The REAL Reasons You Still Have HYPOTHYROID Symptoms Transcript

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Persistent Hypothyroid Symptoms

Are you on thyroid replacement but still feel like you have symptoms of hypothyroidism? Perhaps you've been on Thyroid for a while and you still Feel sluggish, you feel tired, maybe have constipation, joint pain, You have foggy thinking.

Many symptoms relate to low thyroid. You're wondering why am I still feeling like this? I've Been taking my thyroid medication for my doctor, tells me my blood tests look good, yet I Still have these symptoms a low Thyroids.

Well, the problem certainly could be that you Have suboptimal or low levels of T3.

Why T3 May Be Low

You see, most of the thyroid medications that people take, like Synthroid, Lavoxyl, Levothyroxine, these are known as T4, which is a main type of thyroid hormone.

But really in the body, when you look at the physiology, T-4 is mainly the storage hormone, its main function is to be converted into the more active T3, also known is Lylthyranine.

So with patients, I'm always looking at different biomarkers of thyroid function. Most doctors test the TSH, thyroid stimulating hormone, which is a message from the pituitary gland to the thyroid, and then sometimes they measure your T4 level as well.

Unfortunately, most doctors aren't measuring the total T3 and the free T 3, Which is the most dominant, the more biologically active of the Thyroid hormones.

So some people, because of nutritional deficiencies, they might be low in iodine, it might below on selenium, and maybe low on zinc or copper. All these things are involved in thyroid metabolism and can lead to low T3 levels.

If you have liver problems or kidney problems, that can prevent the conversion of T4 and T 3. And if you're under high stress or certain pharmaceutical medications prevent a conversion from T 4 into T three.

So with a lot of patients, we'll use a combination therapy, where you have the T4 and you the have T3.

Testing Thyroid Biomarkers

And so this is available from regular pharmacies and even more so from compounding pharmaces. So for a lot of patients that combination therapy will work better and they have done studies on this.

Our research suggests that up to 20% of people who are on just the regular T-4 therapy don't feel like their symptoms have been taken care of properly with thyroid replacement.

So at least 20% of people out there on thyroid replacement T4 therapy would benefit from adding T3. Now we find that percent is a lot higher because we're not just looking to get rid of symptoms.

We want people to feel optimal for their energy, their cognitive function, Their vitality, many other symptoms related to thyroid.

Combination T4 and T3 Therapy

Because remember, thyroid hormones essentially affect every cell in the body and they're regulators of metabolism. And so if you have suboptimal or low T3 levels, there's no way that you can have optimal health.

So when we're doing thyroid replacement, the types of thyroid we typically use would be, for the T-3 would, be you could use the regular form called Cytomel from the regularly pharmacies.

But the better therapy, in my opinion, is the sustained release T 3 you get from compounding pharmcies. And the reason for this is when you give regular T three to a patient, it has most of its biological effect within about three or four hours.

This is why we like the sustained release form for most patients because it's gonna be active a lot more during the day.

Sustained-Release T3 Options

And for a lotta patients, we'll have them take it twice a day so they have optimal levels throughout the date. So that's helping in their metabolism, it helping their weight.

It's good for people who are prone to water retention, who feel sluggish during a date, so this is something to talk with your doctor about in terms of are you a candidate to have T3 therapy for your hypothyroidism?

Well, I have many videos on hypathyroidist, on hormone replacement, and so check those out on my YouTube channel.