

Home remedies that may help relieve symptoms and support thyroid health:

1. **Iodine** -rich foods :
 - **Seaweed**
 - **Seafood**
2. **Selenium Supplementation** food
 - Eggs, fish and meat
3. **Vitamin D Supplementation:**
 - Vitamin D plays a role in thyroid regulation and reducing inflammation.
 - Eat fish, liver , eggs and dairy products
4. **Apple Cider Vinegar:**
 - **apple cider vinegar** helps regulate thyroid function and reduce inflammation.
 - Mix a tablespoon of apple cider vinegar with water and consume it daily
5. **Castor Oil Massage:**
 - Gently massage the neck area with **castor oil**.
 - Leave it on overnight and repeat this nightly ².
6. **Green Tea:**
 - Green tea contains antioxidants and natural fluoride.
 - Regular consumption may support thyroid health .
7. **Garlic and Lemon:**
 - Garlic has anti-inflammatory properties.
 - Mix garlic, chopped parsley, and fresh lemon juice for a salad dressing .

Hypertension, steps you can take at home to help manage your blood pressure:

1. **Breathing Exercises:** Deep, slow breathing can help reduce stress and lower blood pressure
2. **Drink Water:** Staying hydrated can help lower blood pressure.
3. **Lie Down Flat:** This can help reduce the strain on the heart and lower blood pressure

Managing toxic goiter,

It's essential to focus on foods that support thyroid health.

- **Iodine-Rich Foods**
- **Saltwater fishes**
- **Shellfish** (such as shrimp)
- **Seaweeds**
- **Dairy products** (such as milk, yogurt, and cheese)
- 1. **Goitrogen-Rich Vegetables and Fruits:** While goitrogens can interfere with thyroid function, some of them can be beneficial when consumed in moderation.
 - **Asparagus**
 - **Carrots**
 - **Garlic**
 - **Onion**
 - **Oats**
 - **Pineapple**
 - **Whole rice**
 - **Tomatoes**
 - **Watercress**
- 2. **Other Safe Fruits and Vegetables:**
 - **Mangoes**
 - **Bananas**
 - **Pineapples**
 - **Coconuts**
 - **Papayas**
 - **Tomatoes**
 - **Eggplants**
 - **Squash**
 - **Sweet potatoes**
 - **Carrots**

Foods to limit or avoid:

1. **High-Iodine Foods:**
 - **NO processed food. Processed and packaged items** tend to be high in iodine. Limit their consumption.
 - **Soy and kelp products (use in moderation)**
 - **Cruciferous vegetables** (such as broccoli, cauliflower, cabbage, and kale)

- **Gluten**
- **Processed foods**
- **Sugar**
- **Alcohol**
- **Caffeine**