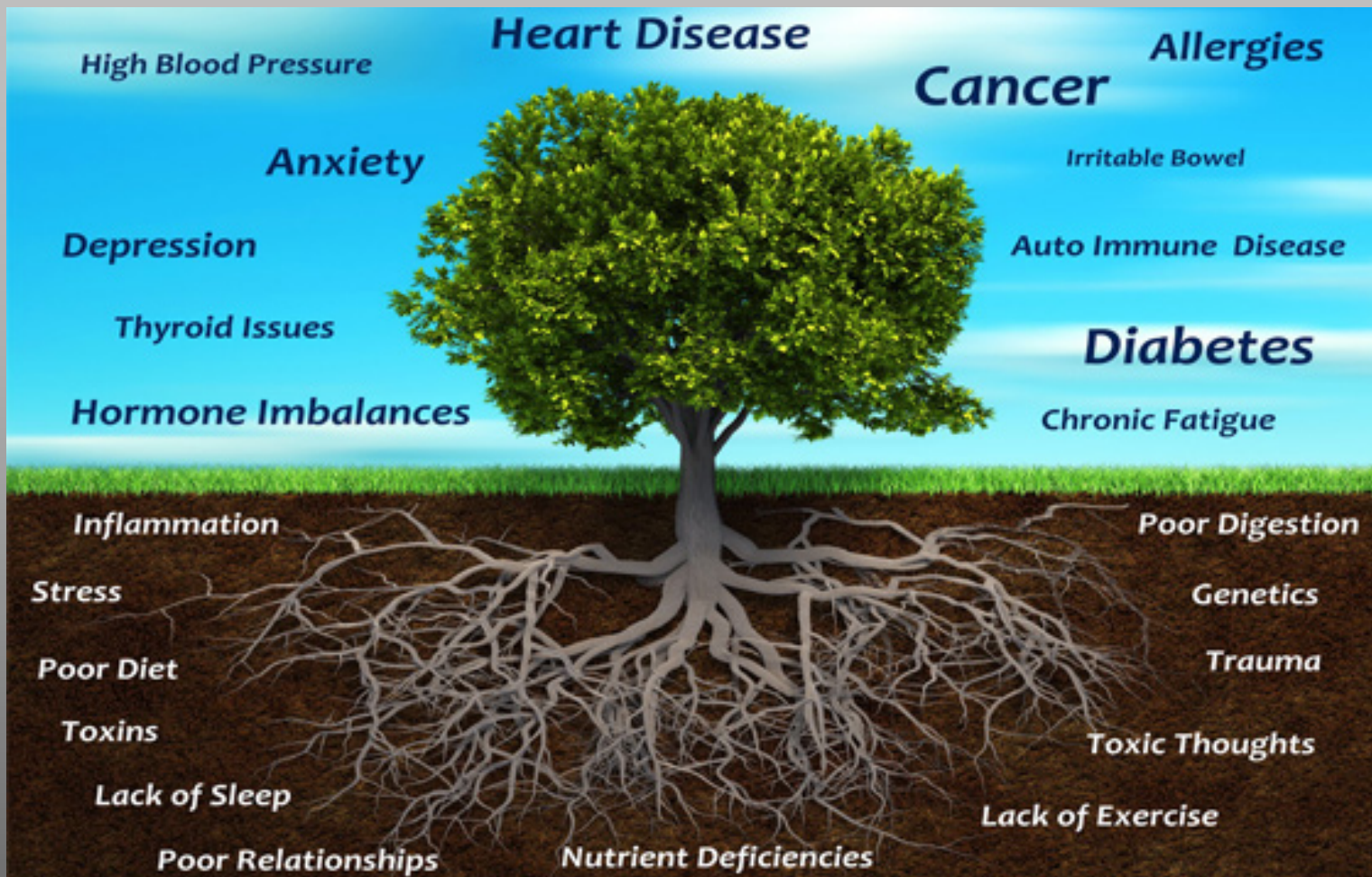


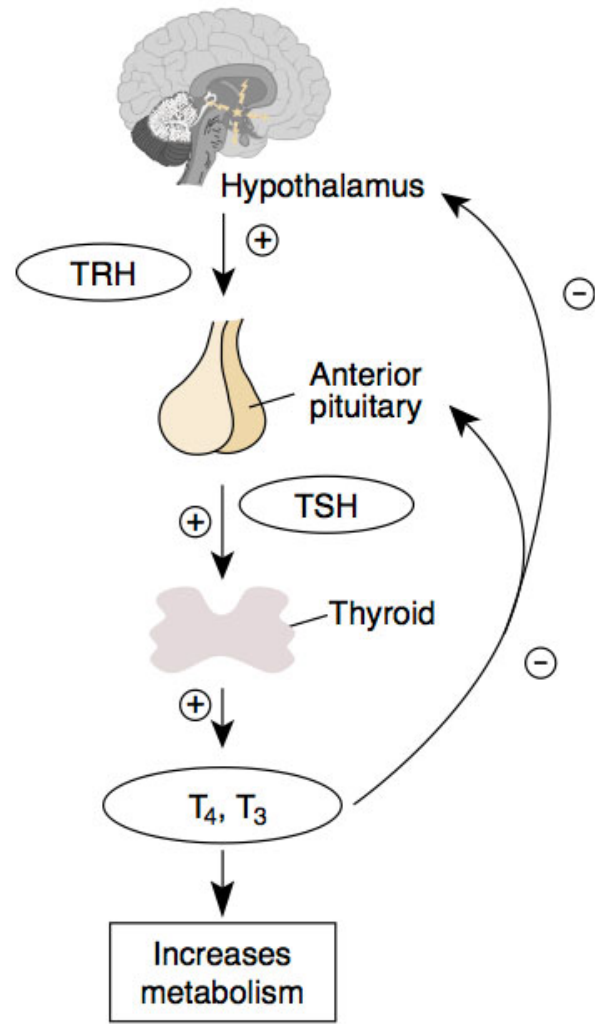
The Collaborative on Health and the Environment:
Environmental Influences on the Thyroid Gland

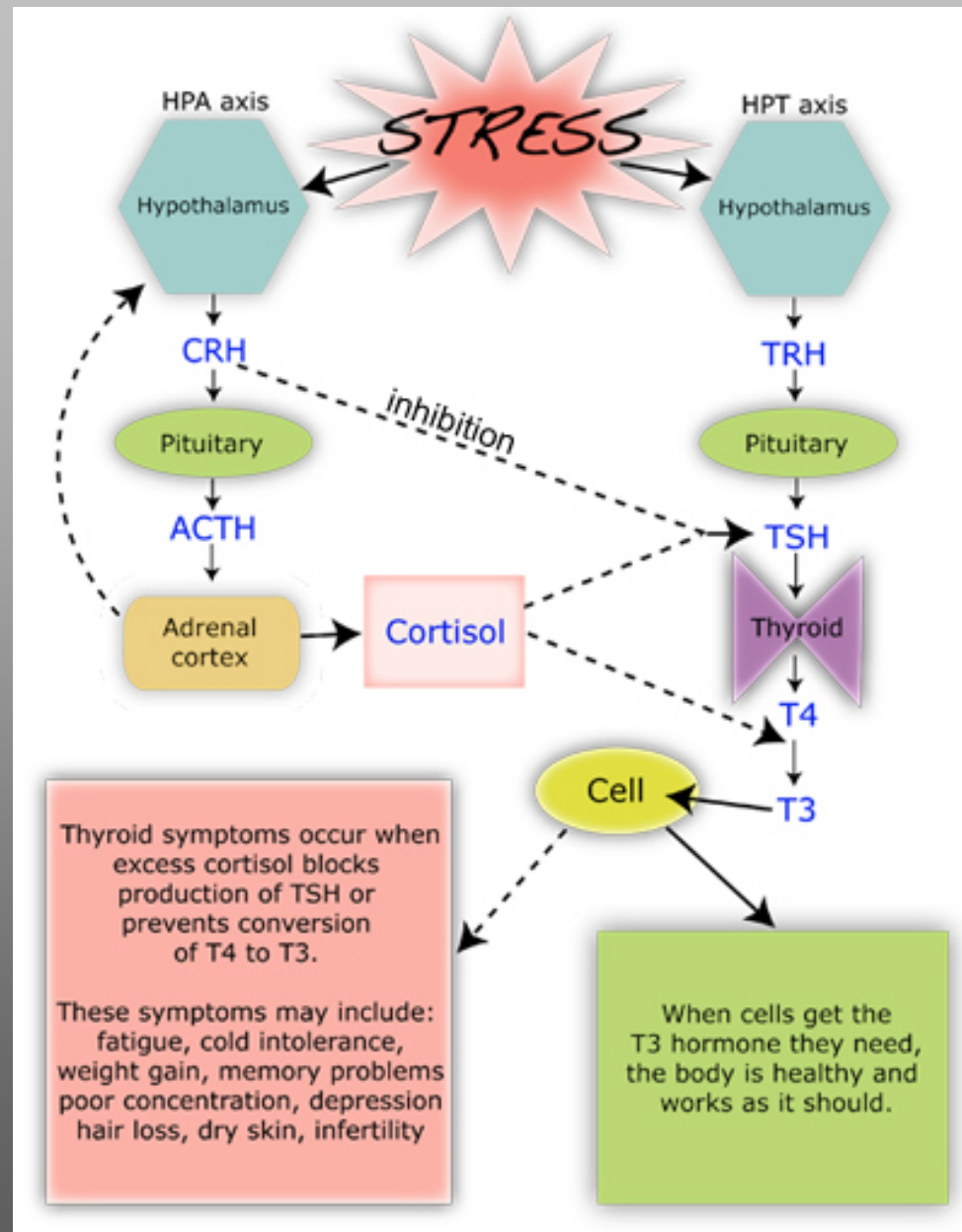
Cynthia Li, MD
Internal Medicine
Berkeley, CA
February 26, 2015

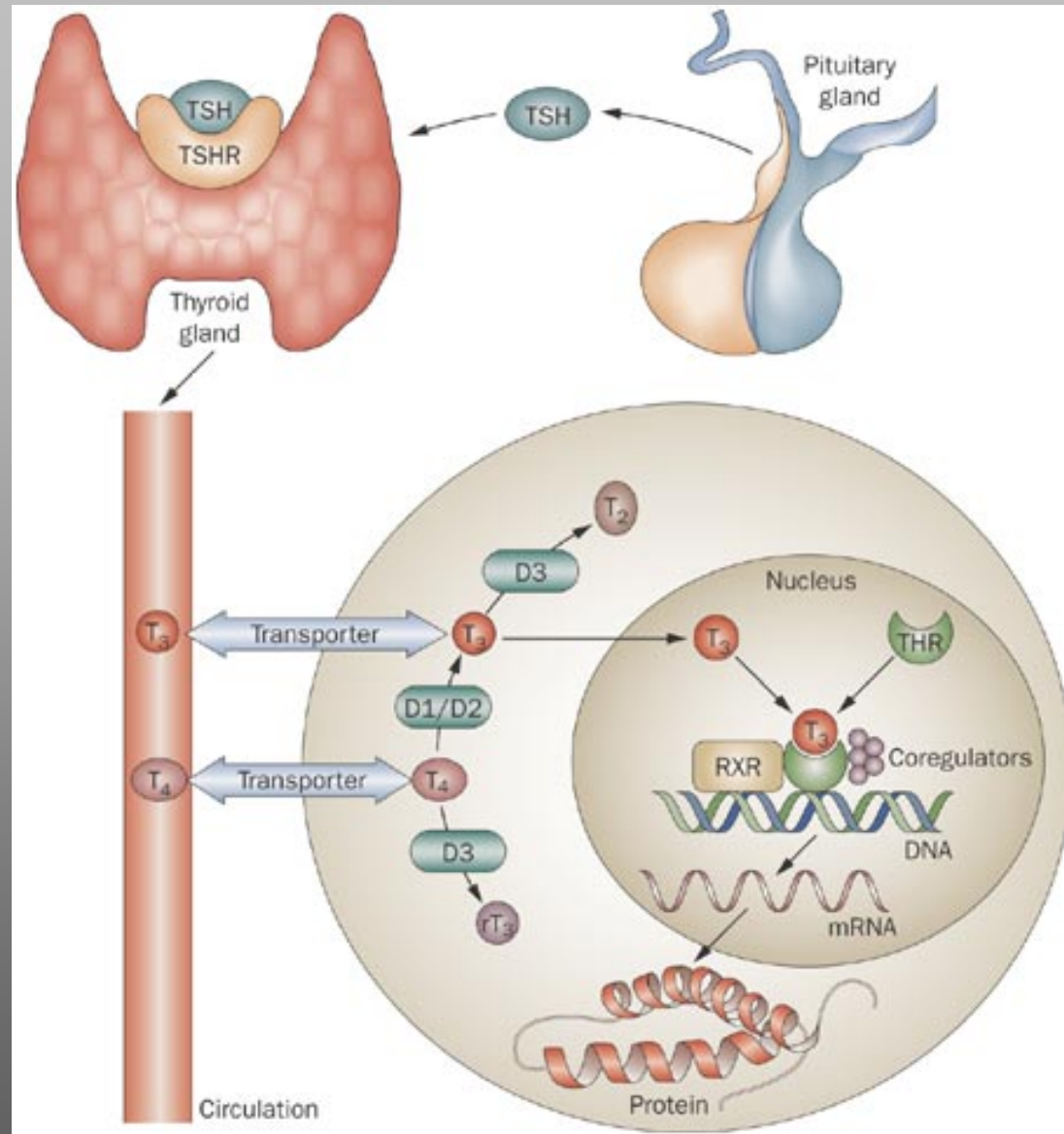


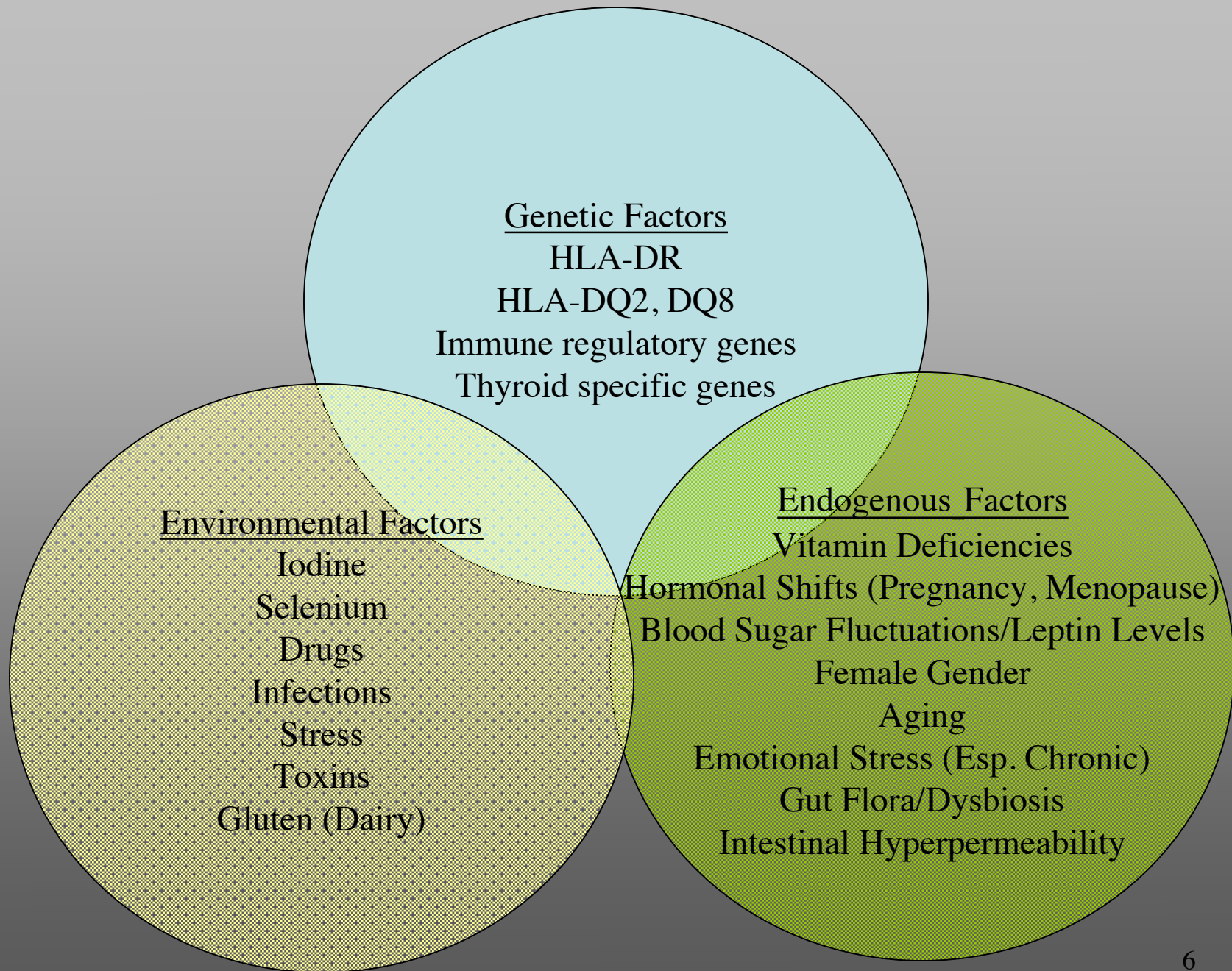
Functional Medicine: Root Imbalances & Systems Biology

HPT Axis









Thyroid Support



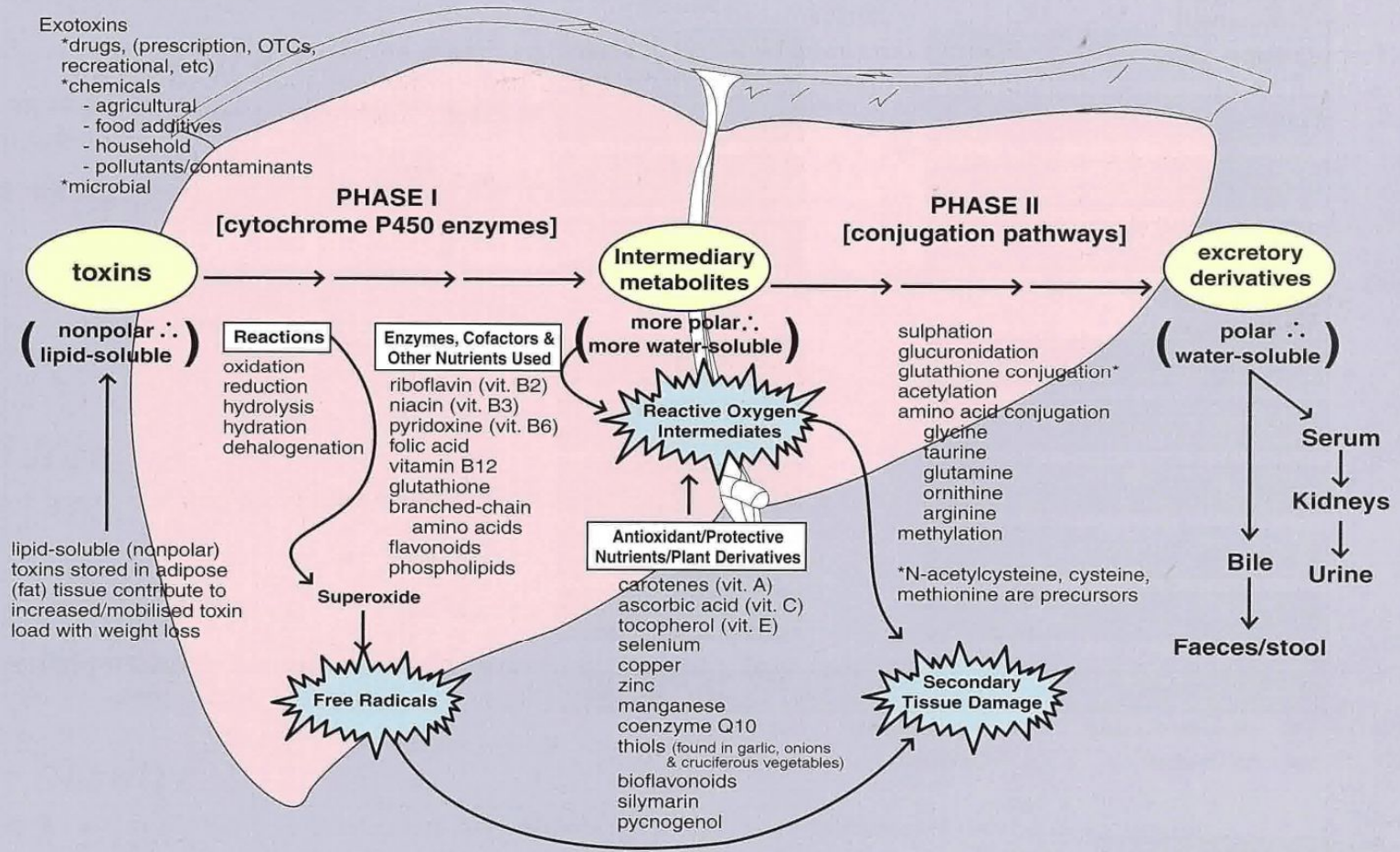
Reduction of Autoimmune Triggers

- Environmental Toxins
 - Reduction of exposures when feasible
 - Detoxification measures
- Food Triggers: Gluten
- Heal the Gut Lining (Intestinal Hyperpermeability)
- Hormonal Fluctuations
 - Balance hormones
 - Support nutritionally
- Microbial Infections--> Antimicrobials
 - Viruses: EBV, Coxsackie, Influenza B, Rubeola, Rubella
 - Bacteria: Yersinia

Liver Detoxification Pathways & Supportive Nutrients

Endotoxins
 *end products of metabolism
 *bacterial endotoxins

Exotoxins
 *drugs, (prescription, OTCs, recreational, etc)
 *chemicals
 - agricultural
 - food additives
 - household
 - pollutants/contaminants
 *microbial



Immune System Support

- Vitamin D3
- Gut Flora Support
 - Probiotics
 - Fermented Foods
 - Fiber
- Acupuncture
- Mind-Body Practices

Reduction of Inflammation

