

Could it be my thyroid?

Is it my thyroid?

What is a thyroid, anyway?

The thyroid is a small gland located in the front of the neck below the Adam's apple. It produces hormones that regulate how fast we burn food (metabolism), helps to regulate body temperature, body energy, use of other hormones, and growth and development of body tissues.

Symptoms of an overactive thyroid include:

- Weight loss even if eating more
- Increased heart rate
- More frequent bowel movements
- Muscle weakness, trembling hands
- Goiter (enlarged gland)
- Change in menstrual cycles

Symptoms of an underactive thyroid include:

- Tiredness, mental slowness, depression
- Slow heart rate
- Increased sensitivity to cold
- Tingling or numbness in hands
- Goiter
- Constipation, heavy menstrual periods
- Dry skin
- Dry, thinning hair; loss of outer eyebrows
- Swelling around the eyes-puffy lids
- Decreased circulation to the skin resulting in dry, coarse skin on extremities
- Redness or swelling on the front of the neck

Have you been tested by your physician, and told your thyroid is fine, yet continue to have any of these issues? Maybe the gland is tired but not enough to be detected on a blood test.

We have non-invasive testing methods and whole food supplements that can help get you back to feeling great! Give us a call and make an appointment.