



DR ELSTEIN'S WEEKLY HIGHLIGHTS

from the world of health and nutrition

Fatigue and Thyroid Update

If you're suffering from fatigue, cold hands and cold feet, hair loss, dry itchy skin, slow information processing speed, depression, constipation and weight gain, chances are you have diminished thyroid hormone function. Your doctor might do a blood test which measures your TSH level and if this is normal might tell you that there is nothing wrong with your thyroid gland.

Unfortunately what the TSH or thyroid stimulating hormone measures is how much thyroid hormone is made in the pituitary gland, which is the body's chief manufacturer of the thyroid hormone. It makes sense that once the pituitary breaks down your TSH will rise in an attempt to whip the pituitary into shape. This is what most doctors focus on. If your TSH is normal it means that your body is making enough thyroid hormone and all is well. However what the TSH does not tell you is how your thyroid hormones are performing inside each and every cell of your body. Your cells are subject to a multitude of forces which impact performance and the TSH will not tell you about this. In other words your thyroid function can be diminished and your TSH can be normal.

Where does that leave you? What you need to do is find a doctor who is curious about and investigates all those factors that influence thyroid hormone activity. These are described in 'You Have The Power,' now available as an [e-Book](#). Amongst many things these include assessing vitamin and mineral status especially iron, zinc selenium, iodine, calcium, magnesium and B vitamins, evaluating the presence of a process called inflammation as well as the status of a key hormone called cortisol. Yeast overgrowth and food intolerance especially to foods that contain gluten found in wheat, rye, oats and barley also compromise thyroid function. Bacteria or germs which trigger autoimmune thyroid disease can undermine thyroid hormone function.