THYROID & ADRENAL HORMONES

IT’S ALL ABOUT THE BALANCE!

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LIONVILLE NATURAL PHARMACY & HEALTH FOOD STORE
LIONRX.COM
SIR ISAAC NEWTON:

- “FOR EVERY ACTION, THERE IS AN OPPOSITE AND EQUAL REACTION”
- NATURE HAS A CONTINUOUS BALANCING ACT: LEFT VS RIGHT, UP VS DOWN, FRONT VS BACK, POSITIVE VS NEGATIVE, PUSH VS PULL
- CONTRACTION VS RELAXATION!
- THE SAME GOES FOR EVERY CHEMICAL REACTION IN THE BODY!
  - MAGNESIUM/CALCIUM, SODIUM/POTASSIUM, etc.
  - ADRENAL VS THYROID HORMONES!!
BASIC HORMONES:

CHOLESTEROL****:

-SEX HORMONES:
  -ESTROGENS: ESTRONE, ESTRADIOL, ESTRIOL
  -PROGESTERONE*
  -TESTOSTERONE, DHEA*

-PREGNENOLONE

-THYROID:
  T-2, T-3, RT-3, T-4, T-7

*5-Deiodinase(s)

*TSH IS NOT A THYROID HORMONE

-ADRENAL :
  CORTISOL, CORTISONE, ALDOSTERONE,

-INSULIN

-MELATONIN, SERATONIN, DOPAMINE, GABA

ADRENALIN (EPINEPHRINE),
NOR-ADRENALIN NOR-EPINEPHRINE)

-D-3
ADRENAL THYROID
A BALANCING ACT

- ADRENALS - THE “GAS” AND,
- BURNS SUGARS FOR ENERGY-SHORT LIVED, THEN CRASH- AFTERNOON.
- THYROID - THE “ACCELERATOR”, THE “CRUISE” CONTROL PROVIDES SLOW EVEN KEEL ENERGY BY RAISING TEMPERATURE TO BURN FAT AS FUEL, IF NOT- SLOW STARTER AND FINISHER.
PROGESTERONE: MODULATOR
ADRENAL DISEASES:

- CUSHING’S SYNDROME
  - JFK- LOW ADRENAL HORMONE FUNC.
    - AMPHETAMINES, STERIODS, “VITAMINS”!
    - CORTISOL- HYDROCORTISONE

- ADDISONS DISEASE
  - EXCESS ADRENAL HORMONE FUNCTION

- CHRONIC FATIGUE SYNDROME

- FIBROMYALGIA

- HYPOADRENALISM-”BURNT OUT”

- CVID: CHRONIC VARIABLE IMMUNE DISEASE
STRESS: RAISES CORTISOL

- ENDOCRINE DISRUPTER
- ALL HORMONES ARE AFFECTED
  - HORMONES IN CIRCULATION ARE BLOCKED @ RECEPTOR CELL SITE
  - CAN NOT ENTER THE CELL EVEN WHEN THE BLOOD VALUES APPEAR “NORMAL”
  - INCREASED DISFUNCTION WITH AGING, POOR DIET, CHOLESTEROL LOWERING Rx’s, STEROIDS, ANTIDEPRESSANTS, SYNTHETIC HORMONES, VITAMIN/ MINERAL DEFFICIENCIES AND ETC., SUGAR, CAFFEINE, HEAVY METAL ETC.

- HIGH CORTISOL=LOW CORTISONE & ALDOSTERONE
  - INFLAMATION
  - FLUID RETENTION
  - BELLY FAT
  - BRAIN FOG
  - HIGH BLOOD PRESSURE
  - INSULIN RESISTANCE= INCREASED BLOOD SUGAR
  - FM/CFS
  - PMS/PERIMENOPAUSE
  - THYROID RESISTANCE
ADRENAL TESTING

- **BLOOD**: AM CORTISOL, DHEA-SULFATE, CRP
- **SALIVA**: CIRCADIAN RHYTHM - 4 SAMPLES THROUGHOUT THE DAY OF CORTISOL
- **URINE ANALYSIS**
- **SERGENTS WHITE LINE TEST**
  - STROKE BELLY WITH BLUNT END OF PEN ABOUT 6”
  - A WHITE LINE APPEARS AND TURNS RED IF NORMAL
  - IF WHITE LINE REMAINS 2 MINUTES OR MORE = HYPOADRENAL
- **SUPINE TO STANDING BP TEST**
  - POSTURAL HYPOTENSION
- **IRIS CONTRACT “FLASH LIGHT” TEST**
  - NORMAL REACTION - IRIS CONTRACTS
  - HYPOADRENAL = IRIS CANNOT REMAIN CONTRACTED WHEN LIGHT SHINES INTO EYES AND DILATES AFTER ABOUT 2 MINUTES

ADRENALFATIGUE.ORG
TREATMENT OPTIONS

- EXERCISE: YOGA, QUIGONG, THIA CHI
- MEDITATION/PRAYER
- DIET: REMOVE ALLERGENS-GLUTEN
- SLEEP
- REDUCE STRESS
- RELATIONSHIPS/SITUATIONS:
  - ADAPT, CHANGE IT, REMOVE
MEDICATIONS & NUTRITIONAL SUPPLEMENTS

- CORTISOL/HYDROCORTISONE - Rx
- ADRENAL GLANDULARS
- DHEA (MEASURE DHEA-SULFATE)
- ADAPTAGENS:
  - RHODIOLA, ASWAGANDHA, LICORICE,
  - SCHIZANDRA, ELUTHERO (GENSING)
- B-5, METHYL B-12, FOLIC ACID, B-6(P5P), VITAMIN C (BIOFLAVANOID)
- COQ-10, ENADA, POWER ADAPT,
- L-CARNITINE, L-ARGININE,
- L-THYROXINE
- PROBIOTICS
- VITAMIN D-3 (LEVELS TO REACH 60-80)
- IRON - FERRETIN LEVELS 70-150
FOODS: DO’S & DON’TS

**DO’S:**
- FATS FOUND IN NATURE (ORGANIC):
  - EGGS, BUTTER, TREE NUTS, OLIVE OIL, AVACADO, COCONUT OIL/BUTTER, DARK CHOCOLATE
- ANIMAL PROTEIN: ORGANIC FISH, TURKEY, CHICKEN, BISON, VENISON
- COLORED VEGGIES
- LOW CARB LEGUMES, I.E. LENTILS, BLACK BEANS
- COMPLEX CARBOHYDRATES
- FRUITS-BERRIES, LOW SUGAR
- WATER, GREEN TEA, RED WINE

**DON’TS:**
- SUGAR, ALCOHOL, NICOTINE, MSG, CORN,
- ARTIFICIAL SWEETNERS
- TRANSFATS, PRESERVITIVES, DYES, HFCS, “LOW FAT” ANYTHING!
- PROCESSED FOODS
THE THYROID GLAND
THYROID HORMONES:

- **TSH IS NOT A THYROID HORMONE**
  - PITUITARY THYROID GLAND STIMULATOR

- **THYROID HORMONE BLOOD VALUES ARE “AVERAGES” OF ALL PEOPLE:**
  - GENDER, RACE, AGE, NATIONALITY, INCOME, HEALTH, ETC....
  - THEY ARE “QUANTITATIVE” VALUES
    - NOT “QUALITATIVE” (ACTIVE FORMS)
    - NOT INTRACELLULAR VALUES (“ON SWITCHES”)
    - RECEPTOR SITE ACTIVITY NOT ASSESSED!
THYROID HORMONES

- T-4 (LEVO-THYROXINE)(SUPPLY FORM)
- T-3 (LIO-THYRONINE)(ON SWITCH)
- RT-3 (REVERSE LIO-THYRONINE)(OFF SWITCH)
- TOTAL AND FREE HORMONE VALUES SHOULD BE EVALUATED

MISC.
- TBG- THYROID BINDING GLOBULIN
- D-3
- IODINE
- SELENIUM
- MANGANESE
- VITAMIN A
- ZINC
THE STRUCTURES OF T4, RT3, AND T3
Deiodinase(s): D-1, D-2 & D-3
CONTAIN: Vitamin A, D, Iodine, Mn, Selenium & Zinc

- **D-1**: CONVERTS INACTIVE T-4 TO ACTIVE T-3 IN BODY TISSUES
  - SUPRESSED BY STRESS, DEPRESSION, DIETING, WGT. GAIN, INSULIN RESISTANCE, DIABETES, INFLAMATION, CHRONIC PAIN, FM, CFS, TOXINS, HEAVY METALS, PLACTICS, RXs: ANTIDEPRESSANT, BETA-BLOCKERS, ANTISEIZURE MEDS, SYNTHETIC HRT, BC, STEROIDS, ANTIFUNGALS, STATINS AND UNFERMENTED SOY FOODS

- **D-2**: CONVERTS T-4 TO T-3 IN PITUITARY GLAND

- **D-3**: REDUCES THYROID ACTIVITY BY CONVERTING T-4 TO ANTI-THYROID REVERSE T-3
BODY TEMPERATURE:
ENZYME FUNCTION - CELL ENERGY

Mitochondria - Sites of Cellular Energy Production
FUNCTIONAL TESTS FOR THYROID:

- IODINE PATCH TEST:
  - “PAINT” A 2” SQUARE ON WRIST IN AM, RECORD WHEN IT DISAPPEARS
  - PRACTITIONER DETERMINE DEFICIENCY & DOSE OF IODINE
  - URINE TEST IS ALSO AVAILABLE @ $70.00

- TAKE AM UNDERARM TEMPERATURE:
  - BEFORE MOVEMENT OR ARISING
  - MENSTURATING FEMALES: ON DAYS 2-5 OF BLEEDING, NON-MENSTRATING- ANYTIME
  - SHOULD AVERAGE > 97.8 DEGREES F
COMPREHENSIVE THYROID EVALUATION:

- TSH: PITUITARY HORMONE ONLY SHOWS THYROID GLAND PRODUCTION NOT ACTIVITY
- FREE T-4: WEAK ACTIVITY, A STORAGE/TRANSPORT HORMONE (PROHORMONE)
- FREE T-3: METABOLICLY ACTIVE!!
- REVERSE T-3: ISOMER: MIRROR IMAGE OF T-3. BLOCKS FREE T-3 (OFF SWITCH)
- TOTAL T-4 AND T-3: PROTEIN BOUND FORMS - TOTALLY INACTIVE
- TPO & TGA: ELAVATION INDICATES AUTOIMMUNE DISEASE(S)
- SHBG: SEX HORMONE BINDING GLOBULIN:
  - INCREASED: STRESS, EXCESS ESTROGENIC ACTIVITY, XENO-ESTROGENS, LOW PROGESTERONE, GLADIN ALLERGY AND OTHERS
THYROID REGULATION

- PRESCRIPTIONS:
  - NATURE-THROID & WP-THYROID
    - (RLC LABS.COM)
  - COMPOUNDED: CUSTOM FORMULAS
    - SLOW RELEASE T-3 & COMBOS- T-3&T-4

- SUPPLEMENTS
  - IODINE, SELENIUM, D-3, Mn, ZINC, B-12, L-TYROSINE
  - GLANDULARS OF THYROID,

- DIET MODIFICATIONS
  - NO PROCESSED SOY, SKIPPED MEALS, HIGH CARBS

- STRESS REDUCTION
  - LIFESTYLE CHANGES, HOLY BASIL, KAVINASE, KAVA

- DRUG INTERACTION/SUPPRESSION
  - STATINS, BC, HRT, ANTI-DEPRESSANTS, STEROIDS

- DYSBIOSIS-CANDIA(Yeast in BOWEL)
B.E.N.S. S.E.L.F. NUTRITIONAL PROGRAM

- B = BREATHING
- E = EXERCISE
- N = SAYING “NO”
- S = SLEEP
- S = SUPPLEMENTS (CUSTOMIZED)
- E = ELIMINATION
- L = LIFESTYLE ADJUSTMENTS
- F = FOOD (NUTRITIONIST)
“ALTHOUGH HUMANS MAY MAKE A VARIETY OF INVENTIONS, THEY WILL NEVER DEVISE AN INVENTION MORE BEAUTIFUL, MORE SIMPLE OR MORE DIRECT THAN DOES NATURE….”

LEONARDO DA VINCI
THANKS FOR PARTICIPATING
The websites that will provide information regarding thermography as well as helpful diet and lifestyle tips for better breast health

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