

# Case Study: Hashimotos

Sarah's Story



I found my way to Thrive in need of help with horrible back spasms after having our baby. I knew something was off big time. I did bloodwork and it revealed Hashimotos, Rheumatoid Factor elevated, and signs of autoimmune issues. I was having a horrible time losing weight. I could not workout because I was so sick.

The doctors were amazing as was the entire staff and team, to ensure I was supported fully and got the help I needed.

I am SO grateful I came to Thrive for help. My most recent bloodwork in August revealed everything in normal range including a complete disappearance of Hashimotos! I feel so much better. I am now free to focus on my 2 year old daughter and the residing weight loss.

**Want Proof? See Backside For Full Diagnostics.**

## Complaints

- Low Energy
- Back Spasms
- Unable To Lose Weight

## Solution

- Functional Medicine
- Spinal Alignment
- Spinal Decompression
- Functional Movement

## Results

- No More Hashimotos
- Anti TG Within Normal Range
- Able To Lose Weight

## Doctor's Story

Sarah had a history of 7 previous Motor Vehicle Accidents. She had also just delivered her baby 3 weeks prior to her new patient appointment. Original complaints: not being able to pick her baby up without pain. She was unable to lay down, and was having to sleep in a recliner. She had right-sided back pain, and had no idea of what the cause might be. Had brain fog, low energy, was frustrated with unexplained weight gain.

Her labs revealed Hashimoto's Thyroiditis, an autoimmune disorder where her body's immune system was mistakenly attacking her own thyroid tissue - her Anti-TG antibodies were 326.3, and they should be less than 115). She went through protocol, kept fighting, and she made it all the way through, with A+ compliance. Her thyroid antibodies (Anti-TG) went from 326.3 down to 20.7 over a period of 9 months, and thus, her Hashimoto's is no more.



Every Patient Is Different. This Is Not A Guarantee Of Results. You may get better or worse results depending on a variety of variables.

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## Diagnosics: Before And After Treatment

Thyroid	Current	Reference Range	Previous
T3 - Triiodothyronine (ng/mL)	0.9	0.8-2.0	
T4 - Thyroxine (µg/dL)	8.1	4.5-9.8	
Free T3 (pg/mL)	2.8	2.0-4.4	
Free T4 (ng/dL)	1.6	0.9-1.7	
TSH (µIU/mL)	2.190	0.111-4.910	
Anti-TPO (IU/mL)	25	≤34	
Reverse T3 (ng/dL)	21	7-23	
Anti-TG (IU/mL)	556.2 H	≤115.0	

  

Thyroid	Current	Reference Range	Previous
T3 - Triiodothyronine (ng/mL)	1.0	0.8-2.0	1.1 (11/09/2017)
T4 - Thyroxine (µg/dL)	8.4	4.5-9.8	8.1 (11/09/2017)
Free T3 (pg/mL)	3.2	2.0-4.4	2.9 (11/09/2017)
Free T4 (ng/dL)	1.7	0.9-1.7	1.6 (11/09/2017)
TSH (µIU/mL)	2.140	0.111-4.910	2.480 (11/09/2017)
Anti-TPO (IU/mL)	12	≤34	18 (11/09/2017)
Reverse T3* (ng/dL)	17	7-23	18 (11/09/2017)
Anti-TG (IU/mL)	20.7	≤115.0	326.3 H (11/09/2017)

Anti-TG From 556.2  
Down To 20.7

Energy Increased  
Inflammation  
Decrease

All Signs Of  
Hashimotos Gone

### Key Points

- Autoimmune Issues Can Cause A Host Of Problems In The Human Body - Brain Fog, Unexplained Weight Gain, As Well As Pain And Inflammation
- For Some Patients, Hashimoto's Can Be Addressed Naturally With A Functional Medicine Protocol
- A Combination Of Structural Correction And Functional Medicine Worked For This Patient. We're Thrilled For You Sarah!