

TREATING HYPOTHYROIDISM NATURALLY

Facts:

- The thyroid gland is our chief organ for energy and metabolism. It is located in the neck below the Adam's apple. **Hypothyroidism** is an underactive thyroid which is not producing enough thyroid hormone. Hyperthyroidism relates to an overactive thyroid.
- More than **12% of the US population** will develop a thyroid condition during their lifetime. Women are 5-8 times more likely than men.
- Worldwide, iodine deficiency is the #1 cause of hypothyroidism. In America, #1 cause is when the body's immune system (**auto-immune condition**) is providing certain antibodies that over time attacks or destroys thyroid tissue.
- **Symptoms** of hypothyroidism include fatigue, memory or concentration problems, brain fog, coarse & thinning hair, dry skin or yellowish tint to the skin, brittle nails, constipation, cold skin/ inability to tolerate cold & heavy or irregular menstrual periods that last longer than 5 to 7 days.
- **Thyroid Stimulating Hormone (TSH) test** is the #1 way to measure ones pituitary gland. TSH is a messenger to the thyroid gland. **High TSH levels** relates to hypothyroidism. Low TSH levels relate to hyperthyroidism.
- **Levothyroxine** is the #1 thyroid hormone replacement drug to treat hypothyroidism and is now the #1 drug prescribed in the US (Synthroid is brand name). Liothyronine or Cytomel is another often used synthetic replacement. **Natural desiccated thyroid drugs** like "Nature-throid" and "Armour thyroid" are safe alternatives to the synthetics.

Natural Treatment:

- Making dietary changes and adding nutritional support is the key to naturally treating hypothyroidism. The primary sources of **natural iodine** are sea vegetables like Kelp and seafood. Secondary sources include eggs, asparagus, lima beans, mushrooms, spinach, sesame seeds, summer squash, Swiss chard and garlic.
- **Omega-3s**, found in fish, grass-fed animal products, flaxseeds and walnuts are the building blocks for hormones that control immune function & cell growth. Critical to overall thyroid function.
- Recommended supplemental support includes:
 1. Vitamin D3 (2,000 IUs daily)
 2. Fish Oil (with omega-3, EPA & DHA): 1,200 mg. twice daily
 3. High-dose probiotic daily (12 billion live cultures per capsule)

4. High-quality daily multi-vitamin with minerals (ensure no deficiencies)
 5. Turmeric or Curcumin capsules (300mg.) or mushroom tincture daily to reduce body inflammation
- Recommended dietary tips include:
 1. Reduce daily intake of caffeine, sugar & refined carbohydrates like flour which the body treats like sugar
 2. **Avoid gluten** which can increase the body's autoimmune attack of the thyroid
 3. Increase your daily **intake of protein** (nuts, nut butter, eggs, sustainability-farmed fish & legumes)
 4. Increase **natural fat** to diet (olive oil, avocados, sugar-free yogurt, cottage cheese (not skim) & coconut milk products)

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