



# The Skinny on Fat

by Dr. Kelly J. Gibas



## Hypothyroidism

### *Euthyroid Syndrome*

*THYROID, it's the great mystery for millions!* Fatigue, poor memory, dry skin, weight gain, headaches, hair loss, depression, nervousness, joint & muscle pain, cold hands and feet, swelling, constipation ...and the list could go on. Yet, according to recent studies, nearly 8 million people with low thyroid (hypothyroidism) go undiagnosed. ***In fact many scientists, researchers and physicians believe that up to 40% of the US population suffers from low thyroid function!***

OK, if the symptoms are clear, why the confusion and lack of diagnosis? The answer seems to be, ***Euthyroid Syndrome.***

*Euthyroid is a medical term for patients who have a normal blood thyroid test, but have all the classic symptoms associated with hypothyroidism.*

Euthyroid patients typically have a metabolic difficulty converting T4 into the active T3. The blood work looks normal, but due to dysfunction with conversion into the active hormone, the patient will be suffering from obvious hypothyroid.

## TSH, T4 & T3...

This also explains why many thyroid patients are prescribed synthetic thyroid hormones, like Synthroid which only contains T4, and they do not feel any better. ***It's the bio-active T3 that they're missing.***

The thyroid gland is shaped like a butterfly and is located in the lower front part of the neck. It is responsible for secreting the thyroid hormones. These hormones travel through the blood and help cells convert oxygen and calories into energy. The thyroid hormones control the metabolism. The brain controls the pituitary gland's production of TSH (thyroid stimulating hormone). TSH then stimulates the thyroid to produce T4. T4 is then converted into T3. This conversion happens within the cells. T3 is vital for life; it is 4x more active than T4. *The body must have T3.* Survival is possible without T4, but not without T3.

## Mono, poly, saturated, trans...

Monounsaturated fats include olive oils, nuts, seeds, avocados & olives. It is a very stable fat and is suitable for cooking or baking at high temperatures. Polyunsaturated fats are the liquid fats produced from vegetables or seeds such as vegetable oils, safflower oil, etc. They are not stable because they have been previously changed from solid into liquid. Therefore, they are not safe for cooking at high temps. High temperature will actually damage a polyunsaturated fat and turn it into a damaged fat or a trans-fat. Saturated fats include fat from animal sources...butter, marbling of meats, egg yolks & cheese. Natural fats are healthy, they **DO NOT** raise blood cholesterol (contrary to popular belief!).



## **Damaged fat...the real villain**

Natural fats are recognized by the body and are used for repair, restoration and healing. **Trans-fats or damaged fats are a different story.** Trans-fats are identified on labels as partially-hydrogenated oils. It is a fat that has been chemically altered, with high temps, to produce a waxy, fatty substance that has an unusually long shelf life. The body does not recognize synthetic trans-fat; the damaged fat creates a reaction in the body which can lead to heart disease, cancer, obesity & diabetes. **Check labels closely.**

Many products advertise, “No Trans-fat”, yet the ingredients include partially-hydrogenated oils...that is trans-fat! And, remember if you are frying at high temps with vegetable oil, you are creating trans-fat at home! Cook with either olive oil or butter/lard. They are stable fats that do not become damaged by heat.

## **What’s for dinner?**

Let’s make this practical. What should your Thanksgiving Dinner look like? Plenty of turkey (or ham, Swedish sausage) for sure, eat potatoes sparingly with real butter, nuts & relish are a good choice and don’t forget the vegetables (except corn, it’s too high in sugar). And, go ahead, sauté the veggies in butter! Pumpkin pie has protein, it’s low in sugar & even try real whipping cream! But, be careful...the good tasting coffee creamer, in all the fancy flavors,...it has trans-fat!

And, remember  
...take time to Revive & Restore!

~Kelly