

# **HYPERTHYROIDISM**

## **(THYROID HYPERFUNCTION)**

An overactive thyroid gland that produces too much thyroxine which accelerates the body's metabolism causing unintentional weight loss, rapid or irregular heartbeat, frequent and loose stools, intolerance to heat, restlessness, anxiety, infertility, etc.

### **POSSIBLE CONTRIBUTING FACTORS**



- Physical or psychological trauma (primary reason for thyroid hyperfunction)
- Stress (low or high cortisol)
- Grave's disease or Hashimoto's (autoimmune thyroid)
- Hashitoxicosis, a transient form of hyperthyroidism in those with Hashimoto's
- Toxic nodular goiter / toxic adenoma (nodule on thyroid gland)
- Iodine insufficiency or excess
- Exposure or ingestion of halogens (fluoride, chlorine, bromine)
- Virus and/or toxic element exposure
- Food allergy/sensitivity, especially dairy & gluten
- Pregnancy and post pregnancy: hCG (pregnancy hormone) can bind to the TSH receptor
- Nutrient deficiencies: vitamin D, selenium
- High dose thyroid medication
- Dysbiosis and overgrowths, including in the mouth
- Genetic mutations in thyroglobulin, TSH receptor, HLA complex, TNF- $\alpha$  and vitamin D receptors

### **LIFESTYLE & DIETARY RECOMMENDATIONS**



- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats
- 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
- Consider 24-hour urine iodine testing. Iodine sources:  $\frac{1}{4}$  -  $\frac{1}{2}$  tsp kelp sprinkles or other sea vegetables
- Test RBC selenium. Selenium sources: sardines with skin on, 4-5 organic Brazil nuts
- Iron, protein, vitamins A & B sources: 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, castor oils packs
- Focus on stress reduction measures: grounding, deep breathing, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, Epsom salt bath.
- Regular sun exposure
- Focus on sleep hygiene

### **SUPPLEMENT CONSIDERATIONS**



- Thyroid nutrient support formula (with or without iodine as needed) or thyroid glandular
- Adrenal adaptogens or glandular
- Immune support formula (vit D3/K2, zinc, vit A, vit C, magnesium)
- Methylation / detox support (methylated B complex, glutathione, NAC, selenium)
- Bugleweed (if Graves')
- Methylated B Complex