

More about YOUR Thyroid



Is it **Overactive**

Not Working to its Max Capacity or

Happy as a Clam?

Which is it?

What is Hyperthyroidism? The thyroid gland produces too much hormone. It can be caused by excessive iodine in either food consumption or supplements or even prescribed medications.

FOODS that is good for a HYPER thyroid

YOGURT That has ACTIVE probiotics, such as lactobacillus acidophilus to improve your immune system

CABBAGE It may inhibit the body's ability to absorb iodine

OLIVE OIL This unsaturated fatty acid can also improve the immune system

ALMONDS Contain the minerals calcium and zinc, also important for the immune system

Also recommended **antioxidant rich foods**, such as blueberries, cherries, and tomatoes, squash and bell peppers.

Foods to **AVOID**: Lunch meat and red meat as much as possible and refined foods like white bread, pasta and sugar and of course the list of foods recommended for hypothyroidism.

What is Hypothyroidism? The thyroid gland does NOT produce the proper amount of hormone. Should you decide to take a synthetic hormone YOU must monitor it closely along with all other vital health levels.

FOODS that is good for a HYPO thyroid

IODINE Primary sources: sea vegetables (kelp, dulse, hijiki, nori, arame, wakame, kombu) and seafood (clams, shrimp, haddock, oysters, salmon, sardines), as well as iodized sea salt. Secondary sources: eggs, asparagus, lima beans, mushrooms, spinach, sesame seeds, summer squash, Swiss chard, garlic

SELENIUM Brazil nuts, tuna, organ meats, mushrooms, halibut, beef, soybeans, sunflower seeds (Note: selenium content of land-based foods is contingent on soil substrate selenium levels.)

ZINC Fresh oysters, sardines, beef, lamb, turkey, soybeans, split peas, whole grains, sunflower seeds, pecans, Brazil nuts, almonds, walnuts, ginger root, maple syrup

FOODS that is good for a HYPO thyroid (continued)

COPPER Beef, oysters, lobster, shiitake mushrooms, dark chocolate, crabmeat, tomato paste, pearled barley, nuts, beans (soybeans, white beans, chickpeas), sunflower seeds

IRON Clams, oysters, organ meats, soybeans, pumpkin seeds, white beans, blackstrap molasses, lentils, spinach

VITAMIN A (beta-carotene form) Kale, sweet potatoes, carrots, winter squash/pumpkin, spinach, cantaloupe, broccoli, asparagus, liver, lettuce

VITAMIN C Guava, peppers (chili, Bell, sweet), kiwifruit, citrus, strawberries, broccoli, cauliflower, Brussels sprouts, papaya, parsley, greens (kale, turnip, collard, mustard)

VITAMIN E Whole grains, almonds, soybeans and other beans, sunflower seeds, peanuts, liver, leafy green vegetables, asparagus

VITAMIN B 2 (riboflavin) Brewer's yeast, organ meats, almonds, wheat germ, wild rice, mushrooms, egg yolks

VITAMIN B 3 (Niacin) Brewer's yeast, rice bran, wheat bran, peanuts (with skin), liver, poultry white meat

VITAMIN B 12 (pyroxidine) Brewer's yeast, sunflower seeds, wheat germ, fish (tuna, salmon, trout), liver, beans (soybeans, lentils, lima beans, navy beans, garbanzos, pinto beans), walnuts, brown rice, bananas

A note on soy and foods that may disrupt thyroid function

Some studies have shown that the isoflavones in soybeans inhibit the enzyme responsible for adding iodine to thyroid hormone, thyroid peroxidase (TPO). These and other studies also indicate that if you have low iodine in your body, the soy isoflavone could bond to what iodine you do have, leaving you with an inadequate reserve for thyroid hormone production.

However, if you have sufficient iodine in your body, eating soy will most likely not be a problem. And I've seen soy help so many women with menopausal symptoms that it would be a shame not to consider it as an option. (Just be sure it is not genetically modified soy.)

There are hundreds, if not thousands of other compounds found in edible plants that inhibit the TPO enzyme. The isothiocyanates found in the Brassica family of vegetables — broccoli, cauliflower, cabbage, Brussels sprouts, and so on — can reduce thyroid hormone in the same way. An enlarged thyroid is sometimes referred to as a goiter, and these compounds are sometimes categorized as goitrogens. Such compounds have

also been found in very small amounts in countless other foods — from peaches and peanuts to strawberries and spinach!

The bottom line is that: as long as you get enough iodine from your diet, as well as other micronutrients essential to thyroid function, it is not recommend cutting soy and other healthy foods out. Simply pair these foods with the iodine-rich and micronutrient-rich foods listed in the chart above, or lightly steam them to counteract their activity.

There is one food to avoid if you have a thyroid condition: gluten. A distinct connection between celiac disease, gluten intolerance, and autoimmune thyroid issues has been observed, and many patients find that when they remove gluten-containing foods, they feel much better and notice fewer problems with their thyroid.

AVOID all grains and NEVER eat anything made with flour of any kind. EAT single ingredient LIVING foods that get their energy from the sun and their nutrients from the earth. AVOID anything that requires a label - it's DEAD and has ZERO nutritional value.

And if you are **lucky** enough that your thyroid is **HAPPY** as a clam -- rejoice and eat lots of antioxidant foods, **AVOID** processed sugar and all flour. Drink plenty of water and eat lots of single ingredient **LIVING** foods that get their energy from the sun and their nutrients from the earth and **DO NOT** require a label.