



Holistic Medical Centre

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Thyroid

It is time to update you on new information on thyroid. The thyroid gland is a butterfly shaped gland in the neck and thyroxine is the generic name of thyroid hormone that it produces. There are, however, two types of thyroid hormones. T4 Thyroxine is the most abundant of the two but T3 or Triiodothyronine is by far the most potent type of thyroxine. Thyroxine is made from the amino acid Glycine and iodine. Some T4 is then converted to T3 but requires zinc and selenium to do this. If you are on prescription thyroxine this is the T4 type so you need to make sure you have adequate zinc and selenium to convert some T4 over to T3. If you are taking whole thyroid from the doctor, this contains both T3 and T4, however, you still need zinc and selenium for many other reasons. The thyroid gland can become overactive or underactive. If the thyroid is overactive, generally a specialist is involved. Most commonly

today we see people with an underactive thyroid. Because the thyroid gland controls metabolism, an underactive thyroid will cause symptoms such as, fatigue, low mood, weight gain or an inability to lose weight, thinning hair, elevated cholesterol and feeling more cold. Commonly a blood test measures TSH (thyroid stimulating hormone) to assess thyroid function. This is a hormone from a gland in the brain which stimulates the thyroid gland to produce thyroxine. If the thyroid gland is underactive then TSH rises to compensate. Optimum thyroid function yields a TSH of 2.0 or less. The normal reference range is higher but we are usually aiming for around 1-2. Iodine is deficient in our diet these days but is very interesting to note that the ocean contains all the nutrients in abundance that are hard to find in our soil. Iodine, zinc and selenium are rich in our shellfish which is why they are commonly mentioned food sources in our newsletters.

Oysters are particularly high in zinc but pipis, tuatuas and cockles are all great choices. Japanese food provides an abundance of iodine due to the seaweed content. Miso soup with seaweed, sushi and seaweed salads are good choices for boosting iodine as iodised salt is not sufficient. Apart from oysters, pumpkin seed and meat have zinc but are distant seconds in comparison. Two brazil nuts daily will supply adequate selenium, but again we do suggest choosing local and going for the shellfish. Lugols iodine 4% is an inexpensive and easy to take iodine supplement but sometimes we prescribe full strength iodine which some people appear to require for normal thyroid function. Sometimes the body makes antibodies to thyroid hormone and there can be many reasons for this but an infrequently there is an association between celiac disease and thyroid antibodies and we had one diagnosed today

Our favourite quote

Get action. Seize the moment.
Man was never intended to become an oyster.
Theodore Roosevelt 1858-1919

Health tips

Some of you have encountered our famous Chia seeds (*Salvia hispanica*), an ancient South American seed highly prized by the Aztec warriors. They are high in essential amino acids, B vitamins, omega 3 and antioxidants. They have twice as much iron gram for gram than meat and more calcium gram for gram than milk. They also have boron for strong bones. They are also very useful for irritable bowel and reflux as they form a gel in the digestive tract. The high soluble fibre content has the ability to lower cholesterol and relieve constipation. They are also a good prebiotic. An environmental benefit is that they grow in arid desert conditions and do not require pesticides or fertilizers.

Happy Patient File

A patient recently commented that whatever the doctor has done is a miracle as it has taken 47 years and now sends all her friends here!

More information

Happy New Year to one and all, we hope you have thoroughly enjoyed the Christmas period and we are looking forward to helping you all with your health needs during the coming year. We hope the Christmas newsletter tips were helpful for any holiday mishaps that may have come your way. We

would like to warmly welcome Celia to our reception team, we are sure you will enjoy dealing with her at the front desk. Rhian will soon be leaving us for maternity leave and we look forward to seeing her beautiful bonny baby. Article twenty one from the United Nations Declaration of

Human Rights. *Article XXI*
(1) Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.
(2) Everyone has the right of equal access to public service in his country.

(3) The will of the people shall be the basis of the authority of the government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent