

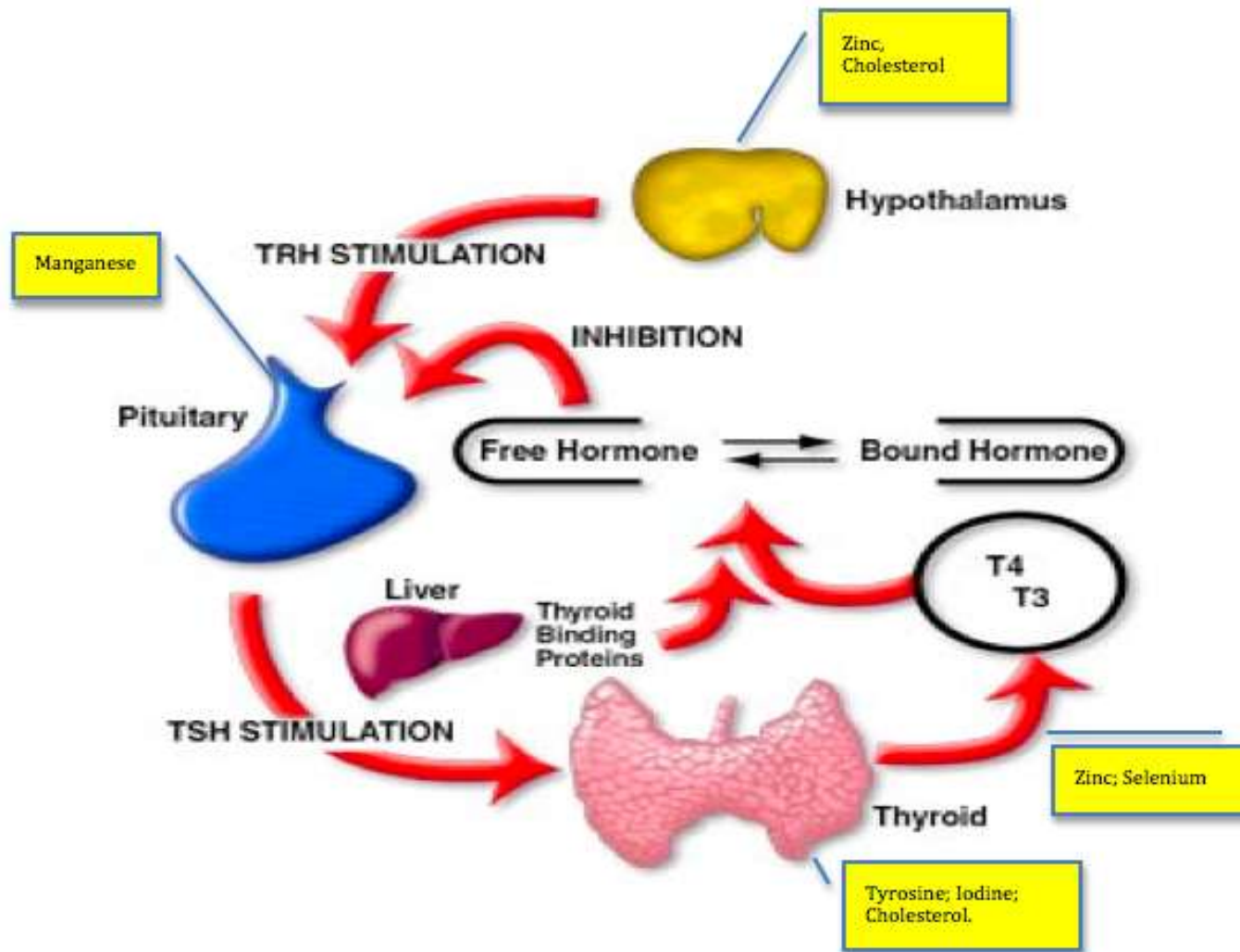


Master Class Thyroid Health

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Clinical Management of the Thyroid Challenged Patient



Thyroid Hormones Flowchart
jcem.endojournals.org

Dealing With Nutritional Deficiencies

Zinc

- Dose: 25- 50 mg per day
- Zinc Liver Chelate™, 2-4 per day*
- Best given at night, before bed, 30 mins away from food or any other supplements

Tyrosine

- Dose: 1000- 1500 mg per day
- Protefood®, 4-6 per day
- Whey Pro Complete, 1-2 serves per day

*Caution: For short-term restoration of zinc levels.

Dosages exceeding 100 mgs daily can depress the immune system



Dealing With Nutritional Deficiencies

Selenium increases $T4 \rightarrow T3$ conversion

- Cataplex[®] E, 4-8 per day



Zimmermann MB, Köhrle. The impact of iron and selenium deficiencies on iodine and thyroid metabolism: biochemistry and relevance to public health. J Thyroid. 2002 Oct;12(10):867-78.

Arthur JR. The role of selenium in thyroid hormone metabolism. Can J Physiol Pharmacol 1991;69:1648-52

Dealing With Nutritional Deficiencies

Vitamin D3

- 1000-5000 IU per day based on blood tests results
 - Cataplex[®] D, 2- 6 tablets per day*
 - Tuna Omega-3 Oil, 3-6 perles per day

Vitamin E

- 500-1000 IU per day
 - Wheat Germ Oil, 2-4 perles per day



*Women who are pregnant, may become pregnant, or are lactating should limit their intake of vitamin A (retinol). Consumption of large amounts of vitamin A (retinol) has been linked to serious health problems.

Sufficient Iron Is Important

Ferritin is considered the true indicator of stored iron status

- Reference range of 120-200 ug/L
- Target level > 150 ug/L
- Retest at regular intervals

Suggest:

- MediHerb Fe-Max Iron Tonic 10-15mL per day and/ or
- Ferrofood[®], 2-4 per day



Iodine For Halide Displacement

Prolamine Iodine, 1+ tablet(s) per day

If using whole body sufficient dose regimes, it is essential to use 24 hour Urinary Iodine Pre and Post loading test + Halides at least every 12 weeks to closely monitor dose.

Excess iodine doses can induce hypothyroidism/goiter if unmonitored.



Please monitor very carefully

Key Herbs For Reduced Thyroid Function Support

Coleus 1:1

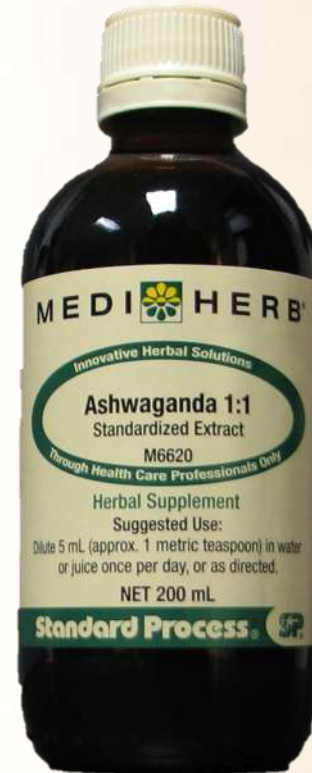
- 10 mL per day

Ashwaganda 1:1

- 2.5 mL per day

Bacopa 1:2

- 4-12 mL per day



Key Herbs For Reduced Thyroid Function Support

- Coleus 1:1 (*Coleus forskohlii*) 10 mL per day or Coleus Forte tablets per day
 - Coleus has similar effects on the thyroid gland to TSH (Thyroid-stimulating hormone)
 - The key component, forskolin, catalyzes the production of cAMP
 - This potentiates the intracellular effects of many hormones, including TSH



Coleus (*Coleus forskohlii*)

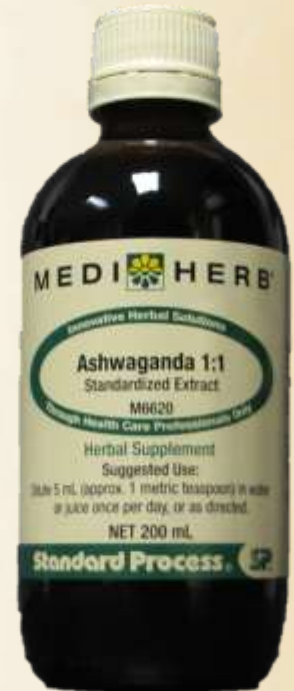
- In one study (animal) it produced an eightfold increase in the secretion of thyroid hormones
- Coleus increases cAMP hence improves energy
- TSH requires cAMP as a second messenger

Bone K. Clinical Applications of Ayurvedic and Chinese Herbs. Phytotherapy Press, Warwick, 1996, p 104.

Key Herbs For Reduced Thyroid Function Support

Ashwaganda 1:1 (*Withania somnifera*) 2.5 mL per day

- Significantly boosted T4 (up to 111%) in experimental models^{1,2}
- T3 was also increased, but to a lesser extent¹
- Its adaptogenic and tonic effects will also boost depleted energy levels
 - adaptogen for phase 2 adrenal stress where elevated cortisol is a clinical feature



1 Panda S, Kar A. J Pharm Pharmacol 1998; 50: 1065-1068

2 Panda S, Kar A. J Ethnopharmacol 1999; 67: 233-239



Key Herbs For Reduced Thyroid Function Support

- Bacopa 1:2 (*Bacopa monnieri*) 4-12 mL per day
 - Boosted T4 (41%) in an experimental model, but had no effect on T3¹
 - Its brain tonic effects are highly relevant for reduced thyroid function support

1 Kar A, Panda S, Bharti S. J Ethnopharmacol 2002; 81: 281-285

Herbal Protocol For Reduced Thyroid Function Support

MediHerb Thyroid Complex, 3-6 tablets per day

- Contains Bacopa, Ashwaganda, Bladderwrack

MediHerb Coleus Forte, 3-4 tablets per day

- Best taken with food,
as can aggravate the stomach



Herbal Protocol For Reduced Thyroid Function Support

MediHerb Withania Complex, 3-6 tablets per day

- To address the effects of elevated cortisol and stress

MediHerb ChelaCo, 4-6 tablets per day

- To address elevated heavy metals, if present



Environmental Detox Protocols

PCBs & Xenoestrogens

- MediHerb LivCo[®], 2-4 tablets per day
- MediHerb Vitanox[®], 2-4 tablets per day
- Livaplex[®], 3-6 capsules per day
- Cruciferous Complete[™], 2-4 per day
- Standard Process Purification Program



Environmental Detox Protocols

To address elevated heavy metals, if present

- MediHerb Garlic tablets, 2-4 tablets per day
- MediHerb Hawthorn, 2-4 tablets per day
- MediHerb Silymarin, 2-4 tablets per day
- MediHerb ChelaCo, 3-4 tablets per day
- Parotid PMG[®], 3-6 tablets per day



Dealing with Insulin Resistance & Weight

MediHerb Gymnema + Diaplex®

- 1 tablet three daily

MediHerb Coleus Forte

- 1 tablet three daily





Coleus Acts Like TSH

- Coleus has similar effects on the thyroid to TSH
- Coleus increases cAMP
- AMP is an intracrine second messenger
- In one study (animal) it produced an eightfold increase in the secretion of thyroid hormones.

Bone K. Clinical Applications of Ayurvedic and Chinese Herbs. Phytotherapy Press, Warwick, 1996, p 104.

Supporting Adrenal Health

- MediHerb Adrenal Complex, 2-3 per day
- Drenamin[®], 3-4 per day
- MediHerb Withania Complex, 2-4 per day
 - Significantly boosted T4 (up to 111%) in experimental model



Panda S, Kar A. Changes in thyroid hormone concentrations after administration of ashwagandha root extract to adult male mice. *J Pharm Pharmacol.* 1998 Sep;50(9):1065-8.

Panda S, Kar A. *J Ethnopharmacol* 1999; 67: 233-239





Acknowledgments

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Associate Professor Kerry Bone



Thank you for attending.

Questions?