

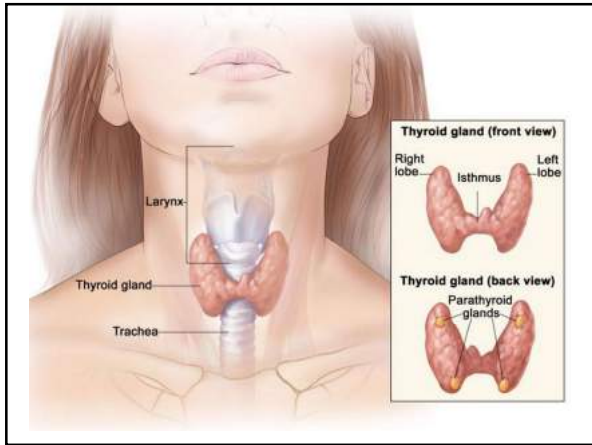
Balancing Your Thyroid Naturally



By Dr Ted Suzelis, ND

Ohio Naturopathic Wellness Center
330-729-1350 • www.OhioND.com

1

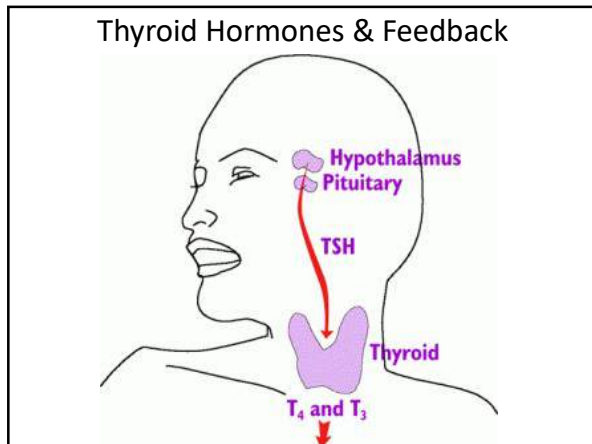


2

Thyroid Hormones

- TRH: produced in hypothalamus to stimulate TSH
- TSH: produced in pituitary to stimulate T4&T3
- T4 (Thyroxine): main hormone produced in thyroid gland ~80%. It is biologically inactive.
- T3 (triiodothyronine): active thyroid hormone, ~20% of hormone produced in thyroid gland, but also converted from T4 in liver, kidney and other tissues.

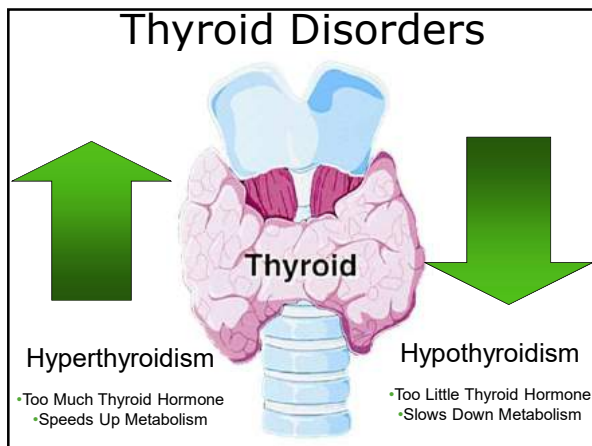
3



4

- ### Thyroid Hormone Function
- Regulates metabolism
 - Essential for body's growth and development
 - Important for proper nervous system function
 - Important for proper hormonal function

5



6

Typical Thyroid Hormone Levels in Thyroid Disease

	TSH	T ₄	T ₃
Hypothyroidism	High	Low	Low
Hyperthyroidism	Low	High	High

7

Hyperthyroidism

- A condition of excess synthesis & secretion of thyroid hormones , which results in accelerated metabolism in peripheral tissues
- Affects about 1% of the U.S. population or 2 Million Americans
- More common in women

8

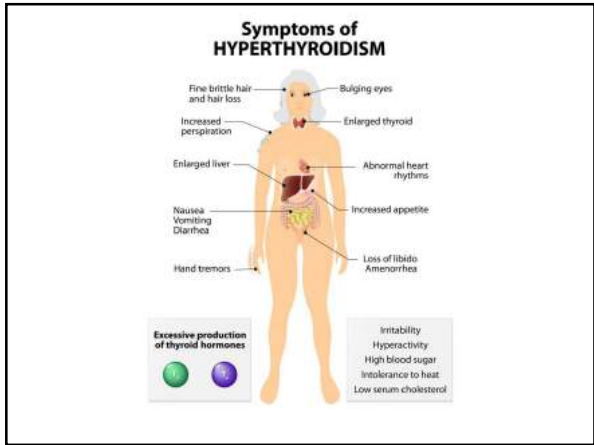
Symptoms of HYPERTHYROIDISM



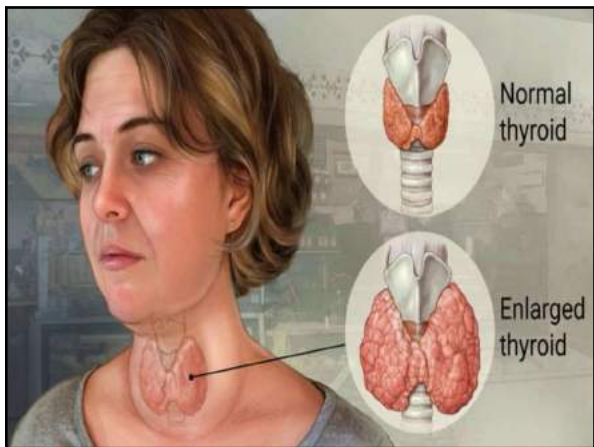
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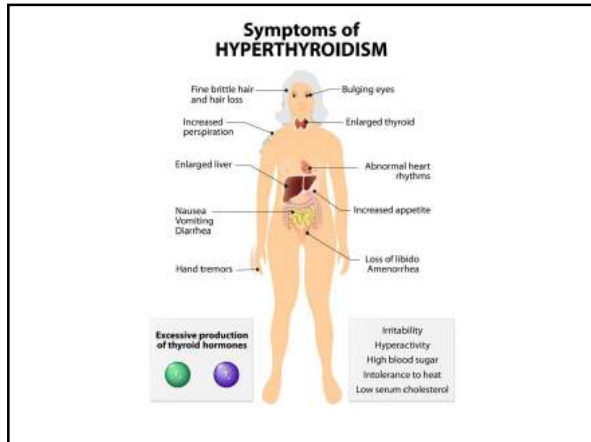
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11



12



13

Major Causes of Hyperthyroidism

- Grave's Disease: autoimmune disorder of the thyroid gland
- Thyroiditis: inflammation of thyroid causing increased hormone production, can be start of Hashimoto's Thyroiditis
- Thyroid Tumors
- Postpartum Thyroiditis
- Excessive Thyroid Medication
- Drug Reaction

14

Treatment for Hyperthyroidism

Conventional

- Temporary Treatments
 - Anti-thyroid drugs: PTU (Propylthiouracil) or other thyroid blocking drugs
 - Beta Blockers: category of blood pressure pills that calms some of the symptoms of hyperthyroidism
- Permanent Treatments
 - Surgical removal of part or all of the thyroid gland
 - Radioactive iodine to destroy the thyroid gland

15

Treatment for Hyperthyroidism

Naturopathic

- Assess and treat the actual cause
 - Diet
 - Herbs
 - Vitamins and minerals
 - Amino Acids

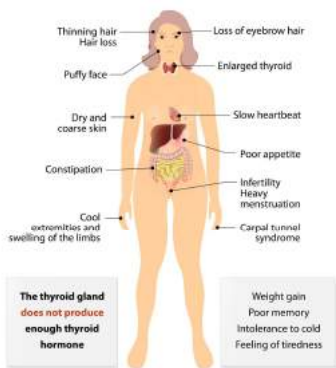
16

Hypothyroidism

- A disorder with multiple causes in which the thyroid fails to secrete an adequate amount of thyroid hormone.
- 1%-4% of the population has moderate to severe hypothyroidism
- 10%-12% of the population is thought to have mild hypothyroidism
- 10%-15% may suffer with subclinical hypothyroidism

17

Symptoms of HYPOTHYROIDISM



18

Major Causes of Hypothyroidism

- Hashimoto's Thyroiditis
- Iodine deficiency: not common in U.S.
- also iodine excess can cause hypothyroidism
- Congenital Hypothyroidism
- Postpartum Thyroiditis
- Drug induced: lithium, antithyroid therapy
- Wilson's Syndrome

19

Treatment for Hypothyroidism

Conventional Treatment

- Synthroid, Levoxyl, or other levothyroxine drugs
- Synthetic T4 only thyroid replacement drug
- Some patients will have trouble with peripheral conversion of T4 to T3, which may cause excessive dose to be prescribed and/or patient never feels as good as they would with a T4/T3 thyroid replacement.

20

Treatment for Hypothyroidism

Naturopathic

- Assess and treat the cause
 - Diet
 - Herbs
 - Vitamins and minerals
 - Amino Acids
 - Exercise
- Patients may need natural or synthetic hormone replacement from their MD

21

Treatment for Hypothyroidism

Hashimoto's Thyroiditis – Multi-Pronged Approach

1. Assess and treat the cause
2. Need thyroid replacement most of time
3. Diet and supplements to heal immune system
4. Nutrients to help thyroid function and help with conversion from T4 to T3
5. Occasionally work with MD for other meds to heal immune system.

22

Treatment for Hypothyroidism

Hashimoto's Thyroiditis – Important Testing

- TSH, Free T3, Free T4, Reverse T3
- Thyroid Peroxidase and Thyroglobulin Antibodies
- Total Iron, TIBC, Ferritin
- Vitamin D (25-Hydroxy Vitamin D)
- Progesterone
- Cortisol (Salivary): 4 samples through day

23

Treatment for Hypothyroidism

Hashimoto's Thyroiditis – Other Testing

- Genetic Testing – Methylation Cycle
- Comprehensive Stool Analysis

24

Naturopathic vs Conventional Care

Naturopathic medical care works in conjunction with the care you're receiving from your other doctors

You will never be placed in a situation where you have to choose one or the other

25



Dr. Ted Suzelis, ND
Naturopathic Doctor

755 Boardman-Canfield Rd., Suite D3
Boardman, OH 44512

330-729-1350

www.OhioND.com

26