

Hypothyroidism – Unsuspected Cause for Fatigue and Obesity

By Simon Yu, MD

Mild, sub-clinical hypothyroidism (lower than normal thyroid activity) is one of the most common medical conditions associated with fatigue, obesity and many other illnesses. Yet, hypothyroidism is often not recognized and therefore not treated by most medical professionals.

Dr. Broad Barnes, MD devoted his life's work to the study of the thyroid gland. He boldly states: at least forty percent of the American people have hypothyroidism and suffer from fatigue and obesity; this is needless suffering since inexpensive natural thyroid glandulars are widely available; many people are suffering from the consequence of lack of medical knowledge and under treatment by their medical doctors.

There are many faces of thyroid deficiency beyond fatigue and obesity. As with most illnesses or combinations of symptoms, there are usually multiple causes. If all of the causes are not resolved then one may improve but not achieve optimum health. Thyroid deficiency may be a contributing factor of all of the following: morning sluggishness, cold hands and feet, cold intolerance, prone to all kinds of infections, arthritis and rheumatism, migraine headaches, eczema, psoriasis, acne, depression, menstrual problems, infertility, diabetes, hypoglycemia, hypertension, fluid retentions, hypercholesterolemia, heart attack, narcolepsy, insomnia and accelerated aging.

If hypothyroidism is so common, why isn't your doctor able to detect it from the blood thyroid function test (T3, T4 and TSH)? Unfortunately, the blood thyroid tests often show a normal range. Medical doctors usually solely rely on these blood tests for thyroid function while ignoring a patient's clinical symptoms.

Short of obvious, severe hypothyroidism, Dr. Broad Barnes states the most reliable indication of thyroid function is the basal body temperature test, not the blood thyroid function test. Diagnosis for mild, sub-clinical hypothyroidism is determined when: 1) the blood test for thyroid function is normal or low normal range, 2) the patient is complaining of fatigue with many other symptoms as described above and 3) he/she has low basal body temperature. In addition, to aid in determination of your thyroid activity at the cellular level, an analysis can be made of the body composition of tissue mineral content of Calcium, Magnesium, Sodium and Potassium levels and their ratios to each other.

(A description of how to take your Basal temperature can be found on our web site at www.preventionandhealing.com. Click on the "Articles" button.)

Thyroid gland enzymes need many minerals such as iodine, selenium, zinc and iron to function at optimal level for the production of thyroid hormones (T4) and to convert to biologically active thyroid hormone (T3). These enzymes are highly sensitive to toxic metals, especially mercury. The causes for epidemic proportions of mild, sub-clinical hypothyroidism are very complex and alarming. Dental disorders, especially silver-mercury amalgams, are one of the commonly overlooked yet controversial issues associated with hypothyroidism.

Once hypothyroidism is determined by low basal temperature, blood tests and a clinical symptom survey, the treatment plan must reflect an individualized, holistic approach rather than knee jerk reflex of synthetic thyroid medications. A majority of my patients respond better to a therapeutic trial of natural thyroid glandulars such as Armour Thyroid rather than Levothyroxine. The natural thyroid

glandular supplementation is widely available and inexpensive. Often, hypothyroid patients need concurrent adrenal glandular support.

In addition to thyroid support, a holistic approach to resolving hypothyroidism would include several other elements. The individual should start with a basic body detoxification program. A dietary program including an analysis of food allergies along with a nutritional program of vitamins and minerals are corner stones to the rejuvenation of one's health. The dietary and nutritional programs should be specific to the individual as determined from appropriate tests.

These steps may be followed with more targeted detoxification programs such as the use of Chelation therapy for heavy metal toxicity, again as determined from individual testing. Additional considerations may include replacement of silver-mercury amalgams with safer, non-allergenic, non-toxic dental materials as determined and accomplished by an experienced biological dentist.

Identifying and resolving hypothyroidism as a contributing factor to fatigue and obesity, as well as a myriad of other illnesses, may help you overcome the "last step" to achieving optimum health.

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more information about the subject of this article, and many other topics, as well as patient success stories, visit his web site at www.preventionandhealing.com or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly discussion on Alternative Medicine at Prevention and Healing on the second Tuesday each month at 6:30 pm. Please call to verify the date and reserve your space.



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