

Dr. Alan Christianson

Complete Thyroid Health

PODCAST SHOWNOTES

Thyroid Health

Our guest today is Dr. Alan Christianson. He is a New York Times bestselling author and a Phoenix, Arizona-based Naturopathic Medical Doctor (NMD) who specializes in natural endocrinology with a focus on thyroid disorders. He is the author of The Adrenal Reset Diet, The Complete Idiot's Guide to Thyroid Disease, and Healing Hashimoto's: A Savvy Patient's Guide.

Knowing when to get your Thyroid checked

Symptoms

- hair thinning
- easy weight gain
- fatigue
- more pronounced symptoms of perimenopause/menopause
- IBS symptoms
- constipation
- dry skin
- anxiety
- heart palpitations

Thyroid disease is an autoimmune disease, and women are at an 8x greater risk for autoimmune diseases. Pregnancy, menopause, and perimenopause are times when thyroid disease can easily come into play. Women have a unique immune system, since they can have another human inside of them. Additionally, autoimmune disease is linked to X genes and women have two X genes, so therefore a higher chance of autoimmune disease.

Tests

If you think something is wrong and your doctor says it's an issue, then get tested. If you think something is wrong and your doctor says it's fine, then you may still want to get tested. The most common test is the **TSH (thyroid stimulating hormone)** and the normal range is 0.4-4.5 lu/ml. When the number is above 1.9, then there may be something fishy. **Thyroid antibody profiles** are another important test, and this can show the early signs of disease. **Free T3** is a test that is part of a good thyroid work-up as well.

Treatment

Diet makes a big difference. When your adrenal hormones are plugging along, your thyroid works better. Supporting healthy adrenals can be done through carbohydrate timing. Shifting your healthy carbs to the evening gives you good cortisol levels that also keep your adrenals humming at the right rate. Getting exposed to bright light is the next easy and great way to encourage your adrenal performance. Even on an overcast day, the brightness outside can jumpstart your adrenals. Adequate amounts of selenium are also key to prevention of disease and maintenance of your thyroid. Brazil nuts are a great source.

Keeping your body detoxed is important. Monitor your indoor air quality. Take off your shoes when you enter your home, don't track in the waste from your shoes.

Success Story

Susan was a very sweet patient in a clinical trial. She even asked if maybe she shouldn't be involved since she was going on a cruise. The first month, she lost 4 inches, and in 6

Dr. Alan Christianson Complete Thyroid Health PODCAST SHOWNOTES

months she dropped 43 lbs. A simple dietary change of when she ate her carbs was the key to helping her be well and transformed from thyroid disease.

Visit <http://drchristianson.com/> for more from Dr Alan Christianson

Listener Question:

After using your program for years, the past four and a half months have brought on hot flashes and weight gain. While I still follow your program, bloodwork has all come back normal. What should I do?

First, check your thyroid function and adrenals (TSH, Free T3, antibodies) and your adrenal hormones. If they look good, then look at insulin resistance, gut health, menopause, and sex hormones and they may lead you to an answer.

Please review us on [Stitcher](#) and [iTunes](#). And, if you haven't already, SUBSCRIBE!

As always, remember:

You are worthy. Dare to live a life that matters.

© Copyright 2016 JJ Virgin & Associates, Inc. All rights reserved.

The contents of The Virgin Diet Lifestyle Show podcast is for your personal use only and are subject to the Terms And Conditions at www.jjvirgin.com.

The recipes have not been reviewed or approved by any government, healthcare organizations or physician. Recipes must be prepared according to provided instructions. Consult your primary health care provider with any related questions concerning your personal nutrition and fitness needs and the suitability of any recipes in light of your personal physical condition and circumstances.

JJ Virgin and JJVA assumes no responsibility for errors or omissions that may appear in this publication. While all attempts have been made to verify information provided in this publication, neither the Authors nor the Publisher assume any responsibility for errors, inaccuracies or omissions.

Neither JJ Virgin nor JJVA render medical advice.

These show notes and podcast offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this book. The use of any information is solely at your own risk.

This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes.