

# *Beyond TSH*

## YOUR FUNCTIONAL GUIDE TO THYROID HEALING



An introductory guide to  
reclaiming your health  
through Functional  
Diagnostic Nutrition (FDN©)

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# Introduction and Why TSH Falls Short

Welcome to Your Journey to Vibrant Health

I'm Shauna Gourley, a functional health coach passionate about helping women like you overcome thyroid struggles.



## *important tip*

If you're exhausted, gaining weight, or battling brain fog despite "normal" thyroid tests, you're not alone—and you're not imagining it. This guide reveals why standard testing fails and how the functional approach can transform your health.

Conventional medicine often checks only TSH (thyroid-stimulating hormone), a single marker that misses the full picture. Allopathic doctors may prescribe pills to cover up symptoms like fatigue or weight gain, but these don't address why you're struggling. The result? You're left feeling dismissed, with no real answers.

Functional testing looks beyond TSH, utilizing three advanced laboratory tests—GI-MAP, DUTCH Test, and comprehensive blood chemistry—to identify root causes, such as gut imbalances, hormone disruptions, or nutrient deficiencies. My 6-month program combines these insights with personalized coaching to help you reclaim your energy and vitality.

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# What does the thyroid do?

The thyroid is a small, butterfly-shaped gland in your neck that acts like your body's thermostat, regulating metabolism, energy, and overall wellness. It produces hormones—primarily T3 and T4—that control how your body uses energy, affecting everything from your heart rate to your weight, mood, and temperature.



## *important tip*

When your thyroid is out of balance, it can throw your entire system into chaos, leaving you feeling exhausted, foggy, or stuck with stubborn weight gain.

For many women, the allopathic approach of checking only TSH (thyroid-stimulating hormone) misses the deeper imbalances, like gut issues or hormone disruptions, that functional approaches uncover with comprehensive testing.

## **Why Women Are More Affected**

Women are up to eight times more likely than men to experience thyroid issues, with 1 in 8 facing a condition like hypothyroidism or Hashimoto's in their lifetime, often between ages 30 and 55.

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## *Client Story:*

*After a decade of feeling sluggish and dismissed by my doctor's 'normal' TSH results, Shauna's program was a game-changer. Her labs revealed hormone imbalances I never knew about, and now I'm thriving with energy I thought I'd lost forever!"—Rachel, 45, Colorado*



**Tired of TSH-only tests missing your thyroid issues?  
Contact me today to begin a healing journey to health!**

Hormonal shifts from menstruation, pregnancy, or menopause can make women especially vulnerable, as estrogen and progesterone fluctuations directly influence thyroid function. Symptoms like fatigue, weight gain, hair loss, and irregular cycles are often dismissed as “normal” by conventional doctors, leaving women feeling unheard. My functional approach digs deeper, using three advanced labs—GI-MAP, DUTCH Test, and blood chemistry—to address root causes like gut dysbiosis or adrenal imbalances, empowering you to reclaim your vitality and thrive.

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## A Deeper Look at Comprehensive Blood Chemistry

The comprehensive blood chemistry I include in my program goes far beyond the standard tests most doctors run, giving us a complete picture of your thyroid and overall health. This panel, costing between \$200 and \$300 through Evexia Diagnostics, evaluates critical markers like Free T3 and Free T4—the active thyroid hormones that drive your energy and metabolism—alongside thyroid antibodies such as TPO and thyroglobulin, which can reveal autoimmune conditions like Hashimoto's often missed by TSH-only testing. I also test Reverse T3, a crucial but frequently overlooked marker that shows if your body is converting T4 into an inactive form, potentially causing persistent fatigue or weight gain despite “normal” results. By identifying these imbalances, we can create a targeted plan to restore your thyroid function naturally.

### *Interesting tip:*

*Up to 60% of people with thyroid dysfunction are unaware of their condition, often because standard TSH testing misses critical imbalances.*





## Beyond the Thyroid: Inflammation and Nutrient Status

In addition to the full thyroid panel, the comprehensive blood chemistry assesses markers of inflammation, like C-reactive protein (CRP), which can signal underlying issues impacting



your thyroid, such as chronic stress or gut dysfunction. We also look at nutrient status, including levels of vitamin D, iron, and B12, which are essential for thyroid hormone production and energy. Many women I work with are surprised to learn how deficiencies in these nutrients contribute to their symptoms, from brain fog to hair loss. Unlike the allopathic approach of masking symptoms with medication, my functional health method uses this detailed data to address root causes, ensuring you feel vibrant and balanced from the inside out.

*Nutrient deficiencies, like low vitamin D or iron, can silently sabotage your thyroid, contributing to symptoms that medication alone can't fix."*

*—Dr. Amy Myers, Functional Medicine Expert*





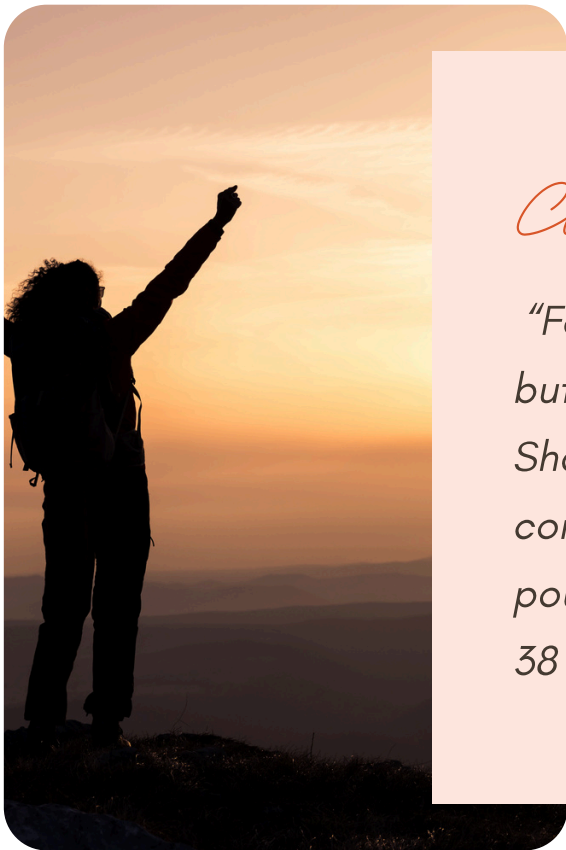
## The FDN© Difference: Why Allopathic Medicine Falls Short

1. Limited Testing: TSH alone ignores other thyroid markers (Free T3, Free T4, antibodies) and related systems like gut or hormones.
2. Symptom Coverups: Medications may mask fatigue, weight gain, or brain fog but don't fix the underlying issues.
3. No Personalization: One-size-fits-all treatments leave you feeling unheard.

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### ***What my clients have experienced:***

- *More energy to enjoy life.*
  - *Natural weight loss without starvation diets.*
  - *Clearer thinking and balanced moods.*
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## *Client Story:*

*"For years, doctors said my TSH was fine, but I was exhausted and gaining weight. Shauna's labs found gut issues and low cortisol. Six months later, I've lost 12 pounds and feel like myself again!"—Emily, 38*

functional diagnostic nutrition, a root cause revolution:  
My approach digs deeper to find and fix what's driving  
your symptoms:

- Comprehensive Labs: I use three tests to get the full picture:
  - GI-MAP: Checks gut health, which impacts thyroid function.
  - DUTCH Test: Profiles hormones like cortisol and estrogen, key to energy and balance.
  - Blood Chemistry: Analyzes thyroid markers, nutrients, and metabolism.
  - Personalized Protocols: Monthly 1:1 coaching and biweekly group calls create a tailored plan.
  - Community Support: Join women like you for accountability and encouragement.
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## About Shauna Gourley

As a functional health coach, I've helped countless women overcome thyroid challenges by addressing root causes, not just symptoms. My journey began when I saw how allopathic medicine failed women like you. Now, I'm here to guide you with science-backed solutions and heartfelt support.



*Thank you!*

Your thyroid holds the key to your vitality. Let's unlock it together."

—Shauna Gourley

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