

Progesterone helps the thyroid hormone work

Taken From a transcript of a Seminar by Dr John R. Lee, M.D.

Progesterone helps the thyroid hormone work. Estrogen interferes with the thyroid hormone. This wasn't my discovery, this was described in the 50's in a study in Lancet. It doesn't interfere with the gland, it interferes with how the thyroid hormone is working. So the person acts as if they're low on thyroid but the blood tests of T3 and T4 are okay. But the doctor often ends up giving more thyroid and can overcome this sluggishness of the thyroid by giving more of it. So he thinks he's doing a good job. And he can do that, forcing more thyroid hormone than the cells really need. But then you set up the stage for Hashimoto's thyroiditis. And that was described 30, 40 years ago.