The Adrenal Thyroid Connection: 
What's Your Body Trying to Tell You?

Aviva Romm, MD

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Christine Stubbe, ND
Medical Education Specialist - Asheville
Technical Issues & Clinical Questions

Please type any technical issue or clinical question into either the “Chat” or “Questions” boxes, making sure to send them to “Organizer” at any time during the webinar.

We will be compiling your clinical questions and answering as many as we can the final 15 minutes of the webinar.

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What’s Going On?

Epidemic of Overwhelm
What Women Are Experiencing
What Women Are Hearing from Conventional Doctors
What’s Really Going On?
An Evolutionary Mismatch
A Common Denominator:
The Adrenal Axis
More Than a Feeling...
Survival Overdrive Syndrome
Sleep Impact
Mood Impact
Beyond Salt, Sugar, Fat: Weight Impact
Mind & Willpower
Immune Impact
Gut Health Impact
Cardiovascular Impact
Hormones & Reproductive Impact
Memory & Cognitive Function
Inflamm-Aging
The Adrenal-Thyroid Connection

- Stress
- HPA Axis Hypothalamus
- CRH
- Pituitary
- ACTH
- Adrenal Cortex
- Cortisol
- TRH
- Pituitary
- TSH
- TSH Regulation
- T4
- T3
- Cell
How You Can Help
Heal the Root Cause - OVERWHELM

Diet, Nutrition, & Blood Sugar
Stress and Circadian Rhythm Disruption
Gut Imbalances
Stealth Infection & Inflammation
Body Burden & Detoxification
Support Healing

Remember what SOS is saying:
Needs support for resilience and reserves
Replenish not push further
Baby steps and pacing
Self advocacy
Heal our lives to heal our bodies
Heal out bodies to heal our lives
Practical tools to help KISS
Identify SOS (Allostatic Load)

**Primary Mediators**
- Cortisol (overnight)
- Catecholamines
- DHEA-S

**Secondary Mediators**
- Waist-to-Hip
- S:D BP Ratio
- Albumin
- Total Cholesterol and HDL
- Hemoglobin
- Fibrinogen
- CRP
24 Hour Salivary Cortisol: Classic SOS Pattern!
Identify Thyroid Problems

- TSH
- FT3
- FT4
- TPO
- TgAb
- RT3
- + Iodine
- +TBG/SHBG
Adaptogens & Other HPA Support
“When sleeping women wake, mountains move.” ~Chinese proverb
Next Step? Join the Revolution!

Coming Soon....

The NEW Medicine for Women Institute (NMWI) Functional Medicine Professional Training Program

avivaromm.com
Questions?

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LIVE GDX — Previous webinar recordings
GI University — Focused learning modules
Conferences — Schedule of events we attend
Test Menu — Detailed test profile information
MY GDX — Order materials and get results

Christine Stubbe, ND
Moderator

Aviva Romm, MD
Presenter
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Additional Questions?

US Client Services: 800-522-4762
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Please schedule a complimentary appointment with one of our Medical Education Specialists for questions related to:

– Diagnostic profiles featured in this webinar
– How Genova’s profiles might support patients in your clinical practice
– Review a profile that has already been completed on one of your patients

We look forward to hearing from you!
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References


