NUTRITION FOR HYPOTHYROIDISM

The thyroid gland is located at the base of our neck, It produces two hormones, triiodothyronine (T3) and thyroxine (T4), which circulate through our bloodstream and control metabolic activity in every cell in the body.

Causes

Hypothyroidism or underactive thyroid occurs when the thyroid gland cannot produce enough thyroid hormones to meet the body's demands.
This causes all bodily functions to slow down and we feel tired, sluggish, achy, and gain weight.

The most common cause of hypothyroidism was iodine deficiency.Iodine is required for the production of thyroid hormone

The most common cause of hypothyroidism is Hashimoto's disease, which is an autoimmune disorder in which the body makes antibodies that attack the thyroid gland. This impairs the production of thyroid hormone. People with Hashimoto's develop a lump on their thyroid called a goiter.

Hypothyroidism can also result from treatment of Graves' disease (hyperthyroidism) with radioactive iodine, which destroys the thyroid gland, leaving it unable to produce hormones, and from surgical removal of the thyroid gland due to thyroid cancer.

A baby can be born without a thyroid gland (congenital hypothyroidism).

Diseases of the hypothalamus or pituitary gland can also cause hypothyroidism. These glands are involved in the regulation of the thyroid gland and the amount of thyroid hormone that is released. The hypothalamus releases thyrotropin-releasing hormone (TRH), which signals your pituitary gland to make thyroid-stimulating hormone (TSH). The amount of TSH released depends on how much T3 and T4 are in our blood. The thyroid gland regulates its production of hormones based on the amount of TSH it receives.

Hypothyroidism is easily treated today with thyroid hormones, Nutritional supplements, and various lifestyle approaches.

Sign & Symptoms of Hypothyroidism

• Depression, irritability, and anxiety
• Dry, brittle nails
• Dry eyes and droopy eyelids
• Dry, itchy skin; dry hair and hair loss (including eyebrow hair loss)
• Fatigue and sluggishness
• Headaches
• High cholesterol
• Hoarse voice
• Insomnia
• Joint aching
• Low libido
• Memory loss
• Menstrual irregularities
• Muscle swelling or cramps
• Slow heart rate
• Tingling or numbness in hands and feet
• Weight gain

Risk Factors effecting Hypothyroidism
• Age: It is most common after age 40
• Family history
• Gender: It is 10 times more common in women
• History of hyperthyroidism, Graves' disease, or thyroid cancer
• Hormone imbalance (high estrogen and cortisol)
• Iodine deficiency
• Medications (lithium, estrogen)
• Poor diet: Lack of iodine or selenium
• Pregnancy: The body produces antibodies that attack the thyroid gland, increasing the risk of miscarriage, premature delivery, pre-eclampsia, and damage to the fetus.
• Stress

Prescription Drugs

Hypothyroidism is often a chronic problem that requires lifelong treatment. Doctors typically prescribe synthetic thyroid hormone (T4), such as Eltroxin
Blood tests are done to check T3, T4, and TSH levels
Calcium and iron supplements may reduce the absorption of thyroid hormone, so take these products six hours away from your thyroid medication.

Dietary Recommendations

Foods to include:

• Essential fatty acids are important for proper thyroid function.
Eat more fish and flaxseed.

• Sea vegetables such as kelp, nori, dulse, and wakame contain iodine, which is used by the body to make thyroid hormone. Shellfi sh and saltwater fi sh also contain iodine.

Foods to avoid:

• Soyabean, Broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, and kale contain goitrogens, which interfere with thyroid hormone synthesis.

• Tap water contains fluorine and chlorine, which can inhibit the body's ability to absorb iodine.

Lifestyle Suggestions

• Don't smoke, as smoking can worsen hypothyroidism.

• Get regular exercise. Physical activity stimulates the thyroid to secrete more hormone and makes the body more sensitive to any thyroid hormone that is circulating.

• Manage your stress levels. Stress triggers the release of cortisol, which can suppress thyroid function.

Recommended Supplements

Guggul: Increases production of thyroid hormone (T3). Dosage: 25 mg of guggulsterones (active component) three times daily.

Multivitamin/mineral complex: Many nutrients are required to produce thyroid hormone, such as vitamin C, E, A, and the B-vitamins. Selenium is required for the conversion from T4 to T3. Many people are deficient in selenium, which may hamper thyroid hormone levels, so a complete multivitamin can ensure that all essential nutrients requirements are met.

Ashwaganda: An herbal product that helps boost thyroid function and also reduces stress. Dosage: 500 mg three times daily.

Tyrosine: An amino acid involved in the synthesis of thyroid hormone. Dosage: 500 mg twice daily on an empty stomach.

Recommended Pugos Supplements

Astashine/Astashine gold, liquimega,Optigision gold, Nutrese weight loss therapy.