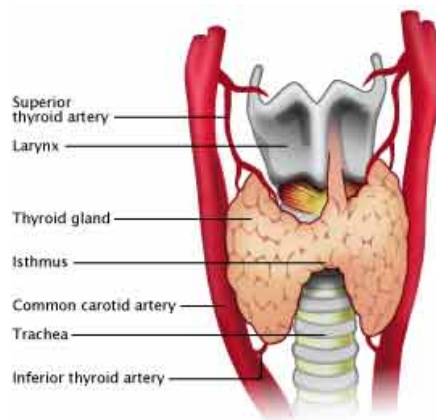


Thyroid Basics

AAEDA provides expert care for those suffering from thyroid conditions. Some basic subjects such as what exactly does the thyroid gland do, what is hypo- or hyperthyroidism, what thyroid treatment products do, and the effects you'll experience over time are covered here for your information.

What exactly does the thyroid gland do?

The thyroid is located at the base of the throat, it has a right and left lobe which are connected by a small bridge of tissue called isthmus. The thyroid gland is stimulated by the pituitary gland to produce hormones like thyroxine (T4 or thyroid hormone). Thyroxine determines how quickly nutrients are converted into energy and how efficiently food is burned within the body.



What is hypothyroidism?

Hypothyroidism is a condition that occurs when the thyroid gland does not produce sufficient amounts of thyroid hormones, specifically thyroxine. There are several symptoms which can indicate a thyroid condition. The most common indicators of an under active thyroid are unexplained weight gain, fatigue, moodiness, constipation, sensitivity to cold temperatures, fragile hair and nails, and possibly even clumsiness; there are others, and each individual exhibits a unique set of symptoms.

What thyroid treatment pills do

Thyroid treatment pills work by stimulating the body to produce normal levels of thyroxine, because the supplements are all natural this may be done without side effects such as headaches and insomnia. The body is also provided with necessary nutrients that help it to function properly. Thyroid treatment supplements may also help to restore deficient iodine levels as adequate amounts are vital to a healthy thyroid gland. In many patients, this means an increased metabolic rate. This can result in weight loss, or improved energy levels, a good night's rest, and less mood swings for some individuals.

What you will notice happening when taking thyroid treatment pills

Many people experience a noticeable improvement in their overall physical condition over time. People who started off with excess pounds, have reported decreases in weight. Everyone tends to experience slightly different results due to individual body chemistry and composition. It does take time to naturally regulate the thyroid gland, and individual results do vary.

Due to the fact that thyroid treatment pills are all-natural herbal supplements, you should not experience any side effects. Women who are pregnant, lactating, breast feeding, or who are allergic to any of the ingredients should not use thyroid treatment supplements.

How to maximize your results while taking thyroid treatment supplements

In order to get the most benefit from thyroid supplementation, there are a couple of steps people should take. While not necessities, these items are believed to aid in supporting a healthy thyroid while the pills are being used.

1. Reduce your carbonated drink intake
2. Get regular exercise
3. Avoid alcohol and smoking (if possible)
4. Take 1000 mg of vitamin C each day
5. Reduce intake of caffeine

The above steps will help to improve the overall health of the human body, which in turn tends to make supplementation (of any kind) more effective.