Thyroid Balancing Protocols

You've done the thyroid self-assessments, taken the thyroid blood tests, and the results are in. **So, what's the next step?** You will need to determine what pattern of thyroid imbalance you appear to display, then apply the appropriate diet, herb, lifestyle, and supplement protocol.

While 22 patterns of thyroid imbalance can occur, we'll focus on 9. This should be adequate for guiding you to create the appropriate protocol. While it's really quite a bit more complicated than this, it's a great starting point and will give you good direction for beginning to correct the problem.

The 9 Patterns of Thyroid Imbalance:

1. Primary Hypothyroid
2. Pituitary Hypothyroidism
3. Autoimmune Hypothyroidism
4. Autoimmune Hyperthyroidism
5. Thyroid Under Conversion
6. Thyroid Over Conversion
7. Increased Thyroid Binding Globulin
8. Decreased Thyroid Binding Globulin
9. Thyroid Receptor Resistance

Step 1: Use the chart on the following page to record the results of your lab tests. Circle or highlight: **L** for Low, **H** for High, **N** for Normal.

Step 2: Based on where most of your circles or highlights fall, determine the pattern or patterns you are most exhibiting. It's possible to have a combination of patterns**.**

Step 3: Find your pattern on the nutrition chart on page 3.

Step 4: Make appropriate changes to diet and lifestyle and begin with a few of the major herbs and supplements to support your thyroid health.

Step 5: Reevaluate based on symptom survey within a month to 6 weeks and if no changes are noticed, consider using additional supplements.

Step 6: Rerun labs in 3-6 months and adjust plan as indicated.

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Determining Thyroid Pattern

	Units	Ideal Low	Ideal High	Primary Hypo Thyroid	Pituitary Hypo Thyroid	Auto Immune Hypo Thyroid	Auto Immune Hyper Thyroid	Under Conversion T4 to T3	Over Conversion T4 to T3	High Thyroid Binding Globulin	Low Thyroid Binding Globulin	Thyroid Resistance
TSH		1.8	3.0	H	L	N or H	L	N	N	N	N	N
Total T4	ug/d	6.0	12.0	N or L	N or L	N or L	N or H	N or H	N or L	N	N	N
Free T4	ng/dL	1.0	1.5	N or L	N or L	N or L	N or H	N or H	N or L	L	H	N
T3 Uptake	md/dl	28.0	38.0	N or L	N	N or L	N	L	HN or H	L	H	N
Free T3	pg/mL	300.0	450.0	N or L	N or L	N or L	N or H	L	HN or H	L	H	N
Reverse T3 (rT3)	pg/ml	90.0	350.0	N	N	N	N	L	N	N	N	N
Thyroid Antibodies		0	2	N	N	H	H	N or H	N	N	N	N
PLUS												
Cholesterol	mg/dl	0	200	N or H			N or L					
Triglycerides	mg/dL	35	160	H			L					
Calcium	mg/dL	8.7	10.5	N or H			N or L					
Possible Causes				defi-ciency of iodine or cofactors such as Se, Mg, Cu, niacin, riboflavin, B6 and zinc	serotonin or dopamine deficiency, excess cytokines (inflam-mation), excess cortisol (stress) excess prolactin	antibodies to thyroid peroxi-dase, thyroglo-bulin (binding protein), TSH, T3 or T4	antibo-dies to TSH, or viral	deficiency of cofactors, serotonin, dopamine, gut dysbiosis, inflammation (increased cytokines), excess cortisol (stress),	excess testosterone	excess estrogen	excess testosterone	inflammation (elevated cytokines), excess cortisol (stress), deficiency of Vitamin A, elevated homo cysteine

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Pattern Specific Thyroid Nutrition

Nutrients	Primary Hypo Thyroid	Pituitary Hypo Thyroid	Auto Immune Hypo Thyroid	Auto Immune Hyper Thyroid	Under Conversion T4 to T3	Over Conversion T4 to T3	High Thyroid Binding Globulin	Low Thyroid Binding Globulin	Thyroid resistance
Antioxidants: Glutathione, SOD and precursors: NAC, Protadim, Oxicell	√	√	√	√	√	√	√	√	√
Ashwaganda	√								
Beet							√		
Betaine HCl							√		
Bugleweed				√					
Cabbage juice				√					
Choline							√		
Dandelion							√		
Enzymes: bromelain, protease 250 - 500 mg 3x/day between meals			√	√					
Essential fatty acids	√	√	√	√	√				√
Gamma orazinol (rice bran)		√							
Goto kola							√		
Guggulu	√				√	√		√	
Iodine	√								
Iron	√								
L-arginine		√							
Lemon balm				√					
Magnesium		√							
Manganese		√							
Milk thistle							√		
Molybdenum							√		

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Mother wort				√					
MSM, Tri methyl Glycine							√		
Panax ginseng							√		
Phosphatidyl choline 2000mg/day							√		
Phosphatidyl serine		√			√	√		√	
Sage leaf		√							
Sea vegetables: laminaria digitata kelp, bladderwrack	√								
Selenium	√				√	√			√
Taurine							√		
Turmeric and ginger			√	√					
Tyrosine/phenylalanine	√								
Vitamin A	√								
Vitamin B Complex	√	√		√					√
Vitamin B6		√							
Vitamin C 1,000 mg per day			√	√			√		
Vitamin D	√	√	√						
Zinc	√	√			√				
Adrenal Support		√	√	√					√
Balance Blood Sugar			√		√		√		
Leaky Gut Repair			√	√					
Liver Detoxification						√	√	√	
Support T-regulatory cells: TH1 and TH2 -- See details below			√	√					

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T Cell Regulation for Autoimmune Hypothyroid

Common Th1 Dominance Disorders

- Multiple sclerosis
- IBD/Crohn's disease
- Type 1 diabetes
- Hashimoto's disease (thyroiditis)
- Graves' disease (thyroiditis)
- Psoriasis
- Rheumatoid arthritis
- Heliobacter pylori induced peptic ulcer

Common Th2 Dominance Disorders

- Allergies
- Asthma
- Chronic sinusitis
- Many cancers
- Hepatitis B and C (mixed Th1 and Th2)
- Ulcerative colitis
- Viral infections
- Systemic lupus erythematosus
- Helminth infections

T Helper 1 (TH1) Stimulating: Cell Killers

- Astragalus
- Echinacea
- Mushroom (Maitake, Reishi, Shiitake)
- Licorice
- Lemon balm
- Beta-sitosterol
- Ashwaganda
- Panax ginseng
- Chlorella
- Grape seed extract

T Helper 2 (TH2) Stimulating: Antibodies

- Caffeine
- Green tea extract
- Grape seed
- Pine bark
- White willow bark
- Lycopene
- Resveretrol
- Pycnogenol
- Resveratrol
- Genistein
- Quercetin

Both TH1 and TH2:

- Probiotics
- Vitamin A
- Vitamin E
- Boswelia
- Enzymes
- Turmeric

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