

WELCOME TO OUR  
**Monthly Newsletter**  
Thyroid Hormone Balance



The thyroid gland is one of our most important glands that helps to regulate our entire body's systems from our mental state to heart rate to energy levels that regulates our health. Traditional medicine often overlooks the details of our thyroid hormone levels and how they interact with each other as well as how to properly optimize their levels for our health! Thyroid disease affects up to 10% of the American population, and oftentimes, most patients' thyroid levels are not being evaluated and treated.

The main thyroid pre-hormone, TSH, acts as a signal from our brain to our thyroid gland to help stimulate the production of the thyroid gland hormones, T4 (inactive) and T3 (active). These thyroid hormones then travel all over the body and are taken into cells where they provide energy for the cell to perform its main function. The inactive T4 will become an active T3 inside the cell. There are many possibilities that may disrupt this process to include low levels of thyroid hormones to dysfunctional thyroid receptors to exogenous chemicals disrupting the levels.

There are many nutrients that help to support our thyroid hormone levels and functions. Iodine forms the backbone of the thyroid hormone in which T4 has 4 Iodine molecules and T3 has 3 Iodine molecules. Since many of us avoid salt, there aren't too many dietary sources of iodine, and supplementation is important. Zinc and Selenium also are needed to convert the inactive T4 into the active T3 hormone. Again, our present nutrition doesn't provide us with enough of these nutrients such that supplementation is needed.

Furthermore, Iron also is an important part of the thyroid hormone, and we often need additional supplementation.

Our gut health also affects our thyroid hormone levels, and it provides the front line in toxic exposures, anti-inflammatory diets, specific nutrients' absorption, and optimization of liver health. Without a healthy organic-based diet, our thyroid hormones will become low and dysfunctional thus not allowing us to optimize our health.

Thyroid hormones form the underlying basis of our well-being and longevity. Traditional medicine often overlooks the important details of the thyroid axis. Optimization of our thyroid hormones is an essential key of your hormone program to promote optimization of your health!

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