

DO I HAVE TO BE ON MEDICATION FOR THE REST OF MY LIFE?

After having been diagnosed with a thyroid condition many turn to drug therapy with the goal of feeling better only to find themselves in a worse state. You don't have to suffer! Our Physician's at Bo-Shih Ni, C.A., P.A. have had great success in treating the cause of the thyroid disorder. We look for what's causing the thyroid to malfunction and correct the cause with the end results of gaining your energy and life back. Once you determine the problem has been corrected through laboratory blood tests then you may make a decision to stop taking the medication. The choice is always yours.



**More than 20 million
American's suffer from
thyroid disease...you don't
have to be one of them.**

NI'S CHINESE MEDICAL CENTER...

was established by Bo-Shih Ni and has been serving the central Florida area for over 25 years. The physician's of Ni's Chinese Medical Center practice at superior levels due to Dr. Ni's training of ancient healing wisdom, something not found in American schools. Dr. Ni's knowledge is so extensive that he is a treasured professor not only in the U.S. but also in China and Taiwan.

Acupuncture, Chinese herbs, and Food as Medicine are utilized to expedite healing and provide lasting results. The goal is to restore balance to the internal system. Once balance has been obtained, our Physicians teach their patients winning strategies to maintain it. This knowledge is frequently sought out by local groups, therefore; our Physicians conduct monthly seminars and are available for speaking engagements. Visit our website www.drboni.com for current events.

Physician's of Ni's Chinese Medical Center:

Bo-Shih Ni, LAc, D.O.M.
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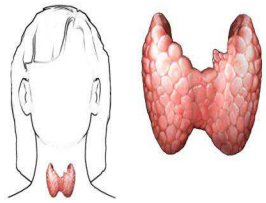
Hashimoto's & Thyroid Disease



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Traditional Chinese Medicine looks for the underlying cause of the disorder rather than just treating the symptoms. For example, if you have a slow leak in your tire, would you wait until it was flat before getting it fixed? Would you just keep filling it with air everyday in order to get you to where you were going for the day? Or would you find out why the air is leaking, looking for the cause so you can choose the best appropriate repair with the goal of fixing the problem? Almost everyone would want to take care of their symptoms before they get to a diseased state.

TCM has a lot to offer for thyroid disorders. In Chinese Medicine, the kidneys are the storehouse of your energy and are essential for everything internally to function properly. They control your urination, bowel movements, brain, bones (including teeth), hearing, hair, sexual energy, emotion of fear/anxiety & depression and metabolism. The kidneys also control the endocrine system which includes the thyroid and parathyroid glands.

When there is a deficiency in the kidneys symptoms will begin to show in many of the above mentioned cases. Deficiency's cannot be detected by Western Medicine testing, but can be from a highly skilled TCM physician.

Hashimoto's will show symptoms, maybe one or more at a time at a slow pace over the years. TCM encourages preventative care, address the symptoms when you start to experience them, see a TCM physician from the onset of symptoms in order to correct the problem so that it does not progress to a disease or disorder stage. When we ignore the minor symptoms and do not seek correction from the beginning, more symptoms will start appearing and the length of time to correct the problem will become longer.

HYPER & HYPOTHYROIDISM

Hyperthyroidism is a condition in which the thyroid gland is overactive and produces too much thyroid hormone and hypothyroidism is a condition in which the thyroid gland is underactive and produces too little hormone. In TCM both hyper & hypothyroidism are considered to be a Yin and Yang imbalance. A very basic principle of Chinese medicine is to keep the Yin and Yang in balance, since the balance of Yin and Yang represents the healthy state of the body. An example of Yin and Yang when it come to elements of the internal system is, hot/cold, wet/dry, excess/deficiency, blood/energy. A treatment intervention by TCM is designed to bring the Yin and Yang back to a normal balance.



SIGNS AND SYMPTOMS

Some signs and symptoms of hypothyroidism may include:

- Fatigue and sluggishness
- Increased sensitivity to cold
- Constipation
- Pale, dry skin
- Puffy face
- Hoarse voice
- Unexplained weight gain
- Muscle aches, tenderness and stiffness, esp. in your shoulders and hips
- Depression
- Excessive or prolonged menstrual bleeding



Some signs and symptoms of hyperthyroidism may include:

- Sudden weight loss
- Rapid heartbeat, palpitations
- Insomnia
- Nervousness, anxiety
- Skin thinning
- Fine, Brittle hair
- Bulging eyes
- Enlarged thyroid gland (goiter)

