

## Complete Thyroid Profile

### Why test thyroid gland activity?

The thyroid gland is responsible for energy and metabolism. It produces and regulates hormones that are important for growth, development, mood, and sexual function and impact metabolism, concentration, memory, and attention. Better thyroid function helps support the immune system, energy levels, and reproductive function.

Illness occurs when thyroid hormones are out of balance. Low levels cause hypothyroidism, an underactive thyroid, and high levels cause hyperthyroidism, an overactive thyroid. When your thyroid hormones are damaged or imbalanced, testing is an important first step in balancing your thyroid function.

The Complete Thyroid Profile measures thyroid gland activity, peripheral conversion of thyroid hormone, and thyroid autoantibodies. This profile offers results that help identify which hormones and activities are imbalanced, and how to address them.

### What does the test tell me?

Your doctor will use the Complete Thyroid Profile to see if your thyroid gland is working properly. Your results can indicate if your thyroid hormones are too high or too low. Thyroid antibodies can tell your doctor if your immune system is mistakenly attacking your thyroid gland. If you have complaints such as obesity, depression, fatigue, weight loss, or sleep issues, it is important for your doctor to look for the underlying cause of these symptoms by running the Complete Thyroid Profile.

### What will my doctor recommend if my results are abnormal?

If your Complete Thyroid Profile results are high or low, your doctor will institute a treatment program to balance your thyroid function. Your doctor will design a comprehensive plan, including dietary changes, stress reduction, and nutritional supplements to heal the thyroid gland. There are many natural therapies that can repair your thyroid gland and get you feeling better fast.

**With the results from your Complete Thyroid Profile, your doctor will design a treatment plan to get you feeling great again!**

### Thyroid imbalances can result in a wide array of symptoms:

#### Hypothyroidism

- Constipation
- Depression
- Dry skin, brittle nails, or hairless
- Feeling tired or weak
- Hashimoto's hypothyroidism
- Heavy or irregular menstrual cycles
- Increased sensitivity to cold
- Infertility
- Joint pain
- Memory issues or unclear thinking
- Obesity

#### Hyperthyroidism

- Difficulty concentrating
- Fine, thin hair & hair loss
- Goiter or thyroid nodules
- Increased bowel movements
- Nervous or moody
- Sensation of being hot and sweaty
- Shaky hands, fast heartbeat
- Sleep problems or restlessness
- Weak, tired, fatigued
- Weight loss without a change in eating patterns

