
This emotional/mental trait is seen as:

1. **Over concern** for the welfare of others, i.e., they put others first and themselves second.

PLUS

2. **Subservience**, "I will be subservient to you so you will like, love and support me". Once achieved then the ultimate mind set "be reasonable and do it my way (as I know best)."

Most thyroid patients cannot identify with this mindset, however their families and loved ones can.

The thyroid gland is under the influence of the pituitary gland and hypothalamus. Stress can adversely affect these two areas. Our treatment involves more than simply treating the thyroid gland itself.

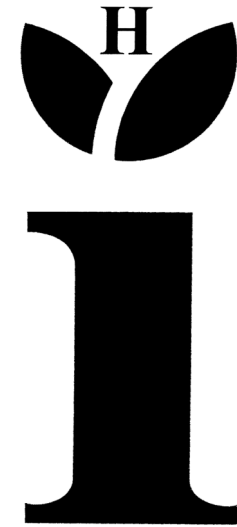
It is important to note that we do not alter any medication given by your medical doctor. However, we can check the medication for dosage and sometimes we have to balance the body's reaction or side effects to the medication by using homeopathy. As practitioners we observe that imbalance can occur if the patient has recently experienced major shock or trauma or has a history of allergies and hypersensitivities. "Thyroid type people" are very sensitive by nature and often become unbalanced chemically due to their physical and emotional makeup.

Contact Integrated Health Care for more information or to book an appointment



INTEGRATED HEALTH CARE
149 BARRINGTON ST, CHRISTCHURCH 8024
Phone: (03) 332 0743
www.integratedhealth.co.nz

Disclaimer – The technique and methods outlined are the initiatives of Integrated Health Care, Christchurch, NZ. They may be applied after pathology and soft tissue injury have been considered. Diagnostic tests eg. x-ray analysis/CT/MRI and blood tests may also be necessary to complete the clinical picture.



The Thyroid
at Integrated Health Care

INTEGRATED HEALTH CARE
149 BARRINGTON ST, CHRISTCHURCH 8024
Phone: (03) 332 0743
www.integratedhealth.co.nz

The thyroid is a hormonal gland located just below the voice box. The major hormone secreted by the thyroid gland is *Thyroxine*. Thyroxine has many functions, one of which is to regulate metabolism (the rate at which the body uses its energy sources).

Hypothyroidism (*underactive*)

Symptoms can include:

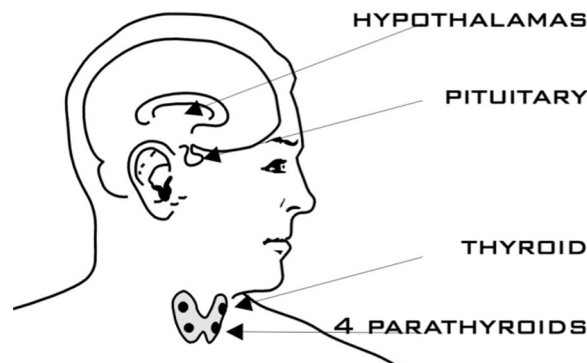
- **Fatigue** – difficulty getting out of bed in the morning, difficulty concentrating, memory loss, morning headaches and dizziness which improve during the course of the day.
- **Weight gain** – because of lowered metabolic activity there is a tendency to gain weight which does not correlate with an individual's food intake and/or physical activity.
- **Hair loss and/or brittle nails** – these can be due to thyroid dysfunction though it is important to distinguish between this and deficiency of other minerals e.g. zinc or iron. Thin or slow-growing hair often occurs with hypothyroidism.
- **Constipation** – a sluggish bowel, inadequate nutrient absorption and sugar handling problems can also be due to thyroid imbalance.
- **Irregular menstrual periods** – Low progesterone levels due to inadequate thyroid hormone levels can also play a part in infertility and premenstrual syndrome.
- **Susceptibility to infection** – particularly of the lung and airways.
- **Edema** – swelling especially around the eyes or ankles.
- **Cardiovascular disease** – elevated levels of cholesterol and triglycerides, both predisposing factors in the development of atherosclerosis and heart disease, are clinical manifestations of hypothyroid function.

- **Skin problems** – including psoriasis and dermatitis.
- **Decreased heart rate and blood pressure.**
- **Cold hands and feet** – and an overall sensitivity to the cold.
- **Emotional symptoms** – depression, crying, dislike of working under pressure.

Hyperthyroidism (*overactive*)

Symptoms can include:

- **Nervousness**
- **Inability to sleep.**
- **Increased heart and cardiac output.**
- **Thin skin and fine features.**
- **Poor balance.**
- **Increase in appetite.**
- **Decrease in weight.**
- **Erratic, flighty behaviour.**



Examination

Blood tests are commonly used. These only show frank disease, not subclinical or functional thyroid problems. As blood tests are based on an "average" population, they may not be accurate when applied to an individual with greater or lesser thyroxine needs.

At **Integrated Health Care** we have several other ways of testing thyroid function, as we investigate how it interacts with other hormonal glands and organs, plus the effect of our mind and how it influences thyroid balance and competence. Some patients claim that they do not feel any better on their medication with their blood test levels normal.

Treatment

Natural or artificial thyroid hormones have been administered for many years as a supplemental therapy for thyroid activity. When the thyroid gland is unable to produce thyroxine, this therapy may be necessary. Some patients respond better to whole thyroid extract rather than thyroxine. If the problem is hyperthyroidism, or too much thyroxine, the medical treatment is to administer anti-thyroid drugs, radiation therapy or surgery. Where possible it is better to return the thyroid to normal function, either with or without prescribed medication initially, support for the thyroid with nutritional supplements may be needed. These substances improve the availability of thyroxine and how it is used in the body.

Once the thyroid has started to balance our emphasis on treatment changes to investigating how the mind may be affecting this gland. Observation shows that this condition is hereditary (runs in families), suggesting not only a physical problem but also an emotional/mental trait or belief system.