

## Tuesday Minute Transcript

This Week's Topic

# When Addressing The Thyroid Check The Adrenals

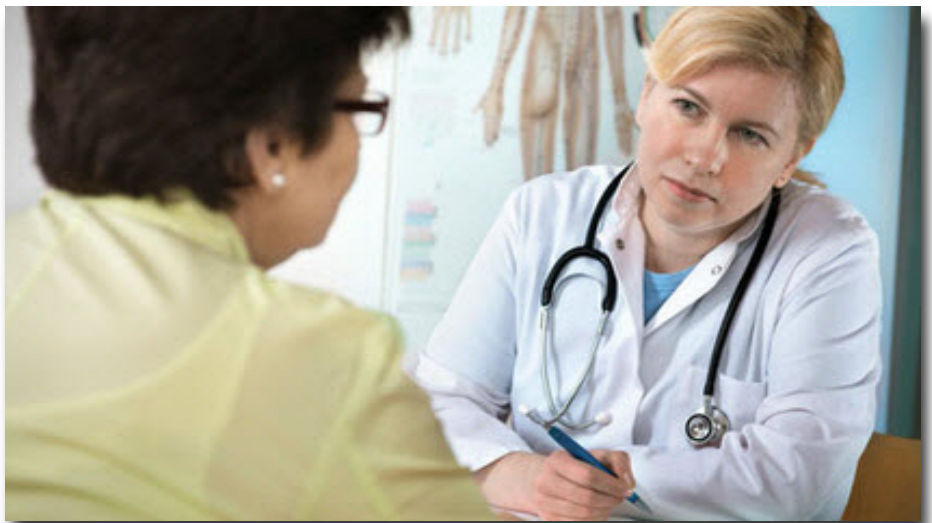


***"My naturopathic friend was 'resetting' the adrenals by using adaptogenic botanicals like the ones in the Biotics product ADHS."***

Several months ago, I was sitting in a class taught by Dr. Alex Zarkin, a chiropractor for over 30 years, when he made a statement that has haunted me. He said, "Whenever you see a thyroid patient, always check adrenals and bowel as one of the underlying causes."

He went on to say that when the adrenals are over-stimulated, the body will try to compensate via the hypothalamus-pituitary axis and ultimately affects the thyroid. In other words, it's like the brakes are being applied to the thyroid. That's why some patients are given thyroid medication or supplementation and feel great for a few months or even years but ultimately will return to their prior hypothyroid status.

Recently a friend of mine, who is also a naturopath, was sharing about his effec-



tiveness with Hashimoto's thyroiditis. He told me one of the key principles to fix the thyroid is to address the adrenals. Increased cortisol can tilt the delicately balanced TH1/TH2 immune regulation. He reminded me that when someone comes in for severe dermatitis or an inflammatory condition the usual and customary medical treatment is to give prednisone to reset the immune system. My naturopathic friend was resetting the adrenals by using adaptogen-

ic botanicals, like the ones in the Biotics product ADHS.

One of our intentions with the Tuesday Minute is to remind you of things you already know but may not be applying. Well it's time to take another look at the adrenals.

I know you know this but people are under more emotional, physical, and mental pressures than we can imagine. Are you assessing every patient for adrenal stress?

Just because they don't tell you about it doesn't mean they are not experiencing it. Listen close to conversations wherever you go, people are talking about being overwhelmed, exhausted, stretched to their limits, pushed at work, and relationships are strained. Remember stress comes in the form of chemical stress, mechanical stress, thermal stress, and emotional stress.

Stress has a powerful effect on hormones. It can increase cortisol and catecholamines, decrease gonadotropins and sex hormones. Stress has also been correlated to reductions in TSH and the conversion of T4 to T3. Also, the effects of stress can be seen in the increase of tissue resistance to hormones like T3, estrogen, androgens, insulin, and even cortisol.

The list of symptoms or conditions frequently associated with impaired adrenal function is too long to list. They range from dizziness to depression, apprehension to auto-immune disease, inability to concentrate to the inability to hold adjustments.

A good friend and colleague Dr. Greg Peterson presents a webinar specifically on adrenals and how to assess them using "in office" tests and the "laboratory tests" that correlate with them. You'll find details on his webinar below.

I like Dr. Peterson's approach. He uses inexpensive and easy "in office" tests to assess the problem and then several weeks later, uses the same test to evaluate whether the program is working and whether the therapeutic direction needs to change. From a practice management perspective, when you show a patient that they need care and then

retest to see if the program is working, they will follow your recommendations and not bypass your treatment by going to a discount store. People want information. They know they feel bad and if you don't give it to them whether in the form of testing or educational material, they will find someone who will somewhere else.

I don't want to steal Dr. Peterson's thunder but I have included five in-office tests in a handout below that you can use to assess adrenal health. He discusses them in more detail on the webinar as well as additional blood and in-office urine tests, but here's a head start.

You can begin by giving your patients a brief questionnaire on adrenal indicators while they sit in the waiting room. If they score high, you can schedule an appointment to do the tests, discussed and develop an individualized program, or you can begin a therapeutic trial using the diet attached and some of the adaptogenic herbal supplements like ADHS.

I personally like doing neuro-lingual taste testing to determine which supplements are best for the individual patient. It takes a little longer but it really helps build patient confidence, increase compliance and effectiveness of treatment.

Changes in diet and even mild supplementation will help support those tired little glands. For most people, the stresses in their lives are not going away soon. We don't have to look too hard to realize their adrenals need all the help they can get.

Thanks for reading this week's Tuesday Minute. I'll see you next Tuesday.