Unveiling the Thyroid Medication Myth: Are You Missing Out? ? Transcript

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Thyroid Medication and T4 vs T3

So if you're on thyroid medication, there may be some things your doctor didn't tell you about it. Probably you are taking a synthetic form of the thyroid hormone T4, and that does work to help reduce your levels of TSH on your blood test, so it may look like problem solved.

However, T-4 is mostly bound to protein in your body and isn't active. The T4 also needs to be converted to the hormone T3 for it to actually help your energy and metabolism and mood.

Foods That Support T4 to T3 Conversion

So often I'm telling my patients to focus on ways to help improve the conversion of T-4 into T 3. One of the ways do that is with food. The top foods to have conversion T 4 to T three are celery, parsley, avocados, squashes like summer squash, zucchini and spaghetti squash.

So if you're taking a conventional thyroid hormone replacement, have one of these foods every day to help convert that into active T3 and reap the benefits of that medication.