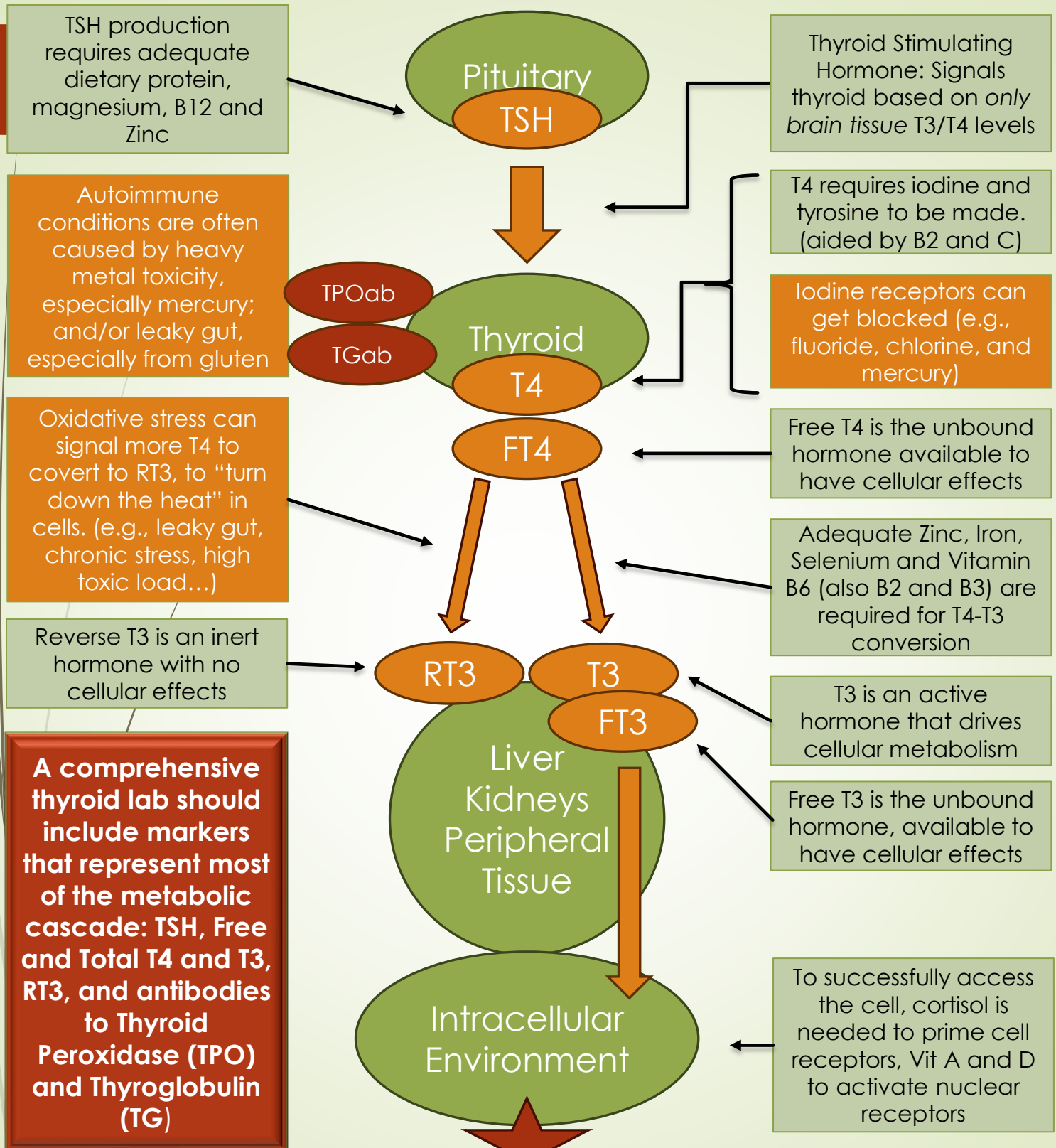


Thyroid 101: The Path to Metabolism

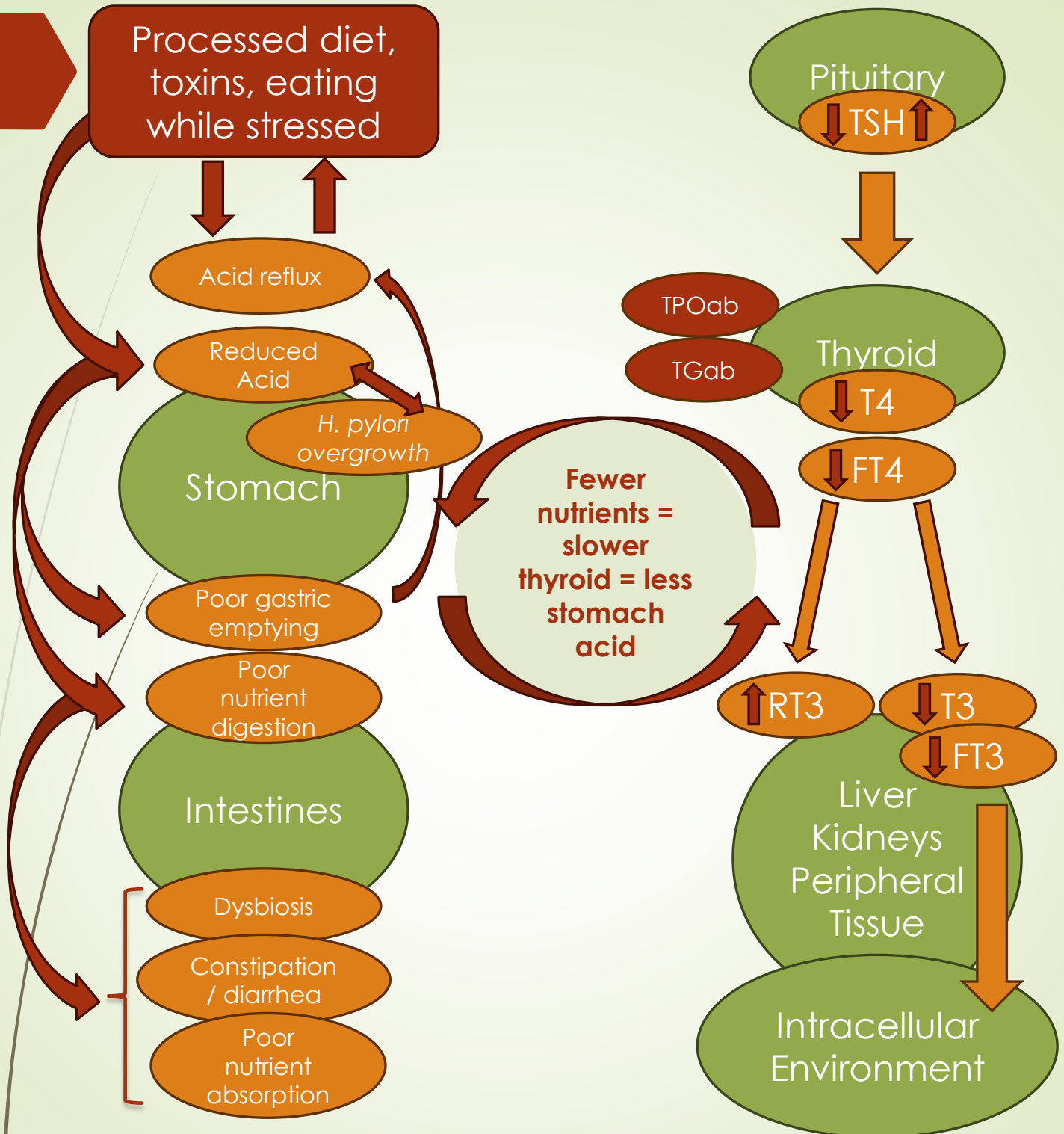
A 10,000ft View



Labs cannot measure intracellular thyroid effect, so it's possible to have 'perfect' labs and still be experiencing hypothyroid. Look for 'sluggish' symptoms (e.g., weight gain, constipation/IBS, fatigue, cold intolerance, hair thinning, slow metabolism of caffeine, alcohol, frequent illness, infertility...)

Thyroid 101: The Digestive Tailspin

A 30,000ft View



Vitamin B12 and minerals like magnesium, zinc and iron require strong stomach acid for digestion. Eating while stressed limits the production of stomach acid, setting the stage for indigestion and malnutrition. Thyroid hormone production is hindered by lack of necessary nutrients. Less intracellular T3 means less stomach acid production and slower digestion, and the vicious cycle continues.