

The Endocrine Edit



THE OFFICIAL NEWSLETTER OF DIABETES AND ENDOCRINOLOGY CLINIC AT THE GYM



Our new website is now LIVE! Visit endocrineclinicatthegym.com for resources, updates, and more information about our services.

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**Tired of dealing with supply delays or long customer service calls?
If you're frustrated with your current medical supply company, we've got good news—we now have our own in-house medical supply department!
Ask our team about signing up today!**



Dr. Nadolsky's Hormone Hub

Consistency beats complexity. Every time.

From a metabolic standpoint, resistance training works like a medication—it only works if you take it consistently.

The newest guidance from the American College of Sports Medicine shows:

- 1 Any strength training is better than none
- 2 ~2 times per week is enough to improve muscle and metabolic health
- 3 You don't need a perfect or complicated program; Machines, weights, bands, or bodyweight all work

Resistance training improves insulin sensitivity, body composition, and long-term health—but the biggest benefit comes from going from nothing → something.

The goal isn't perfection. It's consistency. The most effective program is the one you actually do—every week.

Thyroid Tidbits from Anna

Thyroid regulation can be confusing, so let's think of it like the thermostat in your home!

Your brain acts as the thermostat, and your thyroid is the heater. The "heat" your body feels is made up of thyroid hormones—T3 and T4.

When heat is LOW (low T3/T4):

- The thermostat (brain) senses it's too cold and sends out more TSH (thyroid-stimulating hormone).
- This tells the thyroid (heater) to turn ON and produce more heat (T3/T4).

When heat is HIGH (high T3/T4):

- The thermostat senses it's too warm and lowers TSH.
- This tells the thyroid to turn OFF, producing less heat (T3/T4).



Insulin Insights from Olivia

Mythbuster:

"If I have to eat sugar for a low after working out, it defeats the purpose of exercising."

FALSE!

Treating a low blood sugar is not undoing your workout—it's taking care of your body.

When you exercise, your muscles use glucose for energy and become more sensitive to insulin. That's great for overall health and blood sugar stability over time.

If you need to treat a low with fast-acting carbs, you're simply bringing your blood sugar back to a safe range, not "canceling out" your progress.

