The Forgotten Thyroid Hormone: Why T2 Could Transform Your Health Transcript

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Introduction to T2 thyroid hormone

I'm Doctor Amy Horniman a.k.a the thyroid fixer, and I want to talk to you about a very, very potent thyroid hormone that I call the forgotten thyroid hormone in T2.

So T2 is three five diode firing. And it is one of four thyroid hormones produced by your thyroid gland. So you know T1, T2, T3 and 43 and T4 are the most common because that's what we test and that's what we treat with.

And fibroid hormone replacement therapy. However, there is an unknown but very well-studied thyroid hormone called T2, and it has over 30 years of research behind it.

How T2 boosts metabolism and fat burning

I've been diving into the research for the last 15 years and it is fascinating. So T2 available over the counter. So this is what I actually put into my two products Thyroid Fixer and Metabolism Fixer.

Because of its amazing science behind it and the potency and the potential for it to really change our bodies and change our health. So first of all, T2, it increases our basal metabolic rate.

So it is a very, very potent metabolite of the endocrine system of the thyroid gland. And it increases that basal metabolic rate, which is the amount of fat that you are burning at rest.

Just sitting there. Now, many thyroid patients, other patients have issues with a low metabolism, weight gain and weight loss resistance. So this helps to overcome that.

So those of you who are on T4 only that we know does not work, or if you are being mistreated for your thyroid and you are on the struggle bus with weight and low energy, we'll get to that in a minute.

T2 browns fat and preserves muscle

Then T2 might be your answer, because even if you are stuck on or thyroid treatment or T4, only it can help overcome that and help your body better metabolize fat.

The other thing that T2 does is it browns white adipose tissue. So white fat is that squishy fat that we grab, it surrounds our organs, it causes disease.

The brown fat is filled with mitochondria and is more metabolically active. Brown fat will help to lower our insulin resistance, which we know is very inflammatory and also contributes to weight gain and hair loss and low energy.

So browning that white adipose tissue, that's why we're jumping in the cold plunges. Why not just take T2 instead of jumping into cold plunges? The other thing that T2 does is it only burns body fat and it leaves muscle alone.

So I often tell the story of a pro trainer. So back in the day when I was competing in fitness and figure competitions, there was a professional trainer that trained all of the pro athletes.

And he said very specific that he loves to use T2, especially with his women, because it only burns body fat and it leaves their muscle alone. And this is important because T3, albeit a fantastic thyroid hormone replacement.

I personally am on T3 only.

Mitochondrial effects and steady energy

It can burn muscle and that's the last thing we want because muscle is our organ of longevity. We want to keep all of that precious muscle tissue. So T2 will only burn body fat.

It will not burn muscle. That is a beautiful thing. It also helps with our cholesterol panel, our lipid panel, and it actually protects our muscle. So we have seen some studies show that people have put on a little bit of muscle while using T2.

It works at the mitochondrial level so it stimulates mitochondrial uncoupling. And what this means is increased thermogenesis, increased fat burning but also increased energy.

So it's working at that mitochondrial level to stimulate ATP production. And that's where you get that nice steady energy through the day from the use of T2.

It has no effect on your thyroid live values. Now why is this important?

Lab values, symptoms, and health benefits

Because we know that if you take T3 and maybe many of you have been in this situation, you take some T3 and then you go back to your doctor after having a thyroid lab panel done, and your TSH goes below a zero and your doctor starts to freak out and tell you that you are hyper thyroid when you're standing there going, no, I am not hyper at all.

I am still gaining weight. My energy is still low. I'm still losing my hair. I still can't go to the bathroom every day, I can't focus, I can't think.

T2 is not going to change your thyroid lab values so you are not going to appear hyper thyroid to your doctor. It's not going to lower your age. You might get a small little bump in your free T3, which is a beautiful, great thing as an iodine molecule attaches to T2, it can become T3, but we don't see a huge bump.

What we see is an improvement in symptoms and that is key. When you are struggling with Hashimoto's or hypothyroid autism, all we want is our life back.

All we want is symptom reduction and T2 has that beautiful ability to burn stored body fat and improve your energy. And then, yes, improve your insulin resistance and your lipid panel, as well as a bonus that also helps with fatty liver.

And we know we want our livers happy in order to process all of our hormones that help convert T4 to T3. So adding in T2 can be a very potent tool in your toolbox to stimulate your metabolism to burn excess body fat, to maintain a very healthy weight, which lowers all cause mortality.

We know that. And to give you that much needed energy to get through your day. Not a caffeinated stimulated energy, a nice steady energy so that we can be the badass humans that we are meant to be so that we can get through our day so that we can be confident, so that we can look in the mirror and recognize who we see.

And that is what T2 has the power to do.