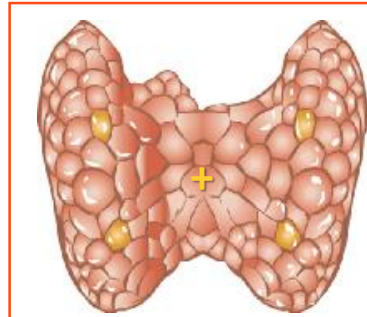


## WHAT DO HORMONES DO FOR YOU?

**Thyroid hormones (thyroxine (T4) and triiodothyronine (T3))** increase blood flow, heart rate, heat production, metabolism, energy production and consumption, speed of thinking, intestinal motility, thirst, urination, HDL (good) cholesterol, immune defenses against various infections and cancer, and many other functions.

Also, thyroid hormones beneficially decrease total and LDL (bad) cholesterol, diastolic blood pressure, the amount of "myxedema" , the edema consisting of mucous waste products outside the cells that are typical of thyroid deficiency, and accelerate the elimination of old defective enzymes and other waste products inside the cells.

## WANTED!



**Name:** Thyroid Hormones

**Origin:** Thyroid Gland

**Daily production:**

+ T4: 80-100  $\mu$ g

+ T3: 20  $\mu$ g

**Features:** Eating high calorie diets, fruits and vegetables can increase thyroid activity. Eating sugar does too, although transitorily, an effect that perhaps explains why certain people like eating sugar.

### Signs of Thyroid Deficiency

Obesity, prone to an ear, nose, and/or throat infection, morning fatigue, intolerance to cold, easily shivers, etc.