



# NSIPM & Sano Wellness Center

## The Thyroid Gland

### What is the Thyroid Gland?

It is the largest of the seven endocrine glands and is located in the front of the base of the neck.

### What Does the Thyroid Gland Do?

- Controls the rate at which your body produces energy from food.
- Affects the operation of all body processes and internal organs.
- Helps control body temperature.
- In children, it helps control the body's rate of growth.
- Exerts a profound effect on mood and emotion through its action and brain chemistry.

### How Does the Thyroid Gland Perform Its Functions?

- The thyroid produces hormones and releases them into the blood stream where they are carried to virtually all cells of the body.
- Thyroid hormones deliver specific “control messages” to the organs and cells, and thereby govern their functions.
- The thyroid gland produces mostly T4 (93%) and a little T3 (7%). T4 must be converted to the active hormone, T3, in the cells of the various organs of the body. This conversion requires selenium-based enzymes.
- For various reasons, the body may have difficulty converting T4 into the active T3. This is one reason why using only T4 (Levothyroxine) medication is often an ineffective treatment for hypothyroidism.

Copyright © 2002, by Dr. Janet R. Lang DC