

Diet tips to nourish the thyroid



HIGH ANTIOXIDANTS

Foods high in antioxidants such as blueberries, goji berries, capsicum, tomatoes, leafy greens & cherries nicely complement a dietary plan for hypothyroidism.



FRESH IS BEST

Avoid refined packaged foods such as white bread, white pasta & sugar. Instead, embrace a diet high in fresh fruits, vegetables & whole grains.



VITAMIN B12 & IRON

To improve the absorption of hypothyroid medications, eat foods high in vitamin B12 and iron such as whole grains and sea vegetables.



BE WARY OF

Cabbage and other brassica vegetables (e.g. Chinese leaves, brussel sprouts, turnips & kale) contain compounds known as thioglucosides which, if taken in excess can disrupt the function of the thyroid gland.



Hypothyroidism

Eating to balance your hormones

Healthy thyroid

The thyroid, which is a major gland in the endocrine system, is linked to all the other glands in the endocrine system of which there are seven: the pineal, pituitary, thymus, thyroid, pancreas, gonads (ovaries in women; testes in men), and the adrenal glands.

What's going on?

The modern lifestyle wreaks havoc on these powerful but delicate glands that secrete precious hormones in a very precise balance into the bloodstream.

Modern stress overtaxes the adrenals, which secrete the adrenals, which secrete the “fight or flight” hormone adrenaline, beginning the process of sabotaging all the glands.

The thyroid naturally gets overworked, becomes enlarged, and is then deemed “underactive” – just as we are when we are overworked for too long and puffy from abuse.

Metabolism

The metabolism, which is often said to slow when the thyroid is low-functioning, is not synonymous with the thyroid at all. In fact there is no such thing as “a metabolism.” The metabolism is not a location in the body that a doctor could point to.

Instead, metabolism is an event that occurs at the cellular level. Metabolism is the process of breaking down and eliminating foreign substances like food, pollution, etc.

When the body is clear of excess waste residue and the cells are clean, metabolism is high-functioning. A whole foods diet encourages this.

Embrace a Whole Foods Diet

Foods that are helpful for thyroid function are carrots, spinach, apricots, asparagus, olive oil, avocado, sunflower seeds, whole grain cereals, bananas, and oily fish.

Avoid caffeine drinks like coffee & softdrinks. Avoid stimulants like smoking and alcohol as these all effect thyroid function.

Physical Activity

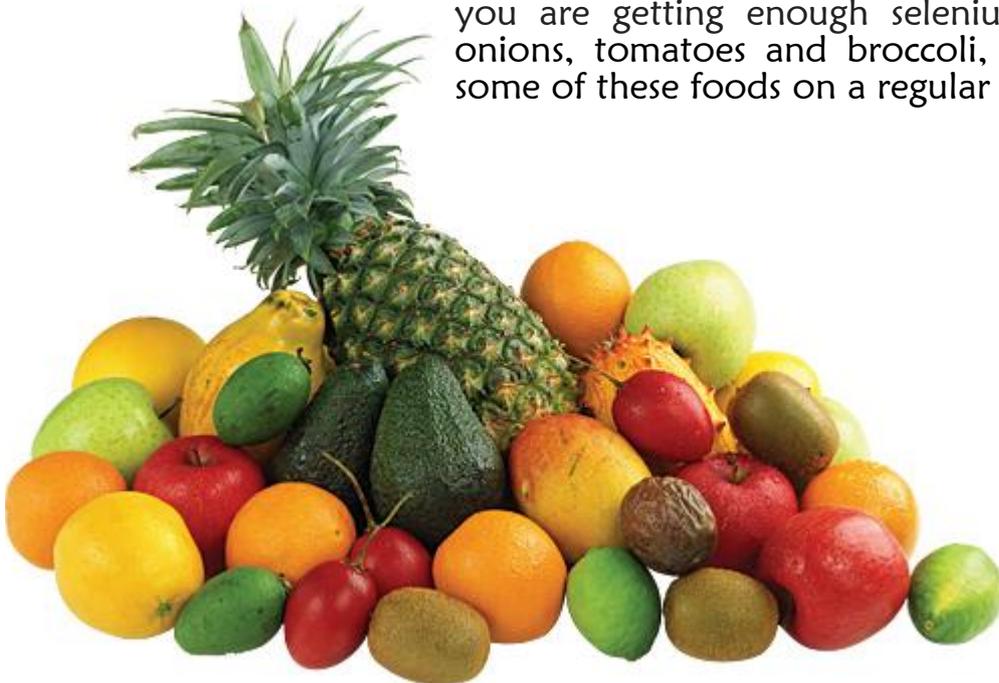
“ Take regular enjoyable exercise. It is essential in order to help speed up your metabolism and increase weight loss. A daily 30 minute workout, building up to 45 minutes is fine. If you currently take regular exercise, it will help to increase what you do by just 10 minutes extra per day. ”

DR. CASEY CONROY, HOLISTIC DIETITIAN
GREEN SMOOTHIE NUTRITION & DIETETICS

Minerals

Modern food production and processing methods mean that many mainstream, commonly eaten foods are deficient in minerals. These deficiencies can contribute to degenerative diseases.

Selenium deficiency can cause hypothyroidism. Make sure you are getting enough selenium from Brazil nuts, tuna, onions, tomatoes and broccoli, and whole grains. Include some of these foods on a regular basis.



Please note that a single mineral does not work well in isolation.

Each mineral works best in association with all other minerals and trace minerals, the way they are found in unrefined whole foods.

CONSULTING

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