



HOLTORF MEDICAL GROUP, INC.

CENTER FOR HORMONE IMBALANCE, HYPOTHYROIDISM AND FATIGUE

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SINCE THE ENDOCRINE SYSTEM IS devised of glands that produce and send hormones to all areas of our body to regulate the essential functions of our body like temperature, reproduction, growth, immunity, and aging; it stands to reason that this should be the hub of vitality, longevity and well being. Many individuals are obtaining remarkable results from having their hormones optimized by medical doctors specializing in this medical specialty, anti-aging medicine. These doctors specialize in interpreting comprehensive hormonal panels in order to bring the hormones into optimal ranges. Many people are finding that common problems of fatigue, depression and difficulty losing weight can be completely reversed by these hormone specialists. Individuals often suffer for years being told that their thyroid, testosterone, estrogen, progesterone and adrenals are “fine”, but these doctors are finding that these levels are actually low and/or suboptimal, indicating that supplementation may be beneficial with a potential for remarkable results. Standard blood tests are designed to only pick up the sickest 2.5% of the population.

Many of the common complaints that rarely are addressed by standard medicine can be remedied by hormone optimization. These include complaints such as, I can't lose weight like I used to...I don't reap the benefits from working out like I used to...What happened to that feeling of well-being...I feel depressed...My body aches... My skin is dry and rough...My joints hurt...I am aging prematurely...I become tired easily...I feel cold all the time...My libido is shot... My hair is thinning...I don't feel right...My nails break easily...I become sick easily...I have frequent headaches... My muscles are sore...I seem to retain water...I'm always constipated...I don't feel like I used to...I have PMS...I have lost my motivation...I am being treated for depression but I'm still depressed... I'm not getting much relief from my treatment for chronic fatigue syndrome or fibromyalgia...I'm being treated for hypothyroidism, but I'm still tired.

According to Kent Holtorf, M.D. of the Holtorf Medical Group, Inc, two of the biggest problems are low thyroid for women

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and low testosterone for men. Many women are told repeatedly that their thyroid levels are “fine”, actually have severely low thyroids that are not picked up by the standard TSH and T4 testing, which is the only testing done about 90% of the time. TSH is secreted by the pituitary in the brain, telling the thyroid to secrete T4, which is not the active thyroid hormone. T4 must then be converted in the body to the active thyroid hormone T3. When T4 and T3 levels drop, the TSH should increase indicating hypothyroidism. This is the standard way to diagnose hypothyroidism. There are, however, many things that result in hypothyroidism but are not diagnosed using the standard TSH and T4 testing. This method only reveals a few of the very sickest patients, leaving the majority of patients misdiagnosed. Many people, especially women, do not adequately convert T4 to the active T3, resulting in low levels of active thyroid hormone and symptoms of low thyroid with a normal TSH. Also, there is another problem in that T4 cannot only be converted to T3, but it can also be converted to reverse T3, which is inactive and blocks the thyroid receptor. Very few practicing physicians consider this, but it is a major problem. There is an evolutionary enzyme that increases the T4 to reverse T3 in times of stress. This worked well for our ancestors because in times of famine it allowed those who had this enzyme to survive. But in our modern society,

Fatigued, Depressed Difficulty Losing Weight?

reverse T3 works against us causing fatigue, difficulty losing weight and all the other symptoms of hypothyroidism. Reverse T3 can be increased with yo-yo dieting (often responsible for the quick weight gain after losing weight), and stress. Low thyroid not only results in undesirable symptoms, but it also increases the risk of heart disease and cancer. Consequently, bringing the thyroid to optimal levels not only makes a person feel better, but it also results in significant health benefits. So many women have been going from doctor to doctor knowing that their thyroid is low, only to be told it is fine over and over. When more extensive testing is done, patients are relieved to be shown on paper that their thyroid is truly sub-optimal and that they can expect to be feeling better soon.

Many men suffer needlessly because their testosterone is never checked or the wrong test is ordered. Men as young as 25 to 30 years in age are presenting with low levels of testosterone, which was not the case 10 or 20 years ago. This is possibly a result of environmental toxins (xenoestrogens) in the environment. Older men who have been told their testosterone is “fine” may actually have low testosterone. Often the total amount of testosterone is read as adequate, but the amount of usable testosterone is low. Men with low testosterone may have subtle to profound symptoms, ranging from poor motivation, anxiety, weight gain, and low sense of well being to profound depression, and loss of sex drive. Men with low testosterone cannot only enjoy an improved quality of life with testosterone supplementation, but it can also provide a decreased risk for heart disease and cancer.