

HYPOTHYROID RECOMMENDATIONS; DR WYSOKI

AVOID: TAKING YOUR THYROID MEDICATION WITHIN ONE HOUR OF ANY CAFFEINE (TEA OR COFFEE). CAFFEINE LIMITS THE ABSORPTION OF THYROID MEDICATION, AND YOUR THYROID LEVELS WILL REMAIN LOW. IT IS BETTER TO TAKE YOUR THYROID MEDICATION ON AN EMPTY STOMACH AND BY ITSELF.

IODINE: THIS IS FOUND USUALLY IN ALL FOODS THAT CONTAIN IODINIZED SALT (SODIUM CHLORIDE). HOWEVER, IF YOU ARE ON A SALT RESTRICTED DIET, OR HAVE SWITCHED TO SEA SALT (WHICH DOES NOT HAVE IODINE), YOU MIGHT BE IODINE DEFICIENT. LACK OF IODINE IS A CAUSE OF GOITER, OR THYROID ENLARGEMENT. A DAILY SUPPLEMENT OF IODINE IS 150-250 MICROGRAMS PER DAY. KELP IS ALSO A GOOD NATURAL SOURCE OF IODINE. EITHER ONE IS AVAILABLE AT ANY HEALTH FOOD STORE. CHECK YOUR IODINE LEVELS WITH YOUR DOCTOR BEFORE STARTING ANY IODINE SUPPLEMENTS.

FOODS: CRUCIFEROUS VEGETABLES (RAW) ARE CONSIDERED GOITROGENIC, MEANING THEY CAN HINDER THYROID-HORMONE PRODUCTION BY REDUCING THE AMOUNT OF IODINE IN THE BODY. THESE VEGETABLES INCLUDE; BROCCOLI, CAULIFLOWER, AND CABBAGE. THESE SHOULD BE COOKED THOROUGHLY BEFORE EATING. THEY ARE FOUND IN SALADS AND SALAD BARS FREQUENTLY. FRUITS AND OTHER FOODS THAT ARE ALSO GOITROGENIC INCLUDE ; PEACHES, STRAWBERRIES, PEANUTS, RADISHES, SPINACH, AND MILLET. SOY IS CONSIDERED GOITROGENIC, BUT FERMENTED SOY (TEMPEH) HAS LESS EFFECT.

OMEGA 3 FATTY ACIDS ARE HELPFUL: THEY ARE FOUND IN WALNUTS, FLAXSEED, FATTY FISH , SARDINES, AND SALMON. (WATCH MERCURY INTAKE).

HEAVY METALS: SUCH AS LEAD AND MERCURY ARE ENVIRONMENTAL TOXINS- CHEMICALS, PESTICIDES AND POLLUTANTS- CAN ALL INTERFERE WITH THYROID-HORMONE PRODUCTION. UNFORTUNATELY, FISH SUCH AS SALMON AND TUNA ARE NOW CONTAMINATED BY MERCURY AND THE GOVERNMENT HAS ISSUED WARNINGS TO PREGNANT WOMEN REGARDING LIMITED INTAKE OF FISH. SOME GROCERY STORES (COSTCO) NOW HAVE WARNING SIGNS IN THE SEAFOOD SECTION REGARDING MERCURY TOXICITY.

HASHIMOTO'S THYROIDITIS: IS A TYPE OF LOW THYROID. IT CONCERNS THE BODY'S OWN ATTACK AGAINST THE THYROID (AUTO-IMMUNE REACTION). THIRTY PERCENT OF HASHIMOTO'S PATIENTS ALSO HAVE A GLUTEN INTOLERANCE. GLUTEN IS A PROTEIN FOUND IN WHEAT, BARLEY AND RYE. IF YOU HAVE HASHIMOTO'S THYROIDITIS, YOU SHOULD BE CHECKED FOR GLUTEN INTOLERANCE AS WELL. ALSO, BECAUSE OF LACTOSE BINDERS IN SYNTHROID, HASHIMOTO'S THYROIDITIS PATIENTS GENERALLY DO BETTER ON OTHER FORMS OF THYROID MEDICATION INSTEAD.

MINERALS AND VITAMINS: A HEALTHY THYROID GLAND NEEDS THE FOLLOWING ALSO; ZINC @ 20-30MG A DAY; MAGNESIUM @400-600MG/DAY; CALCIUM CITRATE @800-1200MG/DAY; SELENIUM @200-300 MICROGRAMS /DAY; VITAMIN A @ 2500-5000 IU/DAY; VITAMIN D3@ 2000 IU/DAY MAINTENANCE & 5,000 TO 10,000 IU PER DAY FOR SIX MONTHS IF DEFICIENT. ALL B COMPLEX VITAMINS ARE NEEDED.

THYROID LINKS TO OTHER HORMONES: IF YOU HAVE THYROID DISEASE, YOU HAVE TO ASK IF IT IS A PURELY THYROID PROBLEM OR IS YOUR LOW THYROID PROBLEM RELATED TO AN ADRENAL IMBALANCE? YOUR DR CAN CHECK YOUR CORTISOL LEVELS IF YOUR ENERGY DOES NOT REBOUND. ALSO, YOUR PITUITARY CAN BE CHECKED WITH A TRH STIMULATION TEST. PROBLEMS WITH YOUR THYROID CAN AFFECT YOUR DIABETES AND SUGAR CONTROL AS WELL. THEY ALL WORK TOGETHER TO FUNCTION CORRECTLY.