

UltraWellness
Optimal Health Series

**Step 1: Diagnose
Your Problem**

**Step 2: Pinpoint
The Underlying Causes**

**Step 3: Apply
A Personal Healing
Plan**

The Ultra Thyroid Solution Workbook

**Organize, Track and
Accelerate Your Progress**

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Why a Workbook for Your Thyroid? More Tools to Help You Heal

In my special report on hypothyroidism, I presented a complete treatment plan for healing based on the functional medicine approach I take in my practice with all my patients. That guide is designed to help you acquire the information and treatment strategies you need to overcome your low-functioning thyroid and optimize your health.

As I wrote the report, I realized there were more tools I could give you to help you track your symptoms so you could make your healing process that much smoother. For that reason, I created this interactive workbook.

Your journey to health can sometimes be overwhelming, especially when you are coping with a condition as complicated as a low-functioning thyroid. Tracking your symptoms monthly, keeping a record of your test results, and checking your basal body temperature are only a few of the many tasks that lie before you if you are to fully heal from this condition.

In addition, there are doctor's visits, understanding thyroid replacement formulations, and simply dealing with the symptoms themselves, which include fatigue, loss of concentration, low mood, and overall discomfort.

In the face of this, doing the work you need to in order to overcome your problem can be daunting. How can you possibly keep track of all the details when the larger picture, the disease itself, is sometimes so overwhelming?

This workbook is the answer. In it, I have included tools that will help you keep track of your symptoms, record test results, and track your basal body temperature. I have designed it as an interactive tool that you can write in so you can keep all your information in one place as you heal from your condition.

Print out the workbook and keep it at your side as you pursue the path to healing. Take it with you to your doctor's office. Keep it in your bag or purse so you can track your symptoms during the day. Leave it at your bedside at night so you know where to record information when you wake up in the morning.

In short, use this workbook as your personal journal to healing. If you actively use the tools here, the workbook will help you sort through the many details of your treatment more easily, making your path to healing that much smoother.

Information that will help you overcome your thyroid problems does exist. My special report on hypothyroidism gives you that information. This workbook is built to make that process as smooth as it can be. I hope it helps you not only to heal, but to do so in a way that is empowering to you.

Are Thyroid Problems Contributing to Your Health Problems?

A Self-Assessment Tool

In the guide, I suggested that you monitor your symptoms on your own as a way of helping you assess what effects the treatment you undergo and the lifestyle changes you make have on your low-functioning thyroid.

If you see your symptoms improve over time, you know you are on the right path and the treatment you have chosen is working. If not, it may be that you need to incorporate more of the steps offered in the guide, address in more detail any potential underlying issues that are causing the problem, or alter the formulation of your thyroid replacement therapy (which must be done with the assistance of your physician).

To facilitate your self-monitoring process, I have reprinted the quiz from the guide here. I suggest that you print the quiz and take it once a month. In addition, in the space given below your quiz, you can make notes about any changes you see in your symptoms over time.

Score one point for each “yes” answer you make by putting a checkmark in the box on the right.

<i>Symptoms</i>	<i>Check</i>
Are your skin and fingernails thick?	
Do you have dry skin?	
Do you have a hoarse voice?	
Do you have thinning hair, hair loss, or coarse hair?	
Are you sensitive to cold?	
Do you have cold hands and feet?	
Is your basal body temperature lower than 97.8 degrees first thing in the morning? (Underarm basal body thermometers are available at most drug stores.)	
Do you have muscle fatigue, pain, or weakness?	

Do you have heavy menstrual bleeding, worsening of premenstrual syndrome, other menstrual problems, and/or infertility?	
Have you experienced a loss of sex drive (<i>decreased libido</i>)?	
Do you have severe menopausal symptoms (<i>such as hot flashes and mood swings</i>)?	
Have you experienced fluid retention (<i>swelling of hands and feet</i>)?	
Do you experience fatigue?	
Do you have low blood pressure and heart rate?	
Do you have elevated cholesterol?	
Do you have trouble with memory and concentration or brain fog?	
Do you wake up tired and have trouble getting out of bed in the morning?	
Do you have a loss of or thinning of the outer third of your eyebrows?	
Do you have trouble losing weight, or have you experienced recent weight gain?	
Do you experience depression and apathy or anxiety?	
Do you experience constipation?	
Have you been diagnosed with autoimmune disease (<i>e.g., celiac disease, rheumatoid arthritis, multiple sclerosis, lupus, allergies, yeast overgrowth—all of which can affect thyroid function</i>)?	
Are you or have you been exposed to radiation treatments?	
Are you or have you been exposed to environmental toxins?	
Do you have a family history of thyroid problems?	
Do you drink chlorinated or fluoridated water?	

Scoring Key

0 to 1 means your thyroid is healthy and you probably don't need to be concerned.

2 to 4 means you are at mild risk for thyroid problems.

> 4 means you have a significant risk for thyroid problems.

NOTES ON ANY CHANGES IN YOUR SYMPTOMS

[illegible]

Organize Your Information: Tracking Your Test Results

Obtaining an accurate diagnosis about whether you have a low-functioning thyroid requires testing. While there is no single test that will accurately determine problems with thyroid function, the right series of tests can give you a very good picture of how your thyroid is operating and how severe your problem is if you have one.

Testing is also important for identifying underlying symptoms that contribute to a problem with low thyroid function. Tests for food sensitivities, toxicity, and how your adrenals are functioning are all important for getting a complete picture of the problems with your thyroid.

In the end, this comes down to a lot of information to keep track of, especially if you go back for additional tests to see how much you are improving.

To help you organize and keep track of this information, I developed the following tables. One is for tracking your results from tests you might take. The other is for keeping track of your results from tests that are available only through a physician.

In the column on the left, I have listed all the tests I suggested in the guide that you might take. On the right, there are five columns. The first four are spaces where you can write down the results from your tests. As I suggested in the guide, you may need to take multiple tests over time to get a clear picture of how your condition is progressing. These columns should give you plenty of space to keep track of all your results.

Please note that not all tests will be taken each time, but I have organized the table in such a way that you do have the option to record the results of every test each time.

In the column on the far right, make any notes you wish about your physician's response to your tests.

You will also see that I have given you a space to list the dosage of any hormone replacement you are currently on and any other treatments or supplements you are taking. This is useful in that it allows you to bring all your information to your doctor's office on one sheet.

Print out the form below and use it to keep track of your test results. If you go back for follow-up testing to see how well your treatment is working, you can simply print this form again and make notes on the new sheet.

Please note that I have not included a space for tracking the results of your basal body temperature (BBT) test because I have offered a graph for you to chart changes in your BBT in the section below.

<i>Tests</i>		<i>Results</i>			
<i>Name of Test</i>	<i>Date ____</i>	<i>Date ____</i>	<i>Date ____</i>	<i>Date ____</i>	<i>Notes</i>
Thyroid-stimulating hormone (TSH)					
Free T3					
Free T4					
Thyroid antibodies: Thyroid peroxidase antibodies and antithyroglobulin antibodies					
IgA and IgG antigliadin antibodies (celiac test)					
IgA tissue transglutaminase antibodies (celiac test)					
Total IgA antibodies					
HLA DQ2 and DQ8 gene testing (celiac test)					
IgG delayed food sensitivity test					
Heavy-metal testing with hair analysis					
Sex hormone evaluation					
Adrenal stress index					

<i>Tests</i>		<i>Results</i>			
<i>Name of Test</i>	<i>Date ____</i>	<i>Date ____</i>	<i>Date ____</i>	<i>Date ____</i>	<i>Notes</i>
25-hydroxy vitamin D (nutrition test)					
Red blood cell selenium serum (nutrition test)					
Vitamin A plasma (nutrition test)					
Plasma zinc (nutrition test)					
Essential fatty acid analysis					

<i>Doctor's Tests</i>		<i>Results</i>			
<i>Name of Test</i>	<i>Date ____</i>	<i>Date ____</i>	<i>Date ____</i>	<i>Date ____</i>	<i>Notes</i>
Thyroid-releasing hormone					
Metabolic rate testing					
Thyroid scan					
Fine-needle aspiration					
Thyroid ultrasound					

Watching for Changes in Your Basal Body Temperature: A Tracking Tool to Assess Changes in Your Symptoms

A low basal body temperature (BBT) is a strong indication that you may be hypothyroid. While this isn't the only reason someone can have a low BBT, it is one of the most common reasons this symptom occurs.

Your body temperature gives an indication of your body's metabolism—the rate at which each cell in the body converts food into energy. A low temperature indicates a sluggish metabolism, or “hypometabolism.”

There are a number of reasons for low body temperature, including starvation (anorexia), allergies, adrenal problems, or nutritional deficiencies, but low thyroid function is the most common. Thyroid blood tests are helpful but not always conclusive, and adding the basal body temperature to the picture can help confirm the diagnosis.

Infections and cancer can raise the body temperature, so a normal reading does not rule out low thyroid function. But measuring your BBT is a simple technique you can use at home to help you manage your health.

The basal body temperature, when monitored regularly, can help you track your treatment. As you get better, your temperature should improve. Get to know your own body. It will help you keep track of how you are doing.

Five Simple Steps for Monitoring Basal Body Temperature

1. Obtain a thermometer to record your body temperature. Before going to bed the night before you do this test, thoroughly shake down the thermometer and place it on your bedside table. To remain in basal state, you should avoid any unnecessary movements when taking your temperature. The thermometer should be easily reached with minimum effort in the morning. (If you have a digital thermometer, which I recommend, then you don't have to worry about shaking it down.)
2. Take your temperature first thing in the morning upon awakening. The temperature is taken by placing the thermometer snugly in the armpit. It must be kept there for at least five minutes; make sure you have a clock close by to confirm that the thermometer is in place for a full five minutes. Don't use an electric blanket or heated waterbed; they will raise your temperature. Digital thermometers will produce a reading in a shorter time.
3. Repeat this procedure daily for at least 15 days. As there may be some daily variation, it is best to get a series of readings for more accuracy.

4. Mark each day's temperature on the graph at the appropriate day, and then connect the dots after you have recorded the readings for a few days.
5. If you are a woman, note the day of the menstrual cycle on the chart—such as M1 for the first day, M2 for the second day, etc.

There may be a variation in temperature during different phases of the menstrual cycle. It is ordinarily slightly higher at midcycle during ovulation (10–13 days prior to an expected period). Readings obtained on the second, third, and fourth day of a menstrual period would be most likely to reveal a subnormal basal body temperature.

If accurately measured, basal body temperatures that are consistently below 97.8 degrees suggest hypothyroidism. The normal range is 97.8 to 98.2 degrees. Temperatures that vary widely from day to day are also indicative of a need for thyroid hormone, as a general rule.

It is helpful to measuring your BBT once treatment is started, since it can help you adjust the dosage of thyroid hormone replacement.

As you undergo the treatment recommendations outlined in the guide, I suggest that you track your basal body temperature to see if it rises. Over time, it should be over 97.8 degrees but lower than 98.2 degrees. That is a sign that your treatment is working.

YOUR BASAL BODY TEMPERATURE GRAPH

To help you track your BBT, I have created the graph below. I recommend that you track your BBT daily over a 12-week period as you undergo treatment. If you are a premenopausal woman, just track it for the first seven days of your cycle—starting on the first day of bleeding.

Each line starts a new day. Simply record the date in the space given, and then scan up the line to the place where your current BBT is for that day. Plot a point on that intersection. You can then create a line graph by connecting this point to the points previous to it. This will give you a graphic representation of how your BBT is rising (and/or falling) as you pursue treatment.

Month One																			
99.0																			
98.9																			
98.8																			
98.7																			
98.6																			
98.5																			
98.4																			
98.3																			
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98.1																			
98.0																			
97.9																			
97.8																			
97.7																			
97.6																			
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95.6																			
95.5																			
95.4																			
95.3																			
95.2																			
95.1																			
95.0																			
Date																			

Month Two																			
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98.9																			
98.8																			
98.7																			
98.6																			
98.5																			
98.4																			
98.3																			
98.2																			
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<i>Month Three</i>																			
99.0																			
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98.4																			
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Date																			

Conclusion: Taking Your Healing Process into Your Own Hands

I believe you should be the person in charge of your health. You should have the knowledge and tools you need to take charge of the health problems that plague you, so you can do something about them.

Of course, that isn't always the way the medical community works. Physicians are trained little in wellness, even less in nutrition, and often don't learn how to effectively partner with their patients as coaches who are there to assist you in creating a healthy life.

I believe this needs to change. And I hope my special report on hypothyroidism and this workbook contribute to that change. I hope you have been given the information and the tools you need to take charge of your thyroid condition so you can heal.

I also hope that other people in the medical community see this material and learn about the model of functional medicine, which addresses the underlying causes of disease and provides the framework for an entirely new type of health care—one that is centered on the patient instead of on the disease.

The information is out there. You can heal. I hope this work inspires you to take charge of your health and your life once more.