



gaia

**Naturopathic
Medical Clinic**

475-2120

GaiaHealthCare.com

Dr. Marnie Wachtler ND

www.gaiahealthcare.com

- Rocky Mountain Academy of Massage 1997
 - Mount Royal University 1996
 - University of Calgary 2002
 - Boucher Institute of Naturopathic Medicine 2006
 - Gaia Health Care – Est 2006- Beltline clinic in old Heritage House
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What is an ND?

- Like General Medical Doctor with clinical treatment gearing towards Education of the patient, Empowerment and Resolution of the core cause of health Problems
 - Can Do:
 - Physical exams,
 - Blood Draws,
 - Laboratory Testing of Saliva and urine specialty testing,
 - Intravenous Vitamin Therapy,
 - Dietary and Nutrition Planning
 - Allergy Testing
-

Thyroid Health

WHO?

Fertility goals

Andropause/ Menopause

Fatigue, hair loss, Weight gain, Bloating and Gas

Cortisol Metabolism (Adrenal Fatigue, Obesity)

Metabolic Challenges

Chronic Muscle pain

WHAT'S THROWING YOUR HORMONES OUT OF WHACK?



MEAT

Estrogen Dominance

- difficulty losing weight
- breast tenderness
- ovarian cysts



SUGAR

Insulin Resistance

- weight gain
- sugar addiction



FRUIT

High Leptin

- excessive hunger
- weight gain



CAFFEINE

Imbalanced Cortisol

- stress
- poor sleep
- hunger



GRAINS

Low Thyroid/Insulin Resistance

- bloating
- exhaustion
- hair loss



DAIRY

Imbalanced Growth Hormone

- stuffy or runny nose
- frequent skin reactions
- tendency toward sinusitis



TOXINS

Imbalanced Testosterone

- fatigue
- achy joints
- frequent colds

www.hormonereset.com

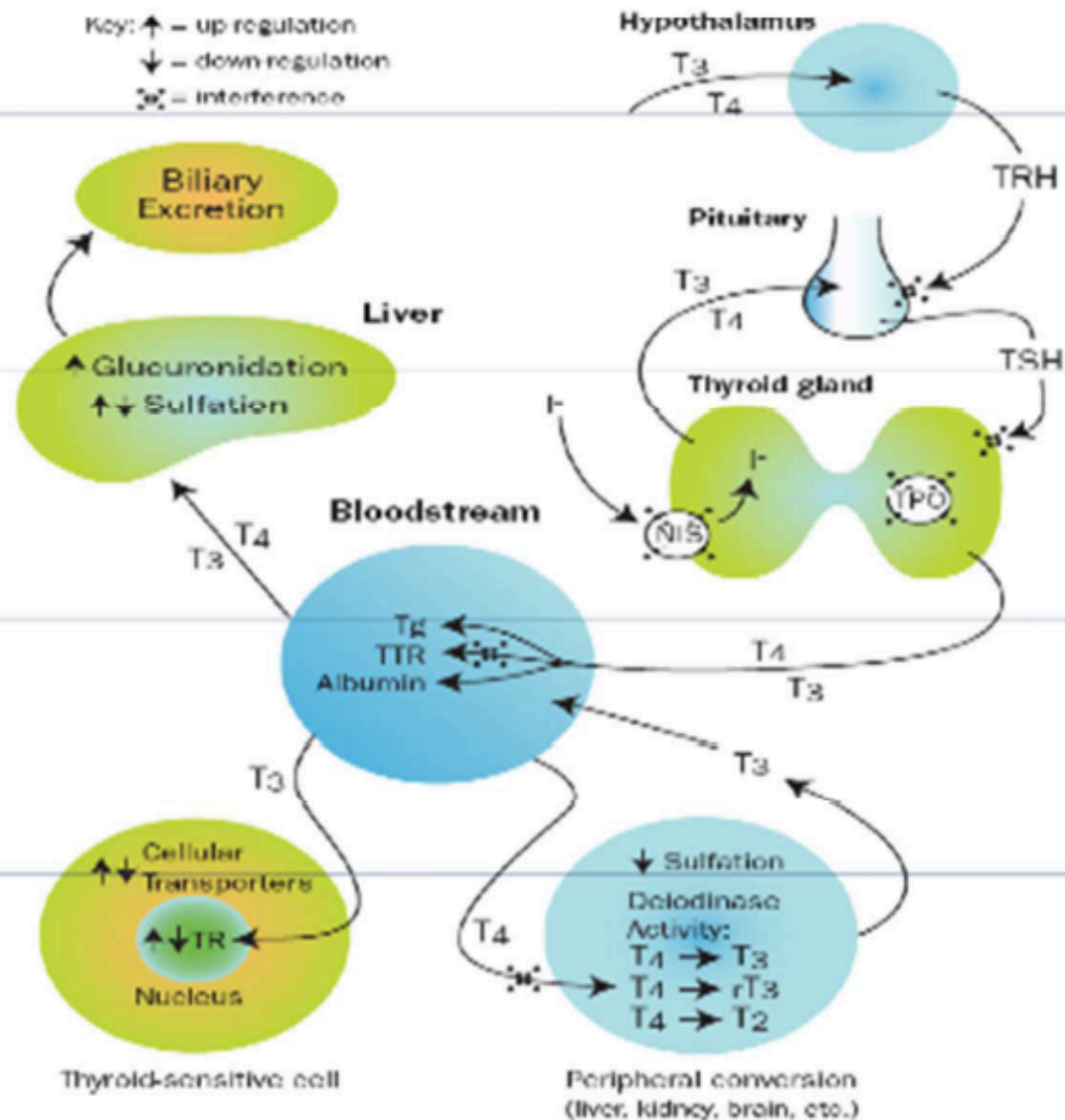
Laboratory Techniques

- TSH- Thyroid Stimulating Hormone
 - T₃- Active Thyroid Hormone
 - T₄- Inactive Thyroid Hormone
 - TPO- Thyroid Peroxidase Antibodies
 - TG - thyroid globulin
 - Reverse T₃
-

Serum

- Quick to Access, in- house blood draw, results in 2 days
 - Thyroid Panel
 - TSH
 - T₃
 - T₄
-

Figure 1. Thyroid Disruptors: Effect at Various Stages of Thyroid Metabolism



TTR = transthyretin, Tg = thyroglobulin, TSH = thyroid stimulating hormone,
 TRH = thyrotropin-releasing hormone, TPO = thyroid peroxidase, NIS = sodium-iodide symporter

Effects on the Thyroid

Factors that Affect Thyroid Function

Factors that contribute to proper production of thyroid hormones

- Nutrients: iodine, tyrosine, zinc, vitamins: E, B2, B3, B6, C
- Antioxidants

Factors that inhibit proper production of thyroid hormones

- Stress
- Infection, trauma, radiation, medications
- Fluoride (antagonist to iodine)
- Toxins: pesticides, mercury, cadmium, lead
- Autoimmune disease: Celiac

Factors that increase conversion of T4 to RT3

- Stress
- Trauma
- Low-calorie diet
- Inflammation (cytokines, etc.)
- Toxins
- Infections
- Liver/kidney dysfunction
- Certain medications

Factors that increase conversion of T4 to T3

- Selenium
- Zinc

RT3

T3

T3 and RT3 compete for binding sites

Nucleus/
Mitochondria

Cell

Factors that improve cellular sensitivity to thyroid hormones

- Vitamin A
- Exercise
- Zinc

Thyroid Results

Location: Laboratory Client
Attending: Clare Westmacott, MD

Practitioner: M.WACHTLER

Chemistry

Routine Chemistry

Collected Date 2016-05-26
Collected Time 14:40 MDT

	Units	Reference Range
Ferritin	56 ug/L	13-375

2016-05-26 14:40 MDT FERR:
cc. Dr Marnie Wachtler 1104 10st SW, Calgary, AB T2R 1E2

Endocrine

Collected Date 2016-05-26
Collected Time 14:40 MDT

	Units	Reference Range
Free T3	4.6 pmol/L	3.5-6.5
Free T4	18.5 pmol/L	10.0-25.0
Thyroid Stimulating Hormone	1.83 mIU/L	0.20-4.00

Not always good.....

Location: Laboratory Client
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Chemistry

Endocrine

Collected Date 2016-05-26
Collected Time 14:40 MDT

		Units	Reference Range
Thyroid Peroxidase Antibody	267.5 H	kIU/L	0.0-34.0

How to interpret your labs

- Ask for the right stuff: TPO, T₃, T₄ and TSH
 - Look at the ranges but don't always trust them, ideal range
 - TSH is 1-2,
 - T₃ is 4.0-5.0
 - T₄ is 16.0-21.0
 - TPO less than 34.0
-

How do you treat your Thyroid

Level 1- Green light

Thyroid Support with essential vitamins and minerals:

Zn, Se, Copper, Iodine, Tyrosine, Guggul

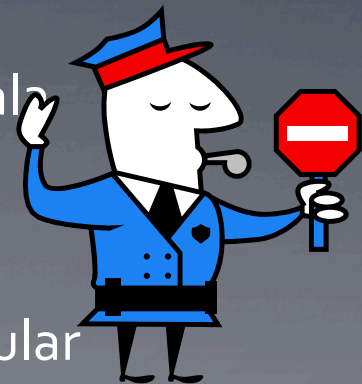
Level 2- Yellow light

Stimulate the thyroid using herbs and Essential Minerals

Thyroid Px Formula- Ashwaghandha, Nettle, Triphala

Level 3 – Red Light

Consider Hormone replacement of Thyroid Glandular



Adjunctive therapies

- Nutrition- Recommended food list
- Exercise – 30 minute per day, Mod.
- Stress- Keep it in check with....
- Sleep- 8 hours per night, solid sleep

Gaia Health Care List of Recommended Foods

Highly Recommended- The Foundation Foods		
Meat Beef Buffalo/Bison Goat Lamb Pork Chicken Turkey Duck Goose Wild Game Fish Wild Salmon Sardines Herring Eggs Chicken, duck, etc. Vegetables Asparagus Bok Choy Brussels Sprouts Broccoli Beans in pod (snap, green)	Beets Cabbage Capsicum Carrots Cauliflower Celery Cucumber Eggplant Endives Fennel Garlic Globe Artichoke Jerusalem Artichoke Kale Kohlrabi Leek Lettuce Mushroom Onion Peas Peppers Pumpkin Shallots Squash Sweet Potato Tomato Zucchini	Nuts and Seeds Almonds Brazil nuts Cashews Hazelnuts Macadamias Pumpkin seeds Pine nuts Pistachios Sunflower seeds Walnuts Oils Coconut Macadamia, Olive Fruit Avocado Olives Beverages Water Tea (Black, Green, Herbal)
Allowed in Moderation		
Fruit and Berries Apples Apricots Blackberries Blueberries Cantaloupe Cherries Cranberries Elderberries Grapefruit Kiwifruit	Lemon Lime Lychees Mandarin Nashi Nectarines Oranges Passionfruit Peaches Pears Pineapple	Plums Pomegranate Raspberries Redcurrant Strawberries Tangerines Fish Shellfish White fish

Then What?

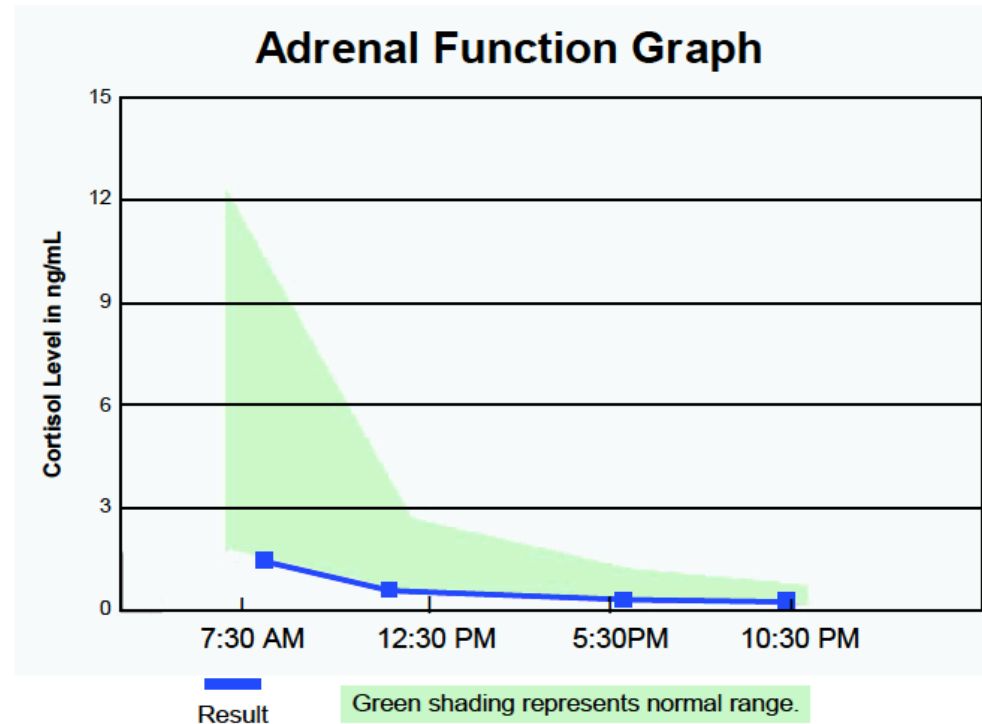
- 6 weeks test period of Thyroid changing & re-assess
 - Re- test the thyroid markers, look for improvement
 - Subjective investigations; changes in:
 - Energy ?
 - Metabolism ?
 - Hair/ nails ?
 - Digestion/ bloating ?
-

If little or No Change...

Saliva testing

Hormone	Status	Result	Range	Units	Range Applied
DHEAS	Within range	1.7	1.0 - 6.5	ng/mL	Female DHEAS 51-64 years
Cortisol AM	Below range	1.4	1.8 - 12	ng/mL	First sample: 1st hour of waking
Cortisol Noon	Low end of range	0.58	0.55 - 2.8	ng/mL	Second sample: taken at noon
Cortisol PM	Below range	0.30	0.34 - 1.3	ng/mL	Third sample: 4 PM to 7 PM
Cortisol HS	Low end of range	< 0.25	0.25 - 0.75	ng/mL	Fourth sample: 9 PM to 1 AM

Hormone Therapies	Last Used
BiEst-crm or gel (1 mg)	1 day,
Progesterone oral (100 mg)	10 hrs
Testosterone crm/gel/lotion (2 mg)	33 days, 9 hrs
7-keto DHEA (oral) (5 mg)	20 hrs
Pregnenolone oral (10 mg)	24 hrs
Cytomel (0.005 mg)	17 hrs



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Factors that inhibit proper production of thyroid hormones

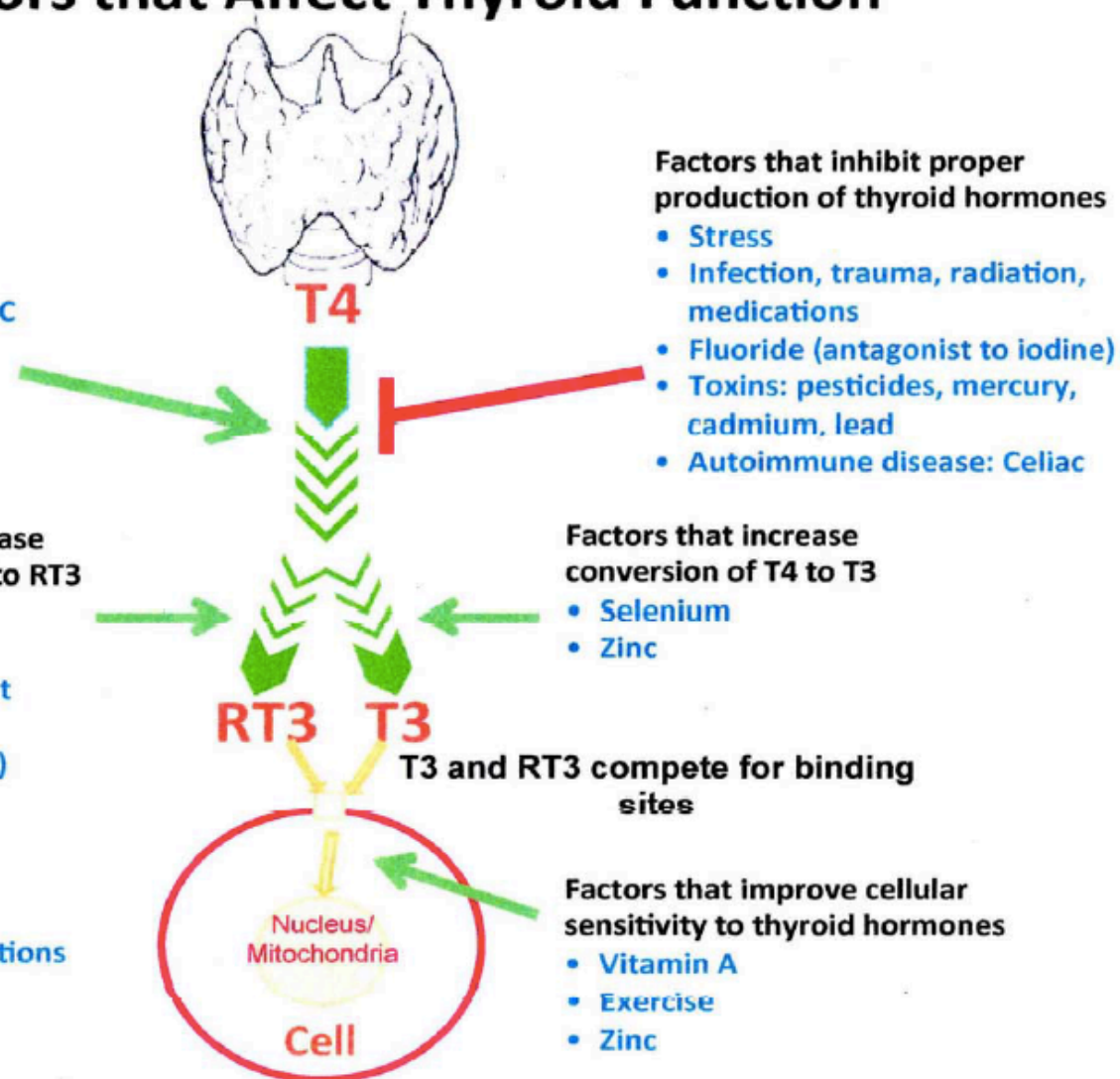
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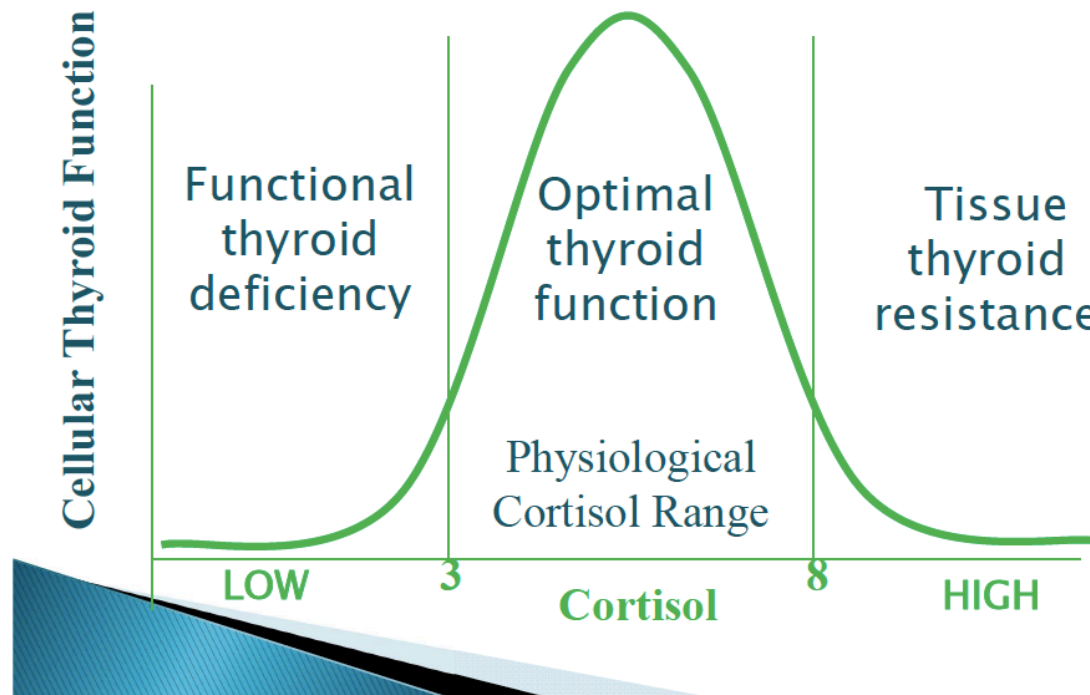
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- Selenium
- Zinc



Cortisol and Adrenals

Normal thyroid function requires normal adrenal function



Overall Health is daily process

- To Summarize:
 - Look at your Lab Numbers.
 - Check in with your body
 - Alter daily habits
 - Eat whole food diet- consider food allergy testing
 - Supplement if needed
 - Re- check your Lab numbers
-

Questions ?????





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