



Hypothyroidism

What It Is

Hypothyroidism happens when the thyroid gland, a small butterfly-shaped gland in your neck, isn't making or using enough thyroid hormone to keep your metabolism, energy, and mood running smoothly. Thyroid hormones affect nearly every cell in your body, so when levels are low, symptoms can include fatigue, weight changes, hair loss, brain fog, constipation, and sensitivity to cold.

There are two main ways this can happen. Primary hypothyroidism is when the thyroid gland itself slows down or stops producing enough hormone.

Secondary (or functional) hypothyroidism is when the gland is still working, but your body struggles to properly convert and use thyroid hormones because of stress, nutrient deficiencies, inflammation, or other imbalances. In this case, your labs can sometimes look "normal" even though you're experiencing real symptoms and consequences of low thyroid function.

How It Can Show Up

Symptoms can include fatigue, weight gain that feels resistant to diet and exercise, feeling cold easily, brain fog, hair loss, dry skin, constipation, and sometimes low mood or depression. Because these symptoms overlap with perimenopause, stress, or other hormone imbalances, hypothyroidism is often overlooked or underdiagnosed. That's why a careful review of labs and your lived experience is so important.

What Helps

The good news is that hypothyroidism is very treatable. Supporting thyroid health can include prescription thyroid hormone replacement when appropriate, along with lifestyle shifts like stabilizing blood sugar, reducing inflammation, ensuring enough protein and key nutrients, and addressing stress. At NuBloom, we'll also explore the deeper root causes, such as autoimmunity, gut health, or adrenal function, that may be contributing to a thyroid slowdown. With the right care, energy can return, metabolism can stabilize, and many symptoms improve significantly.