

TOXIC TRIGGERS FOR THYROID

Here is a list of **TOXIC EXPOSURE ITEMS** that can trigger Hashimoto's, and similarly could be related to other Thyroid functions :

1. Poor air quality : Mould in your air, which can be through bad ac system can lead to toxic buildup. There is so much seepage in India it is very common to have mould in your air, or paint particles. Also air pollution can be a trigger so buy an airpurifier.
2. Xenoestrogens : These chemicals mimic the effect of the hormone estrogen. Xenoestrogens are found in Soy, BPA, phthalates and parabens found in foods, plastics and personal care products. I would particularly worry about water from plastic bottles being contaminated with chemicals.
3. Triclosan : A common chemical it is found in anti-bacterial soaps, deodorants (check the label) hair sprays and tooth paste (check the labels). Triclosan has recently been banned by FDA but might not be banned in other countries.
4. Bisphenol A (BPA) : BPA is found in plastics, such as water bottles. It has been linked to a lot of diseases including cancers. BPA affects the T3 receptors, essentially shutting them down.
5. Heavy Metals : These can be found in personal care products and supplements. Check your Deodorant. If it says "anti-perspirant" it probably has aluminum zirconium in it, which you are shoving into your body through the pores of your armpit. Also heavy metals are present in lipstick and possibly other makeup so check your labels or with manufacturer. When you are eliminating heavy metals you need to keep these in mind too.
6. Chlorine : Your exposure to chlorine will be through swimming pools and cleaning products.
7. Bromide : This is bound in baked goods, plastics, soft drinks. It will be written as E294 on a food label and usually found in baked goods such as bread. It has been recently banned by FSSAI but kindly check our label.
8. Fluoride : Found in toothpaste, some medications and some tea's even

Subscribe to our YouTube Channel : **Life Without Diabetes By Junior Gupta**

Stay up to date on our research to reduce all Chronic Diseases such as :

- Diabetes - Obesity - Auto-Immune Diseases - Fatty Liver - Thyroid