

Low Thyroid

Do you suffer from
symptoms of low thyroid?

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RED RIVER
HEALTH AND WELLNESS CENTER
CHIROPRACTIC PHYSICIANS

Low thyroid conditions

Have you been diagnosed with low thyroid? Are you taking hormone replacements, but still experiencing symptoms? Do you suspect you have a thyroid problem even though doctors say your test results are normal?

If you suffer from any of the signs or symptoms below, the doctors at RedRiver Health and Wellness Center may be able to help you significantly improve your quality of life.

Low thyroid signs and symptoms¹:

- Extreme fatigue or a need for excessive amounts of sleep to function
- Weight gain or inability to lose weight
- Headaches
- Depression
- Constipation
- Sensitivity to cold weather
- Poor circulation and numbness in hands and feet
- Chronic digestive problems
- Itchy, dry skin
- Slow-healing wounds
- Poor immune function
- Dry or brittle hair
- Hair loss, especially the outside portion of eyebrows
- Inflammation or swelling

Unfortunately, even on medication, you may still experience symptoms. This is because the majority of low thyroid cases are caused by an autoimmune disease called Hashimoto's² or by imbalances elsewhere in the body.

Unless the underlying causes of your low thyroid are addressed, your symptoms are unlikely to improve and may even get worse.

The most common causes of low thyroid are³:

- Hashimoto's disease
- Increased thyroid-binding proteins
- Poor conversion of T4 to T3 due to a sluggish liver, gut microbiome imbalances, or inflammation
- Nutrient deficiency
- Anterior pituitary hypofunction



Identifying the cause of low thyroid function

The thyroid is a complex gland with many different metabolic functions. The following is a four-step process to diagnose and manage your condition:

- Order the correct lab tests
- Properly analyze those test results
- Build a care plan for your specific underlying cause(s)
- Educate and empower you to be actively involved in your own healthcare

Omitting one or more of these steps may result in continued health challenges. Because every person is unique, individualized care and a customized management plan can optimize your health.



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JanaLynn's Testimonial

I was born sick and have always been sick. I was first diagnosed with acute stomach pains, then bronchial spasms, all the way up to Cushing's disease, PCOS, and diabetes. My symptoms were skin rashes, stomach pains, extreme joint pain, heart pains, severe asthma, continual strep throat, mouth sores, nodules on the thyroid, extreme fatigue, no periods, paranoia, and brain swelling that resulted in momentary loss of reality. I was put on multiple brands of birth control, which made me go crazy. I was then put on Metformin which made me have massive stomach cramps and throw-up constantly.

It was at this point that I realized that after 22 years of going to multiple different specialists, these doctors were not able to help me. I had given up. Their medication made me feel worse than I already did. I accepted this was my life.

When I met with Dr. Redd the first time, I was relieved someone would listen to me. They did a lot of testing and concluded that I had lupus, Hashimoto's disease, and multiple imbalances that caused both to flare up. They put me on an anti-inflammatory diet to address the triggers found in my blood work. My symptoms pretty much went away. I lost 40 pounds in three months. They put me on supplements that made my joint pain vanish.

Now, I live a normal life pain-free. I have been off the program for four months and still feel great! I owe my life to them!!!

What is Hashimoto's disease?

The number one cause of low thyroid in the United States is Hashimoto's disease⁴, an autoimmune disorder that causes the immune system to attack and destroy the thyroid gland⁵. With Hashimoto's, the thyroid is not the cause of the problem. Instead, it is chronic inflammation and immune system imbalances that must be managed.

This is why you can suffer from symptoms **even when your TSH levels are normal**: an autoimmune response is wreaking havoc on your thyroid and the rest of your body, including your brain.

Detailed testing and analysis are required to identify the specific triggers of your Hashimoto's flares. Managing Hashimoto's disease requires much more than a thyroid prescription, and if not managed properly, the disease can lead to other serious autoimmune diseases and health complications.

If you have Hashimoto's disease, thyroid hormone medication may be masking your symptoms. The healthcare professionals at RedRiver Health and Wellness Center will work with you to pinpoint and address the underlying cause of your low thyroid condition.

Managing Hashimoto's prevents the development of more health disorders

Although most people who seek treatment simply want to feel better, there's an important reason you should manage the underlying causes of your Hashimoto's — it will lower your risk of developing other autoimmune diseases.

It's not uncommon for people to have multiple

autoimmune diseases⁶. That's because autoimmunity stems from an immune system that has become overzealous and imbalanced. Once you develop one autoimmune disease, you're at increased risk for developing more. You may even already have another autoimmune reaction happening, it's just not advanced enough to produce symptoms yet.

For example, at RedRiver we work primarily with Hashimoto's patients. When we tested 100 Hashimoto's patients for other autoimmune reactions, 50 percent of them came back positive for myelin basic protein antibodies, the marker for multiple sclerosis!

Research⁷ shows that about one in six people with Hashimoto's has another autoimmune disease, the most common being:

- Atrophic gastritis, or chronic stomach inflammation, which causes pain, nausea, vomiting, and ulcers.
- Vitiligo, a loss of skin color and development of white patches across the body.
- Celiac disease, a reaction to the gluten in wheat that can cause severe gastric, brain, or skin reactions.
- Antiphospholipid syndrome, which can cause blood clots, miscarriages, or stillbirths.
- Multiple sclerosis, the gradual loss of the nerve sheaths that causes a wide variety of symptoms, including vision loss, pain, fatigue, and impaired coordination.

The patients in the study also exhibited chronic unexplained anemia and recurring pregnancy losses.

These are powerful examples of why it's so important to manage your autoimmune Hashimoto's in order to prevent the development of other autoimmune diseases.

A thyroid problem is a brain problem

Hashimoto's low thyroid can cause significant brain symptoms, such as fatigue⁸, depression⁹, brain fog, and memory loss¹⁰. These symptoms get passed off as thyroid symptoms, but in truth they are often the result of poor thyroid function causing a decline in brain function.

Autoimmunity often can also cause brain symptoms due to chronic inflammation that inflames the brain.

Low brain function then causes problems elsewhere in the body, particularly in the gut. Healthy gut function depends on healthy brain function¹¹.

Failing to properly manage your autoimmune low thyroid condition can significantly impact your brain health and raise your risk of dementia¹² and Alzheimer's¹³.

We work with you to manage your thyroid condition and your brain health so you can enjoy more energy and better brain function.



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Lori's Testimonial

After years of suffering from severe thyroid symptoms, doctors radiated my thyroid and put me on thyroid medication. However, my hair continued to fall out by the handful and I was still severely fatigued. I was unable to walk long distances and it was strenuous to breathe. I had officially given up on everything! I realized that this is what my life would be and so I had to come to terms with it. After taking my three daughters to Dr. Redd, he suggested I needed help and took some tests. I got an urgent call from Dr. Redd the next day telling me that I need to go to the hospital as soon as possible because I had no red blood cells.

After arguing with the hospital doctor about who I should have been seeing even though I had been going to them regularly for the same problem, they admitted me to the hospital. They did an emergency transfusion that day, found a gigantic tumor on my cervix, and scheduled an immediate hysterectomy. Before the surgery, they had to give me four more pints of blood so that I was physically able to undergo the surgery. They found over 20 tumors in my uterus.

Since the surgery, Dr. Redd has stabilized my red blood cells and health, which has allowed me to breathe and walk normally. I have also lost 50 pounds and stopped losing my hair. If Dr. Redd would not have offered to help I would have died.

Pregnancy, menopause, and female hormone imbalances can trigger low thyroid

Did you notice your low thyroid problems started not long after pregnancy? This is common and has to do with the immune shifts that naturally occur during and after pregnancy¹⁴. If there is an underlying immune imbalance, these shifts can trigger autoimmune diseases.

In our clinics, we surveyed more than 500 of our patients with Hashimoto's and asked when they first began experiencing symptoms. More than half—58 percent—said their symptoms began during pregnancy or immediately after they gave birth. They all remembered specifically when and with which child.

At the same time, perimenopause and menopause are other common periods for Hashimoto's to manifest¹⁵. That's because not everyone can maintain sufficient healthy estrogen levels. The resulting estrogen deficiency is extremely inflammatory¹⁶, predisposing the body to autoimmune development.

On the other end of the spectrum, we also see elevated estrogen and hormonal imbalances such as polycystic ovary syndrome (PCOS) play a role in their autoimmunity¹⁷. High estrogen promotes inflammation, autoimmunity, and even disrupts thyroid activity.



How is the Red River approach different?

RedRiver Health and Wellness Center is different in that we address the underlying causes of your low thyroid condition so that you can enjoy lasting health and an improved quality of life. To do that, we order detailed tests to identify the root cause of your symptoms and evaluate the triggers of your thyroid problem.

If you have Hashimoto's disease, you could be dealing with 7–10 different triggers that may include hormonal imbalances, stress, gut problems, toxins, and dietary and lifestyle factors.

After identifying your specific triggers, we work to reduce your symptoms. If lifestyle and dietary factors trigger your autoimmunity, our doctors will advise you on adjustments to help put your autoimmunity into remission.

Please keep in mind that if you return to your old habits, your symptoms may eventually return.

Empowering your health for more good days

We do not claim to “cure” Hashimoto's disease or any other autoimmune disease—autoimmune diseases are not curable. Instead, we work with you and teach you how to manage your condition so it doesn't get worse or spark secondary autoimmune diseases. This approach also relieves symptoms and restores function and quality of life.

Throughout your care, we educate you about healthy and unhealthy behaviors associated with your disease. This eliminates the mystery that can be such a demoralizing aspect of

autoimmune conditions.

If you're like most of our patients, you will go from being confused, frustrated, and hopeless to knowledgeable, empowered, and optimistic about your health. In fact, our patients typically go from having 0–5 good days a month to 20–25 good days a month.

What types of lab testing do you typically order?

Many providers misinterpret their patients' symptoms and order inadequate lab tests, which can lead to misdiagnosis or ineffective treatment. The testing we use includes the following:

- Detailed blood tests
- Comprehensive hormone panels
- DNA tests
- Cortisol tests
- Adrenal stress tests
- Food intolerance tests
- Urine tests
- Saliva tests

These tests provide a detailed profile of your health, and our doctors are trained and experienced in analyzing the results. At RedRiver, we personalize a management plan of effective strategies to reset your health and help you feel like yourself again.



Evidence-based clinical nutrition and supplements

Although medications are sometimes necessary, they may only address the symptoms and not the underlying causes. They may also inhibit physiological functions and cause side effects.

At RedRiver Health and Wellness Center, we use evidence-based clinical nutrition designed to assist physiological function and address imbalances.

We then track the progress of our protocols through follow-up testing and patient symptom reports. This is a scientific and evidence-based approach to improving the imbalances of each patient.



So, how do I get help?

■ Call (801) 446-2822 now for a consultation.	South Jordan, UT
■ Call (435) 767-9355 now for a consultation.	St. George, UT
■ Call (435) 787-4000 now for a consultation.	Logan, UT
■ Call (505) 247-1000 now for a consultation.	Albuquerque, NM
■ Call (480) 970-5555 now for a consultation.	Phoenix, AZ
■ Call (702) 367-3600 now for a consultation.	Las Vegas, NV
■ Call (208) 888-4646 now for a consultation	Boise, ID

Do you have Hashimoto's low thyroid?

"Many patients are not diagnosed with hypothyroidism or Hashimoto's until they have suffered with symptoms for several years and have seen multiple doctors. It can be a demoralizing journey, which is illustrated in my book through the real-life stories of patients from my practice. **Managing Hashimoto's goes far beyond using thyroid medication, as you must work to stop the immune system from attacking the thyroid. For more information on identifying and managing Hashimoto's low thyroid, please contact my office.**"

Do not discontinue medication or hormone replacement therapy without consulting with your prescribing physician. If you know that you have Hashimoto's disease and/or permanently low thyroid, stopping medication can be dangerous. If your tissues are damaged and you may need the support of life-sustaining hormones for proper function. We focus on addressing the root cause of the disease. By co-managing your care with your prescribing physician, we are able to get the best results.

We look forward to dramatically improving your health, well-being, and quality of life. To hear what our patients have to say about our clinics, please visit the testimonials page on our website.

Joshua J. Redd, DC, MS, MAPHB

Utah, Arizona, New Mexico, Nevada, and Idaho
Functional Medicine

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Rebecca's Testimonial

After feeling lousy for a long time, I was finally diagnosed with Hashimoto's disease. I started a long road of blood tests and medications, none of which did anything. My weight continued to rise and my health continued to disintegrate. I began to develop other autoimmune diseases and I was put on steroids, which further eroded my health. Everything I ate seemed to make me sicker. I found no relief from conventional or alternative medicine. I was tired of being told my blood levels looked good and I should feel fine. I could not understand how I used to have such good energy and now had none. I always ate a good diet and exercised. Yet now I barely had enough energy to function. I was swollen, with thinning eyebrows and hair loss. People from my past did not recognize me anymore. I was a walking zombie.

One day I opened up my son's backpack and saw a picture he drew of a woman lying in bed. I asked him to tell me about it and he said, "It's you, mommy." My heart sunk as I realized this is how he saw me. That is when I went to see Dr. Redd for help. With his coaching and support, I began to feel better and my symptoms began to lift. I started to make plans for my life instead of just trying to make it through the day. My weight started to drop and I began feeling more confident and less anxious.

One of the most life-changing treatments was the stabilizing and strengthening of my digestive tract. For the first time in my adult life, I have a healthy gut. The debilitating diarrhea, constipation, and acid indigestion were gone. Once my body started to recover, I was able to exercise and became stronger and more energetic. People noticed and commented. It is like waking up after a long hibernation.



Joshua J. Redd, DC, MS, MAPHB author of **The Truth About Low Thyroid: Stories of Hope and Healing for Those Suffering with Hashimoto's Low Thyroid Disease**, is a chiropractic physician and the founder of RedRiver Health and Wellness Center with practices in Utah, Arizona, New Mexico, Nevada, and Idaho. He sees patients from around the world who suffer from challenging thyroid disorders, Hashimoto's disease, and other autoimmune conditions. In addition to his chiropractic degree, Dr. Redd has a BS in Health and Wellness, a BS in Anatomy, an MS in Human Nutrition and Functional Medicine, and a Masters in Public Health Biology at Johns Hopkins, with a graduating thesis titled *Underlying Mechanisms Driving Hashimoto's Thyroiditis*. He is currently in his last year of Naturopathic Medical School. He speaks across the nation, teaching physicians about functional blood chemistry, low thyroid, Hashimoto's, and autoimmunity.

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