

# Colibrí Wellness Center

Dr. Erik Vose, NMD / 3816 E 5th St. Tucson AZ 85716 / phone: (520) 276-8315 / fax: (520) 253-8689

[www.ColibriWellnessCenter.Com](http://www.ColibriWellnessCenter.Com) / email: [DrVose@ColibriWellnessCenter.com](mailto:DrVose@ColibriWellnessCenter.com)

## Thyroid management: Why this is complicated and what to do about it

The thyroid gland produces thyroid hormones (T4 and a little T3) using iodine when stimulated by thyroid stimulating hormone (TSH). Thyroid hormones are active in different ways, and the most active is T3, followed by T2, which both must be converted inside the cell.

When the thyroid is out of balance and “low”, several categories of problems can occur.

1. **The thyroid may have trouble producing thyroid hormones**, which requires iodine. The body may be producing an autoimmune reaction to the thyroid causing this.
2. **The body may not be converting thyroid hormone T4 to T3 effectively** (and T3 to T2), which requires selenium for proper conversion. The body may be very inflamed, stressed, or toxic causing this conversion to reverse T3, which stops T3 from working.
3. **The brain may not be able to sense the thyroid hormone** causing it to release more TSH. This can be from neurological inflammation or injury to the pituitary and/or hypothalamus.

## Why does this matter? What does the thyroid do?

To put it simply, the thyroid regulates the speed at which reactions occur in the body. This is called the “metabolic rate,” which influences how fast cells grow, produce energy, repair, etc., and it affects practically every function of the body. Too much thyroid hormone means too much activity, and too little thyroid hormone means everything is going slowly. Because conversion of thyroid hormone occurs mostly within the cell, thyroid hormone *activity* is seen best in the body temperature and pulse at regular times everyday. Pulse and blood pressure can represent autonomic nervous system activity.

## How to check your thyroid

Lab testing: Thyroid stimulating hormone level (TSH), free T4, free T3, reverse T3, anti-Thyroid peroxidase (TPO) antibody, anti-Thyroglobulin antibody

Temperature: with a metal thermometer (digital is not nearly accurate enough) and pulse taken at the same time, 3-5 times daily at the same time everyday.

This thermometer is what we are looking for:

<https://www.amazon.com/Geratherm-Mercury-Free-Glass-Thermometer/dp/B0006GBEKS>

Many other body systems and treatment areas are affected by and affect the thyroid, such as the adrenal glands, immune system, digestion, nutrition, herbal medicines, and much more. You may need individualized testing and treatment to suit your specific needs based on symptoms.

## Your recommendations

TESTING OPTIONS

TREATMENTS RECOMMENDED