

Thyroid Health

Thyroid medications are not the best option and some are even harmful and toxic, though studies showing this have been suppressed by the pharmaceuticals. Synthroid, Levoxyl, Levothroid, Unithroid, Cytomel, Triostat, Armour Thyroid, Propylthiouracil, Tapazole are medical options not holistic options.

Prescribed medications are usually more detrimental than helpful. The meds for thyroid cause high blood pressure, heart palpitations, sweating, nausea, mood swings, depression, weight gain, hair loss, etcetera – look it up on line.

You may want to treat the meds as a short-term option until you resolve the etiology of your thyroid issue(s). You, however are the one to decide on your health in this area – not your doctor, not your friend, not your naturopath. YOU! Use professionals for information, not as the final authority.

You will also want to avoid chemicals like triclosan, which is commonly found in items like antibacterial soap, deodorant, lotions, and even on cutting boards.

Here are some areas you will want to look at when balancing your health holistically. Though these are by no means all your options, they are:

FIRST, there are TOXIC "super foods" you will want to make sure you are NOT eating! Eliminate them from your food choices right away.

1. Soy foods - tofu, veggie burgers, soy milk, soy bean oil, chicken-free strips.

There are over 2,700 soy products out there and 85% of the people believe soy products are health food.

Soy has been proven to cause digestive problems, immune system breakdown, cognitive decline, reproductive disorders, infertility, cancer, and even heart disease.

Soy contains goitrogens, a substance that disrupts your thyroid gland!

It contains photo estrogens which affect your adrenal gland and thyroid.

2. Wheat grass - needs 4 stomachs to digest and it is toxic for you (cats and dogs eat it to make themselves throw up). It contains plant toxins designed to make you sick.

3. Gogi berries - member of the nightshade family and contain lectin which can negatively affect your immune system and as a result your thyroid, brain, stomach, skin, and joints. Lectins can cause leaky gut syndrome which allows toxins to get into the body.

4. Canola oil - actually machine oil and not fit for human consumption. Instead use virgin, cold-pressed olive oil, coconut oil, or avocado oil. Even just raw, unprocessed butter is better than those oils touted as healthy oils. Canola oil has been falsely advertised and pushed as healthy just so they can get rid of this waste product and make a profit (much like they also do with fluoride).

SECOND, there are some surprising foods you can eat that will benefit your thyroid:

1. Coffee. Yes! You heard right, coffee in moderation and balance is a thyroid health food, however more is not better. One to 3 cups a day is plenty!

2. Chocolate. Do the research and you'll find that chocolate has excellent phytonutrients that are beneficial. This, of course, in moderation - about 2-4 ounces and dark is best.

3. Coconut oil. Eat it, cook with it, put it in your baking. Also use it daily as a topical application over your whole body. It may seem greasy, but allow 10 to 30 minutes and your body will absorb it and put it to work for holistic health. Third, use it after brushing your teeth as a mouth wash. If solid, put a tablespoon full in your mouth and chew it until it is liquid and then swish it for at least 5 minutes and if possible as much as 20 minutes. Easy to do if you do this while getting ready in the morning, dressing, shaving or makeup, and toiletry. At night, brush and swish first and keep swishing while getting ready for bed. When done, don't rinse, just spit.

4. Dark blue and purple berries of all kinds – blueberry, boysenberry, raspberry, acai - Phytonutrients again!

5. Balanced diet - fruits, vegetables, grains, and meats in the proper balance – everything in moderation – with plenty of liquids as well as water (do not replace pure water with tea, juices, soups, etc.) Always drink at least 30 to 64 ounces of pure water along with all the other liquids you may have in a day.

You may see articles discouraging the consumption of cruciferous vegetables such as broccoli and cabbage, but there has been limited research regarding this. The vast majority of research supports the consumption of cruciferous vegetables as a way to prevent thyroid cancer and it still stands that they are among the most nutrient dense foods around.

6. Switch from iodized table salt to sea salt, it has more minerals that help support better thyroid functioning.

Some opt for the vegetarian diet, but make sure you do your research and do not fall for the platitudes of food manufacturers who will gladly try to convince you that their food is health food in order to sell it to you. Even in health food stores be careful of what you buy. Here are just a few thoughts:

- Sweeteners are healthier than white sugar – NOT necessarily, depending on what you are considering. Most sugar-free drinks and foods replace that sweetness with chemical sweeteners that do more harm than sugar ever did. Honey is great IF it is raw, unprocessed, uncooked honey. Much of the honey you find in your grocery market is no better than sugar. Raw sugar, Stevia, and other options are out there, but white sugar is fine . . . as long as you do not become a sugar-aholic. Once again, balance and moderation are the key. **At all costs avoid:**

- ↳ Aspartame (Equal, NutraSweet, NatraTaste Blue)
- ↳ Sucralose (Splenda)
- ↳ Acesulfame K (ACE K, Sunette, Equal Spoonful, Sweet One, Sweet 'n Safe)
- ↳ Saccharin (Sweet 'N Low, Sweet Twin)
- ↳ Xylitol, Sorbitol.

- Low-salt or no salt is vital to your health – NOT true! Salt is one of the vital electrolytes that the body needs. You just don't need to be munching on salty chips and snacks daily.
- Fat free foods are healthier – NOT. When you are shopping, do not fall for those ads on the packaging that are trying to convince you to buy their foods! Buy as natural, unprocessed, fresh and

close to the earth as possible. I make it a habit to pay attention to soup cans, sauces, snack foods and make it a point to **not buy anything with fat-free or diet on the label.**

- Gluten free is for everyone! NOT! Our bodies need gluten. A fraction of the population have an allergy to gluten and therefore need to consider that, but the food industry has tried once again to push this on the whole population as a healthy option for your life. Also, those with allergy issues do have other options for dealing with these, one being energy adjustment and retraining their immune system to recognize what is truly toxic to their system and what is alright. YES, you can retrain your immune system!
- Flouride – NO. This is a toxin and has no benefit when adding it to your water, dental regimen, etc.
- Diet foods, actually labeled “Diet . . .” (soda, cookies, chips, etc.) NO! Do not eat “diet foods,” or anything that claims to help you lose weight. Eat foods that are REAL food – fresh vegetables and fruits. Meats - beef that are not cooked well done (rare to medium rare), pork cooked well done, chicken, fish and wild (such as deer and elk) cooked rare to medium rare.

THIRD - and actually most important - is how you deal with stress! You will want to learn:

1. How to balance your energy system
2. How to renew your mind and change how you perceive life
3. What God says to do with stress / worry / anxiety in detail, and train yourself to complete all the steps.
4. To replace those negative stressors with positive options and build a habit of this.

The Jubilee Options App at LifeRegeneration.net is a great way to cover this area completely. When you deal with your thyroid holistically, you can and will find your thyroid and thyroid pathway (through the body, kidneys, and liver) will be healthy and serve you well.

FOURTH, there are nutrients and herbals that will benefit your thyroid:

- Zinc – supports thyroid health and it can be found in beef and chicken.
- B12 -
- D3
- Selenium – Brazil nuts are the richest food source. Selenium helps with glutathione production, which decreases thyroid antibodies.
- Lugol’s Iodine
- Milk Thistle
- Dandelion
- Red rice yeast
- Probiotics
- Omega-3 fatty acids

I find it easier to use these in a liquid form, adding them to my morning juice, frappe, or other drink. These brands are reliable:

- Trace Minerals – Concentrace
- Earthly Wellness
- Lugol’s Iodine
- Go Nutrients

Further information coming regarding the root cause of thyroiditis, with strong scientific evidence and references.