

ARE YOUR HORMONES MAKING YOU FAT?

Imagine waking up every morning to the sound of your alarm, excited and happy to be starting a new day. When you look in the mirror you admire your body. Everyone tells you how great you're looking and asks what your secret is.

Sound too good to be true? If you, like many other women, don't feel this way, you may have a hormonal imbalance. Research has documented that over 40 per cent of women have an undiagnosed underactive thyroid gland. If you feel tired all the time, crave sugar, use alcohol and coffee to lift yourself, retain weight around your middle and feel the cold, you could be suffering from this problem.

So what does your thyroid do and what does this mean for you?

The thyroid gland is the major player in controlling how many calories you burn. It produces hormones that control the body's metabolism. If your thyroid is underactive (hypothyroidism) it's almost impossible to lose that spare tyre around your middle, no matter how many carbs you cut or how many hours you spend on the treadmill.

Blood testing is not accurate enough

Current blood testing methods are not accurate. Blood tests can only measure how much thyroid hormone you have in your blood – they can't measure how well your hormones are working. So, if you do have a thyroid problem, it's not always picked up.

New way of testing

American thyroid specialists, Dr. Konrad Kail and Dr. Daryl Turner have developed a quick and non-invasive medical thyroid function test, called the Thyroflex™ that's been used by US doctors for the past two years to accurately diagnose thyroid issues.

The good news is, once your thyroid function is accurately diagnosed, the medication and nutrients you need to get your thyroid balanced can be established.

With a balanced thyroid your energy will increase, you will lose weight easily, and you'll feel happier in yourself. If you suspect your thyroid isn't quite right, don't put off feeling great any longer, get it tested. You deserve to feel fantastic every day!

Visit www.herbalhealthcentre.co.nz to take the thyroid function questionnaire or TXT "health" to 244 for more information.

ADVERTISEMENT



FREE Thyroid Test if you book by February 2010

TXT "health" to 244 for more info

Are you fed up with...

- Weight gain around your stomach?
- Feeling tired, especially around 3pm?
- Feeling foggy?
- Waking through the night?
- Poor memory?
- Depression and irritability?
- Having no interest in sex?
- Constipation?
- Aching muscles and joint pain?
- Muscle cramps?
- Worrying you may be infertile?
- Craving sugar and carbs?
- Feeling the cold?
- Hair loss?
- Using coffee and alcohol to lift you?

If you answered **YES** to three or more of the above, you may have an underactive thyroid gland – even if you have had 'normal' blood test results from your GP.

BOOK NOW for a consultation and receive your thyroid test **FREE!** (offer ends January 31 2010).

Ph: 09 360 1441

**No questions asked
Money back guarantee**

We're so confident we can help, if you're not satisfied with your thyroid consultation we'll give you a no-questions-asked full refund on services.



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