

Title:

About Hypothyroidism ~ a Common Health Problem

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Summary:

Hypothyroidism or sluggish thyroid give Mental and physical fatigue, weakness, over-weight, de

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what, is, hypothyroidism, how, to, cure, or, ameliorate, sluggish, thyroid, medical, pharmacological, herba

Article Body:

By hypothyroidism, the thyroid gland is producing too less hormones to stimulate the metabolis

Hypothyroidism is common, but the frequency of the condition is not well determined. Some au

#### THE SYMPTOMS AND COMPLICATIONS OF HYPOTHYROIDISM

The most common early symptoms are: Mental and physical fatigue, weakness, weight gain or over

One or more of these symptoms also use to appear early: Constipation, sensitivity to coldness,

One or more of these symptoms usually appear later: Poor memory, slow thought process, drowsin

In children or young persons hypothyroidism may give developmental problems, like disturbed to

Hypothyroidism increases the risk of elevated cholesterol levels, heart disease and diabetes (

#### THE THYROID GLAND AND ITS HORMONES

To understand the hypothyroidism, some knowledge about the thyroid gland and its hormones is e

The thyroid gland produces hormones that accelerate and in other wise regulate metabolism. A p

The thyroid makes four hormones: Thyroxin (T4), triiodothyronine (T3), diiodothyronine (T2) an

The pituitary, a gland under the brain, produces a hormone called thyrotropin or thyroid stimu

#### THE MECHANISMS AND CAUSES OF HYPOTHYROIDISM

By hypothyroidism the body does not get enough thyroid hormone, or the hormones do not work ef

Serious variants of hypothyroidism are called myxedema. This is a rare condition. However, les

\*An autoimmune reaction against the thyroid tissue can destroy the capability of the thyroid g

\*Sometimes the production of T3 by conversion from T4 is impaired. The total amount of hormone

\*Iodine deficiency can cause hypothyroidism, since the thyroid hormones contain iodine. In Eur

\*Surgery or radiation at the thyroid area can destroy enough tissue to cause hypothyroidism.

\*Injury or disease in the pituitary or of the part of the brain controlling the pituitary may

\*Some people have symptoms of hypothyroidism even though the amount of thyroid hormone in the

\*Some types of food can contribute to a depressed thyroid function or aggravate hypothyroidism

\*Factors suspected for causing hypothyroidism are: The artificial sweetener aspartame, mercury

#### HOW CAN HYPOTHYROIDISM BE TREATED

For serious hypothyroidism caused by tissue destruction, external supplement of thyroid hormone

When the condition is caused by lack of iodine in the diet, dietary changes and iodine supplement

Less serious, but painful hypothyroidism is sometimes also treated with hormone supplements. I

You can sometimes alleviate hypothyroidism by reducing the amount of food suspected for depres

Changing out mercury dental fillings and avoiding mercury or heavy metal exposure may help to

You may also alleviate the condition by eating food that stimulates the thyroid function accor

You can find nutritional supplements to help for hypothyroidism. The compositions of these pro

\*They may contain building materials that the thyroid uses to make its hormones, for example:

\*They may also contain vitamins and minerals that stimulate the mechanism of hormone productio

\*They may furthermore contain constituents that stimulate tissue regeneration by being part of

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