



THYROID, ENVIRONMENT & DEPRESSION

Course Study Questions

- 1) Inflammation can contribute to anxiety by:
 - a) impairing neuronal function
 - b) raising body temperature
 - c) starving the brain of essential nutrients
 - d) activating MTHFR genes

- 2) Cytokines are:
 - a) small parts of intestinal bacteria shed into the gut when they die
 - b) an 80s punk band
 - c) immunotransmitters
 - d) neurotransmitters

- 3) What condition does NOT stimulate reverse T3 release:
 - a) starvation
 - b) substantial toxic body burden
 - c) stress
 - d) lack of sleep

- 4) The active form of thyroid hormone is:
 - a) TSH
 - b) T4
 - c) T3
 - d) reverse T3

- 5) (true/false) When people have a hypothyroid condition they often feel warm.

- 6) (true/false) T4 converts into T3 and not the other way around.

- 7) (true/false) Reverse T3 enhances thyroid hormone function.

- 8) (true/false) People who do extreme diets often trigger reverse T3 release.

- 9) (true/false) One of the first complaints people with hypothyroid issues may have is difficulty swallowing pills.

- 10) (true/false) A problem with T4 binding may explain why people carrying a high toxic body burden may display difficult-to-treat depression.