

THE THYROID GLAND HAS AN ENORMOUS IMPACT ON YOUR HEALTH & WELL-BEING

Features	Facts
Physiology	
1. Location	Base of your neck, in front your throat, below the Adam’s apple
2. Shape	Butterfly,
3. Size	Two-inches long
4. # of Sides	Two, (called lobes, on either side of your windpipe)
5. Sides connected	Sometimes
6. Name Connecting Tissue	Isthmus
Nutritional Needs	
7. Essential mineral (EM)	Iodine
8. Select Food sources of EM	Cheese, eggs, seaweed, soy milk, yogurt, iodized table salt
9. Function of EM	Production of thyroid hormones
10. Deficiency of EM	Goiter
11. Symptom of EM deficiency	Thyroid enlargement
12. % world’s population at risk for EM deficiency	40% (“In 2012, a CDC report showed that women of childbearing years in the U.S, ages 20-39, had the lowest iodine levels of any age.”)
Functions	
13. Produce two hormones	Tri-iodo-thyronine, (T3), & Thyroxine, (T4), 80% of thyroid hormone
14. Requirement of two hormones	Be in balance, neither too high nor too low
15. Importance of two hormones	Regulate cells metabolism, (how fast cells work)
16. Glands that maintain balance of thyroid hormones	Hypothalamus and pituitary
17. Name of hormone that hypothalamus makes for thyroid functioning	TSH, (Thyroid stimulating hormone)
18. Pituitary’s response to the thyroid hormone from the hypothalamus	Releases TSH when serum, (blood), T3 & T4 are low Inhibits TSH when serum T3 & T4 are high
Dysfunctions	
19. Complications of too little thyroid hormones, (T3 & T4)	Slower heart rate, constipation, weight gain, trouble sleeping, tiredness and fatigue, difficulty concentrating, dry skin and hair, depression, sensitivity to cold temperatures, frequent and heavy periods, & joint and muscle pain
20. Complications of too much thyroid hormones, (T3 & T4)	Rapid heart rate, diarrhea, weight loss, anxiety, irritability or moodiness, nervousness, hyperactivity, sweating or sensitivity to high temperatures, hand trembling, hair loss, missed or light menstrual periods
21. Sign of thyroid gland failure--hypothyroidism	Drop in circulating T3 & T4 accompanied by rise in TSH because TSH is normally low when thyroid gland is functioning well
Thyroid Care	
22. Get tested & treated	Consult & collaborate with personal physician
23. Eat healthy diet	Get foods with SI-ZIC: Selenium, Iodine, Zinc, Iron, and Copper

On July 30, 2016, the sources, cited below, provided input for this summary by Graham Watts Sr.