

Case Study: Thyroid

Debbie's Story

My journey to a healthy life started with a trip to Emergicare for bronchitis. A month later, I had not improved. After appointments with a couple of doctors, I had two inhalers, and my health was declining by the day. I had constant fatigue, weight gain, and bouts with depression.

After 5 months with no improvement, I began to crash weekly. If I went to the store, I could barely make it home before I was flat on my back. My heart broke when I could not spend time with my grandchildren.

My husband heard Thrive on the radio, and I made an appointment. I began a Functional Medicine protocol, and learned how to change my diet. I started getting my life back.

After a year, I'm at the end of the journey, and I no longer have to take levothyroxin! I'm grateful for Thrive, they have changed my life.

Want Proof? See Backside For Full Diagnostics.



Complaints

- Weight Gain
- Fatigue
- Brain Fog
- Hypothyroidism

Solution

- Spinal Alignment
- Functional Medicine

Results

- No More Thyroid Meds
- No More Brain Fog
- Energy Restored

Doctor's Story

Debbie presented with memory issues, brain fog, difficulty concentrating, very low energy levels and consistent weight gain. She associated this with her hypothyroidism. At this time, she was on levothyroxine and her most recent check-up with her primary care physician showed that her thyroid was continuing to work less effectively and that the dosages of medication would soon be increasing.

Over the course of 10 months, Debbie went through several nutritional changes including food elimination and detoxing as well as thyroid support protocols. During her most recent blood draw, Debbie had completely eliminated all of her thyroid medication and the results showed all thyroid levels within normal range.

Now she can function normally through the day. She has energy, she can think clearly and has lost all the weight she gained while on the medication! She even brought in her husband to get his health issues under control.

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Diagnostics: Before And After Treatment

Thyroid	Current	Reference Range	Previous
T3 - Triiodothyronine (ng/mL)	1.0	0.8~2.0	1.0 (10/29/2018)
T4 - Thyroxine (µg/dL)	5.9	4.5~9.8	6.9 (10/29/2018)
Free T3 (pg/mL)	2.6	2.0~4.4	2.8 (10/29/2018)
Free T4 (ng/dL)	1.1	0.9~1.7	1.2 (10/29/2018)
TSH (µIU/mL)	4.680	0.111~4.910	4.200 (10/29/2018)
Anti-TPO (IU/mL)	15	≤34	12 (10/29/2018)
Reverse T3* (ng/dL)	11	7~23	8 (10/29/2018)
Anti-TG (IU/mL)	<10.0	≤115.0	<10.0 (10/29/2018)

Pre And Post Labs
Show Similar Values

Pre Labs Is WITH
Medication. Post Labs
- NO Medication

Body Is Restored To
Normal Function

Key Points

- Hypothyroidism ("Low Thyroid") Is A Common Ailment That Can Ruin Quality Of Life.
- With The Right Protocol, Some Cases Can Regain Normal Thyroid Function
- For This Patient, A Functional Medicine Approach Got Results. We're So Happy For You Debbie!