Corrective Care Clinic in Beaverton Explains How Chiropractic Care May Help with Hypothyroidism

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True Potential Chiropractic, an award-winning wellness center, specializing in professional chiropractic massage and assisted stretching offering a chiropractor near me Beaverton residents can depend on, has explained in a new blog post how chiropractic care may help with hypothyroidism. Hypothroidism is the result of an underactive thyroid, which is a gland located in the neck and produces hormones that are needed to regulation a range of bodily functions. The thyroid produces two key hormones, which are called T3 and T4. Meanwhile, the pituitary gland secretes a thyroid-stimulating hormone (TSH) that regulates how much T3 and T4 is produced by the thyroid.

Hypothyroidism means the amount of T3 and T4 being produced by the thyroid is insufficient. These thyroid hormones influence a range of bodily functions, ranging from the brain to the bowels, thus affecting mood, concentration, and appetite. Typical symptoms of hypothyodism include: weight gain; cold sensitivity; fatigue; constipation; brain ?fog?; depression; muscle aches, cramps, or weakness; slow pulse; slower movements; goiter; and headaches. It may also increase the risk for chronic conditions, such as arthritis, heart disease, cognitive impairment; and age-related macular degeneration. Traditional treatments for hypothyroidism include medications, such as levothyroxine derivatives, or man-made versions of the thyroid hormone thyroxine (T4). However, once a particular medication has been prescribed, it is supposed to be taken for life. Short-term side effects of these medications include headaches, hair loss, difficulty sleeping, heart palpitations, and appetite disruption. Long-term effects may include heart attacks and brittle bones (osteoporosis).

Meanwhile, diet, lifestyle and dietary supplements may also help with hypothyroidism. These include: avoiding foods that interfere with thyroid function; increasing foods high in B-vitamins and iron; avoiding alcohol and tobacco; eating foods high in antioxidants; and decreasing caffeine intake.

Chiropractic care may also help with hypothyroidism by addressing nerve interference from the spinal

column, which will enable the body to optimize its inherent healing capability. Case studies have revealed that correcting or improving subluxations, which are structural shifts in the spine that result into nerve disruption, may provide relief for the symptoms of hypothyroidism. In one such study, a 61-year-old woman was diagnosed with hypothyroidism has been suffering from reduced energy, weight gain, migraines, fatigue, vertigo, dizziness, Meniere?s disease, and tinnitus for a number of years. After completing a course of chiropractic adjustments, she experienced weight stabilization, more energy, and a decrease in tinnitus episodes. Hormone testing indicated that her hypothyroidism appeared to have been resolved.

Initiated in 2013, True Potential Chiropractic delivers lifestyle care to everyone, particularly for athletes and family members of all ages. This chiropractic clinic has grown into one of the top providers of family corrective care Beaverton residents have learned to trust. Dr. Bryen Bell, who founded the clinic, is focused on providing non-drug solutions as the key option in offering health care. He and his family had transferred to the Pacific Northwest during the summer of 2013, and it was soon after that Dr. Bell started a fully computerized and cutting edge corrective care family wellness center in Beaverton, Oregon. This is a sports rehab and family chiropractic practice that helps patients achieve better wellness and health, by relying on maintenance and prevention, rather than providing treatment only after a health problem has already occurred, such as disability, pain, or disease. His wellness philosophy is based on the six laws of the human body, which are: alignment, diet, exercise, mindset, rest, and stress management. Dr. Bell earned his BS degree in human biology and chiropractic degree (D.C.) from the Cleveland Chiropractic College in Los Angeles, California.

When in need of a chiropractor near me Beaverton residents can check out the True Potential Chiropractic website or contact them on the phone or through email. They are open from 9:00 am to 12:00 pm and then from 3:00 pm to 6:00 pm on Mondays, Tuesdays and Thursdays; Wednesdays from 3:00 pm to 6:00 pm; Fridays from 9:00 am to 10:30 am and Saturdays from 9:00 am to 11:30 am.

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For more information about True Potential Chiropractic, contact the company here:True Potential ChiropracticDr. Bryen Bell503-574-4872drbell@tpcportland.com8283 SW Cirrus DriveBldg 15Beaverton OR, 97008

True Potential Chiropractic

True Potential Chiropractic is an award winning wellness center located in Beaverton OR. TPC is able to assist from prenatal to adults with their pain relief, personal injury and corrective care. Bodywork, stretch and chiropractic therapy is available.

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