

# MASTERING HASHIMOTO'S

## *Labs Checklist*

### Complete Thyroid Panel

TSH  
Free T4  
Free T3  
Reverse T3  
TPO Antibodies  
TGB Antibodies

Vitamins and minerals - these are key in converting T4 (inactive) hormone to T3 (active hormone)

Ferritin  
Vit D  
Vit B12

### Sugar levels

Glucose (fasting blood sugar)  
HA1C  
Insulin

### Lipid Panel

Total Cholesterol  
LDL  
HDL  
Triglycerides

**TSH** – Thyroid Stimulating Hormone is released by the pituitary gland. This is the most commonly used (but not the most indicative) marker of thyroid health. TSH increases when T4 drops as the pituitary gland tries to “wake up” the thyroid by releasing more TSH to stimulate T4 production. In hypothyroid cases, TSH is typically high. This is a good starting point of a diagnosis but should not be used as the only marker. Typical lab range is 0.5-5.0 mU/L whereby functional practitioners like to use 1-2 mU/L range.

**Free T4 (FT4)** – measures the amount of free thyroxine found in the blood. T4 is produced by the thyroid gland when it binds with iodine. It is largely an inactive hormone that gets converted to T3, which is the active hormone.

**Free T3 (FT3)** – measures free triiodothyroxine (Free T3) and is the best marker for measuring the amount of an active hormone available for our body cells to utilize.

**Reverse T3** – this marker is elevated if a person went through a major trauma, surgery or severe chronic stress. When the body is under stress, instead of converting T4 to T3 (the active form of thyroid hormone), the body conserves energy by making what is

known as Reverse T3 (rT3), an inactive form of the T3 hormone. A high rT3 will block T3 from entering the cells making all symptoms of hypothyroidism even worse.

**TPO Antibodies** – thyroid peroxidase antibodies are an excellent marker to indicate the inflammation level of the immune system. TPOs are elevated in 75% of Hashimoto's patients. They are often not tested by doctors as there is no medication they can prescribe to lower the antibodies.

**TGB Antibodies** – thyroglobulin antibodies are used for two reasons: to evaluate the effectiveness of treatment for thyroid cancer and to monitor for thyroid cancer recurrence. Secondly, they can show up high when a woman is taking birth control pills and/or has elevated estrogen levels.

Learn about the **difference between functional and conventional ranges of these tests** by joining us at Mastering Hashimoto's Workshop ([www.masteringhashimotos.com/workshop](http://www.masteringhashimotos.com/workshop)). You will find out that functional medicine's healthy ranges are much narrower than conventional medicine (what your lab ranges show you).