

Four Easy Ways to Improve Your Thyroid Function

If your thyroid isn't working well, you can improve your thyroid function with diet. Of course, the optimal way to fix any health problem is to eat raw, organic produce. These types of foods help the body heal. If you're specifically concerned about your thyroid, there are a number of easy, simple steps you can take to help it heal.

Eat the Right Foods

Certain foods help support thyroid function. Look for foods that are high in selenium and iodine. Good sources of iodine include meat, seafood, yogurt, milk, and eggs as well as seaweed, blackstrap molasses, navy beans, cranberries, and Himalayan salt. Good sources of selenium include organic meats, seafood, Brazil nuts, and shiitake/white button mushrooms as well as lima/pinto beans, chia seeds, broccoli, cabbage, and spinach.

Get the Right Supplements

Being deficient in some vitamins can inhibit thyroid function. If your body is low in vitamin B12, vitamin A, or vitamin D, your thyroid will show down its production of thyroid hormones. If your body is low in vitamin A, your levels of thyroid hormones will drop quickly. By supplementing with natural sources of these vitamins, you can help your thyroid function as well as possible. With B12, it is best to take a B vitamin complex that has extra vitamin B12 instead of taking vitamin B12 alone.

Avoid the Wrong Foods and Drinks

There are a number of foods and beverages that are important to avoid if you have thyroid issues. Consuming these substances aggravate your thyroid problems. Caffeine, and more specifically coffee, can inhibit your thyroid from producing thyroid hormones at optimal levels. Unfermented soy is a known endocrine disrupter, and as such, it will inhibit the proper function of your thyroid. Other foods that cause thyroid issues are foods that contain gluten. Wheat, barley, malt, and rye are some of the more common grains that contain gluten. If your body cannot tolerate gluten, it can damage your gut, causing leaky gut syndrome. So much of the body's health is related to gut health. By avoiding caffeine, unfermented soy, and gluten you can help your body heal the damage to your thyroid and encourage it to produce at optimal levels.

Detoxify the Body

In order for your body to fully heal damage to your thyroid, you need to detox properly. While a number of specific detoxes would be helpful, these are the most important ones to focus on. The most important one is the gut. If you are suffering from an overgrowth of Candida, it is extremely important to rid your body of that pathogen, as Candida constantly assaults the body with toxins. Another important detox to focus on is ridding the body of heavy metals. If your body is toxic with mercury, arsenic, aluminum and/or other heavy metals, the thyroid will never be able to heal. Getting mercury fillings removed is vital. The blood is another important detox. If the blood is thick or toxic, it puts added stress on your glands, including your thyroid. A cheap and easy way to detoxify your blood is to use this cranberry lemonade recipe.

Conclusion

Taking just a few of the steps mentioned can help bring immediate relief to your thyroid symptoms, but the thyroid takes time to heal. A leaky gut is likely to be the source of the matter, so check out *Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases* and be sure to see *Understand Hypothyroidism – Prevention and Natural Remedies*.

Recommended Supplements:

- Thyro Complex – Progressive Labs
- Thyroid I – Wise Woman Herbals
- B-Complex #12 – Thorne Research
- Other supplements for thyroid health

Recommended Reading:

- *How To Detoxify and Heal From Vaccinations – For Adults and Children*
- *Natural Remedies for Adrenal Fatigue*
- *The Power of Our Hormones and How To Balance Them*

Sources:

- *Understand Hypothyroidism- Prevention and Natural Remedies* – Organic Lifestyle Magazine