

Zone 8 — Thyroid

The thyroid gland is the primary organ that regulates our metabolism. Thyroid hormone ultimately stimulates all our cells to increase metabolic activity. Low thyroid hormone stimulation, production or conversion is associated with many negative symptoms:

- Constipation
- Depression
- Cold hands and feet
- Anemia
- Dry skin
- Brittle hair
- Fatigue
- Infertility
- Poor wound healing

Suboptimal thyroid function may prevent you from reaching your goals even when your exercise and nutrition strategies are perfect. Suboptimal thyroid hormones can:

- Decrease your metabolic rate (both at rest and during activity)
- Create the inability to lose weight or cause weight gain
- Decrease your ability to recover from exercise

Even if your doctor has said your thyroid is normal, without a complete thyroid hormone evaluation using lab testing, it is impossible to know your levels and the root of any dysfunction. Most of the time, TSH (thyroid stimulating hormone) is the only marker that is run. This hormone comes from the pituitary gland and tells the thyroid to do its job. Testing the primary hormones themselves—both T4 and the more metabolically active T3—in addition to TSH is crucial to get a complete understanding.

Based on the questionnaire, some recommendations to address this zone are:

KNOW IT: Understand your unique metabolism through lab testing.

FOUNDATIONAL PANEL (45 markers)

Gives insight to your potential metabolic barriers to success. This panel investigates unique markers that will provide necessary information about your individual metabolism and overview of thyroid hormones (including TSH, Total T4, Total T3, free thyroxine index, and T3 uptake) to help guide your programming in a more concrete, customized direction.

ADVANCED PANEL (70 markers)

Builds upon the information given in the Foundational Panel to take understanding your metabolism and barriers to the next level. Through consideration of additional markers, you will have a clear, concise understanding of your metabolism and overview of thyroid hormones to provide a higher degree of certainty of results.

COMPREHENSIVE PANEL (82 markers)

The comprehensive panel incorporates all the incredible markers found in both the Foundational and Advanced Panels, plus the additional free T4 and free T3 thyroid markers, as well as several other critical pieces to ensure you have an all-encompassing picture of your metabolic functioning. Provides unparalleled information about your unique metabolism to custom-build your exercise, nutrition, lifestyle and supplement programming with the highest degree of certainty.

RECOMMENDED REASSESSMENT: Thyroid Health Panel (7 markers)

By testing TSH, Total T4, Free T4, Total T3, Free T3, free thyroxine index, and T3 uptake, you can get an understanding of where your hormone levels are at this point in time. This is an important follow up test to be done several months after one of the above tests, which provide more context to what metabolic imbalances may be contributing to disrupted thyroid hormones.

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NOURISH IT: GIVE YOUR BODY THE NUTRIENTS IT NEEDS TO FUNCTION OPTIMALLY.

- Avoid using plastics to drink from or store food in, and do not microwave plastic food containers
- Consider an elimination diet and be mindful of how you feel when consuming gluten and soy
- Avoid artificial sweeteners like sucralose and aspartame
- Drink filtered water instead of tap water
- Manage stress levels and prioritize 7-8 hours of sleep each night
- Choose organic foods whenever possible

SUPPLEMENT RECOMMENDATIONS

FOUNDATIONAL

LIFE TIME FITNESS AM/PM MULTIVITAMIN

- Many adults fail to meet their requirements for key vitamins and minerals. Without adequate vitamins and minerals, it's difficult to achieve optimal health. A high-quality multivitamin makes getting better nourishment more convenient.
- 3 capsules twice daily with food.

LIFE TIME FITNESS OMEGA-3 FISH OIL

- Supplementing with fish oil rich in EPA and DHA is an easy way to increase metabolic rate, improve fat-burning and promote a normal inflammation response.
- 1 to 3 capsules twice daily with food.

LIFE TIME FITNESS PROTEIN POWDER

- Protein is needed to build and repair tissue, make enzymes and promote hormone balance. It is an important building block of bones, muscles, cartilage, skin and blood. Without optimal protein intake, we cannot be fully healthy.
- As needed to meet protein needs.

ADVANCED

DESIGNS FOR HEALTH THYROID SYNERGY™

- The ingredients in Thyroid Synergy™ are designed to help support healthy thyroid-hormone production and activity.
- 2 capsules daily with meals, for up to 2 months.

COMPREHENSIVE

DESIGNS FOR HEALTH MITO-PQQ

- Designed to help support optimal mitochondrial health by improving function, efficiency and density of mitochondria throughout the body.
- 1 capsule twice daily with meals.

DESIGNS FOR HEALTH MITOCHONDRIAL NRG

- Designed to support efficient mitochondrial metabolism and energy production for increased vitality.
- 2 capsules twice daily with meals.

MOVE IT: MOVE FREQUENTLY AND TRAIN WISELY.

- Get at least 10,000 steps in every day
- Strength train at least 2 to 4 times per week
- Be sure to include active recovery into your routine
- Be mindful of exercise intensity and duration