



# WHY AM I SO TIRED?

## *A closer look at thyroid function and more*

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Do you still feel tired after being told “your thyroid is fine” or after taking levothyroxine (Synthroid) daily to treat hypothyroid? Many people are left puzzled as to why they continue to struggle with low energy.

Studies showed that over 95 percent of doctors check the Thyroid Stimulating Hormone (TSH) and T4 when monitoring thyroid functions and use these markers to adjust thyroid medications. The fact is, there are more in-depth diagnostics and markers

which can help your doctors make better treatment recommendations and medication adjustments when symptoms are not completely resolved.

TSH is the signal produced by the pituitary gland in your brain to signal the thyroid gland to produce its hormones. When your TSH level is high, it is assumed that your pituitary gland is working overtime due to low levels of circulating thyroid hormones. When T4 is supplemented, most popularly in the form of levothyroxine because it is very cheap and therefore favored by insurances, the TSH level comes down to normal range.

Yet, for many people, these two markers are not enough. Your tissues require both T3 (triiodothyronine) and T4 to get the expected physiological effect (like skin integrity, metabolism and cognition, just to name a few). Your body prefers T3 because it requires less energy to enter the cells. T3 is a more biologically active form than synthetic T4. Moreover, many people have trouble converting T4 to T3. That is the most common reason serum levels of T4 and TSH numbers could appear “within normal value” and yet low energy problems persist.

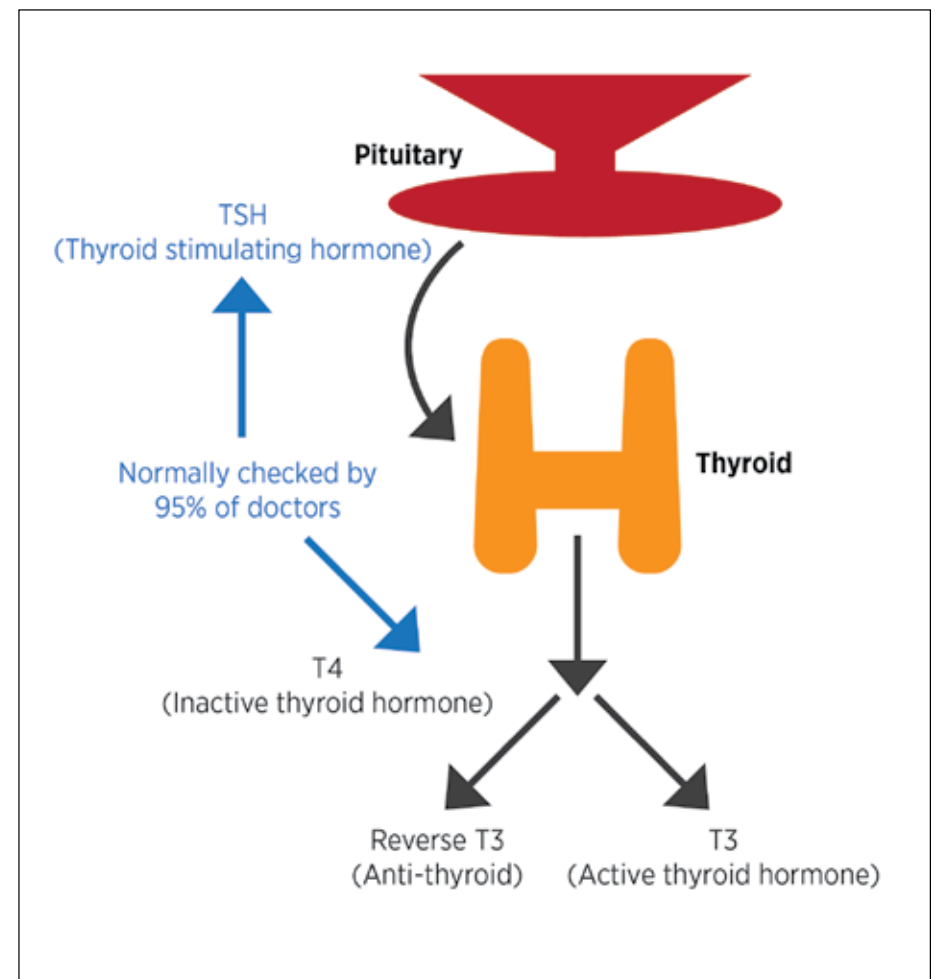
Another vastly overlooked factor is the Reverse T3 level. This is a biologically inactive form of thyroid hormone, yet it competes with the same cellular receptor as T3. As a result, the higher your Reverse T3 level is, the less likely your body is getting the expected vital functions of T3. As a result, your body starts to manifest common symptoms of low thyroid hormones, like brittle skin, weight gain and brain fog, even though your other thyroid markers appear normal. Many factors can increase your Reverse T3 and they are correctable when done correctly!

Additionally, for those who simply want to elevate energy levels to exercise better, improve productivity and overall vitality, AgeWell Brain Center offers diagnostic testings. The results are used to identify the most efficient ways to improve energy

production in the body. This could include optimizing sleep, improving adrenal and mitochondrial function, detoxification and immune support.

### SIGNS AND SYMPTOMS OF HYPOTHYROIDISM

- Brittle Nails
- Cold hands and feet
- Cold intolerance
- Constipation
- Depression
- Difficulty swallowing
- Dry skin
- Elevated cholesterol
- Essential hypertension
- Eyelid swelling
- Fatigue
- Hair loss
- Hoarseness
- Hypotension
- Inability to concentrate
- Infertility
- Irritability
- Menstrual irregularities
- Muscle cramps
- Muscle weakness
- Nervousness
- Poor memory
- Puffy eyes
- Slower heartbeat



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