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Robert's Spotlight Listing:
812 San Antonio Pl
Exquisite La Playa
Steps from San Diego Bay

Stagflation Headwinds

By Robert Antoniadiadis

Having completed the First Quarter, on a Year Over Year basis (Jan 1 – March 30) (2025 vs 2024) the market has decreased **-26%** in terms of the **Number of SOLD Transactions** (25 vs 34). We have fallen back to 2023 levels of activity in the first quarter which in turn fell 17 years back, all the way back to levels of *The 2008 Great Recession*.

First Quarter YTD, (01/01/25 - 03/30/25) the **Average Number of homes SOLD per Mth (8)** this year has declined **-18%** over last year which was **(11)** Homes per Month. The 2025 First Quarter Monthly Average **(8)** Homes Sold per month is **-38%** less than the 5-Year Trailing YTD (01/01-03/30) First Quarter Average per month which is **(13)** Homes per Month. At this rate annualized, The Number of homes SOLD will fall back to 2008 The Great Recession levels approximating 100 homes or 2023 levels when interest rates doubled mid-year 2022 faster than they ever have in a matter of 90 days.

On a **YTD Month over Month** basis, (01/01/25 - 03/30/25) the **YTD Number of homes SOLD Per Mth Average (8)** increased **+27%** over (01/01/25 - 02/29/25) which resulted in a YTD Number of homes SOLD Avg of **6.5** homes/mth.

First Quarter 2025 **Total YTD Dollars** Transacted **\$59,000,000** (01/01/25 - 03/30/25) versus \$75,000,000 (01/01/24 - 03/30/24) represents a **-21%** decrease in Total Dollars transacted over the 2024 First Quarter. 2025 Total First Quarter Dollars transacted are **-16%** less than the 5 Year First Quarter Trailing Average which is \$70,000,000.

The **YTD First Quarter 2025 Median Sales Price** in Point Loma is up **+5%** to **\$1,950,000** from \$1,855,000 in the First Quarter of 2024. Notwithstanding this, it appears the YTD 2025 Median will be drifting **South** as we work our way through Spring. This is attributable to (i) the current Median of Pending Homes, (not SOLD yet but under contract) approximates \$1,747,000, (ii) the Median of Homes that went off market in the month of March also approximates \$1,723,000.

The **YTD 2025** (01/01- 03/30) **Median Sales Price \$1,950,000** of homes SOLD is **+25%** higher than the 5 Year YTD Median Sales Price Trailing Average which is \$1,555,000.

On a **Month over Month** basis, (01/01/25-03/30/25) the **YTD First Quarter Median Sales Price \$1,950,000** increased **+13%** over last month's YTD (01/01/25 - 02/29/25) Median Sales Price which was \$1,720,000.

Point Loma First Quarter **YTD** (01/01/25-03/30/25) Single Family Detached Homes **SOLD Median Days on Market** this year is **(17)** Days, represents **-15%** less market time over the First Quarter YTD (01/01/24 - 03/30/24) which was **(20)** Days on Market. The market is moving **+15%** faster for desirable sought after properties but Supply on a Year over Year basis is rising even faster at **+88%** resulting in less desirable properties sitting longer or not selling at all. The **+88%** increase in inventory levels in conjunction with a market moving **+15%** faster produced a **+13%** increase in the Expected Market Time of **135** Days as at 03/30/25 versus 120 Days last year. Contemporaneously, the First Quarter YTD (01/01/25 -03/30/25) **SOLD Median Days on Market** for homes **(17)** mirrors the First Quarter YTD (01/01-03/30) 5-Year **SOLD YTD Median Days on Market** Trailing Average which is also 17 Days.

In the First Quarter, on a **YTD Month over Month** basis, (01/01/25 -03/30/25) the **YTD SOLD Median Days on Market (17)** contracted **-13%** from (01/01/25 - 02/28/25) YTD SOLD Median Days on Market of **(18)** Days.

In the First Quarter, on a **YTD Month over Month** basis, (01/01/25 -03/30/25) the **YTD SOLD Median Days on Market (17)** contracted **-13%** from (01/01/25 - 02/28/25) YTD SOLD Median Days on Market which was **(18)** Days.

In the **First Quarter** (01/01/25 - 03/30/25) the **YTD Sold/List Ratio** increased to **+100%**, from last year (01/01/24 - 03/30/24) when the **YTD Sold/List Ratio** was 98%. First Quarter 2025 (01/01 - 03/30) **YTD Sold/List Ratio** increased **(+1%)** in relationship to The 5-Year Trailing First Quarter Average (01/01 - 03/30) **YTD SOLD/List Ratio** of 99%.

First Quarter, on a **Month over Month** basis, (01/01/25 -03/30/25) the **YTD SOLD / List Ratio** of **+100%** increased **+2%** from (01/01/25 - 02/28/25) which produced a **YTD SOLD/List Ratio** of 98%.

The **SOLD/List Ratio** was heavily skewed due to one transaction that listed for \$2,850,000 and SOLD for \$3,675,000, **+29%** over List Price. Adjusting for this, the SOLD/List Ratio as at 03/30/25 remains flat at **+98%**, consistent with last month 02/28/25 and last year 03/30/24.

The **First Quarter** Point Loma (01/01/25-03/30/25) **YTD Median Sales Price Per Sq Ft** decreased **-1/2 of 1%** to **\$948** per Sq Ft from \$952 last year (01/01/24-03/30/24).

The First Quarter (01/01/25 - 03/30/25) **YTD Median Sales Price \$948** Per Sq Ft has increased **+17%** over the First Quarter (01/01-03/30) 5- Year YTD Trailing Average Median Sales Price Per Sq Ft which was \$810. On a **YTD Month over Month** basis, the **\$948** YTD (01/01/25-03/30/25) Median Sales Price Per Sq Ft nudged **+1%** higher over (01/01/25 - 02/28/25) which produced a YTD Median Sales Price Per Sq Ft of \$941 Sq Ft.

Q1 2025 Median Home Sold:

3 BR 3 BA 2,224 SQFT 1955

January 1st - Apr 1st (2025 vs. 2024)

-26%



Homes Sold
25 vs. 34 Homes

-21%



Total \$ Transacted
\$59M vs. \$75M

+5%



Median Sales Price
\$1,950,000 vs. \$1,855,000

-1/2%



Median \$/Sq Ft
\$948 vs. \$952

-15%



Median Days/Mkt
17 Days vs. 20 Days

+2%



Sold/List Ratio
100% vs. 98%

Now analyzing what transpired last month only in the Month of March (03/01 - 03/30) reveals the following:

Year over Year, The **Number of SOLD** homes last month March 2025 **(11)** decreased **-27%** from March 2024 when **(15)** homes were SOLD. March 2025 Single Family Detached Home Sales **(11)** decreased **-27%** from the 5-Year Average for the Number of SOLD homes in the Month of March which was also **(15)** homes SOLD.

2025 on a **Month over Month** basis, the **Number of SOLD** homes in March this year (**11**), increased **+38%** over the previous month February 2025 when (8) Single Family Detached Homes were Sold.

Total Dollars SOLD this year **In the Month** of March (03/01/25-03/30/25) **\$25,000,000** decreased **-11%** compared to the \$28,000,000 that SOLD in the months of March 2024. The **\$25,000,000** of SOLD transactions in the month of March this year decreased **-4%** over the **5** Year Trailing Avg Total Dollars SOLD in March which was \$26,000,000.

On a **Month over Month** basis, (03/01/25-03/30/25) versus (02/01/25-02/29/25), the Total Dollars SOLD increased **+32%** to \$25,000,000 in March from \$19,000,000 in February.

The **Median Sales Price Sold** in the **Month** of March (03/01/25-03/30/25) at **\$1,950,000** increased **+3%** from last year (03/01/24 - /03/30/24) which produced a Median Sales Price Value of \$1,885,000 for the equivalent period.

For the period (03/01/25 - 03/30/25) the **\$1,950,000** Median Sales Price increased **+23%** over (03/01-03/30) 5-Year Median Sales Price Trailing Avg which is \$1,581,000.

The March (03/01/25 - 03/30/25) Median Sales Price **\$1,950,000** increased **+15%** from last month's (02/01/25 -02/28/25) Median Sales Price which was \$1,688,000. The 2025 April Median Sales Price will descend south due to the fact the Median Pending Sales Value as at 03/30/25 is \$1,747,000 and the Median Value of Point Loma Homes that came off market and went into escrow the last 30 days is \$1,723,000.

On a Year over Year basis, the **March Sold / List %** for the period (03/01/25 - 03/30/25) increased **+1%** to 102% from 101% last year for the period (03/01/24 - 03/30/24). The March (03/01/25 - 03/30/25) **SOLD / List %102%** increased +1% over the 5-YR August (03/01 - 03/30) SOLD /List ratio which was 101%.

On a **Month over Month Basis**, (03/01/25-03/30/25) the **102% Sold / List %** increased **+3%** over last month (02/01/25 - 02/28/25) 99%.

Keep in mind as mentioned previously, the SOLD/List Ratio was heavily skewed due to one transaction that listed for \$2,850,000 and SOLD for \$3,675,000, **+29%** over List Price. Adjusting for this, the SOLD to List Ratio as at 03/30/25 weakened to **+98%**, consistent with last month 02/28/25 and last year 03/30/24.

The March (03/01/25 - 03/30/24) **Median Sales Price per Sq Ft \$948** decreased **-1%** over the March (03/01/24 - 03/30/24) Median Sales Price per Sq Ft \$953. The March 2025 **\$948** (03/01/24 - 03/30/24) Median Sales Price per Sq Ft increased **+17%** over the 5-YR March (03/01-03/31) Trailing Avg of \$810 per Sq Ft.

The **Month** of March (03/01/24 - 03/31/24) **Median Sales Price Per Sq Ft \$948** decreased **-8%** on a Month over Month basis from last month (02/01/25 - 02/28/25) which was Sq Ft of \$1,034 Sq Ft.

Analyzing the **Number** of homes in Point Loma that Sellers received and accepted an offer that **Went Off Market**, the **(10)** in the Month of March 2025, increased **+67%** from the (6) homes that went Off Market in March 2024. The increase in velocity

due to the fact interest rates were **+5%** higher last year 03/30/24 at 7.04% compared to **6.69%** this year.

The **Number** of homes in Point Loma this year that **Went Off Market (10)** in the month of March (03/01/25-03/30/25), contracted **-23%** in comparison to the 5-Year Avg (13) for homes that Sellers received and accepted an offer that Went Off Market for the same period.

On a **Month over Month** basis, the **Number** of homes that Sellers received and accepted an offer that **Went Off Market** (03/01/25 - 03/30/25) **(10)** increased **+100%** over last month (02/01/25 - 02/28/25) which was (5).

The April 2025 **Expected Market Time** of **(135)** Days, from the time you list your home for sale to the time an offer is accepted, is arrived at by dividing Current Inventory of homes for sale **(45)** by the Sales Velocity the last 30 Days, (Off Market/Pending Sales the last thirty days) **(10)**. The April 2024 **Expected Market Time** has lengthened **+13%** to **135** Days from Last year at this time when the Expected Market time was 120 Days. The current April 2025 **Expected Market Time** of **135** Days is also **+111%** longer than the 5-Year April Expected Market Time Trailing Avg which is (64) Days.

On a **Month over Month** basis, the April 2025 **Expected Market Time** of **135** Days, has contracted **-32%** from the previous Month March 2025 which had an associated (198) Days EMT

Less than **60** Days is considered a Hot Seller's Market. **60-90** days is considered a Slight Sellers' Market. **90-120** Days is considered a balanced market. **120-150** Days Buyers have choice and multiple homes for consideration providing them leverage over Sellers which results in Price concessions.

Traditionally, Spring and its associated Demand, Sales Velocity propels the EMT in a southerly trajectory through Summer. This year though due to: (i) the rapid doubling of Supply (45) vs (24) year over year, back to the Pre-Pandemic levels of 2019, (ii) Demand off **-25%** year over year (iii) Tariff Trade Wars resulting in Stock Market Turmoil, (iv) A massive hit to consumer and corporate confidence as projects are put on pause, (v) Serious fears of a Recession, (v) Continued persistent low affordability due to Interest rates still flirting in the mid 6's, in combination with a Point Loma Median just south of two million dollars sitting at \$1,950,000; are all contributing factors for the sales cycle **lengthening**, as we work our way through spring and into summer.

The current inflation rate of **2.80%**, though lower than (i) last month's 3.0%, (ii) last year 3.5% Year over Year, (iii) the long-term average of 3.28% ; is still higher than Jerome Powell's steadfast goal of curtailing inflation back down to 2%. **PHEW**

Unemployment ticked up to 4.2% from 4.1% though the labor market for now remained on solid footing as job gains added 228,000 jobs in March versus 130,000 expected.

Notwithstanding the positive March Jobs Report, due to the chaos associated with the new policies of Tariffs, Deportations, Mass Firings at The Federal Level, it's hard to imagine how inflation in the short run cannot but spike up. How the Fed /J. Powell with their dual mandate of (i) Price Stability, and (ii) Maximum Employment responds to the threat of **Stagflation**, (an **uptick in inflation** while the **economy falters**) will have a material effect on the **Short Term Fed Funds Rate, 10 Yr Yield**, which will affect the **30 Yr Mortgage**, and by extension **Housing**.

The 10 YR Treasury today is **-7%** lower at 4.06%, vis a vis last year at this time at 4.36%.

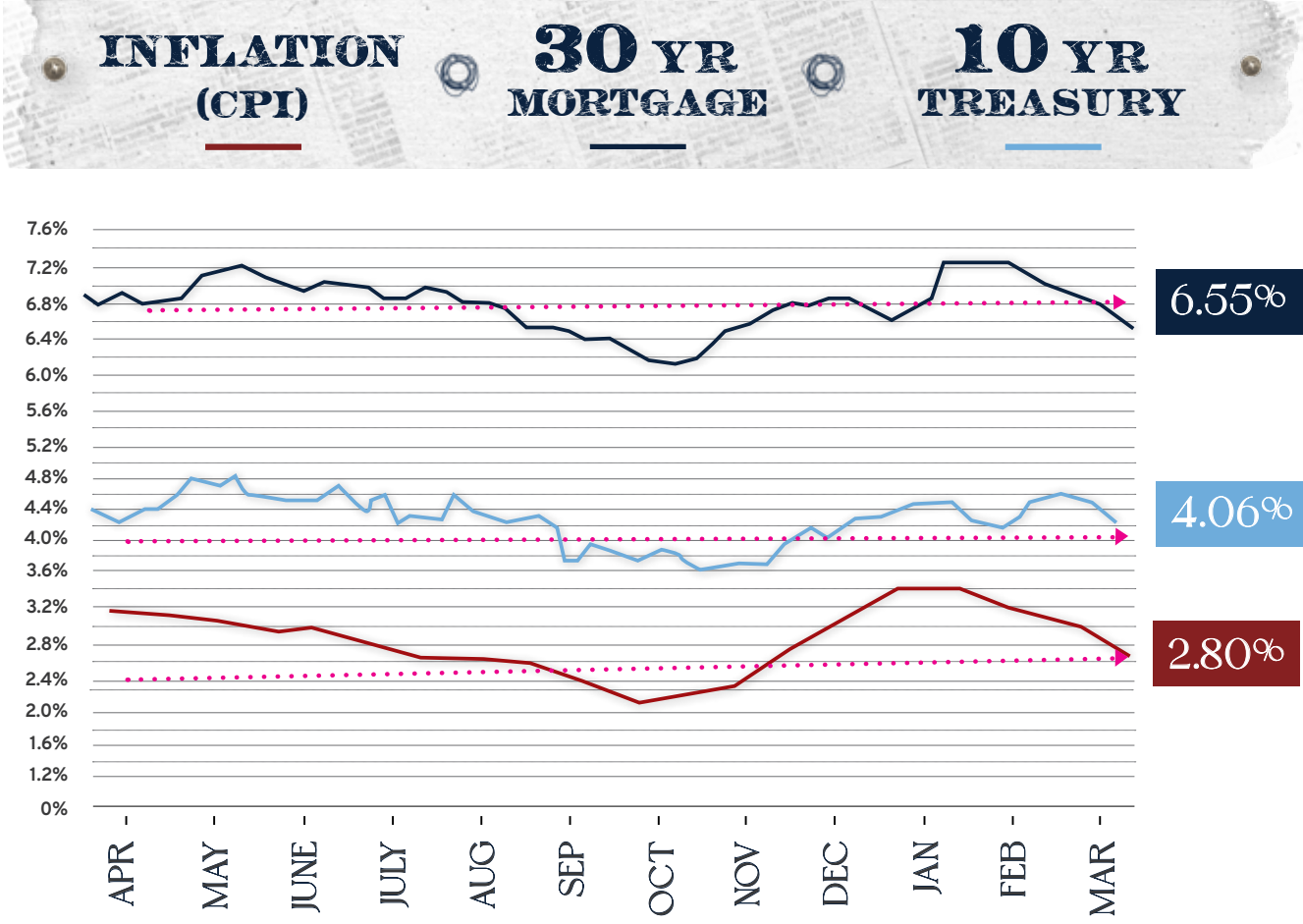
The 30 Year Fixed Mortgage Rate at 04/04/25 is almost half a point lower or **-6%** less at **6.55%** compared to 6.99% last year.

For the time being 2025 Point Loma Home values are still appreciating **(+5%)** single digit, higher than the current rate of inflation **(+2.80%)**. The Feds reaction to the threats of inflation and a negative Jobs Report will have a significant affect on values.

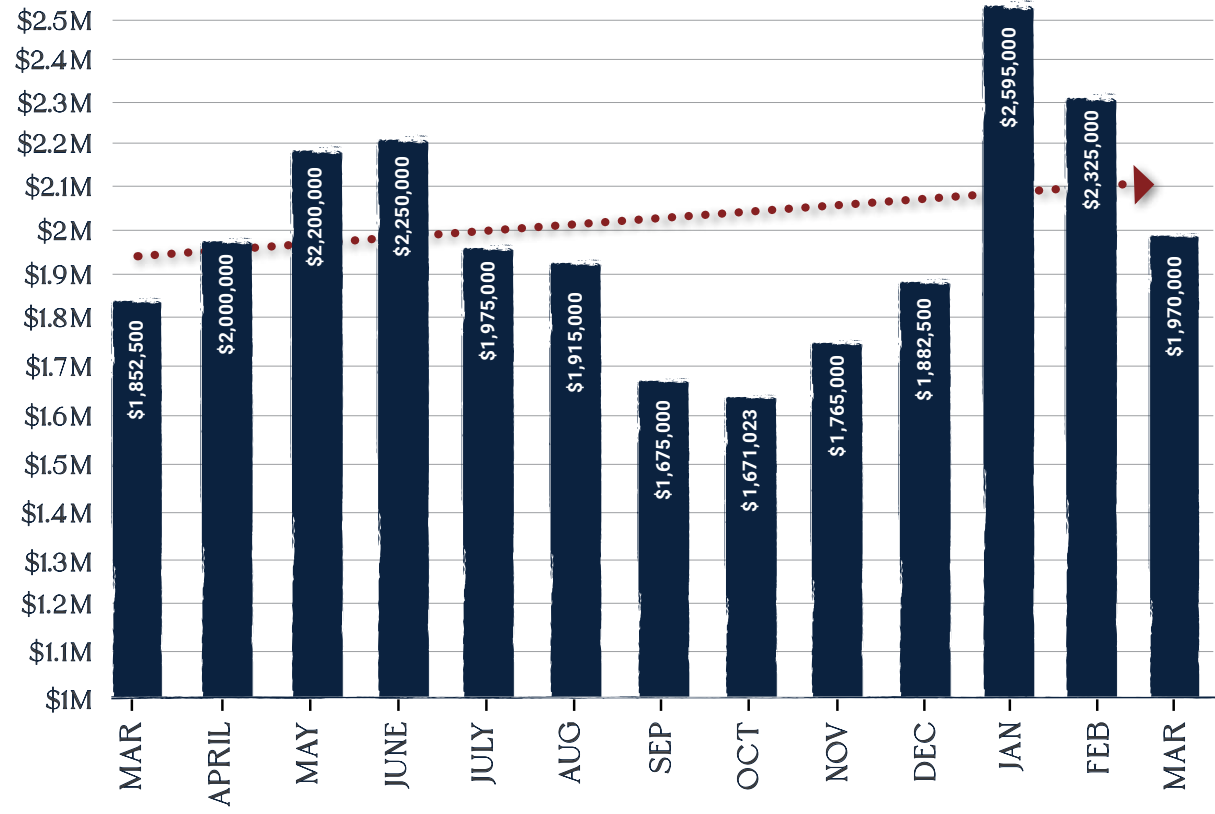
More than ever given the tumultuous volatile environment we find ourselves in today, a correct Listing Price is critical to getting SOLD while maximizing your net proceeds. Given the short window of time before the Spring Buying season comes to an end, **listing correctly** in Spring 2025 is key taking into consideration the choices Buyers have due to rising Supply. Additionally, Listing correctly captures Buyer's attention by separating yourself from the pack of competition.

In conclusion, if your life circumstance necessitates a sale of your home in Point Loma as we work our way through Spring 2025, I cannot overstate how important it is to separate yourself from the herd and get in front of the volatile uncertain curve:

Supply +88%
Demand Down -26%



MEDIAN SOLD PRICE



That is a 114% swing. For every 1 Sale : There Are 3 More Homes Coming on the Market and Sitting.

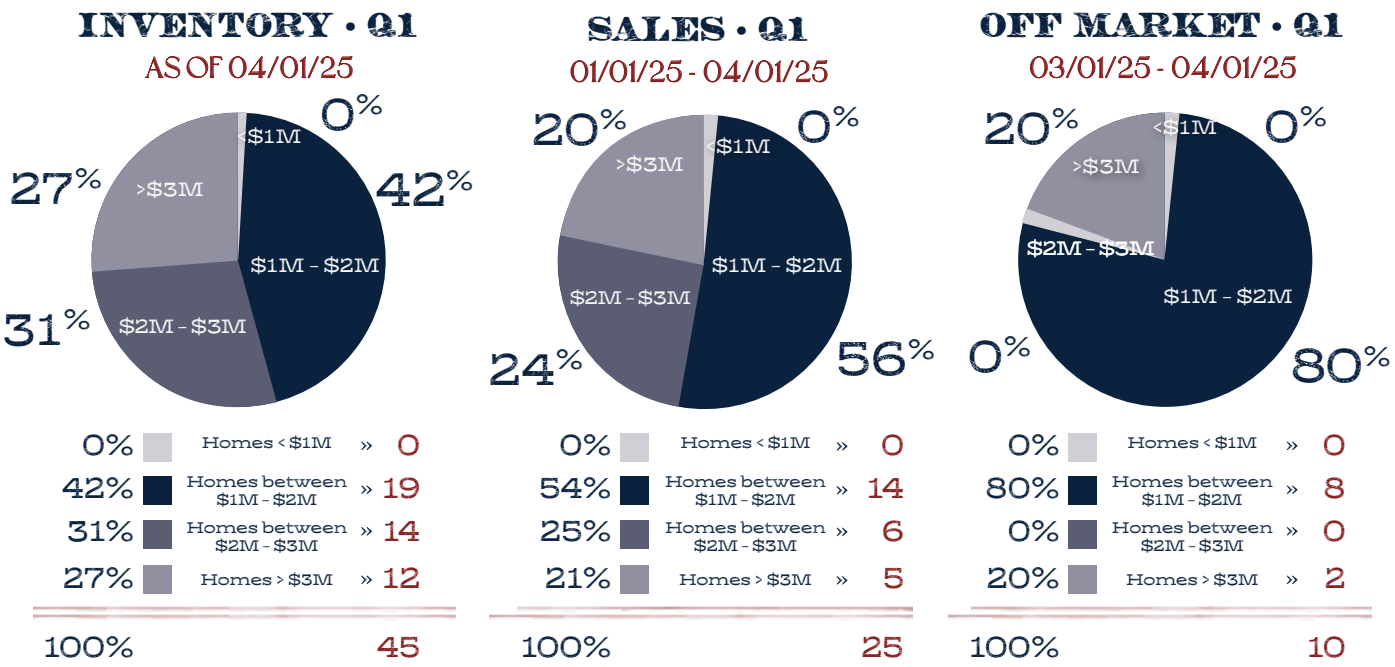
If you have no necessity to sell, know that your Point Loma Home/ Investment Property, and its 30 Year Fixed Rate Mortgage if you have one, is continuing to provide you with the best rock-solid hedge of +5% today against current Inflation of +2.8% there is known to mankind, as solid as Point Loma Sand Stone.



- Robert

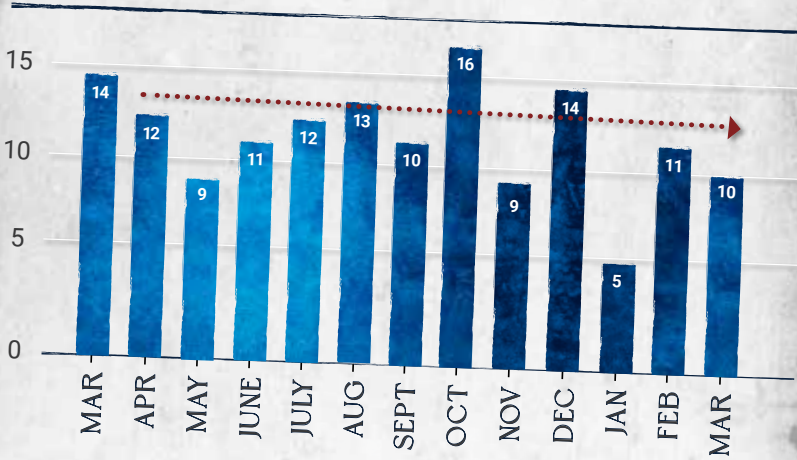
POINT LOMA MARKET

FIRST QUARTER AT-A-GLANCE



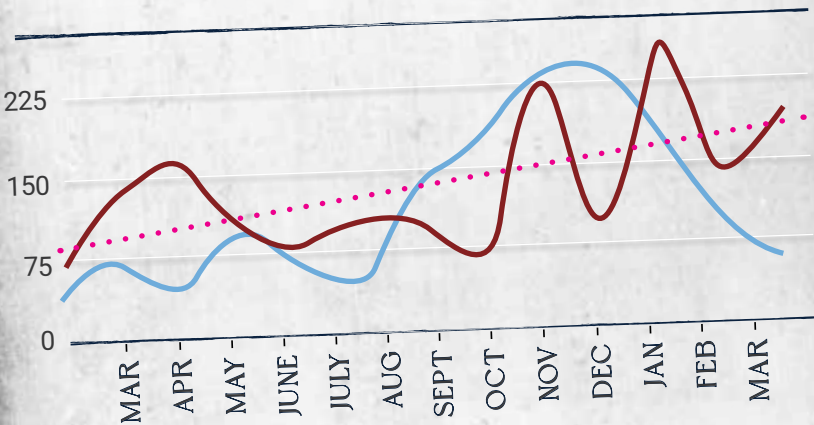
Total Transactions

2024/2025



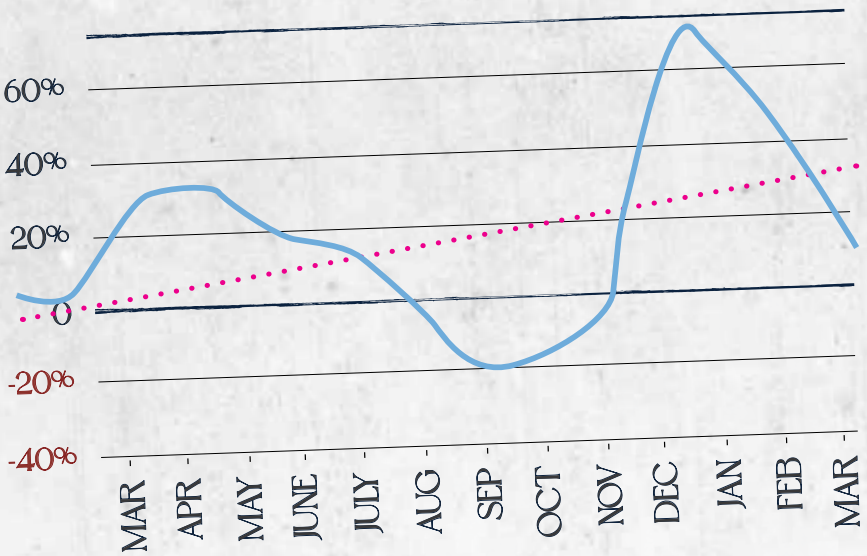
Expected Market Time

— 2024/25 — 2024/23 ... AVG

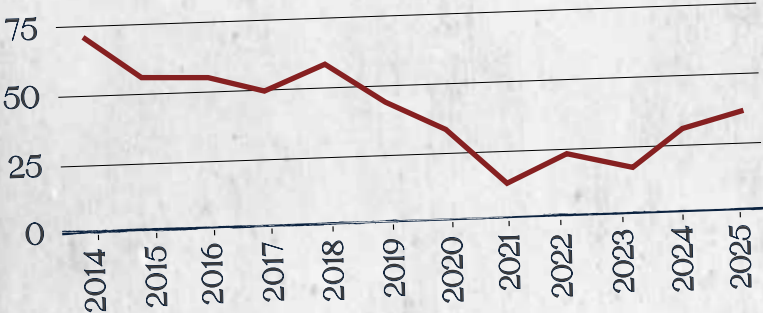


MEDIAN PRICE

YEAR OVER YEAR % CHANGE

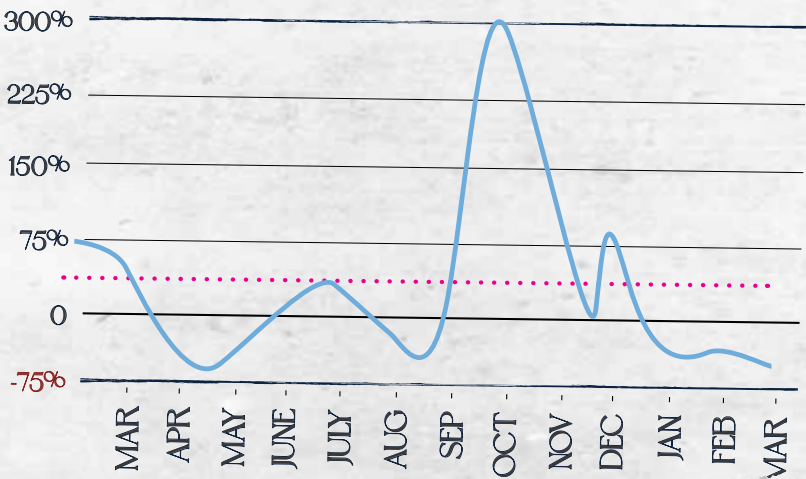


INVENTORY TREND



TOTAL TRANSACTIONS

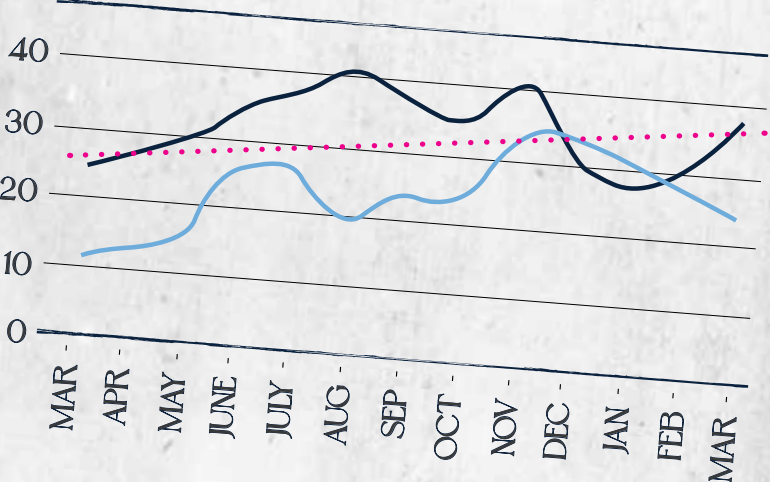
YEAR OVER YEAR % CHANGE



INVENTORY

YEAR OVER YEAR

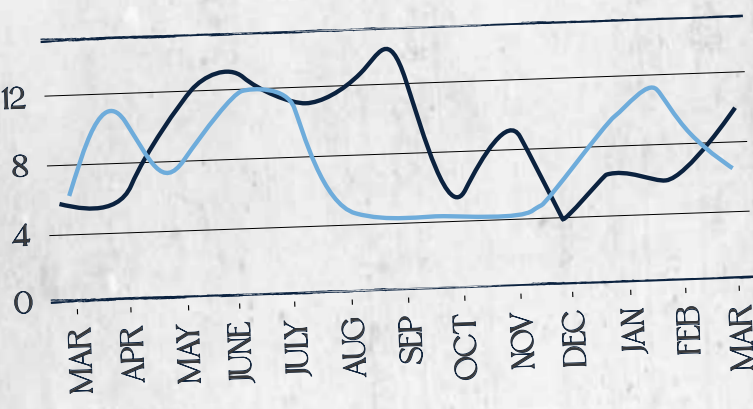
— 2024/25 — 2023/24 ... AVG



PENDING SALES

YEAR OVER YEAR

— 2025 — 2024





Support
Point Loma
Local Business

100DOLLARGUESS.COM



FREE BURGER!

Bring this to Harbor Town Pub. First 25 people receive \$40 towards food/drinks. Expires May 30th, 2025.



FREE HAIRCUT!

Bring this to Ling's Barbershop. First 30 people receive \$30 towards their hair cut. Expires May 30th, 2025.

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Last Issue's Personal Training Winner: Jamie



FREE PERSONAL TRAINING!

8 Personal Training Sessions

8 sessions @ \$125 per Hr (\$1000 Value) with Anne at FIT in Mission Beach. Visit 100DollarGuess.com to enter drawing by May 30th.

FIT | 3115 Ocean Front Walk | San Diego, CA 92109



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FREE UPHOLSTERY!

\$500 Towards Your Order

\$500 FREE to put towards your next order at KC Upholstery. Visit 100DollarGuess.com to enter drawing by May 30th.

KC Upholstery | 1071 Shafter St. | San Diego, CA 92109

Last Issue's Upholstery Winner:
Shannon C!



ENTER ALL OF OUR DRAWINGS AT:

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FREE GASOLINE!



Drawing for \$500 Good Point Gas Card.
Visit **100DollarGuess.com** by May 30th.

1076 Rosecrans St | San Diego, CA 92106

Last Issue's \$500 Winner Matt D!

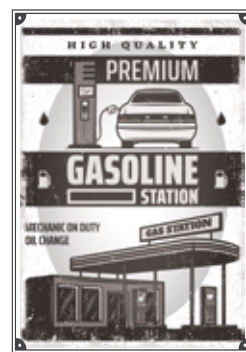


*Live, Love & Support Local.
This is Point Loma.*

FREE NOTARY!

Free Door-to-Door
Notary Services.
We'll Come To you!

619.852.8827








I HAVE FOUND ONE THING FOR CERTAIN IN MY 19 YEARS
OF EXPERIENCE ON THIS POINT LOMA PENINSULA:

**THE MORE YOU GIVE
THE MORE YOU GET**

**NUMBER ONE
IN POINT LOMA FOR A REASON**








	-26%	SINGLE FAMILY HOMES SOLD 25 transactions from 34
	-42%	HIGHEST PRICED HOME \$6,750,000 from \$11,700,000
	+24%	LOWEST PRICED HOME \$1,300,000 from \$1,045,000
	+5%	MEDIAN HOME VALUE \$1,950,000 from \$1,855,000
	-21%	TOTAL MARKET VOLUME \$59,000,000 from \$75,000,000



YEAR OVER YEAR \$ SALES & # UNIT DISTRIBUTION

YEAR	#	\$ LOW	\$ MEDIAN	\$ HIGH	# < \$1M	# \$1M - \$2M	# \$2M - \$3M	# > \$3M	TOTAL \$	
2025	25	\$1,300,000	\$1,950,000	\$6,750,000	0	14	6	5	\$59M	
2024	34	\$1,045,000	\$1,855,000	\$11,700,000	0	21	9	4	\$75M	
		-26%	+24%	+5%	-42%	--	-33%	-33%	+25%	-21%



	--	SINGLE FAMILY HOMES SOLD 30 transactions from 30
	-43%	HIGHEST PRICED HOME \$4,210,000 from \$7,400,000
	--	LOWEST PRICED HOME \$1,000,000 from \$1,000,000
	+24%	MEDIAN HOME VALUE \$1,988,000 from \$1,602,000
	-2%	TOTAL MARKET VOLUME \$65,000,000 from \$66,000,000

YEAR OVER YEAR \$ SALES & # UNIT DISTRIBUTION

YEAR	#	\$ LOW	\$ MEDIAN	\$ HIGH	# < \$1M	# \$1M - \$2M	# \$2M - \$3M	# > \$3M	TOTAL \$
2025	30	\$1,000,000	\$1,988,000	\$4,210,000	1	14	12	3	\$65M
2024	30	\$1,000,000	\$1,602,000	\$7,400,000	0	22	4	4	\$66M
	--	--	+24%	-43%	--	-36%	+200%	-25%	-2%



#	ADDRESS	REP	\$ PER SQ FT	DAYS ON MKT	LIST PRICE	SALES PRICE	SOLD/ LIST %	TOTAL PROD'N
1	3316 Sunset Dr	Buyer	--	0	--	--	--	\$260,000
2	898 Valley Village	Seller	\$557	11	\$695,000	\$705,000	101%	\$705,000
3	4878 Pescadero #101	Seller	\$1,119	15	\$795,000	\$783,500	99%	\$783,500
4	4690 Clairemont Dr	Seller	\$806	5	\$895,000	\$950,000	106%	\$950,000
5	3025 Byron St # 203	Seller	\$723	4	\$1,299,500	\$1,299,500	100%	\$1,299,500
6	894 Gage	Seller	\$1,076	6	\$1,495,000	\$1,490,000	100%	\$1,490,000
7	995 Rosecrans	Seller	\$771	39	\$1,595,000	\$1,575,000	99%	\$1,575,000
8	570 Savoy St	Seller	\$825	21	\$1,795,000	\$1,685,000	94%	\$1,685,000
9	821 Avalon Ct	Seller	\$1,698	0	\$1,695,000	\$1,700,000	100%	\$1,700,000
10	4475 Saratoga	Seller	\$1,584	48	\$1,780,000	\$1,790,000	101%	\$1,790,000
11	3834 Del Mar Ave	Seller	\$1,056	11	\$1,895,000	\$1,960,000	103%	\$1,960,000
12	3435 Charles St	Seller	\$708	19	\$1,995,000	\$2,000,000	100%	\$2,000,000
	2841 Piantino Cir	 Dual	\$684	9	\$995,000	\$1,100,000	111%	\$2,200,000
14	311-315 San Elijo	Seller	\$1,099	10	\$2,395,000	\$2,450,000	102%	\$2,450,000
15	7318-20 Draper	Seller	\$1,645	13	\$2,500,000	\$2,550,000	102%	\$2,550,000
16	776 Silvergate Ave	Buyer	--	0	--	--	--	\$2,800,000
17	1117-23 30th St	 Dual	\$651	47	\$1,495,000	\$1,500,000	100%	\$3,000,000
18	1052 Anchorage Ln	 Dual	\$877	15	\$1,895,000	\$1,873,000	99%	\$3,746,000
19	3014 C St	 Dual	\$763	47	\$1,995,000	\$2,175,000	109%	\$4,350,000
	3215 Ocean Front Walk	 Dual	\$2,265	0	\$2,750,000	\$2,750,000	100%	\$5,500,000
21	955 Harbor View Dr	 Dual		19	\$2,775,000	\$2,775,000	100%	\$5,550,000
22	3415 Bangor Pl	 Dual		20	\$2,975,000	\$2,811,151	94%	\$5,622,302

SIMPLY PUT: ROBERT WILL SELL YOUR HOME
FASTER AND FOR MORE MONEY

AGENT	PRODUCTION	SOLD/LIST	DAYS/MKT
Robert	\$53M	101%	18
Avg Agent	\$2M	98%	36

+50%
FASTER

+25x
MORE \$

+3%
MORE \$



766 Rosecrans • 117' X 139' LA PLAYA LOT

North of
\$30 MILLION

Sold Under The Radar



459 Tavera Pl
4 BR • 5 BA • 4,742 ESF



3710 Pio Pico
2 BR • 1 BA • 1,204 ESF



1640 Chatsworth Blvd
3 BR • 2 BA • 1,567 ESF



3617 Fenelon
3 BR • 2 BA • 2,312 ESF

EXERCISE TIPS FOR HEART HEALTH



DEAR MAYO CLINIC:

Finding the time to exercise with my busy work schedule seems impossible. How much exercise do I need to benefit my heart, and what kind? If I like to play pickleball, is that a better form of exercise than say, weightlifting?

ANSWER: Finding time within busy schedules can feel difficult, but if you dedicate at least 30 minutes of exercise on a daily basis, that can be enough. And any type of exercise is good for your body, even if you're just climbing the stairs for five minutes. Any type of physical activity that you perform on a daily basis will benefit your body. Even doing everyday housekeeping such as gardening is a good way to get in some physical activity.

Dr. Angie Brown is a clinical associate professor at Quinnipiac University, where she uses her experience as an orthopedic specialist to teach students about the musculoskeletal system. Brown offered a lesson on knee health in an article for the Conversation.

We recommend that you exercise for at least 150 minutes of moderate aerobic exercise per week, such as walking at a brisk pace (that's around 30 minutes five times a week or 50 minutes three times a week) or 75 minutes per week of more of intense activity such as running or jogging. If you run or jog, 75 minutes can be enough.

Sometimes, we dedicate that time to other things like checking social media or watching TV. It's a matter of finding the right time for you to exercise, such as catching up on Instagram or the news while on the treadmill.

Remaining active as much as possible has been shown to be one of the best ways to control stress. Another one of the biggest benefits of exercise is how it positively affects our sleep. After daily physical activity, you tire, and it's easier for you to fall asleep.

Getting enough sleep is important in preventing chronic conditions in the future, such as heart attacks, diabetes and strokes. For optimal heart health, sleeping at least seven to eight hours per night is usually recommended. This allows enough time for your body to recover and be ready for the next day. Fewer hours than this can lead to side effects that can negatively affect your heart and your overall health.

Try to get into a schedule in which you're going to sleep at the same time and waking up at the same time. Consistency is very important for sleep and building exercise habits. In addition to getting daily physical activity not too close to bedtime, we recommend that you turn off any type of electronic device at least an hour and a half to two hours before bed to set up an environment that is easier for your body to fall asleep.

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• ON NUTRITION • TREATMENTS FOR LOW THYROID

BARBARA INTERMILL - Several years ago, a patient asked me what she could eat to treat hypothyroidism — a medical condition characterized by abnormally low levels of thyroid hormones.

She was correct to be concerned. The small thyroid gland housed in the front of our necks manufactures hormones that control important bodily functions including breathing, heart rate, body temperature and even how well we digest food for energy. It's not good when these hormone levels get too low.

According to the American Thyroid Association (thyroid.org) hypothyroidism is fairly common in the United States, especially in females and those over the age of 60. And the most obvious treatment is a daily prescription medication that replenishes the body's store of thyroid hormones.

That's not what this patient wanted to hear. She was seeking to cure her condition purely with food and supplements. I thought about her when I read a recent report on this topic from Consumer Labs, an independent organization that conducts tests to evaluate nutrition and other health products.

These researchers remind us that nutrition does play an important role in preserving thyroid function. Our bodies need iodine, for instance, to make thyroid hormone. Iodine is mostly found in seafood, seaweed and "iodized" salt. Some specialty salts do not have added iodine, however. And even though packaged foods may contain salt (sodium) many manufacturers do not add iodine.



Some vitamin/mineral supplements contain iodine, however. Mine—a formula for women over 50—supplies 100% of a woman's daily need for iodine (150 micrograms).

Be careful though, says Consumer Reports. Any daily intake of iodine over 1100 micrograms (or 1.1 milligram) can be toxic and can even backfire to cause low thyroid disease. These investigators have found some over-the-counter iodine supplements that contain up to 30 times above the limit for safety.

Selenium is also needed for the thyroid gland to function properly. But it's rare not get enough of this micronutrient in your usual diet.

And again, a little goes a long way. Supplements with more than 400 micrograms of selenium a day can cause brittle hair and nails and bring on nausea, depression, nervousness and emotional instability.



Our bodies also need zinc to make thyroid hormones. Zinc is especially rich in oysters, beef and breakfast cereals fortified with zinc. Check your multivitamins as well; the daily goal is 8 milligrams a day for women and 11 milligrams for men.

So what about specific thyroid care supplements? Some of these marketed for "thyroid support" have been found to contain actual thyroid hormones... some in even higher doses than prescription medications.

These over-the-counter supplements may also contain ingredients that impair thyroid function, says Consumer Reports. Be cautious too, with products made with "raw thyroid" tissue from cows or pigs.

These products are sometimes sold as "dessicated thyroid extract," which the American Association of Clinical Endocrinologists and the American Thyroid Association say "should not be used for the treatment of hypothyroidism."

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HERE'S TO CELEBRATING YOU

COUNT NOT THE YEARS, BUT THE LIFE YOU LIVE

4/2	ANNIE CHAMBERS	5/1
4/2	HAL RYAN	5/2
4/5	GEORGE KHOULI	5/3
4/7	BRENDA FLEMING	5/4
4/7	SAMANTHA RUSSMAN	5/10
4/14	DOMINIC DI LUIGI	5/13
4/15	ANDRE LUSTI	5/15
4/15	ABBEY HEMMI	5/16
4/16	JOSEPH ROHN	5/18
4/20	SCOTT NUANEZ	5/18
4/21	MAJA CLINE	5/18
4/23	BRANDEN BOYSEN	5/19
4/25	LEILA CAHILL	5/21
4/30	STEPHANIE BERGSTROM	5/21

AIDA EDGINGTON	5/24
CHAD CLINE	5/26
JASON SHELBY	5/28
SCOTT FLAMING	5/28
LUTHER LEWIS	5/29
CORA SCULLY	5/29
JACKIE CALLAN	5/29
REBECA EDID	5/31
CHAU PHAM	
ASHLEY FORRESTER	
MARK KOONIN	
MICHAEL BERNAS	
KURT MAGNESON	
CHARLENE DURHAM	
SUSAN SPATH	
JOSEPH ALLEN	
KEVIN SMITH	
JESSICA MELOS	
TERESA MCELANEY	
FERRELL REED	
DORFMAN ROBERT	
BEBE ZIGMAN	



Ingredients:

- ½ cup mayonnaise
- ¼ cup prepared horseradish
- 1 ¾ teaspoons table salt, divided
- 2 tablespoons plus 1 teaspoon vegetable oil, divided
- 10 ounces cremini mushrooms, trimmed and sliced thin
- ½ onion, sliced thin
- 2 garlic cloves, minced
- 1 ½ pounds 85% lean ground beef
- 2 teaspoons coarsely ground pepper
- 4 slices deli Swiss cheese (4 ounces)
- 4 brioche buns, toasted and buttered

1. Combine mayonnaise, horseradish, and 1/4 teaspoon salt in bowl. Heat 2 tablespoons oil in a 12-inch nonstick skillet over medium-high heat until just smoking. Add mushrooms, onion, and 1/4 teaspoon salt and cook, stirring, until vegetables are browned, about 10 minutes. Stir in garlic and cook until fragrant, about 1 minute. Transfer to bowl.
2. Divide beef into four equal portions and gently form into 3/4-inch thick patties. Sprinkle patties with pepper and remaining 1 1/4 teaspoons salt, pressing to adhere.
3. Heat remaining 1 teaspoon oil in the now-empty skillet over medium-high heat until just smoking. Transfer patties to skillet and cook until well browned on both sides, about 3 minutes per side. Divide mushroom mixture and Swiss cheese over patties, then cover and remove from heat. Let sit until cheese is melted, about 2 minutes.
4. Transfer burgers to a plate, tent with foil, and let rest for 5 minutes. Spread mayonnaise mixture on cut sides of buns. Transfer burgers to bun bottoms and cap with bun tops. Serve.

MUSHROOM & HORSERADISH CHEESEBURGERS



Robert's April Spotlight Listing

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4.5 BA



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\$15,000 Monthly

FOR RENT



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\$600 Daily • \$4,000 Weekly
\$15,000 Monthly

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