



7 REASONS YOUR THYROID IS SLUGGISH (AND HOW TO FIX IT)

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OBJECTIVES

- ✓ Introduction – The Hypothyroid Epidemic
- ✓ Review Thyroid Hormones 101
- ✓ Hypothyroidism vs. Thyroid Dysfunction
- ✓ Learn Seven Common Reasons For Thyroid Dysfunction
- ✓ Apply Solutions To Help Your Clients Reverse Thyroid Dysfunction

Thyroid Function 101

- Hypothalamus (i.e. brain) stimulates pituitary gland (in brain) via TRH
- Pituitary gland (brain) sends message via TSH to thyroid gland
- Thyroid gland produces 90% T4 hormones
- T3 is “active” hormone

Hypothyroidism vs. Thyroid Dysfunction

- Hypothyroidism – diagnosed with high TSH + low T4 + symptoms (Sx)
- Thyroid Dysfunction – mildly elevated/lowered TSH + mildly elevated/lowered T4/T3 + Sx
 - Labs not necessarily outside normal range, but symptoms present

7 Reasons Your Thyroid Is Sluggish

- 1) Blood sugar and insulin dysfunction
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____