

# Understanding Hyperthyroidism



Note: The data is extracted from World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), Mayo Clinic, and others. I don't claim any right on these data

## About Hyperthyroidism

Hyperthyroidism can be caused by various factors, including autoimmune diseases (such as Graves' disease), thyroid nodules or goiter, excessive iodine intake, inflammation of the thyroid gland (thyroiditis), or certain medications.

## Home Remedies

While hyperthyroidism typically requires medical management, these home remedies may help alleviate symptoms and support overall thyroid health:

- **Nutritious Diet:** Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Include foods high in calcium and vitamin D to support bone health, as hyperthyroidism can lead to bone thinning (osteoporosis).
- **Limit Stimulants:** Avoid excessive caffeine and stimulants, as they can exacerbate symptoms like palpitations and anxiety.
- **Stress Management:** Practice stress-reducing techniques such as yoga, meditation, or deep breathing exercises to help manage anxiety and promote relaxation.
- **Regular Exercise:** Engage in moderate exercise to support overall health and well-being, but avoid strenuous activities that may overtax your heart.

## Do's and Don'ts

### Do's:

- **Follow Medical Advice:** Take medications as prescribed by your healthcare provider to manage thyroid hormone levels.
- **Monitor Symptoms:** Keep track of your symptoms and report any changes to your healthcare provider promptly.
- **Eat Nutritious Foods:** Consume foods rich in vitamins and minerals that support overall health and thyroid function.
- **Stay Hydrated:** Drink plenty of water to stay hydrated, especially if you experience increased sweating.

### Don'ts:

- **Avoid Excessive Iodine:** Limit intake of iodine-rich foods or supplements, as excessive iodine can worsen hyperthyroidism in some cases.
- **Limit Goitrogenic Foods:** Some foods (like raw cruciferous vegetables, soy, and millet) may interfere with thyroid function in large amounts. It's advisable to consume them in moderation, especially if they are not cooked.
- **Avoid Smoking:** Smoking can negatively affect thyroid function and overall health. If you smoke, consider quitting.
- **Limit Alcohol:** Excessive alcohol consumption can interfere with thyroid function and should be limited.

## Dietary Recommendations

A balanced diet can help support overall health and manage symptoms of hyperthyroidism:

Meal	Recommended Foods
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<b>Breakfast</b>	<ul style="list-style-type: none"><li>- Whole grain cereal with fresh fruits and low-fat yogurt</li><li>- Oatmeal with berries and nuts</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>- Grilled chicken or fish with quinoa and steamed vegetables</li><li>- Salad with leafy greens, beans, and olive oil dressing</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>-Baked salmon with sweet potatoes and broccoli</li><li>- Stir-fried tofu with mixed vegetables and brown rice</li></ul>