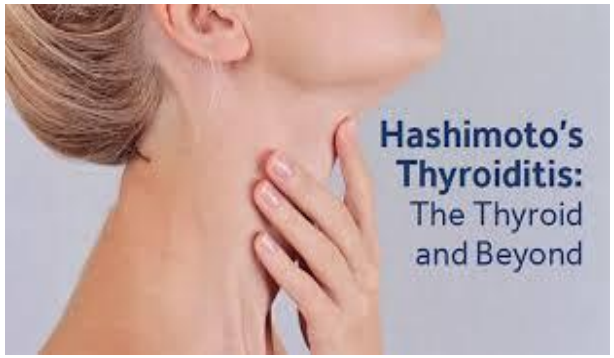
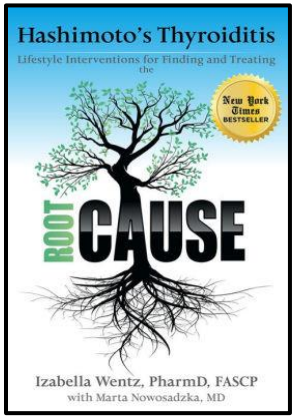
What is Hashimoto's Thyroditis?

Hashimoto's thyroiditis is a condition caused by the inflammation of the thyroid gland. It is an autoimmune disease, as opposed to a thyroid disease, which causes the body to attack and destroy the thyroid gland. For 90 percent of Americans, hypothyroidism, or low thyroid function, is caused by Hashimotos's. Blood tests for TPO (thyroid peroxidase antibodies) and TGAB(thyroglobulin antibodies) are definitive measurements for determining if a person has Hashimoto's.

With Hashimoto's thyroiditis the body becomes stuck in a vicious cycle of immune system overload, adrenal insufficiency, gut dysbiosis, impaired digestion, inflammation and thyroid hormone release abnormalities. This cycle is self-sustaining and will continue causing more and more symptoms until an external factor intervenes and breaks the cycle apart.

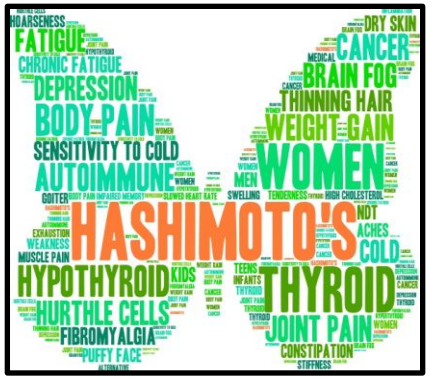


According to Dr. Izabella Wentz, author of the bestselling book, ***The Root Cause***, "Hashimoto's is more than just hypothyroidism. Most patients with Hashimoto's will present with acid reflux, nutrient deficiencies, anemia, intestinal permeability, food sensitivities, gum disorders and hypoglycemia in addition to the typical hypothyroid symptoms such as weight gain, cold intolerance, hair loss, fatigue and constipation. "



The book, The Root Cause, is recommended for anyone diagnosed with Hashimoto's. It can be purchased on Amazon. You can also support our Women's Health Initiatives Foundation and support New Hope for Cancer by joining the Amazon Smile program where 0.5% of your purchase goes to our foundation. Register at www.smile.amazon.com and search for Lyn Hogrefe Women's Health Initiatives Foundation Inc. Every time you shop, enter through the portal at smile.amazon.com.

HASHIMOTO'S THYROIDITIS



Hashimoto's thyroiditis is caused by an autoimmune process that causes inflammation of the thyroid gland. **SYMPTOMS AND SIGNS** of Hashimoto's thyroiditis resemble those of hypothyroidism. They may be mild at first but symptoms tend to worsen over time. Symptoms of an underactive thyroid include:

- FATIGUE
- WEIGHT GAIN
- FEELING COLD
- JOINT AND MUSCLE PAIN
- CONSTIPATION
- DRY, THINNING HAIR
- DEPRESSION

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