

Thyroid Hormone Rebalance Program



Dr. Sonya specializes in disorders of the Endocrine System.

Thyroid dysfunction is a common endocrine condition that affects the thyroid gland, a small butterfly-shaped gland located in the neck that produces hormones that regulate metabolism. Thyroid dysfunction can lead to a range of symptoms, including fatigue, weight gain, hair loss, and depression.

What is thyroid dysfunction?

Thyroid dysfunction refers to a hormonal imbalance where the thyroid gland produces either too much or too little thyroid hormone. This can lead to a range of symptoms and health problems.

What are the symptoms of thyroid dysfunction?

The symptoms of thyroid dysfunction can vary depending on whether the thyroid gland is producing too much or too little thyroid hormone. Common symptoms of an underactive thyroid (hypothyroidism) include:

- **Fatigue**
- **Weight gain**
- **Hair loss**
- **Dry skin**
- **Constipation**
- **Depression**
- **Cold intolerance**
- **Muscle weakness**
- **Joint pain**


Common symptoms of an overactive thyroid (hyperthyroidism) include:

- **Weight loss**
- **Rapid heartbeat**
- **Anxiety**
- **Insomnia**
- **Tremors**
- **Increased sweating**
- **Heat intolerance**

- Muscle weakness
- Vision problems

Do these symptoms sound familiar?

- Weight gain or inability to lose weight despite exercise and diet
- Feeling cold all the time (when others don't)
- Low energy and stamina, especially in the evening
- Irregular bowel habits
- Dry, thinning, itchy skin
- Dry/brittle hair and nails
- Menstrual irregularities
- Hair loss
- Insomnia
- Infertility



If left untreated, **hypothyroidism** can lead to an increased risk of high cholesterol, heart disease, and depression. It can also cause a condition known as myxedema, which is a rare but life-threatening condition that can cause coma and organ failure.

Untreated **hyperthyroidism** can lead to an increased risk of heart problems such as atrial fibrillation and heart failure. It can also cause bone loss, which can lead to osteoporosis.

How Dr. Sonya Can Help?

Dr. Sonya believes in treating the whole person, not just their symptoms. She works closely with each patient to create a customized plan that addresses their unique needs and goals. She utilizes naturopathic functional testing such as thyroid hormone testing, sex hormone testing, weight management profile testing, and adrenal fatigue testing to unmask underlying conditions. These objective lab test can be used to monitor your health progression. In addition to correcting any hormonal deficiencies, Dr. Sonya will help you manage your symptoms and reduce your risk of disease progression by looking into dietary factors, such as eating high calorie low nutrient foods that disrupt hormone metabolism and potentially make thyroid dysfunction symptoms worse. Lasting Dr. Sonya helps you choose healthy lifestyle habits that influence your symptoms, such as, healthy hydration, stress management, getting enough sleep and exercising regularly.

Blood Spot Thyroids

Thyroglobulin	69.7 H
Total T4	7.5
Free T4*	0.8
Free T3	3.1
TSH	0.7
TPOab*	13

This is a common trend I see when looking at many women's labs. The major thyroid hormone levels are within the normal range, but her symptoms of weight gain and thinning hair indicate thyroid deficiency. Normal thyroid hormone level do not exclude the possibility of a functional thyroid deficiency, further indicated by her high thyroglobulin, suggesting an hypo-functioning or a sluggish thyroid.

What is Included in the Thyroid Dysfunction Rebalance Program

First Visit 60-90 Minutes

The first naturopathic consultation is about 60-90 minutes, this comprehensive evaluation focuses on determining the underlying causes of your health issues and your health goals.

- ✓ Dr. Sonya will go over your health history and ask you about your medical history, including any past illnesses or injuries, surgeries, and medications. She will also ask about your personal and family health history, lifestyle factors such as diet and exercise, and any stressors or emotional concerns.
- ✓ Dr Sonya will conduct a physical exam which may include checking your vital signs, evaluating your skin, hair, and nails, and assessing your overall health and well-being.
- ✓ She will recommend which diagnostic lab testing will best correlates to your symptoms to help identify any underlying health issues.
- ✓ She will give you a 7-day diet diary to record your dietary intake for nutritional assessment and analysis, looking for any nutritional deficiencies.



Second Visit 45-60 Minutes- No charge

During the Second Visit:

- ✓ Dr. Sonya will go over your lab tests and answer any questions you have.
- ✓ She will discuss the results of your diet diary and provide a nutritional analysis and assessment focusing on macronutrient and micronutrient deficiencies.
- ✓ Together you will discuss your goals and how to achieve them.
- ✓ Dr. Sonya will discuss the treatment plan tailored for you. The personalized treatment plan may include hormone prescriptions, dietary changes, nutritional supplements, herbal remedies, and lifestyle modifications.
- ✓ Dr. Sonya will provide education and resources to help you better understand your health and how to achieve optimal wellness. This may include information on nutrition, exercise, stress management, and other lifestyle factors.
- ✓ Dr. Sonya will schedule a follow-up appointment to monitor your progress and adjust your treatment plan as necessary.