



HEALTH AND HEALING

Do you think it's your thyroid?

by **Mike Ventresca**

Vital Choice

Did you know that an estimated 20% of all women and 10% of all men in the United States have hypothyroidism?

According to many health experts, hypothyroidism, or underactive thyroid function, is an extremely common condition in the United States.



Mike Ventresca

Complicating matters is the fact that as many as 80% of those with low thyroid don't even know they have it. This is called subclinical hypothyroidism. Blood tests may show thyroid hormone levels are within "normal" ranges, even though you continue to experience symptoms like 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, soybeans, peanuts, pine nuts, and millet because they may

interfere with thyroid function.

There are a variety of supplements that have been shown to improve thyroid function both by increasing the conversion of the less active thyroid hormone, T4, to the active, T3, as well as boosting the production of thyroid stimulating hormone (TSH). Supplemental iodine, selenium and tyrosine, as well as the herbs ashwaganda and guggul, are among the most effective.

To get all of these in one comprehensive 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 blood scores had improved and she felt significantly better. Needless to say, both she and her doctor were thrilled.

For more information, I invite you to listen to my podcast, "Optimizing Thyroid Function," with Ann Allworth, Ph.D., available in the iTunes store or on line at www.vchoice.com.

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This information is not intended to diagnose, treat cure or prevent any disease. If you have concerns about your own health, you should always consult with a healthcare professional.



Learn. Shop...be healthy!

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