

Thyroid

Harmony & Health

(812)738-LIFE(5433)

Quality Products for Health

www.harmony4health.com

www.facebook.com/harmony4health

The thyroid gland produces hormones that regulate the body's metabolic rate, growth & development. It plays a role in controlling heart, muscle and digestive function, brain development & bone maintenance, metabolism and burning fat. With a low thyroid, a person feels cold, tired, gains weight easily, muscle pain, dry skin & thinning hair. Its correct functioning depends on a good supply of iodine from the diet.

An easy way to check for thyroid indications is to take your body temperature (see directions below).

People with thyroid disease should eat balanced, portion-controlled meals. Whole, unprocessed foods such as lean protein, fruits, vegetables, whole grains, and legumes; focusing on protein, including nuts (especially almonds), and vegetables. You should also eat a diet high in nutrients for the liver, since they work together, such as beet & greens, such as asparagus and kale.

Food that should be reduced or avoided: soy, fluoride-treated salt & water, bromide-treated breads or drinks; there is debate on cruciferous vegetables, ie cabbage, because a chemical released from these vegetables can compete with the absorption of iodine by the thyroid, but it would take large doses & not realistic in most, if concern, then cooking cruciferous vegetables lessens their goitrogenic properties or you can choose to avoid.

Primary types of thyroid disease

- Hypothyroid (underactive thyroid) - includes Hashimotos, Iodine deficiency, and congenital (at birth)
- Hyperthyroid (overactive thyroid)- includes Graves, excess iodine, medications, & thyroiditis.
- Nodules- abnormal lumps on your thyroid gland, can be benign, but should get evaluated.
- Goiter- Iodine deficiency is the most common cause of goiter. The body needs iodine to produce thyroid hormone. If you do not have enough iodine in your diet, the thyroid gets larger to try and capture all the iodine it can, so it can make the right amount of thyroid hormone; toxins should also be suspected.

Supplemental Support:

- **Kelp or Liquid Dulse** are plant sources of iodine.
- **Tri-Iodine** provides three beneficial forms of iodine to nourish thyroid, Breast, uterine, prostate, & colon; Hormone balance and menopause relief/ Iodoral is another quality brand. Max 12.5 mg daily unless labs show deficient & need more.
- **TS-II** and **Target TS II** are thyroid-balancing herbal combinations with amino acids & minerals
- **Thyroid Support** - glandular extracts & nutrients for rebuilding the thyroid gland and pituitary.
- **Thyroid Activator**-five botanicals synergistically support the glandular system & thyroid w/iodine & more
- **Vitamin D3** - may help to reduce thyroid-stimulating hormone (TSH) levels. One study showed vit D3 supplementation among hypothyroid patients for 12 weeks improved serum TSH levels & calcium conc.
- **SAM-e** aids the liver which helps the thyroid as T4 to T3 hormone conversion takes place in the liver.
- **7-Keto** helps stimulate the thyroid and increases production of T3 thyroid hormone.

Barnes Basil Temperature Test for Thyroid Function

** Before moving around or getting out of bed in the morning, take your temperature under your armpit for ten minutes. Do this for 5 mornings. A temperature reading of 98.6F or lower may indicate an under-active thyroid. (For menstruating women, avoid weeks of menstruation and ovulation to improve accuracy.)

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally

