

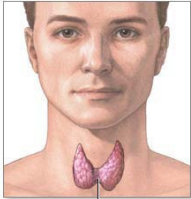
The Care and Feeding of Your Thyroid Gland

The Effects of Food and Environment on Your Metabolism and What you Can Do About It

By Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

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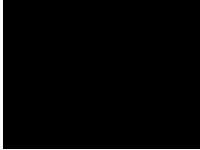
So Why The Big Commotion Over Such a Small Gland?



Thyroid


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How Does the Thyroid Work? Let's Watch This Video



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Thyroid Disease – Dinner Table Conversation



I've been so tired lately!

Have you had your thyroid checked?

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Is Thyroid Disease Becoming An Epidemic?

- One in 10 women over the age of 50 has inadequate thyroid hormone levels.
- Endocrinologists suggest that as many as 25% of adult American women have clinically detectable low thyroid dysfunction,
- Veterinarians report as many as 40% of their canine and feline patients have thyroid problems.¹
- NHANES III 1988-1994: studied subjects >12 years
 - Hypothyroidism in 4.6%
 - Hyperthyroidism in 1.3%

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Symptoms of Low Thyroid

- Low energy
- Sluggish digestion
- Weight gain or inability to lose weight
- Dry skin
- Elevated cholesterol
- Low blood pressure
- Thinning hair
- Cold hands and feet

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More Symptoms of Low Thyroid

- Low body temperature or always feeling chilled
- Sensitivity to cold,
- Headaches, dizziness
- Insomnia
- Depression and/or mental dullness
- Dry skin, hair loss, brittle nails

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Even More Symptoms of Low Thyroid

- Constipation
- Frequent infections
- Hoarse voice
- Ringing in the ears
- Puffy eyes
- Joint aches
- Loss of libido

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Symptoms Of Excess Thyroid

- Feeling hot
- Increased appetite
- Weight loss without trying
- Fatigue at the end of the day
- Difficulty falling asleep
- Trembling of the hands
- A hard or irregular heartbeat (called palpitations)

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More Symptoms Of Excess Thyroid

- Irritability,
- Increased bowel movements
- Light or absent menstrual periods
- Shortness of breath
- Chest pain
- Hair loss
- Muscle weakness

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What Are the Major Factors that Cause the Thyroid to Act-Up?

- Dietary stressors
- Nutrient imbalances
- Stress
- Chemicals in the air and water
- Atomic radiation
- Cigarette smoke
 - Pesticides

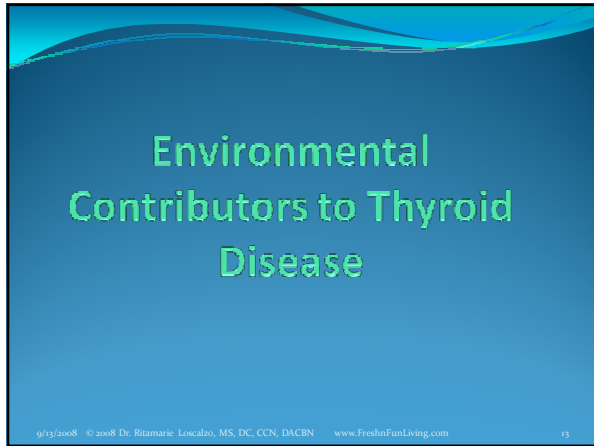
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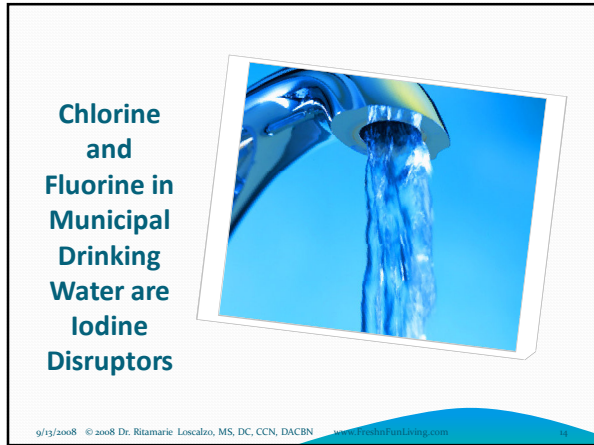
Most Important Nutrients For The Thyroid Gland

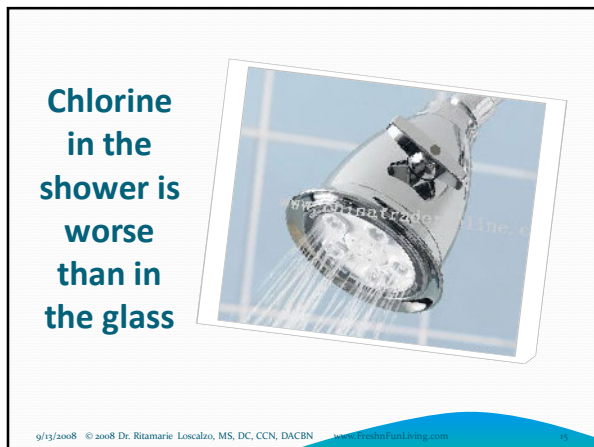
• Iodine ***	• Vitamin B6
• Selenium	• Vitamin B12
• Vitamin A	• Bioflavonoids
• Vitamin D3	• Zinc
• Vitamin B2	• Iron.

*** Most Important nutrient for the thyroid

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**Chlorine
And
Bromine In
Disrupt
Iodine
Absorption**



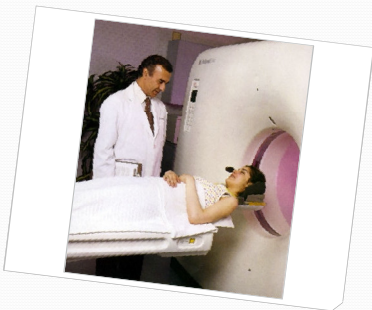
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**Radiation:
The Only
Confirmed
cause Of
Thyroid
Cancer
4 Fold
Increase In
Chernobyl
Victims**



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**X-rays
And CT
Scans
Can Hurt
The
Thyroid
Gland**



Environmental Origins of Thyroid Disease-Part 2 by Dr. Ryan Drum:
Disrupting a Delicate Balance by V. Brown.

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Protect Yourself With A Lead Shield




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Thyroid Shield



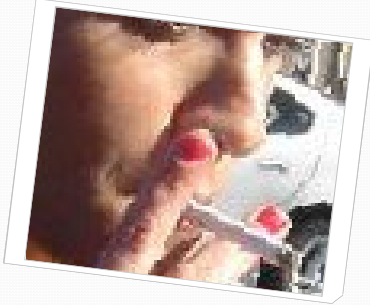
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Sodium alginate in Kelp Protects against radiation



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Cigarette Smoke Affects the Thyroid- Active and Passive



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Pesticides

- Organochlorines
- Fungicides inhibit iodine
- PCB's displace thyroxin & increase thyroid hormone breakdown the liver.



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Medications

- Sulfa drugs
- Aspirin
- Anticoagulants
- Antihistamines



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Dietary Contributors to Thyroid Disease

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Gluten And Anti-Thyroid Antibodies

- Autoimmune reaction
- Hashimoto's Thyroiditis
- Anti-Thyroid antibodies
- 6 months gluten free can clear antibodies



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Iodine Deficiency

- Not much in land foods
- Needs good stomach acid for absorption
- Rich in sea veggies
- bladder wrack has T₂
- Kombu : 10% T₃ and T₄

Oc1cc(I)c(Oc2cc(I)c(Cc3cc(N)cc(=O)O3)c2)c(I)c1

Thyroxine

Oc1cc(I)c(Oc2cc(I)c(Cc3cc(N)cc(=O)O3)c2)c(I)c1

Triiodothyronine

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Vitamin and Mineral Deficiencies

- Selenium and Riboflavin for converting Iodine and tyrosine to hormone
- Vitamin A regulates production of TSH
- Vitamin D₃ and bioflavonoids protect against thyroid cancer
- Zinc shown to effect thyroid hormone levels
- Vitamin B₁₂ associated with decreased levels of an enzyme that activates thyroid hormone

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Caring For Your Thyroid

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Actions You Can Take to Protect Your Thyroid

- De-Stress
- Fresh air and sunshine
- Use ozone or salt filtration systems in swimming pools
- Use a shower filter or whole house filter
- Exercise regularly


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Transform Stress



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Transform Stress



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Transform Stress



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This slide features the text "Transform Stress" in a bold, blue font. To the right is a framed image of four smooth, grey stones stacked on top of each other in a shallow body of water, with their reflection visible below. At the bottom of the slide, there is a copyright notice and a website URL.


Transform Stress



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This slide features the text "Transform Stress" in a bold, blue font. To the right is a framed image of a single water drop falling into a pool of water, creating ripples. The word "Mindfulness" is written in a cursive font above the drop, and the phrase "Strive to focus on the present" is written in a sans-serif font below the ripples. At the bottom of the slide, there is a copyright notice and a website URL.


Transform Stress



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This slide features the text "Transform Stress" in a bold, blue font. To the right is a framed image of a person with long hair, wearing a white tank top and white pants, sitting in a meditative pose on a wooden floor. A small yellow object is on the floor next to them. At the bottom of the slide, there is a copyright notice and a website URL.

Transform Stress



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Transform Stress



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Fresh Air and Sunshine



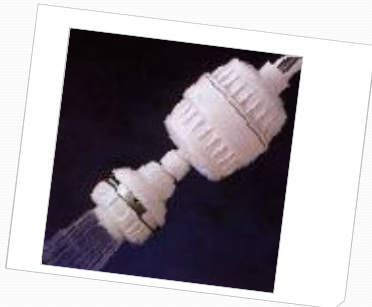
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Ozone Filters



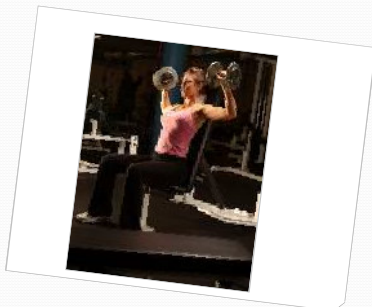
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Shower Filter




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Exercise



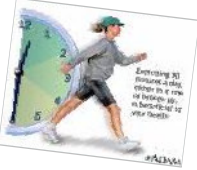
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Exercise




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Exercise




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Exercise



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Exercise



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Exercise



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The Feeding Of Your Thyroid Gland


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Drink Purified Water



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Use Only Unrefined, Whole Sea Salt



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Fresh, raw fruits and vegetables



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Grow Your Own Fresh, Fruits And Vegetables



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Sea Vegetables




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Maintenance: 3-5 grams of Sea vegetables per day or about 1 ounce per week

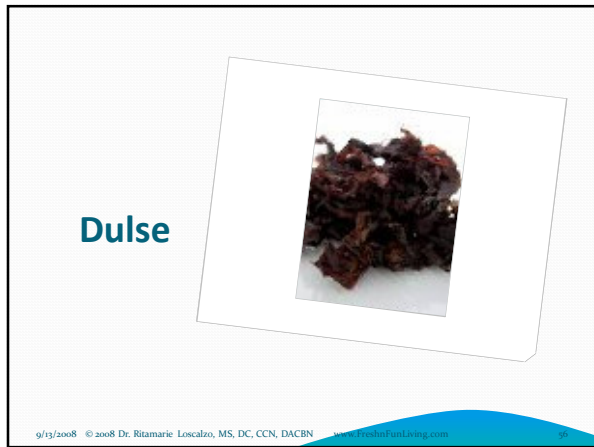
Thyroid Challenged: 5-10 grams daily (2 ounces per week)
Ideally, 2 parts brown algae (kelp, bladderwrack, sargassum, hijiki) to 1 part red seaweed (dulse, nori, irish moss) for at least 60 days.

Sea Vegetables

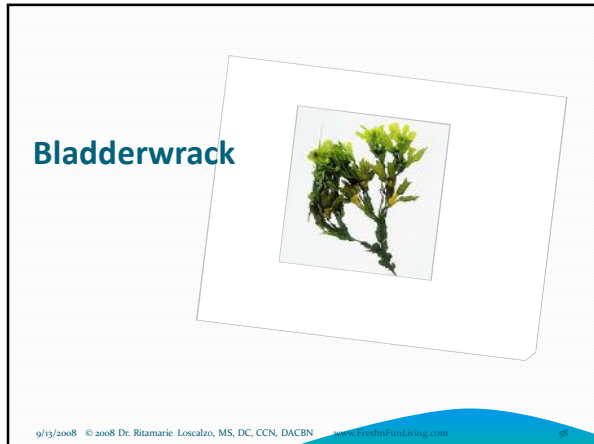


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Green Leafy Vegetables Nourish the Thyroid

- Daily Green Smoothies
- Wild edibles: chickweed, dandelion, lambsquarters, purslane, nettles, sorrel
- Lettuces and salad mixes
- Deep Green Leafy vegetables: kale, collard Greens, spinach, beet greens

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Green Smoothies



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Lettuce

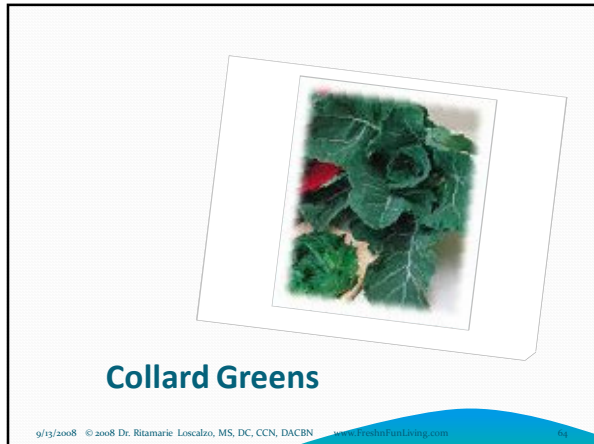


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Kale



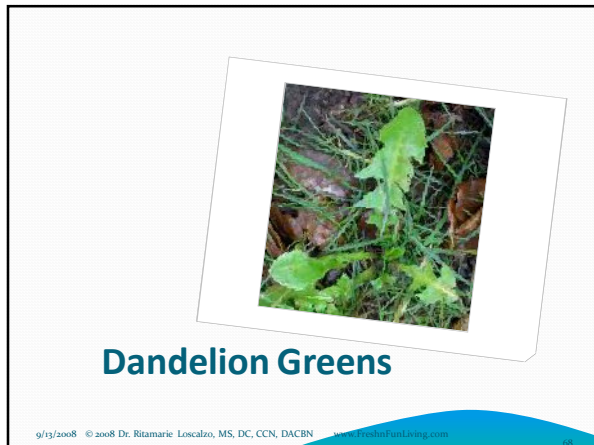
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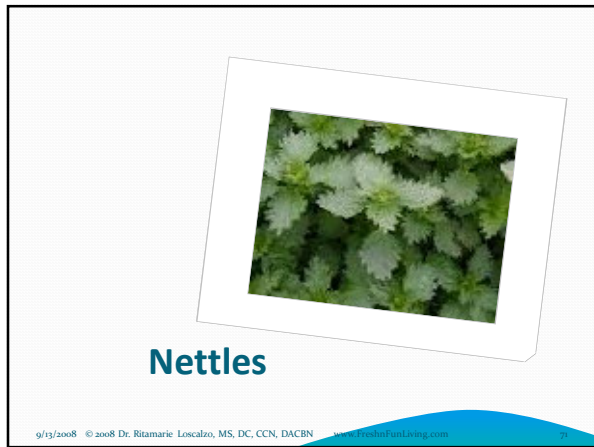












Avoid Gluten

- Autoimmune reaction
- Hashimoto's Thyroiditis
- Anti-Thyroid antibodies
- 6 months gluten free can clear antibodies



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Minimize Thyroid Inhibitors

- Antihistamines, aspirin and sulfa drugs as much as possible.
- Processed, nutrient depleted foods with thyroid inhibiting preservatives



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Minimize Thyroid Inhibitors

Isolated Soy Protein




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Possible Thyroid Inhibitors

Brassic
broccoli, kale, cauliflower, cabbage

Enjoy regularly, but be sure to eat sea vegetables with them so there is no chance of anti-thyroid effect.



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The Feeding Of Your Thyroid Gland

- Drink purified water.
- Lots of fresh Fruits and Vegetables
- Grow your own vegetables, fertilize with seaweeds or grow in sea water
- Eat sea vegetables regularly
- Eat lots of Greens
- Avoid Gluten
- Minimize thyroid inhibitors

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FREE Resources

The Incredible Health Benefits of Sea Vegetables
www.FreshnFunLiving.com/seaveggies.htm

Greens: Your Key to Vibrant Health
www.FreshnFunLiving.com/greens.htm

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