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“...and if the root be holy, so are the branches...”

ELEVATED TSH WITH IODINE TREATMENT EXPECTED AND EXPLAINED

The pituitary gland detects levels of thyroid hormone in the blood. If too low, it sends out thyroid stimulating hormone (TSH) to stimulate the thyroid gland to make more. When TSH is tested, a higher-than-range test indicates slowed thyroid function – hypothyroidism.

Rather than addressing why the thyroid is not producing sufficient hormone, the standard approach in mainstream medicine is to simply supply hormone in synthetic form.

Proper thyroid function depends on adequate iodine balanced with selenium. When a person begins to replenish deficient iodine throughout the body, the thyroid needs to become saturated with it. Thyroid stimulating hormone (TSH) has a secondary role, and that is to provide the energy required to symport iodine along with sodium into the thyroid gland.

Thus, it is not uncommon to see significant increases in TSH levels for up to two years; sometimes into the 20s; often around 16. However, if the other thyroid numbers are tested, they will be stable, and, best, the patient will be experiencing improvements in how he or she feels, indicating a true clinical response to the thyroid gland and the thyroid hormones functioning normally.

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