



Spotlight on:
Thyroid Function

It is estimated that about 200 million people worldwide have a thyroid problem. According to the American Thyroid Association an average of 1 out of every 8 women will be affected by a thyroid disorder during her lifetime, and an estimated 20 million Americans currently have some form of thyroid disease with up to 60% of these people unaware of their thyroid problem.

Poor thyroid function begins a "domino effect" of health problems within the body that can lead to: fatigue, weight gain, high cholesterol, hair loss, depression, memory problems, female hormone problems, digestive problems, and more. When you look more critically at lab results to identify what is truly optimal for thyroid function . . . we see the number of people suffering with a thyroid problem is much MUCH higher.

In this "KNOW YOUR NUMBERS" health series we are giving you the straight answers to know if you're health is at risk due to a thyroid problem. It's time to take back control of your health. Here's what you need to know:

TSH	4.51 or above	Clinically high levels. You are hypothyroid and this should be taken seriously.
	2.51 - 4.50	Higher than optimal. TSH increases as thyroid function goes lower (slower). You are in a range that would be considered pre-hypothyroid and we should take action.
	1.00 - 2.50	Optimal - this is where you want to be.
	0.45 - 0.99	Lower than optimal. TSH decreases as thyroid function goes higher (faster).
	0.00 - 0.44	Clinically low levels. You are hyperthyroid, or your thyroid medication dose is too high.
Free T4	1.78 or above	Clinically high levels. You are hyperthyroid, or your thyroid medication dose is too high.
	1.57 - 1.77	Higher than optimal. You may be hyperthyroid, or medication dose might be too high.
	1.03 - 1.56	Optimal - this is where you want to be.
	0.82 - 1.02	Lower than optimal. Support to improve your thyroid function is likely needed.
	0.00 - 0.81	Clinically low levels. You are hypothyroid, or your medication dose is too low.
Free T3	4.5 or above	Clinically high levels. You are hyperthyroid, or your thyroid medication dose is too high.
	3.9 - 4.4	Higher than optimal. You may be hyperthyroid, or medication dose might be too high.
	3.0 - 3.8	Optimal - this is where you want to be. Free T3 is called the bio-active form of thyroid hormone because it has the most action on your cells and metabolism. Free T3 needs to be in the optimal range to be confident you have great thyroid function.
	2.0 - 2.9	Lower than optimal. Support to improve your thyroid function is likely needed.
	0.0 - 1.9	Clinically low levels. You are hypothyroid, or your medication dose is too low.
Reverse T3	24.2 or above	Clinically high levels. This elevation is likely due to high cortisol (stress) or low selenium. We are concerned because Reverse T3 essentially blocks Free T3 from its action on cells.
	20.0 - 24.1	Higher than optimal. This elevation is likely due to high cortisol (stress) or low selenium.
	0.0 - 19.9	Optimal - this is where you want to be.

We also recommend you get tested for an autoimmune thyroid problem by testing Thyroperoxidase Antibody (TPO) and Thyroglobulin Antibody as this may change the approach on how to bring your thyroid function back to optimal. Ask us how you can get a better testing of your thyroid and other lab testing to help you get healthy and stay healthy!

This information is brought to you by Dr. John W. Larson, DC. Dr. Larson is a national expert in lab testing and using dietary, nutritional and lifestyle therapies to improve overall health. Dr. Larson teaches doctors and holistic health providers around the country on the benefits of using lab testing to determine the best dietary and nutrition therapies for their patients. He is also creator of the BLT System and the Wholesale Blood Lab Testing Service which brings lab testing to everyone at a much lower cost (www.bltsystem.com - click on "Order Lab Tests"). Dr. Larson is in private practice at Healing Choices - Natural Healthcare located in Elk River, MN and he is available for consultations in Minnesota by calling 763-241-5436 or visit www.HealingChoices.com.

