

# CHIROPRACTIC & THYROID CONDITIONS

By Keith W. Wassung

**An estimated twenty-seven million Americans have some form of thyroid disorder with as many as thirteen million of these cases being un-diagnosed.**

Low thyroid may be the most commonly misdiagnosed health problem in the United States. Some physicians estimate that as many as one in five Americans may suffer from an unsuspected low thyroid state. In *Thyroid Power: Ten Steps to Total Health*, Richard Shames, MD calls low thyroid a "large scale epidemic that has been inadequately addressed"

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***Thyroid problems are among the most common medical conditions, but because their symptoms often appear gradually, they are often misdiagnosed.***

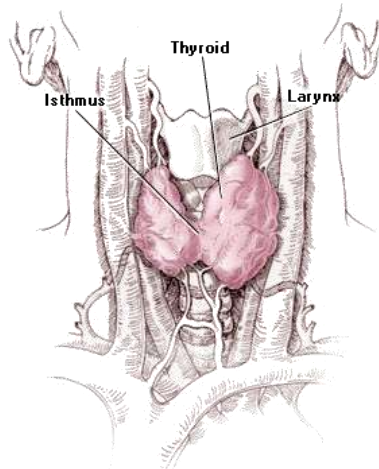
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## **SYMPTOMS ASSOCIATED WITH THYROID DISORDERS**

- Nervousness and Anxiety
- Elevated Blood Pressure
- Weight gain
- Hyperactivity
- Insomnia
- Depression
- Severe Fatigue
- Muscle weakness
- Muscle complaints
- Elevated blood pressure
- Increased bowel activity
- Restless sleep

The thyroid gland is located on the front part of the neck below the thyroid cartilage (Adam's apple). The gland produces thyroid hormones, which regulate body metabolism.

Thyroid hormones control metabolism and virtually all other processes in the body. Without thyroid hormones, the body cannot form RNA, which is needed for the process of transcription necessary to produce proteins and enzymes. Consequently, without thyroid hormones, the body cannot produce proteins to repair damaged tissues or enzymes, which catalyze virtually all reactions within the body



Disorders of the thyroid gland can result in either the production of too much (hyperthyroidism) or not enough (hypothyroidism) hormones.

Scientific and clinical evidence has shown that certain cases of thyroid disorders result from the malfunction of the nerve pathways that control the thyroid's production of thyroid hormone. Whether too little or too much thyroid hormone is produced, the abnormal level can be due to a malfunction between the brain, pituitary, spinal cord, and thyroid, and can be caused by certain types of trauma to the spine.

Traumatic and micro-traumatic injuries that affect the spine and nervous system have been shown to adversely affect the function of the thyroid.



One study published in the *Journal of Manipulative Therapeutics* examined 100 whiplash patients and found that many suffered from poor thyroid function after their injury. Another study published in the *Journal of the American Osteopathic Association* reported a correlation between cervical spine problems and thyroid abnormalities.

*"Studies have shown that more than fifty percent of hyperthyroid patients have damage to the pathways in their nervous system"*

**Journal of Neurology**

*"Hyperfunctional or Hypofunctional neurons along a neural chain prevent normal nerve transmission causing disturbances in the homeostasis of the cells, tissues and organs."*

**Dr. T. Lee, Academy of Pain Research**

A growing body of clinical research shows that Chiropractic can often help people who suffer from thyroid conditions. This would stand to reason since Chiropractic's purpose is the restoration of nervous system pathways, which is accomplished by physically adjusting the spine. Chiropractic is not a treatment for thyroid disease and Doctors of Chiropractic do not claim to be able to cure thyroid conditions, but by removing nerve interference from the spinal column, they allow the body to maximize its inherent healing ability.

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