

Thyroid Health

Dr. Abrienne Goss, ND

Are you struggling with fatigue, hair loss, weight gain, dry skin, and cold extremities? These are all signs of hypothyroidism. On the other end of the spectrum, inability to gain weight, sweating abnormally, anxiety and heart palpitations are all symptoms of hyperthyroidism.

According to the American Association of Clinical Endocrinologists, it is estimated that 27 million Americans suffer from thyroid dysfunction and half of those go undiagnosed. **Do you have thyroid symptoms, but your thyroid tests always come back “normal?”** Or, have you been treated with thyroid medication, with no change, or worsening of your symptoms? Many people struggle with these symptoms and are at a loss of what to do because either their lab values are normal and no treatment is used, or their treated with medication, which doesn't always help.

So, why do you have the symptoms? Why is it that medications aren't helping? The reason is that your body is intricately connected. Just because the thyroid is malfunctioning doesn't mean that you have a “thyroid problem”. **Many different factors contribute to thyroid health, including autoimmune disorders, digestive disturbances, vitamin and mineral deficiencies, stress, toxicity, and hormone/endocrine imbalances.** Treating with medication can sometimes exacerbate a problem and often times, doesn't correct the cause of the thyroid malfunction.

The thyroid gland is a passion of mine. Over half of my practice is made up of people with thyroid concerns and I have been successfully treating these patients. It is so easy to get tunnel vision with the thyroid and treat just that, but when you keep doing the same thing and it isn't working, maybe it's time for a change.

Time to find out what is creating YOUR thyroid issues!

It is time for you to live a life full of purpose, and that takes much more energy when you feel poorly. Let's get started! Call our office to schedule your Comprehensive New Patient Exam or Free 15-Minute Consultation to see if you are a good candidate for care. 541-389-9373. I look forward to working with you!

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