

## 5 Things You Can Do NOW for a Healthier Thyroid

1. **FOOD** - How you fuel your body has a huge impact on overall health. Certain foods contain proteins that can interfere with proper thyroid function. Avoid dietary triggers of thyroid dysfunction. Whether you have hyperthyroid or hypothyroid, autoimmune or not you will receive best result when you **AVOID: gluten, soy, dairy, sugar and alcohol**. Reading food labels is a **MUST**.
2. **EAT MORE IODINE** containing foods, such as seafood, dulse, kelp and seaweed. These foods contain iodine in a form our bodies can easily assimilate. Iodine is an element absolutely necessary for human life and thyroid function. Thyroid hormones are made of iodine (T3=3 iodine molecules, T4= 4 iodine molecules). If you are allergic to seafood, eat sea vegetables listed above.
3. **AVOID FLOURIDE TOOTHPASTE**. Flouride can block the iodine receptors in your thyroid gland. Even if you are consuming iodine, flouride will compete for those receptors and iodine won't find it's way into your cells to make T3 or T4. Flouride is something most people will need to actively detox.
4. **ALKALIZE YOUR pH**. Most people are far too acidic systemically, so eat plenty of alkaline foods. These include green leafy vegetables, several varieties of fruits (including citrus), almonds, chestnuts and sea salt. It's equally important to avoid acidic foods like: **sugar, soda, refined flour, hydrogenated oils, and reduce red meats**.
5. **DETOX**. Detox. Detox. Detox. You will not get well if you harbor toxic interferences in your body, cells, and thyroid gland. I'm not talking about a one week juice cleanse, or a liver flush or a quick colon cleanse. I'm talking about a true whole-body detox. It must be thorough, effective, and powerful enough to "power up" your cells so they can do the hard work of detoxing. Done right, this takes a LOT of cellular energy! Also, you'll need support your lymphatic system as it transports the toxins away from cells, your liver as it processes the toxins, your kidneys as they filter and process toxins, your entire digestive system as it eliminates toxins. There are "quick and easy" detoxes, however, they aren't sufficient. A cellular and systemic detox, which takes a minimum of 3 months, and up to 2 years. With my patients both local and virtual, we do an effective 3+ month detox that accomplishes exactly this. Remember the longer you've been out of balance, the longer you've struggled with thyroid issues, the longer it will take to detox your system and restore it's normal function.

With the right plan, tools, perserverance, and patience, you can feel good again and get better.  
Call now for a personal consultation and your plan to wellness! 970.377.9611