



## **Hello & Welcome**

**I am going to be teaching you how to heal your thyroid, lose weight and feel more confident.**

### **What Is Hypothyroidism?**

**Hypothyroidism, also called underactive thyroid disease, is a common disorder. With hypothyroidism, your thyroid gland does not make enough thyroid hormone.**

**The thyroid gland is located in the front lower part of your neck.**

**Hormones released by the gland travel through your bloodstream and affect nearly every part of your body, from your heart and brain, to your muscles and skin.**

**The thyroid controls how your body's cells use energy from food, a process called metabolism. Among other things, your metabolism affects your body's temperature, your heartbeat, and how well you burn calories. If you don't have enough thyroid hormone, your body processes slow down. That means your body makes less energy, and your metabolism becomes sluggish.**