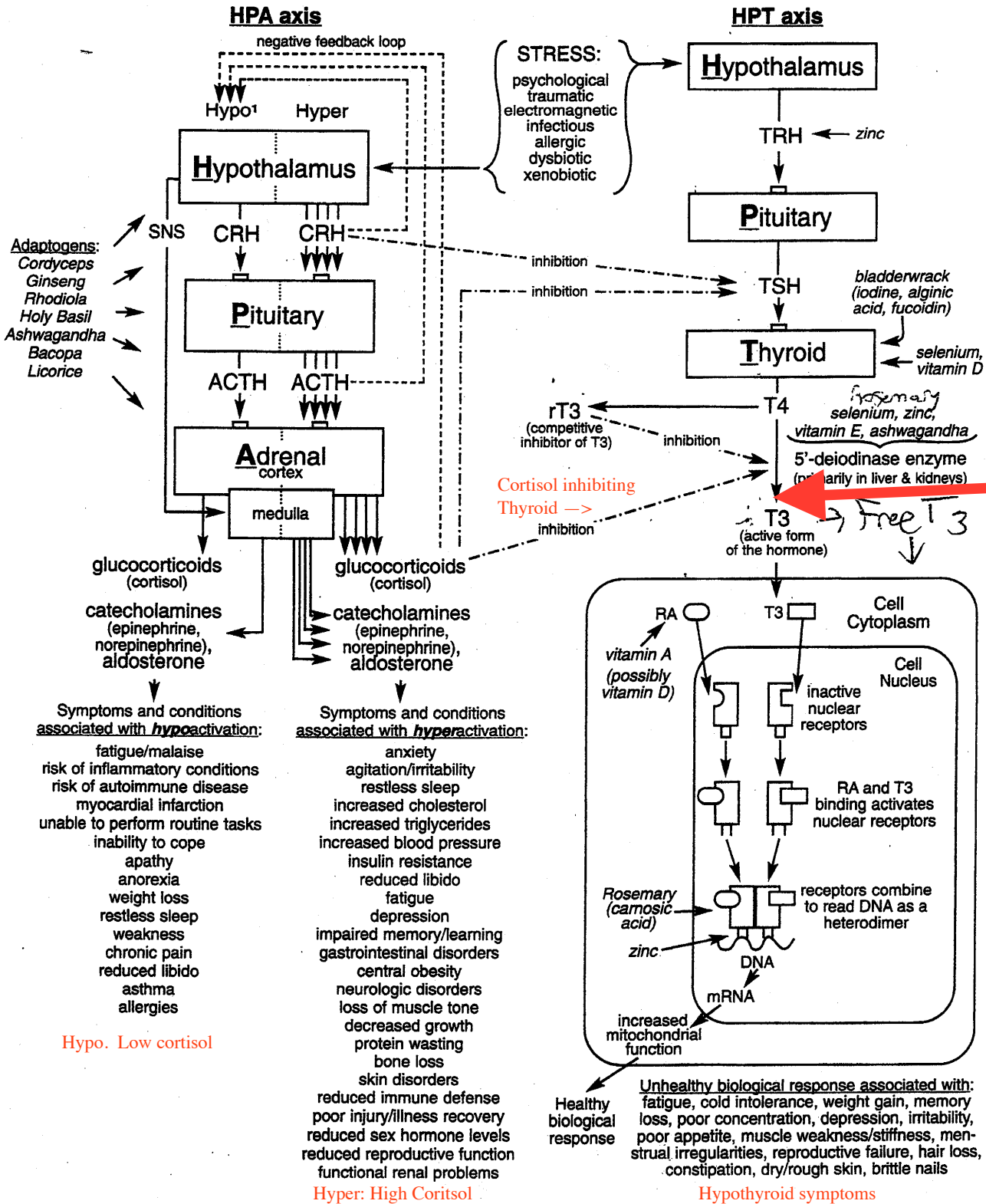


**Figure 1. The Effects of Stress and Nutritional Support on the HPA / HPT Axes**



This is where thyroperoxidase antibody attacks thyroid conversion

1. Contributors to *hypo*activation of HPA: a) reduced biosynthesis of CRH, ACTH, and cortisol due to organ hypofunction or depleted hormone precursors, b) CRH hypersecretion causing down-regulation of pituitary CRH receptors and reduced secretion of ACTH, c) increased negative feedback sensitivity, d) morphological changes (e.g., adrenal atrophy).

**Acronym Key:** ACTH: adrenocorticotropic hormone; CRH: corticotropin-releasing hormone; DNA: deoxyribonucleic acid; mRNA: messenger ribonucleic acid; RA: retinoic acid; rT3: reverse triiodothyronine; SNS: sympathetic nervous system; T3: triiodothyronine; T4: thyroxine; TRH: thyrotropin-releasing hormone; TSH: thyroid-stimulating hormone.

© 2002, Advanced Nutrition Publications