

## [THE THYROID DIET MARY SHOMON](#)



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Also from another article from Mary Shomon:. I can t make it any clearer: Thyroid disease is NOT your fault. It is a result of autoimmunity, environmental exposures, genetics/heredity, and hormone shifts.

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### **Diet and Weight Loss Tips for Thyroid Patients**

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### **Thyroid Disease Medications Types and Their Uses**

Thyroid medications encompass an array of different options, which differ not only in their composition but their intent. Hormone replacement therapy, such as Synthroid (levothyroxine), is the most widely used drug for hypothyroidism. An anti-thyroid drug like Tapazole (methimazole) may be used for hyperthyroidism, and thyroid cancer patients may require or radioactive-iodine therapy or

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