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Thyroid 101: Beware of Opposites

Happy New Year! January is Thyroid Awareness Month, so I am going to use this opportunity to give you a brief overview of the thyroid gland and the possible issues.

Your thyroid is a butterfly shaped gland that is located in the front of your neck. This gland makes the hormones that control the way your body uses energy. The thyroid can also affect your heart, muscles, and bones and influences almost all the metabolic processes in your body. Because of its far reaching impact on your body, it is important to have any thyroid dysfunction diagnosed and treated.

Thyroid dysfunction happens if the thyroid is producing too little or too much; so you need to watch out for opposites. It may be a thyroid problem if you are experiencing any of the following symptoms:

- All revved up, even at bedtime
- Tired all the time, even after sleeping
- Trouble dealing with cold temperatures
- Sweating or feeling hot with warm itchy skin
- Extra bowel movements
- Constipation
- Losing weight
- Gaining weight

If your thyroid is not producing a sufficient amount of hormones, you are suffering from hypothyroidism. Hypothyroidism can run in families and, if left untreated, can raise cholesterol levels and increase the risk of heart attack or stroke. Hypothyroidism is usually caused by one of the following issues:

Hashimoto's Thyroiditis: an autoimmune disorder where the body attacks the thyroid tissue, the tissue dies, and hormone production stops.

Removal: the thyroid has been surgically removed.

Exposure to Iodine: found in cold and sinus medication, the heart medicine amiodarone, and certain contrast dyes used in X-ray procedures.

Lithium: implicated as a cause of hypothyroidism.

On the other hand, if your thyroid is producing an overabundance of hormones, you are suffering from hyperthyroidism. Hyperthyroidism is five to ten times more common in women than in men and is more common for people under the age of 40. Hyperthyroidism is usually caused by one of the following issues:

Graves' Disease: an autoimmune disorder that causes the thyroid gland to produce too much.

Toxic Adenomas: modules in the thyroid gland that can start to secrete thyroid hormones, upsetting your chemical balance.

Subacute Thyroiditis: inflammation of the thyroid that causes the gland to "leak" excess hormones, which usually leads to a temporary hyperthyroidism that can last for weeks or months.

Pituitary Gland Malfunction or Cancerous Growths: although rare, these may also be the cause hyperthyroidism.



Thyroid dysfunction is typically diagnosed using a blood test to see how much thyroid hormone your body is producing. Physicians often use beta-blockers to help ease the symptoms, while radioactive iodine and anti-thyroid medicine are the most common treatment methods.

To keep your thyroid functioning properly, I recommend starting with a good multivitamin like Natural Creations' **NutriPlenish Thyroid**. I also suggest Pure Encapsulated's **Thyroid Support Complex** and Natural Creations' **Liquid Iodine**.

**If you have questions,
please stop in and ask for me.**

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Our 'Top Five' Supplements for Your Health

As a new year starts, we wanted to remind you what top five supplements we recommend for almost everyone:

1. If you live in America, chances are you need to supplement your diet with a **quality multivitamin**. You need nutrition throughout your day, so a multiple vitamin is meant to be taken multiple times a day. Remember, quality is key.
2. To strengthen your immune system, you have to take care of your gut. It's essential to keep the proper balance of good and bad bacteria. This is why we endorse **probiotics** and recognize them as essential for proper digestion and immune health.
3. Everyone should be supplementing with fish oil. Given the unhealthy nature of our Western food choices, supplementing your diet with **Omega 3 fatty acid** is essential and will help with a range of things—from brain and heart function to joint health.
4. Current research has noted the vital importance of **Vitamin D**. Not only has it been known to help with depression and furnish a healthier immune system, it can also help prevent cancer and heart disease. And, almost everyone is vitamin D deficient. We recommend at least 5000iu per day in the winter, 2500iu in the summer.
5. Finally, **Coenzyme Q10**, "the sparkplug of the cell." **CoQ10** is a nutrient located in every cell of your body. You lose it with age – resulting in loss of energy. So everyone needs it. However, many drugs (especially -statins) deplete it. So it's imperative that anyone taking a statin drug supplement with CoQ10.

For more information on specific products, stop in and talk to any of our team members.



Time to Cleanse

If you are hoping for a fresh start this January, be sure to pick up a Dynamic Intestinal Cleanse. With its delicious orange flavor, Dynamic Intestinal Cleanse is a great-tasting herbal formula designed to support comprehensive intestinal health.

Just like you need to change your vehicle's oil on a regular basis, you need to clear out the toxins in your body that can build up from pollution, cleaning chemicals, processed food choices, etc. If you are interested in losing weight, a cleanse can also be a great kick-start to a healthier diet.

Occasional intestinal cleansing supports healthy absorption of nutrients, rehydration, and gentle waste elimination. It is recommended you cleanse quarterly for no more than ten days at a time. For best results while cleansing, increase your daily water intake. Mix one scoop in 10-12 ounces of water once daily as a dietary supplement.



Essential Oils TIPS & TRICKS

Breathe Again™ Essential Oil Roll-On is a proprietary blend of oils specially formulated to support respiratory health.

Breathe Again contains four powerful eucalyptus oils: Eucalyptus staigeriana, Eucalyptus globules, Eucalyptus radiata, and Young Living's original Ecuador single, Eucalyptus blue.

Eucalyptus oils contain high amounts of cineole, which has been studied for its potential to support healthy lung function. The essential oils peppermint, myrtle, and copaiba also play an integral part in this blend.

Breathe Again is available in a portable roll-on applicator, making natural relief available anywhere.





THE BEST MEDICINE

How many tickles does it take to make an octopus laugh? Ten-tickles.

I wondered why the baseball was getting bigger. Then it hit me.

Essential Oil Diffuser

Young Living's new Home Diffuser, with its rose-inspired design, combines a humidifier, air purifier, atomizer, and aromatherapy diffuser into one simple-to-use product that safely releases essential oils into the air to eliminate odors and create a relaxing atmosphere.

Its ultrasonic technology breaks any mixture of essential oils and water into millions of micro-particles, disperses them into the air, and activates the powerful plant constituents found in Young Living essential oils. Custom designed with ambient light control, and alternating 30-second on/off and continuous run settings, Young Living's Home Diffuser can transform any space into a spa-like atmosphere.

Dimensions: 13.5cm Diameter x 17cm Tall



Proverbs to Live By

Be Wise in Your Choice of Relationships

Proverbs 13:20 – He who walks with the wise grows wise, but a companion of fools suffers harm.

Proverbs 14:7 – Stay away from a foolish man, for you will not find knowledge on his lips.



Who you associate with does have a great impact on your life. If your best friends do foolish things you can be sure trouble is in your future. Evil or foolish people do, indeed, corrupt those who gather around them. The Apostle Paul said it this way...

1 Corinthians 15:33 – Do not be misled: “Bad company corrupts good character.”

“Do not wait; the time will never be ‘just right.’ Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.”

- Napoleon Hill

FEATURED COMPOUND

A Unique Option for Vaginal Dryness



Menopause is more than mood swings. Vaginal dryness is one of the many unwelcome symptoms that come with menopause. But **Poloxamer** gel is a unique delivery system designed to help. Perhaps the biggest challenge in treating conditions involving vaginal mucosal surfaces is maintaining contact time between the active pharmaceutical ingredients (APIs) and vaginal mucosa in spite of secretions.

Poloxamer gel is a bioadhesive, thermoreversible gel. At cold temperatures it is liquid and at room temperature it becomes a gel. When Poloxamer is injected in the liquid form, it can take the shape of and adhere to various body cavities allowing prolonged contact with the drug. And that bond makes all the difference—expanding the contact time between the medication and the target area.

One of the biggest complaints we hear from women is that vaginal creams are messy and result in discharge. We can put this gel in individual dosed syringes that you can use and dispose of. Another great benefit of this product is that you can use this gel anytime during the day since it adheres to the vaginal walls thus eliminating discharge. We are very excited about this product and believe that you will be too.



Stop in or give us a call for more information!

ReVitalize Multivitamin Mineral Complex

ReVitalize is an innovative advancement in multiple vitamin and mineral formulation. Three capsules provide a daily nutritional program with a scientifically designed profile of nutrients and highly specialized botanical extracts.

ReVitalize provides a sophisticated profile of 27 vitamins and minerals including a mixed carotenoid complex and vitamin E. In addition, ReVitalize is fortified with powerful antioxidant concentrates such as Korean Ginseng and Ginkgo Biloba to help protect the body from the harmful effects of free radical damage. Finally, select botanical extracts such as standardized milk thistle, borage seed oil, and parsley leaves have been added to help support the natural cellular detoxification process.

We love this great product!



20% OFF

ONE REGULARLY PRICED NUTRITIONAL SUPPLEMENT

One coupon per customer. In store only.
Good through January 31, 2017.

