



## Thyroid Resistance

The studies below demonstrate that thyroid resistance is a significant problem in Chronic Fatigue Syndrome and Fibromyalgia. Many doctors don't believe it is a true dysfunction even though it is becoming well documented. The Los Angeles Times even did a story on the problem of a fire retardant, which is band in every other country except the United States, building up in people's bodies and blocking the effect of thyroid. This is a major problem for most Chronic Fatigue Syndrome and Fibromyalgia patients as well as being a problem for the population in general. It is, however, much worse in CFIDS and Fibromyalgia.

Thyroid resistance is basically a condition in which the thyroid in the blood has less of an effect than is normal. Documented causes of thyroid resistance includes viruses, bacteria, yeast, toxins, plastics, fire retardants, pesticides and reverse T3 to name a few. When a doctor "checks your thyroid" he or she is actually checking thyroid hormone levels. What is really the goal is not to know how much thyroid is in the blood, but instead, what the thyroid effect a person is getting. The problem is that there could be normal thyroid levels, but because there is thyroid resistance, there is poor thyroid effect.

There is no standard blood test, but those very familiar with this condition can usually recognize it with extensive thyroid panels. Treatment can be done by eliminating the cause, which can infection or toxin, or overcoming the resistance by giving higher doses of thyroid and watching the effect. High dose inositol can sometimes be beneficial, but it is best to remove the cause of the resistance. A possible screening question to check if your potential doctor is an expert in Chronic Fatigue Syndrome and Fibromyalgia is to ask if he or she treats thyroid resistance.

A metabolic basis for Fibromyalgia and its related disorders: The possible role of resistance to thyroid hormone. *Med Hypotheses* 2003-7-31 61(2) 182-9

Effectiveness and safety of T3 (triiodothyronine) therapy for euthyroid Fibromyalgia: a double-blind placebo-controlled response-driven crossover study. *Clinical Bulletin of Myofascial Therapy*, 2(2/3):31-58, 1997