



## AIM WELLNESS MEDICAL SPA

### Thyroid Survival Guide: Why T3 Matters

#### Why the Thyroid Matters

- The thyroid controls metabolism, energy, mood, and brain function.
- When thyroid is low, everything slows down—leading to fatigue, weight gain, constipation, and brain fog.
- Untreated hypothyroidism raises risk of cardiovascular disease, osteoporosis, infertility, and dementia.

#### Why T3 is Important

- T4 is the storage form of thyroid hormone; T3 is the active form that powers metabolism and brain activity.
- Some people don't convert T4 to T3 efficiently, leaving them symptomatic even on Synthroid (T4 only).
- Combination therapy with T3 or natural desiccated thyroid can improve mood, libido, metabolism, and cardiovascular outcomes when monitored.

#### Why Thyroid Declines with Age

- Conversion of T4 to T3 slows with aging, menopause, and andropause.
- Lower estrogen and testosterone reduce thyroid signaling and efficiency.
- This contributes to fatigue, slower metabolism, and weight changes after 40.

#### Lifestyle & Diet for Thyroid Health

- Gluten-free diet is critical for Hashimoto's and reduces inflammation.
- Avoid plastics, pesticides, and toxins that disrupt thyroid signaling.
- Support detoxification with cruciferous vegetables (cooked), hydration, and sauna.
- Manage stress—high cortisol blocks T4 to T3 conversion.
- Exercise: strength training to boost metabolism, moderate cardio, and yoga to lower cortisol.

#### Supplements That Support Thyroid

- Iron, vitamin D, vitamin A, zinc, selenium – all critical for thyroid hormone synthesis and conversion.
  - Iodine – essential, but too much can worsen autoimmunity.
- Guggul – supports thyroid activity and lipid metabolism.
- Curcumin – reduces inflammation and thyroid autoantibodies in Hashimoto's.
- Probiotics – support gut health and thyroid conversion.
- Ashwagandha – helps lower stress and may improve thyroid function (covered in adrenal episode).

### **Hashimoto's Thyroiditis**

- The most common cause of low thyroid, an autoimmune attack on the gland.
- Symptoms may swing between hypo- and hyperthyroid.
- Management includes gluten elimination, gut healing, anti-inflammatory diet, selenium, vitamin D, curcumin, and stress reduction.

### **Key Takeaway**

- If your labs are 'normal' but you still feel exhausted, foggy, or unable to lose weight—you may need a deeper thyroid evaluation including free T3.
- Personalized care with diet, lifestyle, supplements, and natural T3/T4 therapy can restore energy, metabolism, and brain function.
- Work with AIM Wellness to design a plan tailored to your thyroid health.

■ **Call us today at 606-393-6193 or visit [www.aimforchange.net](http://www.aimforchange.net) to schedule your Comprehensive Hormone Consultation!**