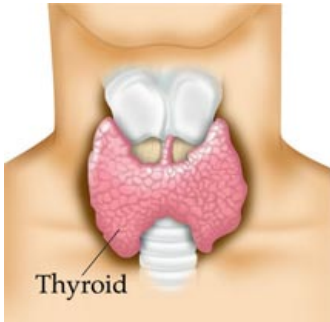


Thyroid Health

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Many Americans suffer from symptoms such as cold hands and feet, low body temperature, sensitivity to cold, a feeling of always being chilled, headaches, insomnia, dry skin, puffy eyes, hair loss, brittle nails, joint aches, constipation, mental dullness, fatigue, frequent infections, hoarse voice, ringing in the ears, dizziness, loss of libido, and weight gain, which is sometimes uncontrollable. Approximately 65 percent of the U. S. population is overweight; 30 percent is clinically obese. Research is pointing to the fact that an under active thyroid might be the number one cause of weight problems, especially among women, in the US today. The thyroid gland looks like a little bow tie and is located at the base of the throat, below the Adam's apple in males. Thyroid dysfunction affects both males and females. This gland produces hormones which control the body's metabolism, your internal thermostat of sorts.

"Learning more about hypothyroidism"

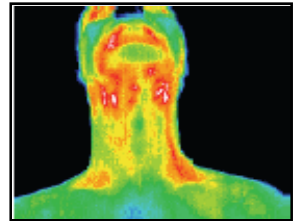


There are about 20 million Americans who suffer from hypothyroidism and thousands more who suffer without knowing what is wrong. Hypothyroidism is often misdiagnosed as depression, PMS, poor diet, or several other conditions. Doctors assume that every overweight patient is trying to blame their lack of diet and exercise on an under active thyroid.

These doctors can be less than sympathetic to a patient who complains of difficult weight loss and slowed cognitive thinking. But you know your body and you know something is wrong

Thyroid dysfunction is generally either an over or under production of the hormone. Under active thyroid hormone production is called hypothyroidism; whereas too much, or overactive thyroid hormone production is called hyperthyroidism.

Thermography is also a diagnostic test that could detect Thyroid dysfunction and could indicate some other follow up testing from your doctor. Thermography is a good annual screening for a full body scan that could detect unknown conditions that may hinder your health and wellness goals.



Some doctors prefer to diagnose hypothyroidism with a blood test. They will test to check TSH levels (the thyroid stimulating hormone produced by the pituitary gland) and T4 levels (the main thyroid hormone). Other doctors prefer to take a more holistic approach and are able to diagnose based on symptoms. Morning body temperature readings (below 97.1 consistently) as well as discovery of regular waking up approximately four hours after going to bed, can aid in the diagnosis.

There are chemical, synthetic treatments that can be used to restore healthy thyroid functions, such as Synthroid and Levothyroxine. Some doctors and sufferers prefer to use a form of natural thyroid hormone extracted from swine and cows. Yup, pig thyroid! It's the closest to the human thyroid hormone and contains both T4 and T3 thyroid hormones



A medical Thermogram represents the surface temperatures of skin making Thermography useful for the detection of inflammation or hyperactivity in the thyroid gland that lies just beneath the skin at the front of the neck.

It is important to see your doctor for regular check ups at least once per year. Even if you don't feel like there is something wrong your doctor can help you identify any areas you should be concerned about. Early intervention for illnesses and diseases means you have a higher chance of getting better.

Taking charge of your own health is the responsibility each of us has. There are simply too many unhealthy people in our society. Taking a personal inventory of where you need to make changes is the first step to implementing them.