



TIER 1 HEALTH AND WELLNESS

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Give the Gift of Health



*To celebrate our first
Christmas in
Chattanooga, we are
offering \$500 off of the
initial annual enrollment
fee for all new patients!*

Sonic Gains

Sonic Gains is also known as extracorporeal shock wave therapy, which is a great solution for men with Erectile Dysfunction, Peyronie's disease or any man whose sex life is compromised and wants to optimize performance in a natural way without pills or surgery. This procedure treats the root cause of these issues using high frequency, low intensity sound waves to improve blood flow to the penis, repairing damaged blood vessels and removing decades of micro-plaque.

There have been over 40 clinical studies proving the efficacy of the treatment with a greater than **75% success rate**.

What you can expect:

- Harder & more sustainable erections
- More intense orgasms
- Increased confidence
- Treatment of the root cause of ED
- No downtime

Tier 1 Dispensary Is Now Open

The Tier 1 Dispensary provides patients the opportunity to obtain prescriptions in the most convenient and cost effective manner possible. We are now offering a limited selection medications, and have plans to increase the number of medications that are available as time progresses. Dr. Scott Howell has been invaluable in getting this project up and running! Thank you Scott for all of your hard work!

Prescriptions currently available:



Cialis/Tadalafil



Metformin XR



Spirolactone

***\$500 Off a Six Pack Sonic Gains
Treatment Package when booked
during December!***

THYROID OPTIMIZATION

The thyroid gland produces a hormone called T4. The number 4 indicates that it has 4 iodine molecules. The body produces an enzyme that removes the iodine molecule & converts the T4 hormone into T3, which is the active form of the thyroid hormone. What is free and circulating in the system, available for the body to use, is Free T3. It is the Free T3 that has the effect on energy, metabolism, and most all of the various thyroid functions.

The most common thyroid measurement used by physicians is TSH or Thyroid Stimulating Hormone, which stimulates the thyroid gland to produce thyroid. This is a gauge that is opposite of your thyroid production. If the body senses that there is enough thyroid present in the body, the TSH will be low. Conversely, if the body senses that there is not enough thyroid, the TSH will go up, in an effort stimulate the thyroid gland to make more thyroid. Here is the part of confusion. If you doctor says that your thyroid is low, do they mean the TSH is low, which indicates that your actual thyroid level is high? Or do they mean that your actual thyroid is low (Low T3 or T4), in which case the TSH would be high?

A second point of confusion: If your thyroid gland is producing T4 or if you are taking thyroid in the form of T4 (most commonly levothyroxine or Synthroid), the TSH will respond to the presence of T4 and will most likely be low.

HOWEVER, if the T4 not is converting into T3, the TSH will not reflect this. And if the T4 is not converting into T3, you may have all of the symptoms of not having an adequate amount of T3 since it is the T3 that is the "gas in the tank." The only way to assess the Free T3 is to measure it.

Most physicians do not measure Free T3, but only measure TSH. However, as seen above, it is not a full picture of your thyroid function. TSH is an indirect way of measuring thyroid function, and does not measure any active metabolite. Most physicians are trained to treat this TSH number and not necessarily listen to how the patient feels (most patients feel best when Free T3 is optimal).

When you supplement with Armour Thyroid or desiccated thyroid, it contains both T4 and T3 in a bioidentical form. The T3 gives you the energy early in the cycle while the T4 is converting into T3 for energy mid- and late-cycle (the cycle is typically 7-8 hours). If we measure your T3 around 4-5 hours after you take your thyroid, we see how well your body is converting the T4 into T3. It is this measurement of Free T3 that is the most reflective of your thyroid levels.

Typically, when your Free T3 is optimal--close to the high end of a normal range--we will see that the TSH will be very low. This is what concerns your physicians. However, if your Free T3 is good, and you feel well, without symptoms of too much thyroid (ie: nervousness, sweating, heart palpitations), your dose is usually fine, or as we prefer to say, optimal.

Benefits of thyroid include: Improvement in energy level, increased metabolism, improvement in cholesterol levels, more regular bowel function, in women more regular menstrual cycles, improvement in hair, skin and nails, improved temperature regulation, improved ability to lose weight, decrease in depression and anxiety.

