

Thyroid hypo-function

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.