

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 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**