

The Circle of Wellness For Healthy Thyroid Function (Gland)
By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR./CHEV

The “Circle of Wellness” that I provide to my patients is a model that anyone can use to minimize cognitive deterioration with aging and to achieve and maintain optimal physical and mental wellness. Patients suffering from thyroid imbalance should recognize the importance of early diagnosis to minimize any permanent residual damage to cognition. They should also make sure their thyroid remains in balance throughout their lives. Even that may not be enough. If a significant blow to the brain has occurred as a result of the imbalance, people should do everything they can to minimize other deleterious effects on the brain.

What some of my patients now know is that they need to take steps to preserve healthy brain structures as much as possible for the year to come. By failing to do so, they will place themselves at a much higher risk for further deterioration of their cognitive ability and possibly even dementia.

It is crucial for people afflicted with a thyroid condition to understand that the more a thyroid imbalance alters brain function, the greater their chances of having some residual effects, such as not feeling as well as before. Fight these residual effects using mind-body medicine that can help you alleviate some of the emotional effects.

Important Points to Remember

If you have been successfully treated for a thyroid imbalance but have continued to be emotional, moody, tired or exhausted or have continued to have achy feelings throughout your body or other symptoms of an underactive thyroid, you are not alone. It is just the aftermath of the effects of the imbalance on your brain chemistry. Some of your symptoms can be explained by a deficit of T3 (the most active form of thyroid hormone) not provided by the synthetic T4 used for the treatment of hypothyroidism. Proper complete laboratory studies will help substantiate objective findings of T-3 deficiency.

To fight these symptoms, use mind body techniques and aerobic exercise, maintain thyroid balance, and if necessary, use T4/T3 combination treatment and check all neurotransmitters with testing.

The damaging effects of a severe thyroid imbalance on your brain may lead to impaired cognition and memory problems that resemble the effects of aging. You need to pay attention to your lifestyle, take antioxidants, addressing adrenal gland excesses/deficiencies, control your blood pressure, and avoid complex sugars.

Pay attention to sex hormones if you are postmenopausal, and consider small amounts of natural androgens plus estrogens to improve your mood and cognition. You may need natural progesterone if you have a uterus and in menopause

Major contributing factors for lower T3 levels are; decreased selenium levels; heavy metal toxicity (mercury, cadmium); toxic liver and gut and decreased T4 levels.

Dr. Badanek's office looks at sickness and disease at a totally different perspective. We address the cause of all conditions, test for them, and treat the cause not just the symptoms. It is a totally new paradigm shift of conscientiousness for the new patient. To input knowledge to the patient, which is most lacking today in our health care delivery system, is empowering the patient to be successful with their health care challenges presented.

Please schedule an appointment to consult with your health challenges. We offer a courtesy consultation for your first visit to meet Dr. Badanek. Dr. Badanek has been in private clinical practice for 36 years working in the field of Integrative/Functional Medicine.

Dr. Badanek's website: Dr.Badanek.com will give you an idea of what his facility has to offer the sick and health challenged.

To schedule an appointment, please call 352-622-1151.

