

NATUROPATHIC WELLNESS CENTER OF LONG ISLAND
SERVING LONG ISLAND & NEW YORK CITY

THYROID HEALTH SUPPORT GUIDE

A Naturopathic Approach to Understanding & Restoring Thyroid Function

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“When I work with someone on thyroid concerns, I’m not just looking at their TSH number. I look at the whole person.”

— Dr. Mychael Seubert, ND

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— A NOTE FROM DR. SEUBERT —

A Note From Dr. Seubert

If you've landed on this guide, chances are you've been told your thyroid looks 'normal' — yet you feel anything but. You may be living with fatigue that no amount of sleep fixes, weight that won't budge no matter how carefully you eat, hair that keeps thinning, or a mental fog that makes it hard to get through your day. I hear this from individuals across Long Island and New York City every week, and I understand how frustrating and isolating it can feel.

My name is Dr. Mychael Seubert. I'm a naturopathic doctor practicing at the Naturopathic Wellness Center of Long Island, and thyroid health is one of the areas I'm most passionate about. I've spent years studying the science behind thyroid function, completing my doctorate at the Southwest College of Naturopathic Medicine and Health Sciences, and I've worked with many individuals who were dismissed or undertreated by conventional medicine because their labs fell within a 'reference range' — even when those numbers told an incomplete story.

This guide is written for you. It will help you understand how your thyroid actually works, why standard testing sometimes misses the full picture, what the research says about naturopathic and integrative approaches, and what to do next if you suspect your thyroid is affecting your quality of life. My goal is that you leave feeling informed, empowered, and ready to take action.

The information in this guide is provided for educational purposes only and is not a substitute for individualized medical advice. Recommendations are personalized and determined during consultation with a licensed naturopathic doctor.

— SECTION 1 — UNDERSTANDING YOUR THYROID —

Section 1 — Understanding Your Thyroid

What Your Thyroid Does — And Why It Matters

The thyroid is a small, butterfly-shaped gland that sits at the base of your neck. Don't let its size fool you — it is the master regulator of your metabolism, influencing the pace at which every cell in your body converts nutrients into energy. Thyroid hormones (primarily T4 and T3) affect virtually every organ system: your heart, brain, gut, skin, reproductive system, and musculoskeletal health.

When thyroid function is optimal, you feel energized, clear-headed, warm, and like yourself. When it's off — even slightly — the cascade of symptoms can be wide-ranging, often masquerading as depression, anemia, adrenal fatigue, or hormonal imbalance.

The Thyroid Hormone Pathway

| Step | What Happens | Why It Matters |
|-----------------------|--|--|
| 1. TRH Signal | Hypothalamus releases Thyrotropin-Releasing Hormone | Brain initiates the thyroid cascade |
| 2. TSH Release | Pituitary gland releases Thyroid-Stimulating Hormone | TSH is the most commonly tested marker |
| 3. T4 Production | Thyroid produces mostly T4 (inactive prohormone) | Requires iodine, selenium, and tyrosine |
| 4. T4 → T3 Conversion | Liver, gut, and kidneys convert T4 to active T3 | Often disrupted by stress, toxins, or gut issues |
| 5. Cellular Action | Free T3 enters cells and regulates metabolism | Receptor sensitivity can be impaired |

From a naturopathic perspective, the critical insight here is that TSH alone tells only part of the story. A comprehensive thyroid health review might include many of the following: Free T4, Free T3, Reverse T3, and thyroid antibodies (TPO and TgAb) — giving a complete picture of production, conversion, and immune system involvement that is often missed in a standard annual workup.

— SECTION 2 — COMMON THYROID CONDITIONS —

Section 2 — Common Thyroid Conditions

Conditions I See Every Day in Practice

Thyroid dysfunction exists on a wide spectrum. Here are the most common presentations I see and support at NWC Long Island:

Hypothyroidism (Underactive Thyroid)

Hypothyroidism occurs when the thyroid produces insufficient hormone. It is far more prevalent than most people realize — and subclinical hypothyroidism (where TSH is elevated but still within some labs' 'normal' range) is even more common, yet often undertreated.

Common symptoms include:

- Persistent fatigue and low energy, even after adequate sleep
- Unexplained weight gain or difficulty losing weight
- Cold intolerance — feeling cold when others do not
- Hair thinning or loss, including the outer third of eyebrows
- Brain fog, poor memory, and difficulty concentrating
- Constipation and slowed digestion
- Depression, anxiety, or mood fluctuations
- Dry skin, brittle nails, and puffy face
- Elevated cholesterol (often overlooked as thyroid-related)
- Irregular or heavy menstrual cycles

Hashimoto's Thyroiditis (Autoimmune Hypothyroidism)

Hashimoto's is the most common cause of hypothyroidism in developed countries — yet it's routinely missed because the standard TSH test doesn't detect it. It occurs when the immune system mistakenly attacks the thyroid gland, causing progressive tissue damage and declining function.

In my practice, I see a significant number of individuals who were treated for hypothyroidism for years without anyone testing for Hashimoto's. This matters enormously because the naturopathic approach to autoimmune thyroid disease is distinct — it involves addressing the immune dysregulation at the root, not merely replacing hormones.

Key markers that are helpful to review: TPO Antibodies (anti-thyroid peroxidase) and TgAb (anti-thyroglobulin antibodies). Elevated levels confirm autoimmune involvement and open the door to targeted immune support.

Common Triggers & Contributors to Hashimoto’s

| | |
|---|--|
| Leaky Gut / Intestinal Permeability | Chronic Stress & Elevated Cortisol |
| Nutrient Deficiencies (Selenium, Iodine, Vitamin D, Zinc) | Environmental Toxins & Heavy Metals |
| Molecular Mimicry (Gluten, Dairy Proteins) | Hormonal Imbalances (Estrogen Dominance) |
| Chronic Infections (EBV, Lyme co-infections) | Sleep Deprivation & HPA Axis Dysregulation |

Hyperthyroidism & Graves’ Disease

The opposite of hypothyroidism, hyperthyroidism involves excess thyroid hormone production. Symptoms include rapid heartbeat, anxiety, weight loss, heat intolerance, tremors, and insomnia. Graves’ Disease — an autoimmune condition — is the leading cause. Naturopathic support plays an important complementary role in managing immune activity, reducing inflammation, and supporting nervous system balance alongside conventional care.

Subclinical Thyroid Dysfunction

One of the areas where I see conventional medicine fall short is in the treatment of subclinical thyroid dysfunction — where labs are technically within reference ranges, yet individuals experience clear thyroid symptoms. From a naturopathic standpoint, optimal thyroid function is not the same as a lab value that sits anywhere within a wide population reference range. I work to identify and address functional imbalances before they progress.

Post-Thyroid Surgery & Thyroid Cancer Recovery

I have worked with individuals navigating life after thyroid surgery, including those managing weight, metabolism, energy, and hormonal balance following thyroidectomy.

“I recently had thyroid surgery and have been struggling with getting back to my pre-surgical weight. My initial consultation with Dr. Seubert was unlike anything I had experienced. He spent a great deal of time extensively covering all aspects of my health history. I left with a health plan tailored specifically to my needs.”

— Verified Individual, Naturopathic Wellness Center of Long Island

— SECTION 3 — THE NATUROPATHIC APPROACH TO THYROID HEALTH —

Section 3 — The Naturopathic Approach to Thyroid Health

Finding the Root Cause — Not Just Managing Numbers

Conventional medicine often frames thyroid disease as a hormone deficiency problem with a hormone replacement solution. While thyroid medication is absolutely appropriate and necessary for many individuals, it doesn't address why the thyroid stopped functioning optimally — and it doesn't address the potential downstream effects that thyroid dysfunction has already created throughout the body.

My naturopathic approach works alongside conventional treatment to investigate and address the underlying drivers. These are the pillars I focus on:

1. Comprehensive Functional Lab Review

A comprehensive thyroid health review might include many of the following — going well beyond TSH to assess the full picture:

| Marker | What It Reveals |
|-------------------------------|--|
| TSH | Pituitary signal to the thyroid; often the only test reviewed conventionally |
| Free T4 | Primary thyroid hormone output (inactive form) |
| Free T3 | Active thyroid hormone; low T3 drives most hypothyroid symptoms |
| Reverse T3 (rT3) | Competitive inhibitor of T3; elevated under chronic stress or illness |
| TPO Antibodies | Confirms Hashimoto's autoimmune involvement in thyroid tissue |
| TgAb | Second autoimmune marker; elevated in Hashimoto's and Graves' |
| Ferritin & Iron | Iron deficiency impairs T4-to-T3 conversion |
| Selenium, Zinc, Iodine | Critical cofactors for thyroid hormone synthesis and conversion |
| Vitamin D | Immune modulator; deficiency linked to autoimmune thyroid disease |
| Cortisol / DHEA | Adrenal-thyroid axis; chronic stress suppresses T3 and raises rT3 |
| GI Markers | Gut permeability affects T4-to-T3 conversion and immune tolerance |

2. Nutritional & Dietary Support

Nutrition is foundational to thyroid health, and the right approach is highly individualized. Several dietary strategies have strong research support:

- **Eliminate or reduce gluten:** Research has documented the connection between celiac disease, non-celiac gluten sensitivity, and autoimmune thyroid conditions. Many individuals with Hashimoto's experience measurable improvements in antibody levels with a well-structured gluten-free approach.

- **Selenium-rich foods:** Brazil nuts, sardines, eggs, and sunflower seeds provide selenium — essential for thyroid enzyme function and T4-to-T3 conversion. Studies show selenium supplementation can reduce TPO antibodies in Hashimoto's.
- **Iodine balance:** Iodine is required for thyroid hormone synthesis, but excess iodine can paradoxically worsen autoimmune thyroid disease. Iodine status is assessed individually rather than through universal supplementation.
- **Zinc and iron adequacy:** Both minerals are required cofactors for thyroid hormone production. Subclinical deficiencies are common in individuals with hypothyroid symptoms, particularly in women.
- **Blood sugar stabilization:** Insulin resistance and thyroid dysfunction co-occur frequently. A lower-glycemic, whole-food diet supports both thyroid function and metabolic health.

3. Targeted Supplementation

Evidence-based supplementation can provide meaningful support for thyroid function. Proper dosing and form matter, and supplementation should always be personalized:

- **Selenium (selenomethionine):** Multiple randomized controlled trials have demonstrated reduced TPO antibody titers in Hashimoto's. A 2016 systematic review in *Thyroid* confirmed beneficial effects on thyroid antibodies and mood.
- **Vitamin D3 + K2:** Vitamin D deficiency is strongly associated with autoimmune thyroid disease. Restoring optimal levels supports immune regulation and antibody reduction.
- **Magnesium:** Required for hundreds of enzymatic reactions; deficiency contributes to fatigue, constipation, anxiety, and poor sleep — symptoms that overlap significantly with hypothyroidism.
- **Adaptogens (Ashwagandha, Rhodiola):** The adrenal-thyroid connection is powerful. Ashwagandha has demonstrated thyroid-stimulating properties in preliminary research while supporting cortisol balance and energy.
- **Zinc:** Supports T4-to-T3 conversion and thyroid hormone receptor function.
- **Iron (when deficient):** Iron-dependent thyroid peroxidase is essential for hormone synthesis. Iron deficiency anemia significantly impairs thyroid function.
- **Omega-3 Fatty Acids:** Anti-inflammatory support for the autoimmune component of Hashimoto's and Graves' disease.

Important: Thyroid supplements sold over the counter, including desiccated thyroid glandulars, can have significant and unpredictable effects on thyroid hormone levels. These should only be used under professional supervision with appropriate lab monitoring.

4. Gut Health & the Thyroid-Gut Axis

The gut is where approximately 20% of T4 is converted to active T3 — making gut health inseparable from thyroid health. Intestinal permeability ('leaky gut') is strongly associated with autoimmune conditions including Hashimoto's. Dysbiosis (imbalanced gut microbiome) further impairs conversion and promotes immune dysregulation.

A thorough review of thyroid concerns routinely includes assessment of digestive function, because supporting gut health often produces measurable improvements in thyroid antibodies, energy, and overall hormone balance. GI health is a core specialty of my training — I am a member of the Naturopathic Gastroenterological Association (GastroANP).

5. Stress, Sleep & the Adrenal-Thyroid Connection

Chronic psychological or physiological stress elevates cortisol, which suppresses pituitary TSH secretion, impairs T4-to-T3 conversion, and increases Reverse T3 — effectively blocking thyroid hormone action at the cellular level. This explains why many individuals report their thyroid symptoms dramatically worsen during periods of high stress, illness, or sleep deprivation.

I work with individuals to review adrenal function (using salivary or urinary cortisol testing where indicated), address sleep quality, and develop individualized stress-resilience strategies including botanical adaptogens, sleep hygiene protocols, and evidence-backed mind-body practices.

6. Environmental Toxin Reduction

Endocrine-disrupting chemicals — including BPA, phthalates, perchlorate, and fluoride — can interfere with thyroid hormone synthesis, transport, and receptor binding. I work with individuals on practical, evidence-informed toxin-reduction strategies as part of a comprehensive thyroid health plan.

— SECTION 4 — WHAT THOSE WE WORK WITH SAY —

Section 4 — What Those We Work With Say

Thyroid Health Experiences & More

The following reflect the experiences of individuals at the Naturopathic Wellness Center of Long Island, including those who came specifically for thyroid support:

“I was diagnosed with Hashimoto Disease over 20 years ago, and treated conventionally with limited success. Over the past couple of years, other health issues have come along — rashes, food allergies, and menopausal symptoms. After extensive testing, dietary adjustments and the introduction of a regular exercise routine, Dr. Seubert’s guidance has assisted me to begin feeling well again. As many can attest, suffering with thyroid and menopausal issues can be frustrating and stressful. Dr. Seubert’s knowledge and experience, genuine concern, as well as his being available to talk has been greatly appreciated. I’ve always felt that he really cares.”

— Individual of Many Years, NWC Long Island — Hashimoto’s & Thyroid Support

“Dr. Seubert is a very intelligent person who has a vast knowledge of many different medical conditions. He has helped me so much with various medical conditions, including adding support for my thyroid. As a result, my most recent blood work showed that I don’t need as much thyroid medication. So with his support, I am in the process of reducing my medication. My favorite thing about going to the Naturopathic Wellness Center and Dr. Seubert is that he takes the time to discuss medical issues and wellness with me — something that traditional doctors can never do because they don’t build that time into their schedules.”

— Long-Term Individual, NWC Long Island — Thyroid Support

“I utilized this Wellness Center years ago when I could not find a doctor to listen and address my health concerns. I recently had thyroid surgery and have been struggling with getting back to my pre-surgical weight. The endocrinologist did minimal testing and basically advised me to eat less. I was feeling frustrated and defeated. I am so glad and grateful that I reconnected with the Naturopathic Wellness Center. I left with a health plan tailored specifically to my needs.”

— Verified Individual, NWC Long Island — Post-Thyroid Surgery

“Dr. Seubert has been helping me approach my health from a truly whole-body perspective. Unlike other doctors I’ve seen, he takes the time to really listen, dig deeper, and address the underlying issues rather than just the symptoms. I feel genuinely cared for and supported in my wellness journey.”

— Verified Individual, NWC Long Island

“While reviewing my labs, Dr. Seubert was able to pick up things that other doctors didn’t. He was able to get my cholesterol and blood sugar level down with diet changes and supplements. Thank you for your patience, advice, and natural cures for so many things over the years.”

— Individual of 15+ Years, NWC Long Island

“I have been to numerous medical doctors in order to find a solution for my medical issues and all I received were glazed looks and stock solutions (none worked). When I met with Dr. Seubert, he made it clear that he was going to do his best to find a solution for me. Over the last year and a half I have felt substantially better than I have during the prior 20 years.”

— Michael C., Verified Individual

“I’ve been seeing the doctors and staff for years. Everyone goes above and beyond to address your concerns. I have never had doctors anywhere else spend as much time listening to and engaging with me. And I have had great success following their suggestions.”

— Long-Term Individual, NWC Long Island

— SECTION 5 — WHO THIS IS FOR & GETTING STARTED —

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Is This You?

You may be a good candidate for a thyroid health review and naturopathic support if you:

- Have been told your thyroid is ‘normal’ but still feel unwell
- Are on thyroid medication but still experience fatigue, weight issues, or brain fog
- Have been diagnosed with Hashimoto’s and want to address the autoimmune root
- Have a family history of thyroid disease
- Are struggling with weight that doesn’t respond to diet and exercise
- Have experienced post-partum thyroid symptoms
- Are navigating thyroid health after surgery
- Want a comprehensive, root-cause approach to your overall health

What a First Consultation Looks Like

Your initial visit is not a 10-minute appointment. We spend significant time together — reviewing your full health history, current symptoms, prior lab work, medications, lifestyle factors, and your specific goals. From there, I create a personalized plan that may include a comprehensive health review of labs, dietary modifications, targeted supplementation, gut health support, stress management strategies, and coordination with your existing medical team.

Many individuals tell me it’s the first time a healthcare provider has truly listened to them and connected the dots between their symptoms. That is the naturopathic difference — and it is why individuals from across Long Island and New York City come to our center.

Ready to Take the Next Step?

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|---|--|
| Schedule a consultation with Dr. Mychael Seubert, ND | |
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About the Naturopathic Wellness Center of Long Island

The Naturopathic Wellness Center of Long Island has served the Long Island community for over two decades. Founded with a mission to provide individualized, science-based natural medicine, NWC brings together a multidisciplinary team of naturopathic doctors and integrative specialists who collaborate to deliver comprehensive care.

Our Practitioners

- **Dr. Mychael Seubert, ND** — Specializing in thyroid and adrenal health, autoimmune conditions, gastrointestinal concerns, Lyme disease, diabetes, and chronic infections. Member: NYANP, AANP, GastroANP, ILADS.
- **Dr. Erica Waters, ND** — Naturopathic physician offering comprehensive natural medicine with a focus on women's health, hormonal balance, and preventive care.

IMPORTANT DISCLAIMER: The information and content provided in this guide are for educational purposes only and are not a substitute for individualized medical advice. Recommendations are personalized and determined during consultation with a licensed naturopathic doctor. The naturopathic doctors at Naturopathic Wellness Center of Long Island work in collaboration with your medical team and do not replace the care of a licensed physician.

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