

HYPOTHYROIDISM

(THYROID HYPOFUNCTION)

An underactive thyroid gland that doesn't produce enough thyroid hormones causing symptoms of hair loss, weak nails, intolerance to cold, fatigue, weight gain, constipation, indigestion, infertility, etc.

POSSIBLE CONTRIBUTING FACTORS



- Nutrient insufficiency (iodine, selenium vitamin A, zinc, iron)
- Protein or fat insufficiency (secondary to hypochlorhydria and/or low bile)
- Exposure or ingestion of halogens (fluoride, chlorine, bromine)
- Food allergy/sensitivity, especially dairy & gluten
- Liver congestion (toxic exposures, high cholesterol, low B vitamins, low protein, etc)
- Hashimoto's (autoimmune thyroid)
- Immune dysregulation allowing viral surges (Epstein-Barr, Cytomegalovirus)
- Dysbiosis and overgrowths, including in the mouth
- Estrogen dominance
- Stress (low or high cortisol)
- Blood sugar dysfunction

LIFESTYLE & DIETARY RECOMMENDATIONS



- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats
- If blood sugar is an issue, limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 whole fruits per day. Avoid sugar and anything made from flour.
- Iodine source: ¼ - ½ tsp kelp sprinkles or other sea vegetables
- Selenium source: sardines with skin on and 4-5 organic Brazil nuts
- Iron, protein, vitamins A & B source: 2-3 oz, 2 x per week organic liver
- Adrenal support: sole, stinging nettle tea, rosehip tea and other vitamin C rich foods
- Liver/gallbladder support: dandelion root tea or beet kvass
- Consider an elimination diet removing the common offenders like gluten and dairy for a minimum of 30 days followed by a re-introduction. Also consider eggs, nuts, yeast, soy, corn, peas.
- Avoid halogens; ex. filter your water, avoid chlorine in pools, bromine in bread
- Focus on stress reduction measures (grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often)
- Regular sun exposure
- Focus on sleep hygiene

SUPPLEMENT CONSIDERATIONS



- Thyroid nutrient support formula or glandular
- Liver/gallbladder support formula
- Adrenal adaptogens or glandular
- Blood sugar support formula
- Immune support formula (vit D3/K2, zinc, vit A, vit C, magnesium)
- Broad spectrum probiotic