



HEALTH & HEALING

Could it be your thyroid?

by **Mike Ventresca**

Vital Choice

Did you know that it is estimated that nearly 20% of all women and 10% of all men in the United States have hypothyroidism? According to many health experts, including Dr. Michael Murray, hypothyroidism, or a low level of thyroid hormone, is an extremely common condition in the United States. Complicating matters is the fact that as many as 80% of those with low thyroid don't even know it or they are subclinical—blood tests may show that thyroid hormone levels are within “normal” ranges, even



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though the person continues to experience symptoms.

What are the symptoms? Because thyroid hormones affect every cell of the body, low-thyroid will usually result in a large number of signs and symptoms including low body temperature, intolerance to cold, weight gain or an inability to lose weight, depression, lack of concentration, hair loss, and fatigue.

According to many experts, one way to check your thyroid function is to determine your Basal Body Temperature (BBT). (For

information please stop in to Vital Choice.)

It's also recommended to avoid certain raw foods including turnips, cabbage, mustard, soybean, peanuts, pine nuts, and millet because they may interfere with thyroid function.

Finally, Dr. Murray recommends a variety of nutritional supplements required for proper thyroid function, including Iodine and Selenium as well as Tyrosine, the amino acid precursor to thyroid hormones. In addition, studies have shown two herbs—Ashwaganda and Guggul—can boost thyroid function.

To get all of these in one comprehensive whole-food formula, I recommend Thyroid Strength™ from MegaFood. I've never seen a thyroid formula work as well as this one. In fact, one customer recently told me that after only four-weeks on Thyroid Strength her scores had improved and she felt significantly better. Needless to say, both she and her doctor were thrilled!

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional.



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440-885-9505
www.vchoice.com

9243 Sprague Road
North Royalton, Ohio 44133
M-F 10a-8p, Sat 10a-6p, 12p-5p