



Here are seven of my favorite tools to support your thyroid and reclaim your energy, vitality, and health.

1. Go gluten-free.

Diet is one of the biggest factors in managing hypothyroidism, and many patients see a big improvement in hypothyroidism symptoms after going gluten-free. While true celiac disease affects only about 1% of the population, research in the last few years suggests that a lot of people are sensitive to gluten. Gluten-sensitive people are significantly more likely to develop thyroid issues, possibly because gluten can damage your gut lining, interfering with your hormones and causing inflammation that reaches your thyroid.

2. Eat iodine-rich foods.

Iodine is an essential mineral for thyroid hormone production, and a lot of us don't get enough of it. You can take an iodine supplement or eat iodized salt, but from what I've seen in my patients, iodine in food form makes a bigger impact on thyroid function.

Good sources of iodine include:

- 1. Seaweed, Nori, and other sea vegetables*
- 2. Shrimp*
- 3. Oysters*
- 4. Yogurt and cheese*

3. Manage stress.

Stress—especially chronic stress—is often a trigger for thyroid dysfunction. Stress can also cause flare-ups in symptoms if you already have hypothyroidism.

It's so, so important to manage your stress. Do some kind of self-care every day: meditation, aromatherapy, massage, an Epsom salt bath with essential oils, a walk in nature, reading a good book, or anything else that brings you joy and keeps you grounded.

Make time to relax, even if you have to write it in your schedule and treat it like a meeting. And if you're having trouble making time every day, start with once or twice a week and gradually work your way up.