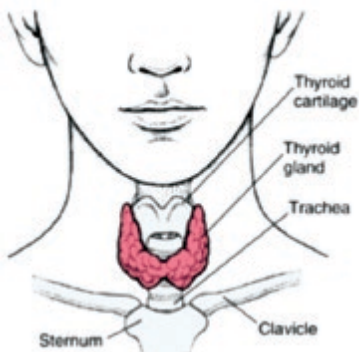


The Thyroid

People with low energy do not feel well. They feel like they have a low immune system. They always feel sick. When they see a doctor, sometimes they are told they have a thyroid problem. The thyroid stimulating hormone (TSH) is high. They take a hormone replacement like synthroid or armour thyroid and still feel sick. If the problem is in the thyroid and taking hormone replacement does not work than what can be done?



The first thing to look at is normal function. What are the normal functions of the thyroid? The thyroid is located below the Adam's apple. It is controlled by the anterior pituitary through thyroid stimulating hormone. The anterior pituitary is under the control of the hypothalamus. The hypothalamus senses low thyroid hormone levels and signals the pituitary with thyroid stimulating releasing hormone (TRH). The thyroid responds to the thyroid stimulating hormone by producing thyroid hormones. The hormones are triiodothyronine (T3) and thyroxine (T4). The thyroxine hormone binds to the receptor and

stimulates metabolism. The hormone starts with a tyrosine amino acid. The iodine is linked to the tyrosine to become T3 and T4.

I have found clinically that the thyroid enzymes link tyrosine to iodine stopped working effectively. There is minimal production of the thyroid hormone produced. The iodine cannot enter thyroid to be linked to tyrosine. The enzymes cannot link tyrosine to iodine. The hypothalamus responds by high levels of T3 to stop release of thyroid stimulating releasing hormone and thyroid stimulating hormone. The feedback loop between hypothalamus and thyroid must cross the blood brain barrier. The synthetic hormone replacement cannot pass through the blood brain barrier. The hypothalamus cannot stop producing thyroid stimulating releasing hormone with T3.

The fact the hormone replacement therapy does not work implies the signal from thyroid is not enough to restore the body back to balance. Thyroid stimulating releasing hormone and thyroid stimulating hormone implies its only function. The function that gave its name has been studied. There are other functions. Its main function is not its only function.

It is always better to get the nutrition from its natural source.

All the enzymes to produce the needed nutrition are present. All the amino acids and minerals are present. To get the thyroid working on its own is the best solution because there are other problems that will not crop up until later. For instance, the fact the thyroid is not working also will lead to the parathyroid to not work properly. The thyroid also produces calcitonin. Calcitonin allows the body to absorb calcium into the bones. Long term use of thyroid hormone neglects production of calcitonin. Eventually

continued



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"...If the problem is in the thyroid and taking hormone replacement does not work than what can be done...?"

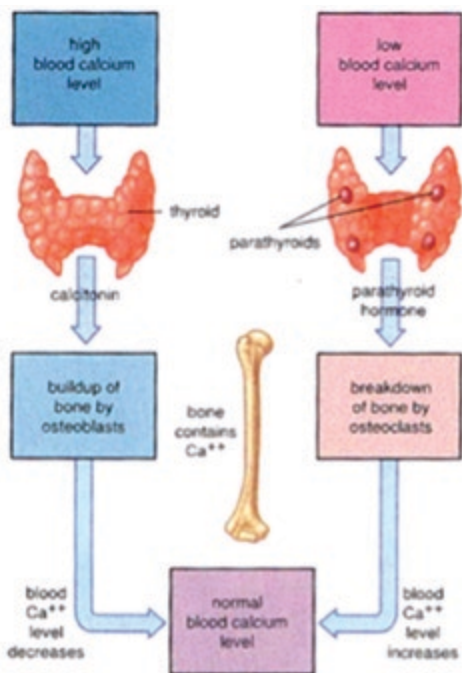
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the body loses enough calcium to become osteopenic and later osteoporotic. The other synthetic hormone often used is an anti-osteoporosis medication called Formax. It and other medications prevent enzymes to break down bone. However, it does not stimulate bone building enzymes to reverse the damage caused by long term calcium lost.

The parathyroid gland is located in the four corners of the thyroid gland. It produces parathormone (PTH), a hormone to move calcium out of the bones. The body's reserve for calcium is stored in the bone. This is the body's way to keep calcium at levels to support muscle and nerve function. The same problem that caused the thyroid to not work also causes parathyroid to not work. The excess calcification in the blood will deposit in the gall bladder, arteries, muscles and discs. This is the sign the body is trying to cope with excess calcium in the blood.

The physiology of the thyroid has been studied thoroughly. However, current alternative medicine practitioners have been unable to get results. The person diagnosed with a high thyroid is told by their medical doctor to take out the thyroid and go on synthetic hormone. But why is the thyroid not working properly? Usually the body has higher levels of T3 and T4. That means the hypothalamus or pituitary cannot stop secreting the hormone that stimulates the thyroid. Hyperthyroid means the pituitary or hypothalamus is sending too much of a signal and the thyroid keeps responding.



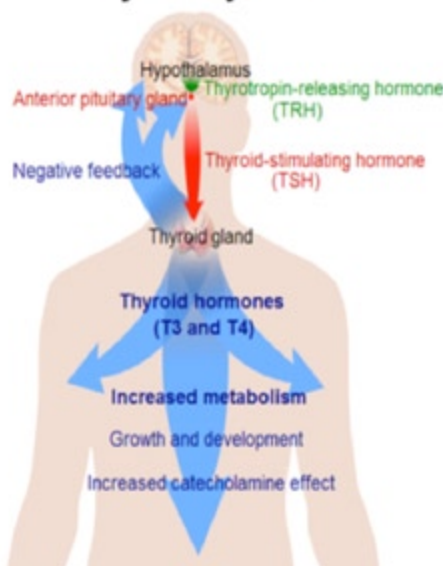
The low energy, high TSH and low T3 and T4 are an indication the thyroid is not responding. The problem is the thyroid cannot produce enough effective hormones to make the body work properly. The synthetic hormone will replace the T3 and T4 function. But the hormone to move calcium into the bone is not functioning. The body has too much calcium and that makes the other organs compensate. Calcium is meant to be stored in bone. Each organ needs calcium but too much will turn into calcifications. That is why the person does not feel good even with hormone replacement.

Lack of energy and mental tiredness is also an indication something is wrong. As a holistic practitioner a low thyroid means the thyroid is not producing its hormones. I would ask why? Why would the thyroid not make the hormone the rest of the body is waiting for? I would then ask if the organs controlling the thyroid are working properly.

Using Chinese herbal teas I have more tools than most practitioners. I know when to use them and why. I also know what is going on that will make the organs work the way it should. The organs want to heal themselves. It is all about restoring balance in the body. Chinese herbal teas used in the proper sequence will restore normal organ function. The body wants to restore balance and the healing properties of the thyroid will restore energy, metabolism and bone re-absorption of calcium.

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Thyroid system



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