICIENCIES

To let your thyroid properly function, your body needs a certain amount of nutrients. These are the kinds of nutrients that help produce some thyroid hormones and convert them into active forms from their own storage, allowing them to enter the cells to support the function of your immune system.

When it comes to the best functioning of your thyroid, here are some things that you need to consider:

- Tyrosine
- Iodine
- Zinc
- Vitamin A
- Vitamin D
- B Vitamins

These nutrients are crucial for your body, so you need to make sure that you are getting the right amount. Fruits and vegetables are great sources of these nutrients.



THEY DON'T ASSESS STRESS OR SEX HORMONES

This is another thyroid imbalance checklist item for your doctor that you need to be aware of. The thyroid is an essential component of the complex endocrine system that controls your hormones. Some conventional medicines tend to look at each endocrine system separately rather than looking at them from an integrated approach, despite the fact that estrogen levels and stress hormones have a significant impact on your thyroid.

Cortisol, which is a primary stress hormone, causes your body to under-produce thyroid hormones. For a lot of patients who are suffering from adrenal fatigue, it is primarily caused by serious stress and the dysfunction of your thyroid. The excess level of estrogen in your body is also tied to thyroid hormones. This is the reason why women who are pregnant or on birth control often experience thyroid problems.



THEY DON'T CONSIDER THE ROOT CAUSES OF THYROID DYSFUNCTION

Your body is an integrated and complex system that influences the function of your thyroid. As mentioned earlier, there are some environmental factors that play an essential role in the health of your thyroid, such as diet, leaky gut, infections, stress, and toxins. Unfortunately, due to the fact that doctors can generally spend only a few minutes responding to your needs, they may not have the time to address lifestyle factors that may help you in reversing thyroid dysfunction.

In functional medicine, doctors spend a great deal of time learning about the health history of their patient and often order comprehensive laboratory work to identify what changes in your lifestyle will optimize your health. One of these changes is to ensure that your body is getting enough nutrients for proper function of their thyroid. Identifying and treating thyroid dysfunction issues takes time and patience, but this checklist can help get you on the right road sooner.

These are only seven of the factors that your doctor's thyroid checklist should include. There are still other things that can be included, depending on how the doctor responds to your needs. No matter what happens, it is always best to arm yourself with these thyroid imbalances checklists to ensure that you can always achieve your best health possible.



AT-HOME THYROID TESTING

Here is an excellent [at-home thyroid testing kit](#) which provides you with a thorough starting point to understand where you are at with your thyroid health.

Paloma also has doctors in many US states that practice telemedicine and can help to get you started on the right dose and version of thyroid medication so that you can finally start to feel better!

Use code CAVEWOMAN at checkout to save \$30 on your first kit.





CONCLUSION

It is best to seek the advice of a medical health professional in relation to this type of condition. This will help minimize any stress or difficulty you may experience while trying to diagnose and treat thyroid dysfunction.

It also helps prevent the problem from becoming worse or even from developing in the first place. You can protect yourself and live a healthy and happy life.