

## Low Thyroid & Weight Gain

Interference with thyroid hormone is often an underlying cause of hypothyroidism, which, in turn, is responsible for more than 100 different symptoms. There are many undesirable effects which include weight gain and fatigue that cannot be controlled by diet or exercise.

### Commonly observed symptoms of Hypothyroidism include

- Fatigue
- Weight Gain
- Dry Skin
- Constipation
- Intolerance to Cold/Heat
- Muscle Weakness
- Indigestion
- Memory Loss
- Menstrual Disorders
- Infertility
- Sleep Disorders
- Swelling of Hands, Feet, Eyelids
- Loss of Hair
- Heart Palpitation
- Premenstrual Syndrome
- Emotional Instability

Unopposed estrogen (estrogen dominance) can interfere with thyroid hormone activity and is often a primary underlying cause of thyroid dysfunction.

Because estrogen and thyroid hormone have opposing actions (probably at the thyroid hormone receptor level) unopposed Estrogen will prevent the thyroid hormone from "completing its mission," resulting in "hypothyroid symptoms." This excess estrogen is often responsible for the symptoms of Hypothyroidism, despite normal serum levels of Thyroid Stimulating Hormone (TSH).

Natural Progesterone, however, re-directs the activity of estrogen by increasing the sensitivity of estrogen receptors and, most importantly, inhibits many of unopposed estrogen's undesirable side-effects, which includes interference with thyroid hormone activity.

Most women who are plagued by the symptoms of hypothyroidism have found that thyroid function has been normalized within a few weeks of using a properly formulated Natural Progesterone Cream, in conjunction with proven Dietary- Lifestyle modifications.

Because natural progesterone most often has a normalizing effect on a sluggish thyroid, the use of thyroid medication may over-stimulate the thyroid gland. Consult your health care professional if you are taking prescription thyroid medication.