



# UNDERSTANDING YOUR THYROID



## WHAT YOUR THYROID DOES

Your thyroid is a small, butterfly-shaped gland located at the front of your neck — but it plays a **big role in how your entire body functions.**

It acts like your body's control center for metabolism, helping regulate how your body uses energy every single day.



### YOUR THYROID HELPS CONTROL:

-  Your energy levels
-  Your metabolism (how your body burns fuel)
-  Your weight regulation
-  Your body temperature
-  Your heart rate
-  Your mood and mental clarity

### HOW IT WORKS (SIMPLIFIED)

Your thyroid produces hormones — mainly T4 (thyroxine) and T3 (triiodothyronine).

*Think of it like this:*

**T4** = the inactive form (storage hormone)

**T3** = the active form (what your body actually uses)

Your body must convert T4 into T3 in order to properly function.



*If this conversion doesn't happen properly, you can still feel symptoms — even if your labs look “normal.”*

### WHY THIS MATTERS

When your thyroid isn't functioning properly, it can affect **almost every system in your body.**

That's why symptoms can feel so widespread — and sometimes confusing.

Understanding how your thyroid works is the first step in understanding what your body may need.

*Knowledge is power, and understanding your body is where true healing begins.*

