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Are you suffering from low thyroid function?

Story Commenting

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Posted: Wednesday, February 4, 2015 12:00 am

DR. PAMELA LANGENDERFER/Lakeside Holistic Health | 0 comments

The thyroid, also known as your master gland of energy and metabolism, is a small gland shaped like a butterfly, located in the lower part of your neck. Thyroid hormones interact with all your other hormones including insulin, cortisol, and sex hormones like estrogen, progesterone, and testosterone. The fact that these hormones are all tied together and in constant communication explains why an unhappy thyroid is associated with so many widespread symptoms and diseases.

Thyroid problems have become quite common. Lifestyle factors such as sugar, processed foods, stress, environmental toxins, and lack of exercise wreak havoc on the thyroid gland.

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Hypothyroidism is the most common thyroid disease people suffer from. The most common symptoms are:

1. Severe fatigue/loss of energy: If you suffer from a thyroid issue, you may feel highly fatigued and sleep more than average, but even after the extra sleep you don't feel rested or have any energy.
2. Weight gain / difficulty losing weight: When your thyroid slows down so does your metabolism. That's why unusual and unexplained weight gain can be the first noticeable symptom.
3. Dry skin, brittle nails: New wrinkles, dry or cracked patches, and itchy rashes are signs of imbalance in your thyroid hormones.
4. Brittle hair, itchy scalp, hair loss: Your thyroid plays a role in your hair's growing cycle.
5. More sensitivity to cold and lower body temperature. Always feeling cold is another sign of a problem with your thyroid, which greatly influence body temperature.
6. Diminished sex drive: Imbalances in your thyroid can affect your reproductive hormones, and lead to lower levels of desire.
7. Puffiness in face and extremities: Puffiness in the face, most often around the eyes suggests thyroid imbalance.
8. Infertility or frequent miscarriages: Many women don't realize that good thyroid function is necessary for fertility.

Other common hypothyroid symptoms include: joint and muscle pain, depression, hoarseness or feeling of lump in throat, elevated cholesterol, memory loss, fuzzy thinking, or "brain fog."

Dr. Pamela Langenderfer is a naturopathic physician and licensed acupuncturist. She is the co-owner of Lakeside Holistic Health, PLLC, with locations in Liberty Lake, Wash., and Coeur d'Alene. For more information, please visit our website www.lakesideholistic.com, or contact her at (208) 758-0568.

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Basketball: Lewiston Bengals vs. Sandpoint Bulldogs @Lewiston High School - Dec 03, 2015
Basketball: Lake City JV Timberwolves vs. St. Maries Lumberjacks @Lake City High School - Dec 04, 2015
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