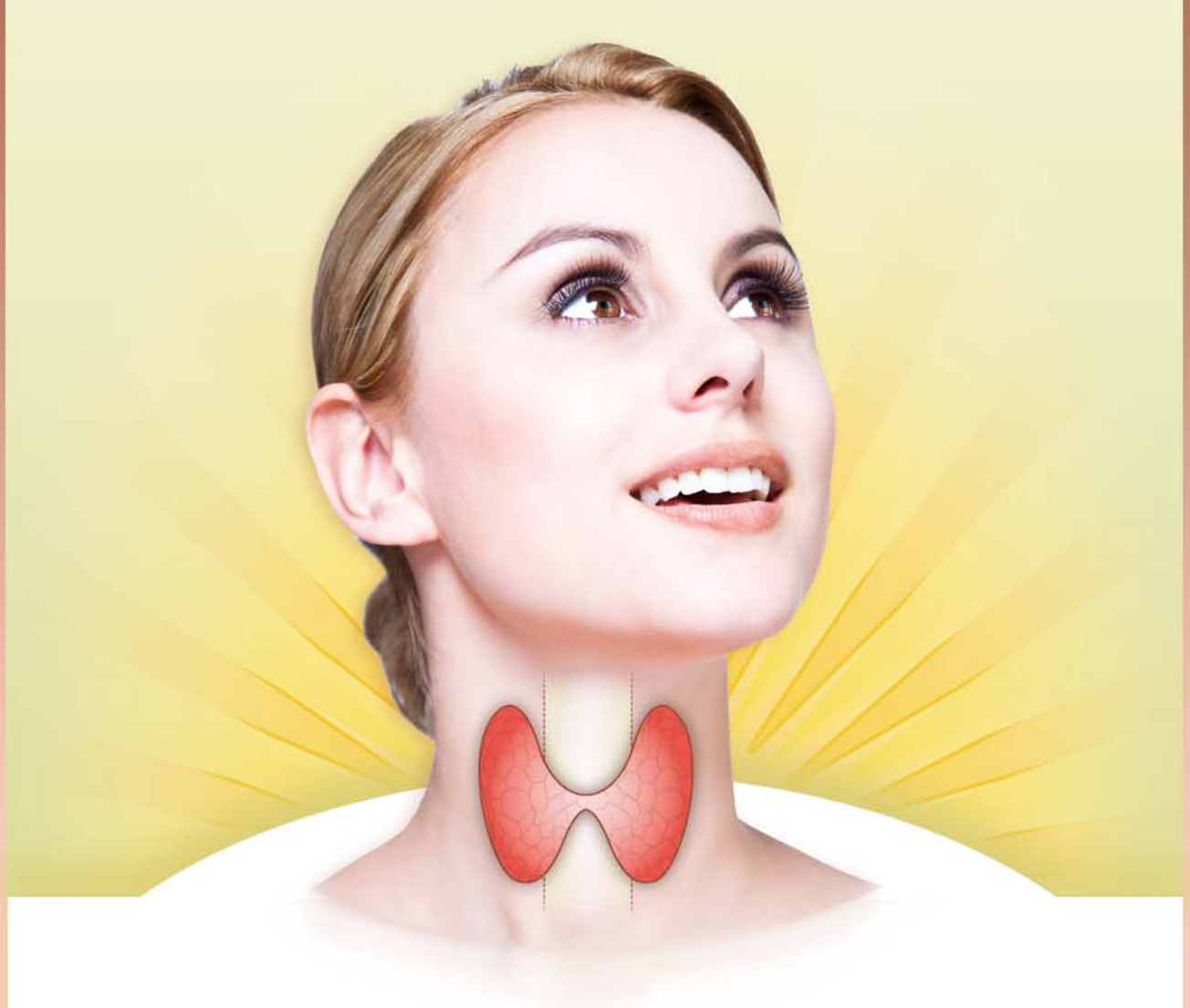

DR. J.E. WILLIAMS & KEVIN GIANNI

THE THYROID HEALTH PROGRAM

Program Outline

Module 1

I. Get Acquainted With Your Hormone System

- What is the endocrine system?
- What are hormonal rhythms?
- What are the main hormonal networks and axis?

II. Know Your Thyroid Gland

- Where is the thyroid gland?
- What does the thyroid gland do?
- What are the main thyroid hormones?
- How are they transported in the body?
- Where are they metabolized?
- Where do they go and what are their effects?

III. Learn Why The Thyroid Gland is Important for Your Health

- What are some of the challenges people can have with thyroid issues?
- What are the main symptoms of low thyroid function?
- What affects the thyroid and what causes certain issues?
- What is the role of thyroid hormones in chronic fatigue syndrome and fibromyalgia?
- Is there a thyroid disease epidemic? Discuss sub-clinical hypothyroidism.

Module 2

I. How Are Thyroid Diseases Categorized?

- Hypothyroidism
- Hyperthyroidism
- Autoimmune Thyroid Disease (Hashimoto's Thyroiditis and Graves Disease)
- Sub-Clinical Thyroid Spectrum Disorders (Low Temperature Syndrome or Wilson's Disease, T3 Receptor Insensitivity or Thyroid Hormone Resistance, Poor T4 to T3 Conversion).
- Thyroid Cancer

II. Describe What A Person Experiences When Their Thyroid Gland is Not Functioning Well

- Hypothyroid
- Hyperthyroid

III. Describe Sub-Clinical Thyroid Spectrum Disorders

- What are they?
- Why are they so important?
- Why have they become so common?

IV. Talk About Testing for Thyroid Conditions

- What tests are available and which are best? Blood or urine?
- How do you diagnosis thyroid conditions in your clinical practice?
  - Questionnaire
  - Personal History and Family History
  - Symptoms
  - Examination
  - Blood Tests

V. What are The Best Blood Tests?

- Thyroid Screening: Is TSH Enough?
- A Better Approach: TSH, free T4, Total T3
- The Functional Medicine Thyroid Panel: TSH, Total T4, Free T4, Total T3, Free T3, Reverse T3
- Looking Deeper:
  - T3 Analysis (rT3, free T3, T3 uptake, T3 ratios)
  - Thyroid Binding Globulin
  - Autoimmune Thyroid Tests: Thyroid Peroxidase Antibodies (TPO), Antithyroglobulin, Thyroid-Stimulating Immunoglobulin

(Module 2 cont...)

VI. When Do You Use A Thyroid Ultrasound?

VII. Explain Why You Use Basal Temperature

- What is it? Who came up with the idea?
- What does it tell you?

VIII. What Is Your Advice About Self-Testing?

- Take the questionnaire.
- Take your temperature.
- Get the TSH screening test.
- If you have normal basal temperature and only some the symptoms, check your TSH, free T4, and total T3
- If you have low basal temperature (lower than 97.2), do the comprehensive functional medicine thyroid panel.
- If you have an autoimmune condition and/or have advanced thyroid disease, consult with a specialist in functional thyroid disorders

Module 3

I. Introduction to Module 3

- Are there an increasing number of cases of thyroid diseases?
- What is the current consensus of doctors about this situation?
- What are some of the determining factors related to thyroid diseases?

II. The Sub-Clinical and Autoimmune Thyroid Link

- Describe the three types of sub-clinical thyroid conditions.
- What is autoimmune thyroid disease?
- Do viruses play a role?
- Do environmental toxins influence thyroid disease?
- Does the modern processed diet affect thyroid gland function?
- Are there foods that help?
- Is there a stress connection?
- Does adrenal gland function influence thyroid hormone function?
- How is the HPA and HPT axis involved?
- Are there effective treatments for sub-clinical thyroid disease?
- Supplement Protocol

III. Thyroid Hormones and Bone Health Link

- Too much thyroid hormone can accelerate osteoporosis.
- The HPT axis plays an important role in the development of the skeleton.
- Too little thyroid hormone causes abnormal skeletal development.
- T3 and TSH are associated with bone health.
- Too much and too little thyroid is associated with increased incidence of fractures.

IV. The Link With Thyroid and Aging

- What happens to the thyroid gland and thyroid hormones during aging?
- Does thyroid gland function decline as we get older? Is there an “aging thyroid” gland like the thymus and ovaries?
- Low thyroid causes slow metabolism, which is associated with longevity. But is that good?
- What can we do to assure a healthy thyroid gland during aging?
- Is it safe to take low doses of natural thyroid hormone as replacement therapy?

Module 4

I. Evaluating the Health of Your Thyroid Gland

- Symptoms & Signs
- Questionnaire
- Basal and Oral Temperature
- Lab Testing Review
  - TSH & free T4
  - T3 Testing
  - Autoimmune Tests

II. Is There a Thyroid "Cure?"

- Thyroid Hormone Replacement – for "glandular-based" based thyroid disease
- Iodine Supplementation – for nutritional-based thyroid disease

III. Comprehensive Thyroid Treatment

- Thyroid-friendly foods
- Exercises for the thyroid & yoga asanas
- Base Molecules: Tyrosine and Iodine
- Seaweed & Iodine Connection
- Herbal Support including adaptogens like Ashwaganhda
- Trace Minerals and other supplements like Selenium and Vitamin A
- Thyroid Replacement: Desiccated Thyroid (Armour), Bio-Identical Compounded T3/T4, Slow Release T3, Synthetic Thyroid (Synthroid and Cytomel)
- Whole Thyroid Glandular Products
- Homeopathic and Biological Regulatory Medicine
- Acid-Alkaline Balance and the Biological Terrain

IV. Treating Hypothyroid Disease Naturally

V. Treating Hyperthyroid Disease Naturally

VI. Treating Autoimmune Thyroid Disease Naturally

VII. Treating Sub-Clinical Hypothyroidism Naturally

VIII. When The Thyroid Is Not Always The Problem

- Adrenal Gland Link
- Other Hormones: Progesterone Link
- Metabolic Hypothyroidism: Lifestyle-Based Thyroid Disease