

THYROID LABS CHEAT SHEET

By Nicole Ritter Health

MM
MINERALS & METABOLISM
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HI THERE, I'M NICOLE!



I am a Board Certified Holistic Health Practitioner, Holistic Nutritionist, Functional Diagnostic Practitioner, Health and Life Coach and am currently obtaining my Masters in Clinical Nutrition and Integrative Health.

I am passionate about showing my clients how to overcome their health challenges by getting to the root of their issues so that they may truly thrive in health and in life.

I began my own health and wellness journey five years ago to find answers to my health problems.

I help my clients naturally heal through food and lifestyle changes and improve their overall health and well being through functional medicine lab work and customized Nutrition Counseling and Health Coaching.

Nicole x

WELCOME

Since awareness of thyroid disease in women is not widespread, your doctor may not be a thyroid expert and **may not perform the necessary diagnostic tests** or understand the various drivers involved with thyroid disease. Remember that your thyroid is your **MASTER** of metabolism. You cannot have a thriving metabolism without a properly functioning thyroid!

Many doctors **only check thyroid stimulating hormone (TSH)** to assess thyroid function. This is inadequate according to leading thyroid specialists and my years of experience.

On the following page, is a printable **THYROID LABS CHEAT SHEET**.

The Cheat Sheet has the lab tests you should request from your doctor along with optimal reference ranges. If your doctor is unable to order lab tests for whatever reason, I can order them if we are working together 1:1.



THYROID LABS CHEAT SHEET

Full Thyroid Panel	Optimal Reference Range
TSH	.5 - 2 μ IU/mL
Total T3	120 - 180 ng/dL
Free T3	3.4 - 4.4 pg/mL
T3 Uptake	28 - 38%
Total T4	6.0 - 11.9 μ g/dL
Free T4	1.4 - 1.8 ng/dL
TPO Antibody	< 10 IU/mL
TBG Antibody	< 20 IU/mL

Note:

When doing blood work with your doctor, I also suggest running a CMP, CBC, lipids panel, full iron panel, B12, magnesium, insulin and A1C.

WHY TEST ANTI-THYROID ANTIBODIES?

Antibody testing is used to diagnose autoimmune thyroid disorders such as Hashimoto's and Graves'. Many conventional doctors do not order thyroid antibody tests. This is because conventional medicine adheres to the same treatment protocol whether you have nonautoimmune or autoimmune thyroid dysfunction. Consequently, many doctors do not see the need for this type of testing.

DON'T RELY ON OUTDATED REFERENCE RANGES

In early 2000, the American Association of the Clinical Endocrinologist recommended that thyroid lab references should be narrower. However, many laboratories and doctors have not yet updated their practices to reflect this recommendation. I have provided the reference ranges for functional / optimal levels of each test.

READY TO OPTIMIZE YOUR THYROID HEALTH?

INTRODUCING MINERALS & METABOLISM

A self paced course to help you restore your energy, rebalance your digestion and renew your metabolism.



CLIENT LOVE



"I cannot say enough good things about Nicole! **I struggled for years with severe depression, irregular periods, insomnia, inability to lose weight and the list goes on.** I knew this person was not who I was or wanted to continue to be but felt like I had done everything and was ready to just accept "this must be 30" Right away **Nicole addressed my MTHFR** (which wasn't even a main concern) and **within a couple weeks I was noticing a world of difference in my attitude.** Fast forward **JUST 3 months my periods are regular again, I have minimal PMS (I'm talking I've had -find me in the fetal position- cramps and breast pain since I started my cycle 15+ years ago) and they've nearly vanished. I sleep great and through most nights and I am in much clearer head space,** even in those sad times I can process it and not let myself get stuck in the valley. Nothing about our health is a quick fix, it is 100% a journey. But if you feel like something is off it probably is! Listen to that and use Nicole as a pivotal foundation block, you won't be disappointed!"

BRITTNEY HORTON



"Nicole is nothing short of incredible! She is knowledgeable, exciting, fascinating and goes above and beyond. **I came to her with a lot of health issues, but mainly my food allergies were getting out of control.** She listens closely to me every time we talk and she makes it her life goal to cure your health problems. **I couldn't recommend her and her program enough, worth every penny."**

ANNA CHRISTENSEN

CLIENT LOVE



"Working with Nicole was a truly wonderful experience. I came into working with her with **chronic bloating that I had resigned was just going to be my way of life after working with doctors and nutritionists with little success.** Nicole really listens. **She recommended tests that lead to the discovery of the root of the issue** and worked with me on a plan to effectively correct my uncomfortable bloating. **I cannot say enough about how much better I feel both mentally and physically.** I did not realize how my being constantly uncomfortable affected my mood and energy level until Nicole finally helped me fix the issue. **My anxiety has also decreased and as an added bonus I even look healthier.** Having someone that takes the time to listen to your symptoms, who understands the vital importance of gut health, and who creates effective and lasting plans is worth every penny and more."

BRITTANNY MEIERLING



Nicole is seriously a godsend to me! I started working with her in September and I haven't stopped. **I've learned so much about my body, allergies, vitamins/mineral deficiencies etc** which led me to find some other things that were going on. **I feel so much better physically and mentally.** If you're just not feeling yourself or want to learn more about your body then look no further, Nicole is the BEST.

HEATHER ELLIS

THANK YOU SO MUCH
FOR DOWNLOADING THIS
THYROID LABS CHEAT SHEET! I
HOPE YOU FOUND IT HELPFUL!

TO YOUR HEALTH!

Nicole x



[@NICOLERITTERHEALTH](#)