

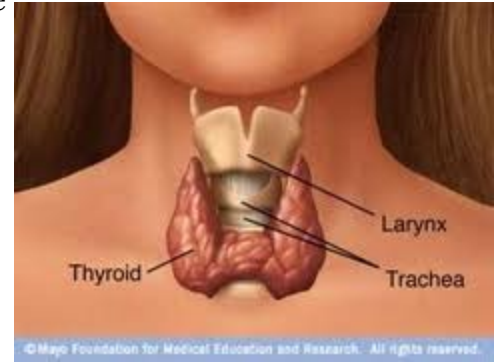
March 12, 2012

## Symptoms of Hypothyroidism:

- More sensitive to cold
- Constipation
- Depression
- Fatigue or feeling slowed down
- Heavier menstrual periods
- Joint or muscle pain
- Paleness or dry skin
- Thin brittle hair or fingernails
- Weakness
- Weight gain
- Decreased taste and smell
- Hoarseness
- Puffy face, hands, and feet
- Slow speech
- Thickening of skin
- Thinning of eyebrows

## The Thyroid Gland

The thyroid gland is one of the largest endocrine glands and is found in the neck. The thyroid controls how quickly the body uses energy, makes proteins, and controls how sensitive the body is to other hormones. It produces thyroid hormones (T<sub>3</sub> and T<sub>4</sub>). These hormones regulate the rate of metabolism and affect the growth and rate of function of many other systems in the body. T<sub>3</sub> and T<sub>4</sub> are made from iodine and tyrosine. The output of hormones is regulated by a hormone (TSH)



## Hypothyroidism and Weight Control

Hypothyroidism is a condition in which the thyroid gland does not make enough thyroid hormone. A common cause is inflammation of the thyroid gland which damages the gland's cells. Several factors can damage the thyroid. The most common cause is an autoimmune response by the body in which the immune system attacks the thyroid. Radiation, birth defects, drugs, age, gender, and genetics are also factors.

Some dietary changes can change the way your body absorbs thyroid medicine. Talk to your doctor if you are taking a lot of fiber or soy products. Thyroid medicine works best on an empty stomach and when taken 1 hour before any other medications. Do NOT take thyroid hormone with fiber supplements, calcium, iron, multivitamins, aluminum hydroxide antacids, colestipol, or medicines that bind bile acids.

Too much thyroid hormone will result in hyperthyroidism. Symptoms of hyperthyroidism are palpitations, rapid weight loss, restlessness or shakiness, sweating, anxiety, and heat intolerance.

A study reported in March 2008 Archives of Internal Medicine found that even slight increases in TSH within the normal range, over time, appear to be associated with weight gain.

People with hypothyroidism can find it difficult to lose weight due to a number of factors including leptin resistance, insulin resistance, and other hormonal imbalances.

## Right Weigh Clinic

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***Empowering You  
Through Education  
and Medical Support***

Right Weigh Clinic is dedicated to helping people lose weight by providing our patients with all the education and medical support necessary to obtain and maintain a healthy weight. We recognize the changes in food sources that have evolved over the past several decades and which changes are causing the obesity epidemic. It is as important to learn how to avoid these foods as it is to eat the proper nutrients. We also have bariatric trained physicians and weekly weigh-ins to monitor progress and make timely changes if needed.

Medical support can include prescription appetite suppressants, metabolic boosters, or medical supplements compounded for specific conditions such as diabetes and fatty liver disease.

[www.RightWeighClinic.com](http://www.RightWeighClinic.com)

## Diets That Support a Healthy Thyroid

Like every cell in the body, thyroid tissue needs specific vitamins and nutrients to perform.

Iodine is necessary for T3 and T4 hormones. According to a 2002 CDC report, 36% of women receive insufficient iodine. It is a basic building block to make key hormones. Key sources of iodine are seafood, and iodized sea salt. Secondary sources are eggs, asparagus, lima beans, mushrooms, spinach, sesame seeds, summer squash, Swiss chard, and garlic.

Selenium based proteins and enzymes convert T4 to the more

accessible form of the hormone T3 and they maintain the proper amount of thyroid hormones in blood and tissues, including liver, kidneys, and thyroid gland as well as the brain.

Foods with selenium include Brazil nuts, tuna, organ meats, mushrooms, halibut, beef, soybeans and sunflower seeds.

Zinc, iron and copper are trace minerals that are also necessary for healthy thyroid function.

Fresh oysters, sardines, beef, lamb, turkey, soybeans, split peas, whole grains, sunflower seeds, pecans, Brazil nuts, al-

monds, walnuts, ginger root and maple syrup contain zinc.

Beef, oysters, lobster, shitake mushrooms, dark chocolate, crabmeat, tomato paste, pearled barley, nuts, and beans contain copper.

Foods that contain iron are clams, organ meats, soybeans, pumpkin seeds, white beans, blackstrap molasses, lentils and spinach.

Kale, carrots, broccoli, brewer's yeast and whole grains also contain nutrients essential to healthy thyroid function.