

Hypothyroidism

A Little Gland With Big Responsibilities

If you struggle to lose weight, can't ever find your keys and notice that the hair on your head seems to be migrating to your chin, you may be surprised to learn that a single little gland may be responsible for many of your miseries. The thyroid gland is a butterfly-shaped gland that sits in the front of your neck just under your Adam's apple. For such a small gland, the thyroid has some BIG responsibilities and plays a major role in how the body uses energy and reacts to many other hormones in the body. When your thyroid is active and healthy, you feel strong, confident and mentally sharp. If your thyroid begins to slow down, hypothyroidism...so do you!



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THYROID E-NEWSLETTER

Hypothyroidism Weighing You Down? For a variety of reasons the thyroid may begin to release less thyroid hormones. If you feel like you are running on fumes...that's because you are!

The lack of thyroid hormones is literally gunking up nearly all of your body's systems. This is hypothyroidism, also called underactive thyroid. Hypothyroidism can be caused by different things, including a disease called Hashimoto's. Hypothyroidism has no gender, race or age. It can affect anyone at any time and must be managed for a lifetime. We do know that women tend to be more susceptible to hypothyroidism than men and that post-menopausal women are most at risk for the disease.

Feeling Lazy, Crazy and Finished? The thyroid helps regulate many different systems of the body, from your brain to your metabolism and digestive system and more! When your thyroid produces less and less thyroid hormones, you can feel like your body is falling apart! Do any of these symptoms sound familiar?

- Fatigue
- Brain fog
- Constipation
- Stubborn weight gain
- Weakness
- Anxiety
- Thinning hair
- Inability to lose weight
- Poor memory
- Dry skin
- High cholesterol
- Sensitivity to heat and cold
- Low libido
- Heart palpitations
- Insomnia
- AND MORE!

Thyroid Medication Not Working? If you start experiencing some or all of the symptoms above, your first trip will likely be to the doctor. A simple blood test can tell if your level of thyroid hormones is lower than normal.

If your test shows hypothyroidism, your doctor can prescribe synthetic thyroid hormone to cover for your underacting thyroid. There. Done. Problem solved, right? Not exactly! Synthetic hormones don't actually address the cause of your hypothyroidism, which means that as your thyroid continues to slow down you may need more and more medication. Additionally, the thyroid produces two main hormones, T3 and T4. While T3 only makes up about 1% of the hormones the thyroid produces, it is the most biologically active thyroid hormone. Synthetic hormones give your body T4 hormone but not T3, which is why so many people diagnosed with hypothyroidism don't get better even when they are on medication.

The Natural Solution. At the Labbe Health Center, Dr. Labbe works with patients to treat the underlying causes of their hypothyroidism to encourage the thyroid to begin functioning again on its own.

Her method can be summed up as **"Testing, Not Guessing!"** Dr. Labbe first listens to her patients as they describe their experiences and symptoms, and then she recommends a variety of tests to learn what is really going on in their bodies. She and the patient then go over the results of the tests together, which allows her to create a holistic and natural treatment plan, so the patient will never feel "Lazy, Crazy and Finished" again! Ready to take the first step? Join Dr. Labbe for a FREE Lunch and Learn Session where she explains more about hypothyroidism to a small and intimate group of men and women just like you. Bring your questions and get ready for some answers, finally.

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