



village health clinic

naturopathic medicine & midwifery care

Hypothyroidism

The thyroid gland is an endocrine gland located just under the Adam's apple in the throat. It secretes a hormone into the bloodstream called thyroxine, which controls the body's metabolism, the rate at which the body burns calories for energy. It also controls the body's utilization of fat and metabolism of vitamin A. A decline in the secretion of hormones from the thyroid gland (hypothyroidism) can result in poor concentration, confusion, memory problems, cold hands and feet, weight gain, menstrual problems, sleep disorders, dry skin, thinning hair and low energy levels. An underactive thyroid is also a major cause of a common painful musculoskeletal condition known as fibromyalgia.

Diet

Consider eating a blood sugar normalizing diet, as most diabetics, and many with hypoglycemia, have difficulties converting thyroxine (T4) to triiodothyronine (T3), the more potent-acting thyroid hormone in our bodies.

Foods to Avoid

Avoid goitrogens - generally members of the brassica family: Broccoli, Cauliflower, Brussel Sprouts, Cabbage, Mustard, Kale, Turnips, Rapeseed (Canola Oil)
Millet
Peanuts
Pine nuts
Soy
Teas

Supplements that may interfere with Thyroid medications, therefore take them at a separate time from your Thyroid medication:

Iron supplements interferes with thyroxine absorption
Fiber supplements (flaxseeds, psyllium, Metamucil) may interfere with thyroxine absorption

Supplements that may help the action of Thyroid medications:

Chastetree berry – increases TSH release from the pituitary gland in the brain
DHEA – assists in improving tissue receptor sensitivity to thyroid hormone
Folic Acid – assists in the conversion of T4 to T3
Glycyrrhiza (licorice root) – will help with thyroid function in the presence of adrenal gland fatigue
Iodine – assists in the production of thyroid hormone
L-Tyrosine – a precursor to the production of thyroid hormone
Selenium – assists in the conversion of T4 to T3
Zinc – assists in improving tissue receptor sensitivity to thyroid hormone
Dessicated thyroid supplement
Fucus / Bacopa

Medications

If you are taking Synthroid or an equivalent thyroxine (T4) medication and are still struggling with hypothyroid symptoms, consider switching to a combination T4-T3 medication such as Armour Thyroid or Thryolar. **60 mg Armour = 1 grain = 0.1 mg Synthroid**