



Custom Health News You can Use

Compounding for Thyroid

The thyroid gland produces hormones that act as the metabolic regulator of the body. They help the cells in the body produce energy. The Thyroid Stimulating Hormone (TSH) is released from the pituitary gland. When there is adequate amount of thyroid hormone, a signal is sent to the pituitary gland that allows TSH to be lowered so the production of thyroid hormones is reduced.

The usual approach to diagnosing Thyroid disorders involves the TSH test. Normal TSH Levels Range is 0.4-4.5mIU/L. Many patients will remain undiagnosed if the TSH test is the only means of diagnosing.

In many cases a thyroid disorder is actually an indication of imbalance in some other body system. Adrenal stress, for example, impairs thyroid function. Excess cortisol blocks the efficient conversion and peripheral cellular use of the thyroid hormones at many levels. For this reason we often evaluate and, when appropriate, test saliva for adrenal function in combination with thyroid testing.

Testing saliva or blood for progesterone levels during the luteal phase (second half) of the menstrual cycle may also be of great value. If excess estrogen in relation to progesterone levels is found to be negatively impacting the thyroid, gentle progesterone supplementation can be implemented

Other diagnostic tests and procedures used to identify thyroid dysfunction, many of which are well-accepted and in use among alternative, integrative and holistic physicians, include:

- Iodine Patch Tests
- Urinary Testing
- Saliva Testing
- Basal Body Temperature Testing

There are many factors that can cause your Thyroid to not work properly. Anything from a nutrient deficiency, medication, to age, alcohol, diabetes, stress, surgery, obesity, and several other factors.

Your thyroid can either be Overactive (hyperthyroidism) or Underactive (hypothyroidism). The signs and symptoms of each are listed below.

Symptoms of Hypothyroidism (An underactive thyroid)	Symptoms of Hyperthyroidism (An overactive thyroid)
fatigue, exhaustion	nervousness
feeling run down and sluggish	irritability
depression	increased perspiration
difficulty concentrating, brain fog	thinning of your skin
unexplained or excessive weight gain	fine brittle hair
dry, coarse and/or itchy skin	muscular weakness especially involving the upper arms and thighs
dry, coarse and/or thinning hair	shaky hands
feeling cold, especially in the extremities	panic disorder
constipation	insomnia
muscle cramps	
increased menstrual flow	
more frequent periods	
infertility/miscarriage	

John Sowinski, our Pharmacist, can answer questions regarding testing, symptoms and treatments. Being a compounding pharmacist, he can work with your Physician to create a natural approach to treatment, get the right dosage, and prescription to help you. Call or stop in TODAY for more information.



CUSTOM HEALTH PHARMACY INC.

John Sowinski, R.Ph., Owner
1011 S 10th St., Suite 101
Manitowoc, WI 54220

Phone: (920) 482-3145

Fax: (920) 482-3146

info@customhealthpharmacy.com

www.customhealthpharmacy.com

**We Customize your health through
Compounded Prescriptions and Supplements**



@CstmHlthPharmacy

- Tuesday, January 31, 2012 @ 6:30 pm
Health Talk—ABC's of Vitamins by Angel Avina
- Listen to Angel Avina on *For the Health of It*, radio show WOMT(1240AM) every Thursday at 10:15am
- We carry *NOW* Supplements, which are all natural



Supplements that Help Balance Your Thyroid

There are several minerals and supplements that can help balance your thyroid. They can be used in conjunction with your Natural Compounded Prescription. Please consult with our Pharmacist, John Sowinski or your physician prior to incorporating into your diet.

Selenium creates the proper amounts of thyroid hormone. It helps your thyroid regulate the functioning of your organs

Zinc affects how well your immune system functions, which affects your thyroid

Vitamin A helps your body to convert the thyroid hormone T4 (thyroxine) to T3 (triiodothyronine), an important conversion that is necessary to thwart off Hypothyroidism (underactive).

Vitamin E is important for thyroid function as it aids in the absorption of Selenium .