



NSIPM & Sano Wellness Center

Hypothyroidism

Why There Is So Much Confusion About Hypothyroidism?

Hypothyroidism, Conventional View:

- Hypothyroidism is reliably diagnosed from a blood TSH and T4 levels.
- Hypothyroidism is effectively treated by synthetic T4 medication (levothyroxine, synthroid).

Hypothyroidism, Alternative View:

- Blood tests are completely inadequate in detecting most hypothyroid cases. In addition, current TSH “normals” are too broad (TSH between 1 and 2 is proposed as more accurate). As a consequence, hypothyroidism is one of the most misdiagnosed and missed diagnosis disorders, especially in women and the elderly.
- Hypothyroidism can be detected in its formative stages on a hair analysis, and in its earliest clinical stages by a saliva test or blood test for free T3 and free T4.
- Many common factors affect thyroid blood tests to make them appear normal. For example:
 - Estrogen Dominance
 - Estrogen replacement therapy
 - Oral contraceptives
- A test for anti-thyroid antibodies for Hashimoto's Thyroiditis should always be performed. With this autoimmune disease, a patient can be functionally hypothyroid and still have normal hormone levels.
- Treatment with synthetic T4 medication is often inadequate because:
 - Many patients cannot adequately convert T4 into its active T3 form in the liver and cells.
 - Hormone replacement only does not address the underlying problems that lead to hypothyroidism, including:
 - Deficiencies in nutrients that are needed for proper thyroid function in all of its stages
 - Overall biochemical imbalance from deficiencies, stress, toxins, etc.
 - Weakness in other glands, such as the adrenals, which must be supported for thyroid recovery

The current conventional assessment and treatment of hypothyroidism is woefully inadequate.

To help remedy this, Mary Shomon wrote the highly recommended book, *Living Well With Hypothyroidism*, and maintains a comprehensive website: thyroid-info.com

As part of the up-to-date information on all forms of thyroid disease, she lists doctors from various areas around the country who specialize in proper evaluation and treatment of thyroid disease.

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