

# Wisdom Wellness Center

Daryl Wisdom MD FAARFM PLLC / Cheryl Wisdom MS RN FAARFM

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## **Is Your Thyroid Really “FINE”???**

Keystone Pharmacy Grand Re-Opening October 18, 2011

Original approach to thyroid disease: Broda O Barnes, MD

Conventional medical approach today

Thyroid function & diagram

Synthroid

Does not address peripheral non-converters

Armour / Westroid / Naturethroid

Other Options

The role of the compounding pharmacist

What about YOU?

Symptom checklist

Fibromyalgia

Adrenal insufficiency

Gonadal hormones

Lifestyle approach

Clean up the diet

Watch the whole soy

Lose weight

Nutritional supplements

Specific supplemental intervention

Iodine testing / supplementation

Non-prescription thyroid support

What do you do next?

Read Dr Brownstein's book(s)

Talk to your doctor about all of this.

If all else fails, apply to be a patient at the Wisdom Wellness Center

Please note: we have limited availability

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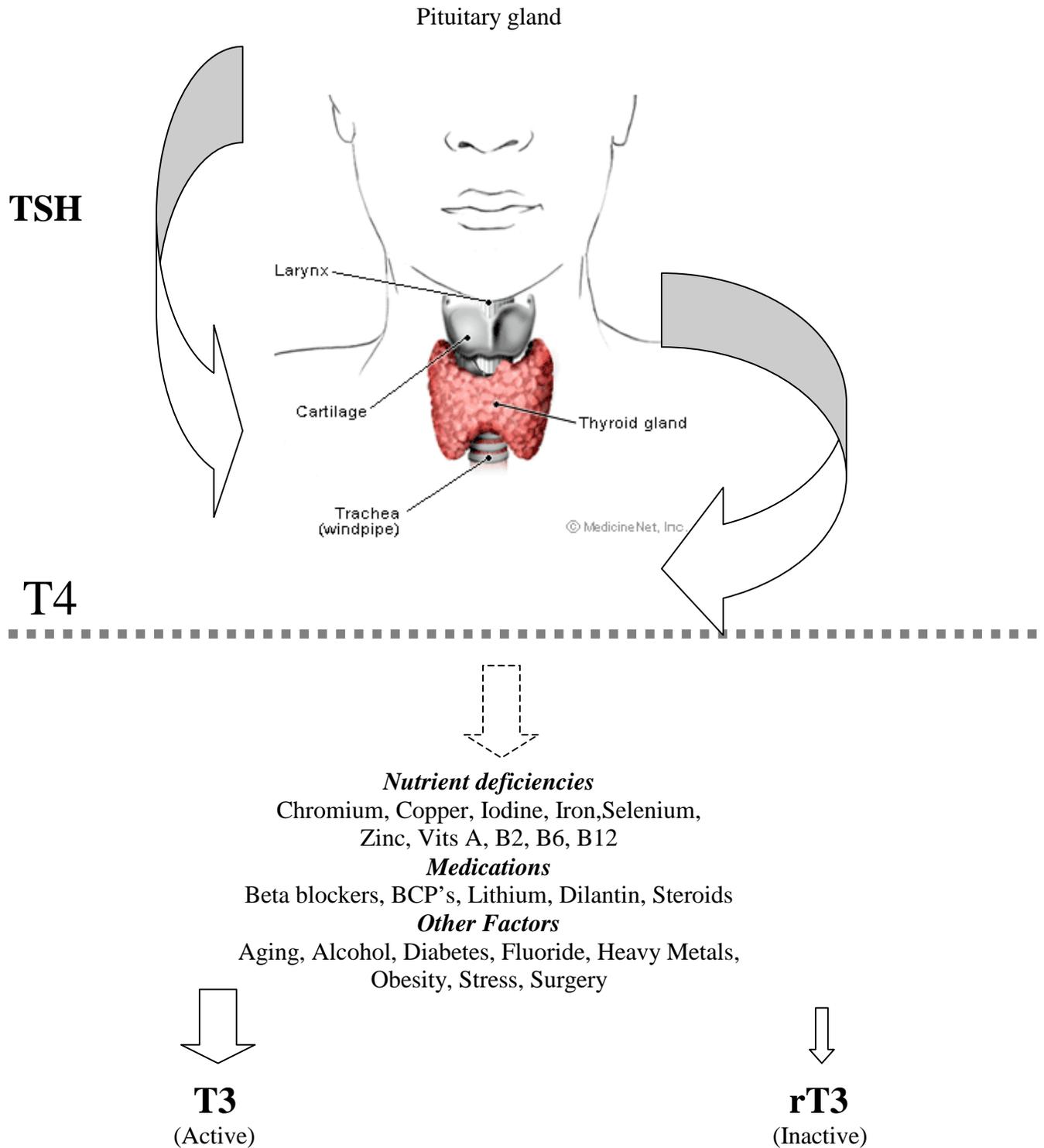
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## Thyroid Hormones



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## Thyroid Disease Signs & Symptoms

As with any disease, there are some cardinal signs & symptoms that indicate low thyroid function. There are also a number of symptoms that might be dismissed as other problems. Read through this list and check any that apply. If you have checked four (4) or more items, you will want to determine what your Basal Body Temperature. See below for instructions.

- Tiredness, fatigue, weakness.
- Weight gain or inability to lose weight.
- Digestive problems.
- Constipation.
- Low body temperature.
- Feeling cold most of the time.
- Exhaustion after moderate exercise.
- "Brain fog," can't think clearly.
- Loss of memory, early Alzheimer's.
- Frequent, severe headaches.
- Slow pulse and/or low blood pressure.
- High cholesterol levels.
- Hair/Nail problems; dry, brittle, falling out.
- Skin problems to include skin conditions like psoriasis, eczema and adult acne.
- Low, husky voice.
- Neck or throat complaints, trouble swallowing.
- Muscle and joint aches and pain.
- Carpal tunnel syndrome.
- Menstrual changes or problems such as heavy periods and cycles that are irregular.
- Significant menopausal symptoms.
- Infertility.
- Depression, mood swings.
- Anxiety, panic attacks.
- Low sex drive.
- Eye problems.
- Hearing problems, tinnitus (ringing).
- Frequent infections, lowered immunity.
- Allergies or a worsening of allergy symptoms.
- Sleep apnea, snoring.
- Breathing difficulties, asthma.
- Dizziness and vertigo.
- Puffiness and swelling.
- Prematurely gray hair.

*Adapted from:*

<sup>1</sup> Shames, RL, MD & Shames, KH, RN, PhD (2001). *Thyroid Power; Ten Steps to Total Health*. Harper Resource.

<sup>2</sup> Arem, R, MD (1999). *The Thyroid Solution*. Ballantine.

<sup>3</sup> Shomon, MJ (2000). *Living Well with Hypothyroidism; What your doctor doesn't tell you... that you need to know*.

<sup>4</sup> Brownstein, D, MD (1998) *The Miracle of Natural Hormones*. Medical Alternatives Press.

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## Basal Body Temperature

Your body temperature reflects your metabolic rate, which is largely determined by hormones secreted by the thyroid gland. The function of the thyroid gland can be determined by simply measuring your basal body temperature. All that is needed is the right thermometer.

A basal thermometer is an ultra sensitive thermometer that tracks your body's minutest temperature shift. A basal body temperature (BBT) thermometer is often used by women to chart their basal body temperature chart and hence predict their fertile period or ovulation. There are various kinds of BBT thermometers available but a digital basal thermometer is your best bet. The basal body digital thermometer is more accurate than a fever based thermometer. Digital fever thermometers do not record low temperatures accurately. If you cannot find one locally, please call the office. We have them available for a nominal cost.

Here are some tips to help use your basal body thermometer with optimum accuracy:

1. Use your basal thermometer first thing in the morning before you get out of bed. To avoid forgetting you can leave your thermometer at your bedside within easy reach so you don't have to move much to get it.
2. Try to take the temperature at as close to the same time each day as possible. You may need to set an alarm to be accurate. Staying within a half hour either side of your average time is a good idea because your temp can vary with the time. For example, if you usually take your temperature at 6 a.m., it is fine to take your basal body temperature between 5:30-6:30, but the closer to 6 the better. The normal variation is by up to .2 degrees per hour. It may be lower if you take your temperature earlier than average and higher if you take it later than average time.
3. It is best to use your basal thermometer after 5 hours of uninterrupted sleep. The minimum limit is 3 hours.
4. You should try to place the basal body thermometer the same way each day. Try and place the basal thermometer in the same location of your mouth.
5. Ladies, note where you are in your cycle. The best indicator of your true basal temp is day 2 and 3 of flow.