



Thrive: High TSH Levels Recommendations

Consider the following five natural remedies as additions or alternatives to your treatment plan.

Selenium: According to the [National Institutes of Health \(NIH\)](#), selenium is a trace element that plays a part in thyroid hormone metabolism. Many foods contain [selenium](#), including:

- tuna
- turkey
- Brazil nuts
- grass-fed beef

Sugar-free diet?: [Sugar](#) and [processed foods](#) can lead to increased inflammation in the body. Inflammation can slow down the conversion of T4 to triiodothyronine, or [T3](#), another thyroid hormone. This can make your symptoms and thyroid disease worsen. Also, sugar only boosts your energy level in the short term, eliminating it from your diet may help regulate your energy levels. Additionally, removing sugar from your diet may help your stress levels and skin.

It's not easy to adopt a [sugar-free diet](#), but the benefit to your thyroid health may be worth it

Vitamin B: Low thyroid hormones can affect your body's vitamin B-12 levels. Taking a vitamin B-12 supplement may help you repair some of the damage hypothyroidism caused. **Vitamin B-12** can help with the tiredness thyroid disease can cause. The disease also affects your vitamin B-1 levels. You can add more B vitamins to your diet with the following foods:

- peas and beans
- asparagus
- sesame seeds
- tuna
- cheese
- milk
- Eggs

Probiotics: It was found that altered gastrointestinal (GI) motility commonly seen with hypothyroidism can cause **small intestinal bacterial overgrowth (SIBO)** and ultimately lead to chronic GI symptoms, such as diarrhea.

Probiotic supplements contain live helpful bacteria that can help keep your stomach and intestines healthy.

Besides supplement forms, fermented food and drink, such as kefir, kombucha, some cheeses, and **yogurt** contain useful probiotics.