

UNDERACTIVE THYROID

by **dr. lisa hunt** | photo by **dawn kelly photography**

Your thyroid is a small butterfly-shaped gland found at the base of your neck. The thyroid produces two main hormones called T3 and T4. These hormones travel in your blood to all parts of your body and control the rate of many activities in your body, including how fast you burn calories and how fast your heart beats. All of these activities together are known as your body's metabolism. A thyroid that is working efficiently will produce the right amounts of hormones needed to keep your body's metabolism working at a rate that is not too fast or too slow. When the thyroid is not working efficiently, not producing enough hormones, this is known as hypothyroidism or underactive thyroid. In Integrative circles, it is believed that underactive thyroid is one of the most undiagnosed conditions in the United States. It is estimated that more than 70 percent of women with low thyroid are not treated.

Symptoms of an underactive thyroid include: weight gain, constipation, dry skin, hair loss, depression and fatigue. So, how do you know if you have an underactive thyroid? Traditional medicine detects thyroid stimulating hormone (TSH), which has been found to be inaccurate. When we look at TSH levels, we are not looking at the right hormone because this only looks at the signal to make thyroid hormone. There are two more important thyroid hormones to consider, T3 and T4. T3 is the active form of the hormone and is essential in determining thyroid function. Accurate testing and combined treatment of both hormones, T3 and T4, are the keys to diagnosis and treatment of underactive thyroid. The majority of my patients feel so much better and have a better quality of life on the combined thyroid formulations offered at Valley Wellness Center. ■

For more information on underactive thyroid, please contact Valley Wellness Center, 209-577-2799 or visit valleywellnesscenter.com.

Dr. Lisa Hunt



Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission "is to build on every level of your health to achieve the best quality of life." She is board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.

ARE YOU SUFFERING FROM SYMPTOMS OF UNDERACTIVE THYROID? ARE YOU...



Underactive Thyroid is often missed as a diagnosis in 70% of women with low thyroid function. Don't let your symptoms control your life. **Have your Thyroid tested at Valley Wellness Center for less than \$100.**

Valley Wellness
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