

**Do you experience fatigue, weight gain, dry skin, depression, brittle nails and hair, feeling cold and pale?
Have you considered if you have a thyroid problem?**

Thyroid hormone is essential for our existence, affecting every single cell in the body. If you don't have enough thyroid hormone it is called hypothyroidism (underactive thyroid gland), and it is one of the most common health problems. Everything slows down, from head to toe.

There are a number of causes for the failure of the thyroid gland, including iodine deficiency (or excess), inflammation, aging, menopause in women, or other illness or drug interactions.

An overactive thyroid on the other hand causes everything to speed up, and you may experience an adrenaline rush, palpitations, anxiety, sleeplessness, and increased frequency of bowel movements.

Some thyroid conditions are worsened by the intake of gluten. The thyroid gland is also very sensitive to toxins and chemicals, which we are exposed to in lots of body care products, cleaning products etc. Keep your lifestyle as natural as possible to protect your thyroid. We encourage you to perform a thyroid self-exam at least once a year to check for any lumps or enlargement. The thyroid gland is located in front of the windpipe. Look on our website for thyroid self-exam.

Foods which could impact on thyroid function are:

Goitrogens (cabbage, Brussel sprouts, broccoli, cauliflower, mustard greens, kale, turnips, and collards, soya and products containing fluoride such as tea and some toothpaste).

In our clinic, we can test your thyroid and hormones and establish if any foods and chemicals are affecting the function. We will advise of any supplement deficiencies and dietary changes as such changes can result in a corrective effect on the function of the thyroid.

Book a complete thyroid check-up for just £50 at The Ark Haverfordwest.
www.nutritiondetectives.co.uk



The Nutrition Detectives

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Thyroid Self-exam

Examination Step	What to do	What to look for
1.	Facing a mirror, place the fingers of your right hand over your Adam's apple while your chin is slightly out. Slowly and carefully feel the middle of your neck, working your way gradually down toward your breastbone.	Just as you pass downward from your Adam's apple, you will feel the firm cartilage rings of your windpipe. Feel the middle of each ring, moving downward until you feel a softer, flattened fleshly area overlying a ring. This is the middle portion of the thyroid gland, called the isthmus.
2.	Keep your fingers on the thyroid isthmus and move them slowly toward the left side along the windpipe, pushing them under any loose flesh or muscle.	You should be feeling your left thyroid lobe, alongside your windpipe and sometimes, if enlarged, extending toward the left upper side of your neck.
3.	Keep your fingers on your left thyroid lobe (you might have to feel down toward your collarbone). While your fingers are still, swallow.	You should feel the left thyroid lobe moving upward under your fingertips as you swallow. It should be fairly smooth and moderately soft. Any firm lumps or nodules should be noted and called to the attention of your physician.
4.	Repeat these instructions, starting at step 1, but substitute right for left and left for right.	This should permit you to examine your right thyroid lobe.



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