

## Disease Information

**Disease:** Hyperthyroidism

**Description:**

Hyperthyroidism (overactive thyroid) occurs when your thyroid gland produces too much of the hormone thyroxine.

Hyperthyroidism can accelerate your body's metabolism, causing unintentional weight loss and a rapid or irregular heartbeat.

**Precautions:**

1. eat healthy
2. massage
3. use lemon balm
4. take radioactive iodine treatment

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