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NUTRITION & NATUROPATHY

Healthy
HAPPY THYROID

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What is the Thyroid ?

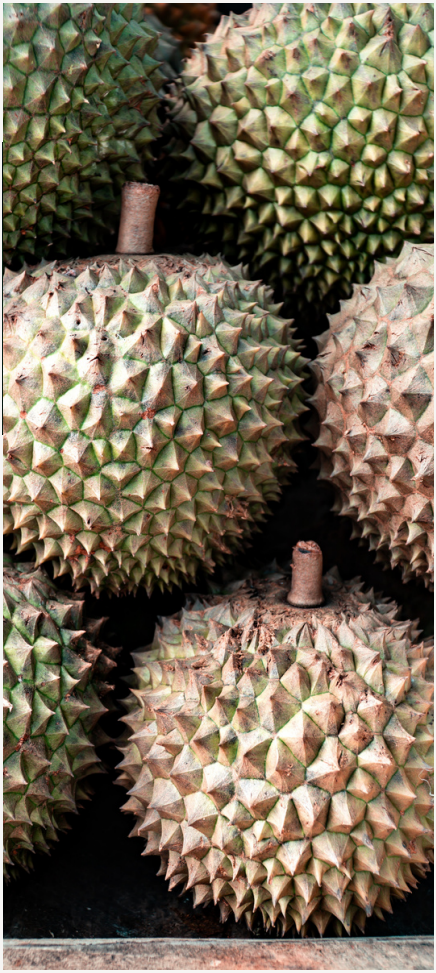
The thyroid gland acts as the body's thermostat, regulating temperature, hunger levels, and energy expenditure.

It controls metabolism by producing hormones that enable vital functions such as digestion and reproduction.

Thyroid stimulating hormone from the pituitary gland helps regulate hormone production, but imbalances can disrupt body weight regulation and mood stabilisation.

The release of T3 and T4 hormones, which convert oxygen and calories into energy, is crucial for cognitive functions, mood, digestion, and a healthy sex drive.

Overall, thyroid problems can have widespread effects on the body.



Most common Thyroid Imbalances

Thyroid disorders and thyroid disease can have a negative impact on just about every area of your life. From weight issues to depression and/or anxiety, the thyroid gland is vital to keeping your physical, mental and emotional life in balance.

What are the types of thyroid problems a person can experience?
There are two main categories of thyroid problems:

- **Hypothyroidism (an under-active thyroid)**
- **Hyperthyroidism (an overactive thyroid).**

While there are other thyroid issues as well, the majority of cases fall into one of these two categories.

Hypothyroidism is by far the more common type of thyroid problem. Most people with hypothyroidism are women, especially those who are of reproductive age or middle-aged. Most women are diagnosed between the ages of 30 to 50 years.In the case of hypothyroidism, your body literally slows down. This is why symptoms like weight gain, brain fog and sluggishness are common.These occur due to the thyroid not producing enough of the thyroid hormones T3 or T4 (or both). It can also cause elevated thyroid stimulating hormone levels.

Hyperthyroidism causes the opposite effect of hypothyroidism. It almost speeds up one's metabolism, to the point that the heart may beat faster and the person may have a hard time eating properly or keeping enough weight on. It occurs when the body has too much of the needed thyroid hormones.

Another condition is an **enlarged thyroid**, also called a **goitre**, that develops in the neck, which is usually caused by a lack of iodine in someone's diet. (Iodine is needed to support thyroid function.) In countries where iodized salt is common, goitres are rare, however they can develop when someone doesn't eat a balanced diet for an extended period of time. There are different types of goitres that can develop, including lithium-induced goitre, nontoxic goitre and toxic nodular goitre.

Sing & Symptoms of Thyroid Imbalances

Hypothyroidism

- Persistent fatigue (aka adrenal fatigue), lethargy, and sometimes depression or low motivation to exercise
- Moodiness and sometimes anxiety
- Intolerance to cold and frequently feeling chilly
- Dry skin and hair — skin might feel cool to the touch and the toes/fingers might look a blue/purple colour in some cases
- Brain fog, trouble concentrating, and forgetfulness
- A hoarse voice
- Unexplainable weight gain
- Constipation, bloating, and other digestive issues
- Muscle weakness, sometimes aches or pains, and other discomforts

Hyperthyrodism

- Nervousness or symptoms of anxiety
- Insomnia and sleep troubles
- Racing heart rate
- Eyes that appear large and sometimes bulge
- Unexplained weight loss
- High amounts of perspiration
- Muscle weakness
- Multiple bowel movements
- Thin, brittle hair

Warning sings of thyroid problems

When the gland first becomes dysfunctional, symptoms might include:

- Dry skin
- Fatigue and lack of focus
- Feeling cold
- Constipation
- Weight gain
- Puffy, swollen-looking face
- Muscle weakness and trouble exercising

Common causes of Thyroid Problems

Nutrient Deficiencies

Particularly iodine and selenium, play a crucial role in the proper functioning of the thyroid. Iodine and amino acids are converted into thyroid hormones T3 and T4. Lack of important nutrients like iodine, selenium, and zinc can increase the risk of thyroid problems. Unhealthy diets with processed foods, excessive sugar, unhealthy fats, caffeine, and alcohol can contribute to emotional stress and poor gut health, affecting thyroid function. Imbalances in iodine and other minerals, as well as difficulties in nutrient absorption, can further worsen thyroid symptoms. Leaky gut syndrome, causing inflammation and interfering with metabolic processes, is another factor linked to thyroid issues.

Stress

Emotional stress, anxiety, fatigue and depression can interfere with normal adrenal functioning and wear down the entire immune system and endocrine system. Lack of sleep and overexercising are other causes of stress.

Poor Gut Health:

Some thyroid symptoms can be related to leaky gut syndrome, which triggers inflammation. This impairs normal nutrient absorption, can lead to autoimmune reactions, can reduce oxygen reaching the organs and causes less blood flow through the gastrointestinal tract.
It may also interfere with enzyme production, which makes it harder to digest certain things (especially grains, dairy and fats).

Other Risk Factors (Inactive, Genetic, Toxin Exposure

A lack of exercise and a sedentary lifestyle may contribute to overall poor health and hormonal imbalances.

Reactions to some immunosuppressive medications can also impact the thyroid and adrenals. So can toxicity due to chemical exposure or contact with other environmental pollutants.

Other potential causes include genetic factors (research shows that thyroid problems tend to run in families), pregnancy, or in the case of infants or young children, a genetic pituitary disorder, defective thyroid, or lack of the gland entirely.

Top 4 Nutrients for Healthy Thyroid

Selenium

is required for the conversion of T4 (storage) to T3 (active) . It also helps protect the thyroid from damage. Sardines are one of the best sources of selenium available.

Iodine

one of the most well-known thyroid nutrients. Thyroid hormones are based off iodinated tyrosine. Meaning you need iodine and tyrosine to go to together to make thyroid hormone. Seaweed is one of the best sources of iodine available.

Zinc

Again very important for the conversion of T4 into T3. Also has a role in making TRH (thyroid-releasing hormone) this guy goes on to make TSH --> T4 --> T3
Oysters are one of the best sources of zinc available.

Tyrosine

is an amino acid, and is pivotal in thyroid hormone production. It provides the building blocks to make thyroid hormones. Tuna is one of the best sources tyrosine available.