

Excerpt: Thyroid Assessment Questionnaire

These few questions are designed to help your natural health professional determine how well your thyroid hormone, *thyroxin*, performs in your body by investigating causes and contributors to poor thyroid function, as well as symptomatic effects of insufficient response to *thyroid hormones*.

To serve an educational purpose, this questionnaire cites the reason for asking the questions.

Rate each question on a scale of ZERO to THREE:

0 = a "No" answer 2 = frequently occurs
1 = light or occasional concern 3 = a consistent concern

Any one symptom or condition can have multiple causes. Because the thyroid impacts the entire body, a constellation of symptoms involving the thyroid often provides an early warning to improve the function of one of the thyroid's hormones—*thyroxin*. This can best be done with natural therapeutics that correct the cause rather than supplement with replacement hormones that leave the cause in place.

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_____ 1. **Chilliness. Are you chilly? Do you have cold hands and feet?** [*Thyroxin* sets the rate of cellular metabolism and how fast your cells make energy. Cellular energy is 2/3 metabolic and 1/3 heat generating. Many people have normal *hormone* output by the thyroid, but it does not get the job done due to *thyroxin* resistance at the target cells due to 'toxic' compounds that block the conversion of T4 to T3 resulting in chilliness of extremities (the body chooses to conserve heat via the blood supply for the vital organs.) Also associated with chilliness is the inability to adapt to cold weather (or hot weather for that matter)—the thyroid's job.]

_____ 2. **Fatigue. Are you tired (sluggish, loggy) much of the time?** [Along with low heat production, a problem of a slow metabolism (*hypo* thyroid output, poor conversion of T4 to T3) is low energy production within the cell.] Low cellular energy causes poor detoxification with the liver, and the accumulation of toxins further disrupts the ability of *thyroxin* to perform. People with "mental fatigue" are often hypothyroid because the brain (as opposed to the liver or individual cells) converts T4 to T3 as needed. When the T4 is not being converted to T3 in the body (due to interruptive toxicity and reversed T3 filling receptors), the brain perceives the overabundance of T4 and shuts off its conversion processes so it does not become overly excitatory. This is a factor in depression.]

_____ 3. **Skin. Do you have thickened, dirty looking, scaly, dry, or rough patches of skin on the elbows or knees?** [When the thyroid is *hyper* productive, the protecting skin of the elbows and knees thickens and can become hyperkeratotic. When the thyroid is sluggish (*hypo*), protein metabolism is reduced and there is less oxygen carried by the blood. Skin ages faster and becomes dry with *hypo thyroxin* performance. The thyroid governs fatty acid metabolism, and when low the fatty acid chains are not properly formed and results in dry skin. Taking essential fatty acids will not help the dry skin because it's a *thyroxin* issue. Thyroid hormone deficiency retards the fibroblast function of skin and bones and the resulting collagen deficiency causes poor skin tone as well as osteoporotic bones.]

_____ 4. **Skin. Do you have pallor? Is your skin pale?** [Low *thyroxin* means that the rate of oxygen utilization in the body is reduced and can, particularly if there is a low available iron, result in a lack of the rosy good health complexion. Low production of energy molecules (ATP) by the mitochondria is a predecessor of disease.]

_____ 5. **Nails. Are your fingernails and toenails brittle, thin or thick?** [Thyroid governs rate of protein metabolism. Nail health bears testimony to inner health such a bones and collagen.]

_____ 6. **Hair. Has your hair become dry, brittle, or coarse?** [Hair is an end result of protein metabolism and is indicative of internal processes and health. Since the thyroid governs both protein and fatty acid metabolism, the hair is an early warning locale for thyroid dysfunction.]

_____ 7. **Anemia. Have you ever been diagnosed with Anemia?** [Some 50% of all anemia cases are *hyper-* thyroidism. Many are iron deficient, but often undetected. Many are *copper* deficient. People with *hypothyroidism* produce fewer red blood cells and tend toward anemia. Many people are Vitamin B-12 deficient despite taking vitamins and eating B-12 rich foods. This is because of poor uptake of the vitamin via the action of the parietal cells (intrinsic factor) coupled with the loss of intestinal flora due to the use of antibiotics. Intestinal flora synthesizes nascent Vitamin B-12.]

_____ **8. Hair Loss. Do you have hair loss from your scalp or body?** [A classic sign of low *thyroxin* is eyebrows thinning in the outer portion. The thyroid governs the protein and fat metabolisms responsible for healthy hair. Hair is a secondary utilization of proteins in the body, so when proteins must be conserved for tissue function, the hair reveals the issue – “the first to show, the last to grow.” Loss of hair from the legs, arms, eyelashes, and genitals should cause assessment of the thyroid.]

end of excerpt. The document has 24 questions ...
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