Hypothyroidism (or Low Thyroid) is a condition in which the thyroid gland fails to function adequately, which results in reduced levels of thyroid hormone in the body.

**Possible Causes and Contributing Factors:**

- Iodine insufficiency
- Fatty acid or protein insufficiency
- Hormonal imbalance (estrogen/progesterone – cortisol/DHEA)
- Ingesting water containing halogens (fluoride or chlorine)
- Diets high in carbohydrates
- Stress
- Certain medications (lithium, synthetic estrogen)
- Failure of pituitary gland

**Suggested Dietary Changes:**

- Drink and cook only with pure water (no fluoride or chlorine)
- Avoid commercial toothpaste
- Avoid soy
- Limit foods in the cabbage family (broccoli, cauliflower, Brussels sprouts, etc.)

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*