



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

Thyroid Testing

Your hormones may be out of balance if your gut is damaged and you may be tested for thyroid function. However, people with thyroid problems often have test results come back showing in normal range. This is because doctors don't always run appropriate tests. They often only test for T3, T4 and TSH (thyroid stimulating hormone) but it can be important to test for thyroid antibodies and Reverse T3. Doctors may run auto antibodies if there are symptoms of auto immunity or if a patient asks for the test which they often don't. Unfortunately, doctors in the UK don't have the ability to test for Reverse T3 – this would have to be done through a private lab.

T4 is the inactive form of thyroid hormone and has to be converted into T3 which is the active form of the hormone. T3 is then taken up by the T3 receptors in the body. People may have high levels of T4 but they can still be hypothyroid if Reverse T3 is high. This is because Reverse T3 blocks the T3 hormone receptors preventing the uptake of active T3. There can also be conversion problems with T4 to the active form of T3.

Blood tests need to be looked at alongside symptoms and general health because people can have 'normal' T4 but still be hypothyroid (underactive thyroid). This is because the range that doctors look can be too broad. Also, people with high T4 can be hyperthyroid (over active thyroid).

The above information comes from a qualified Naturopath.