

Hypothyroidism

E - BOOK

How to care for and heal
your thyroid



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Hypothyroidism e-Book

Hypothyroidism is increasing and is up to 8–9 times more common in women than in men. It is one of the most common diseases worldwide, affecting up to 5% of the general population. Hypothyroidism occurs when the thyroid gland, located in the neck, does not produce enough thyroid hormone for the body's requirements. The thyroid is a butterfly shaped gland that sits in the front of your neck.



Energetically the thyroid is linked to the throat chakra. The area of self expression and personal power. Listed in this e-book are the many causes and links to an underactive thyroid/hypothyroidism, but in my experience in treating patients with this condition there is often an underlying emotional cause or trigger such as:

Stress, trauma or humiliation.

I never get to do what I want to do.

When is it my turn.

Hypothyroidism often leads to low energy, weight gain and and depression. It can stem from not having your needs met and also not having your needs met or given what they asked for as a child, so that you eventually gave up.

This e-book is designed to give you information on how to help and support you thyroid health. But to affectively heal the thyroid and to progress through life without having to take continuous thyroid medication then Homeopathic treatment is a must. This entails seeing a homeopath for a detailed consultation (and several follow up consultations) after which a 'constitutional' remedy is prescribed. A constitutional remedy is a remedy that is prescribed on all your symptoms plus how you are feeling emotionally at that time. As well as taking into account other general characteristics such as how you sleep, favourite foods and body temperature etc.

With homeopathy and information on the 'friends and enemies' of your thyroid, my aim is to get you back to full health without the need for lifelong medication.

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Hypothyroidism typically comes on gradually and can go undetected for a long time. As the disease progresses and your metabolism continues to decelerate, you'll notice that there might be a problem that needs addressing. Thyroid hormones control the way the body uses energy so when there is a deficiency many body functions slow down.

A full list of Hypothyroid symptoms include:

- tiredness/Fatigue
- being sensitive to cold
- weight gain
- constipation
- depression
- slow movements and thoughts
- muscle aches and weakness
- muscle cramps
- dry and scaly skin
- brittle hair and nails
- loss of libido (sex drive)
- pain, numbness and a tingling sensation in the hand and fingers (carpal tunnel syndrome)
- irregular periods or heavy periods
- sore, scratchy throat



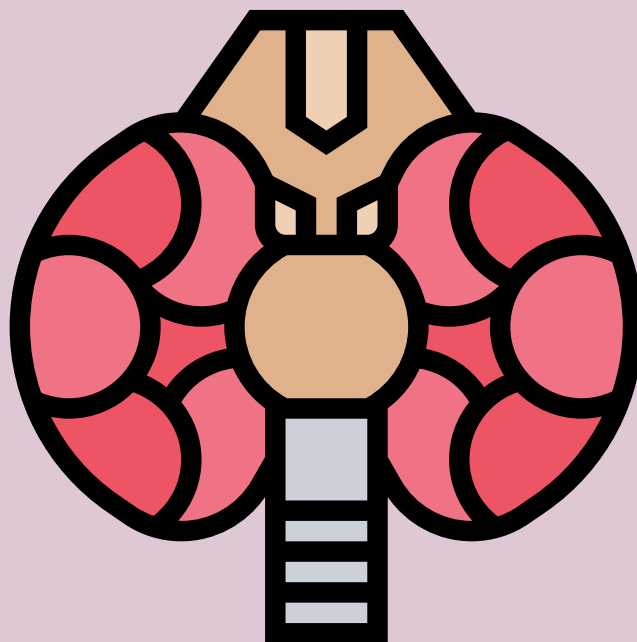
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What happens when you have Hypothyroidism

The thyroid glands chief function is to facilitate energy production in the mitochondria, the energy cells of the body. So lack of thyroid hormones (TSH), or when your body does not produce enough T4, reduces overall energy production and leads to hypothyroidism. Thyroid hormone T4 is converted into T3 when extra energy production is needed, for example when we go outside and our body temperature lowers. The T3 then gets to work to create more energy and in this case more heat. Only 20% or less of T3 originates in the thyroid gland the rest is derived from converting T4 into T3. When T4 is converted to T3 hormone, which is the active thyroid hormone, it can then exert its effect on thyroid function. T3 is much more metabolically active and speeds up metabolism, removes fatigue, aches and pains and low mood.

What causes Hypothyroidism

Hashimoto's disease is the most common cause. As many as 95% of cases of Hypothyroidism in the US are a result of Hashimoto's. Worldwide iodine deficiency is the most common cause of Hypothyroidism.



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Iodine deficiency

Iodine is an essential component of thyroid hormones and is needed for the production of T3 and T4. In underdeveloped parts of the world, the main reason why people develop hypothyroidism is that they not getting enough iodine from food. Thus, many countries try to increase iodine intake by adding iodine to salt. The U.K is not currently one of them. From the 1930's iodine was added to the U.K food chain, in the form of food fodder for dairy cattle. Since then, the UK population has been considered iodine sufficient. Recent research however, has indicated that the UK population is in fact, 'mild to moderately' iodine deficient. Particularly, teenage girls, pregnant women, vegetarians and vegans. This is because our soil has become so Iodine depleted in recent years.

Hashimoto's disease

If you have a goitre, a swollen area of your neck that appears when your thyroid gland expands as it works to release the hormones you need, or nodules, which are solid or fluid-filled growths inside your thyroid then this is an indication that you may have Hashimoto's disease. Which in turn causes Hypothyroidism.

Hashimoto's is an autoimmune condition where the immune system mistakenly attacks the thyroid gland. Too much iodine may trigger Hashimoto's in susceptible people.

Hormones may also play a role in developing Hashimoto's. Furthermore, some women have thyroid problems during the first year of having a baby.

Although the problem usually goes away, as many as 20% of these women develop Hashimoto's years later.

Increased cases of thyroid disease have been reported in people exposed to radiation, including the atomic bombs in Japan, the Chernobyl nuclear accident, and radiation treatment for Hodgkins disease.

In my experience the trigger can often be because the patient is experiencing a lot of stress or because they have been exposed to significant trauma in their life. Hashimoto's often (but not always) results in hypothyroidism.

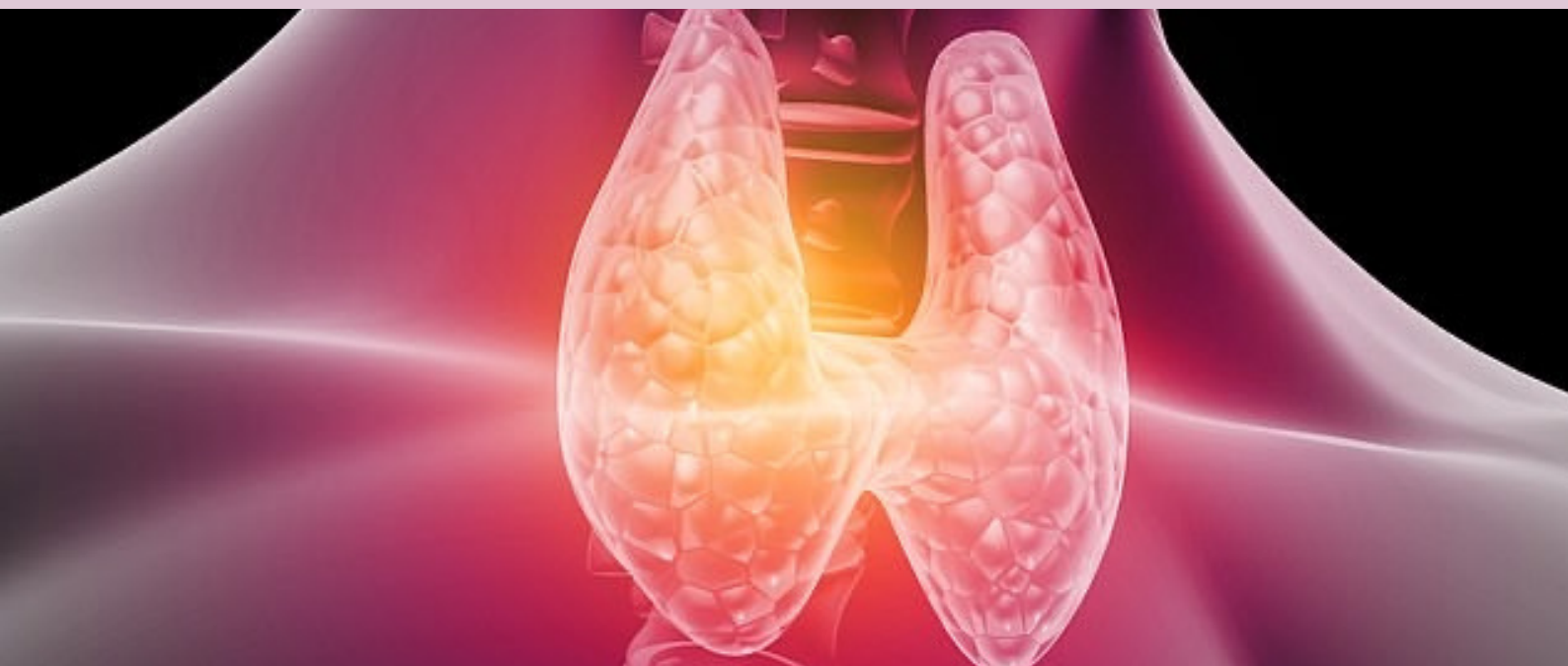
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Iodine and Hashimoto's

There is a high incidence of Hashimoto's in the U.S. This may be because the salt in the U.S is iodised. Studies have found if a person with Hashimoto's is exposed to too much iodine or take too much iodine supplements without having enough selenium or anti-oxidants in their system, then free radicals can flare up and attack the thyroid gland. They may feel more energy at first but this is coming from destruction of the thyroid tissue, which dumps thyroid hormones into the circulation.

Damage to Thyroid gland

Hypothyroidism can also be caused by damage to, or destruction of the thyroid gland. This can be caused by treatment or conditions, such as thyroidectomy, radioactive iodine therapy for Graves' disease or nodular goitre, radiotherapy for head and neck cancer, or toxic exposure to some chemicals or drugs. Drugs that may cause hypothyroidism include amiodarone, interleukin-2, kinase inhibitors, and lithium, which is diagnosed for depression and is stored in the thyroid.



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Congenital

Hypothyroidism can be caused by failed embryologic development of the thyroid gland, but this is rare.

Hypothyroidism triggers

Sleep problems

Melatonin is vital to thyroid function, so it is important that your sleep pattern is healthy and uninterrupted.

Stress

Stress is as important to manage as cortisol, which is stimulated during stress and has a negative effect on the thyroid. Meditation, yoga, exercise, can all help alleviate stress to some extent, but Homeopathy can also be very helpful in dealing with long term stressful situations. It is also very effective in treating anxiety and low self esteem caused by stress or trauma.

Iodine Blockers

Fluoride: I cannot underestimate how bad fluoride is to the thyroid and health in general. It is basically an enzyme poison and does significant damage to our thyroids. It is a powerful central nervous system toxin and has even been shown in studies to lower intelligence.

Found in:

- Toothpaste and dental treatments
- Tea (more fluoride than any other plant due to being grown in fluoride rich soil)
- Water supplies in some areas of the U.K (mostly midlands and North East)

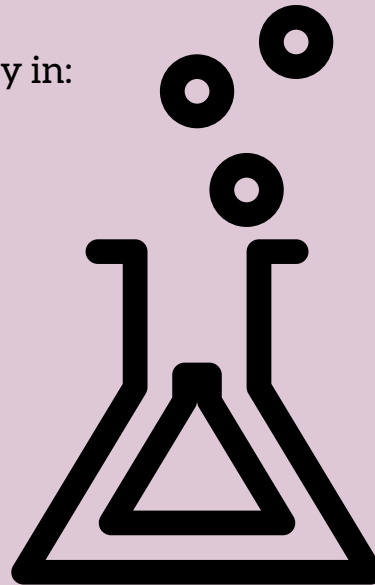


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Chlorine: found in pesticides and cleaning products.

Bromine: which is everywhere. Particularly in:

- Bread
 - Pesticides
 - Flame retardants
 - Baby products
 - Plastic products
 - Citrus drinks
-
- Personal care products



Heavy metal toxicity and pesticides

Today we are exposed to a lot of environmental toxicity and pesticides such as Roundup. There is now a school of thought that it may not be gluten that people are intolerant to but the actual pesticides that are used on wheat and oat production that are causing problems.

Mercury: in fillings and vaccines.

Mercury blocks the production of thyroid hormones. Mercury toxicity can lead to Hypothyroidism

Oestrogen dominance

Oestrogen dominance directly affects the thyroid by thwarting its ability to produce thyroid hormones. Oestrogen dominance is caused by:

- Xenoestrogens in plastics (“xeno” means “outside the body”)
- Synthetic oestrogens in the birth control pill
- Too many phytoestrogens from food – mostly soy and flax products (“phyto” means plant)
- Environmental toxins that mimic oestrogen

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Hypothyroid diet

Protein

In the form of: organic, meat, poultry, fish, eggs, pulses and nuts.

Iodine

In the form of: fish, seafood, seaweed or kelp supplements (50mg) But be aware that supplementing with seaweeds as they can be exposed to high levels of mercury.

Selenium

Very important in regulating the correct manufacture of T3 and T4 and in nourishing the thyroid and preventing hypothyroidism. However, Selenium tends to be low in our foodstuffs. Just a few Brazils nuts a day can provide you with the adequate amount of selenium that you need as they contain the highest amount of selenium per gram. But be careful not to have too many or ingest on an empty stomach, as too many can be toxic. The recommended amount for supplementation is 70mcg .



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Other sources of selenium include:

- Brown rice
- Meat
- Sunflower seeds
- Eggs
- Mushrooms

However, selenium can be reduced in the body if you are on medication for the following:

- Acid blockers
- Antacids,
- Antidepressants
- Corticosteroids
- HRT



Supplements for a healthy thyroid

- Vitamin D (5000 IU per day for 1 month)
- Blue green algae
- Essential fatty acids
- Magnesium
- Zinc
- Chromium
- Copper
- Flavanoids
- CoQ10
- Especially B vitamins, folic acid and Vitamins A, E and C
- Ashwagandha

N.B Biocare Thyroid complex is a good all round Thyroid support supplement

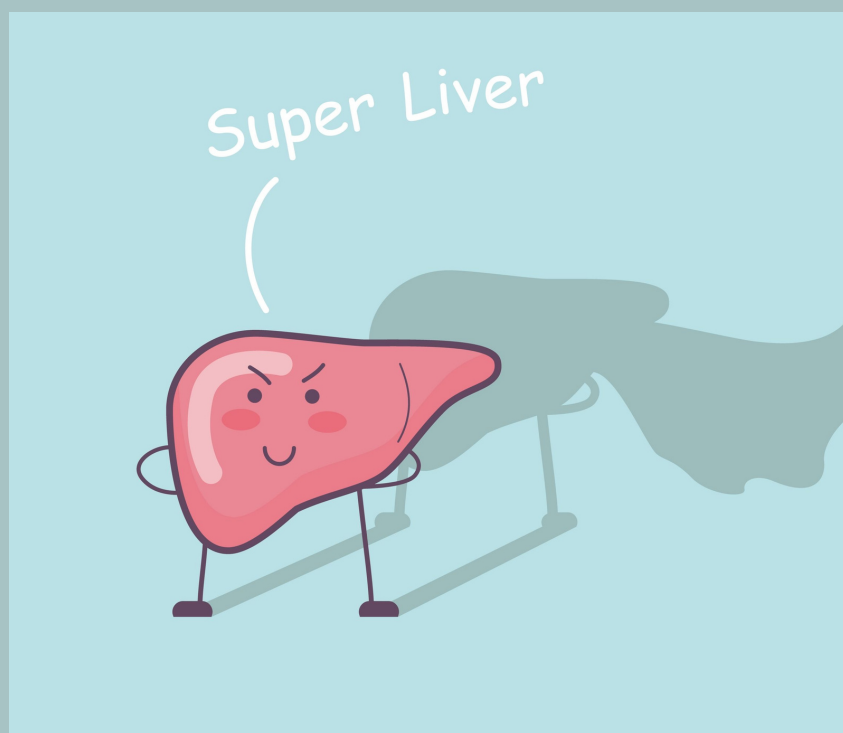
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Cortisone

High dose cortisones, such as prednisone. Which are prescribed to reduce inflammatory conditions such as arthritis, allergic disorders and skin conditions. Unfortunately, corticosteroids suppress TSH levels. Thyroid levels should be tested at least 4 weeks after a round of Prednisone.

Importance of the liver

Your body may be unable to convert sufficient T4 to metabolically active T3 due to metabolic blockages in liver function, but the more efficient your liver is at conversion of T4 to T3, the less hypothyroid symptoms you will have. This is because conversion occurs mainly in the liver, which means if you are having liver problems you will not be able to normalize your thyroid without liver support. Liver toxicity build up can be a result of exposure to environmental toxins, drugs and alcohol and even the female contraceptive pill, which although you may not still be taking, can still be stored in the liver for years after.



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Foods to increase in Hypothyroidism

- Iodised salt
- Drink fresh celery juice first thing on an empty stomach
- Blueberries
- Carotenoids veg
- Beans

Foods to avoid in Hypothyroidism

- Gluten
- Dairy
- Soy
- Nightshade family



Foods not to eat as they inhibit the manufacture of thyroid hormones and stop the conversion of T4 into T3.

- Goitrogenic foods, such as the brassicas, cabbage and brussel sprouts.
- Turnips,
- Cassava,
- Pine nuts,
- Mustard,
- Peanuts
- Millet

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Thyroid depressants

- Coffee
- Alcohol
- Tobacco

Electromagnetic fields and mobile phones, WIFI, blue light screens, even electrical wiring, fluorescent light bulbs and 5G

Conventional medical treatment for Hypothyroidism

Levothyroxine

Levothyroxine is a synthetic version of the body's natural thyroid hormones: thyroxine (T4). Levothyroxine is among the most widely prescribed medications in the world, and is one of the two most frequently prescribed medications in the US.

Even when TSH levels are controlled on levothyroxine, about 5–10% of treated hypothyroid patients have persistent symptoms. This is because levothyroxine just targets the stimulation of T4 into T3. There are many other contributing factors in the dance of our hormones, such as the effect of T1 and T2, which Levothyroxine does not address. So if you are taking thyroid medication and still feel unwell then this may be the reason.

Natural desiccated thyroid

NDT is preferable to Levothyroxine because it is a more natural treatment to synthetic treatment. Widely used in the U.S and increasingly in the U.K through private medical practices. It is made from the desiccated thyroid glands of pigs. Although studies have found that participants preferred NDT to levothyroxine they are considered high risk for people age 65+ due to off beat heart rhythms in older people who may have heart problems.

Both drugs are prescribed for patients for the rest of their lives and as stated before, some symptoms still persist even when on these medications.

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Homeopathic treatment

It is possible to treat Hypothyroidism successfully with Homeopathy. Conventional medicine like Levothyroxine only facilitates the conversion of T4 into T3 . With Hypothyroid symptoms, there are other factors involved. Such as T1, T2 and the Deiodinases enzymes, which balance thyroid metabolism and hormone levels. Homeopathy is a holistic form of medicine, all of these contributing factors get addressed and corrected, unlike conventional treatment. So all symptoms will be treated.

There are homeopathic remedies specifically used to support the thyroid gland and thyroid hormones. The patient also has to be prescribed with a constitutional remedy that suits and matches their individual needs and emotional state at that time.

Homeopathy will address all symptoms, both physically, mentally and emotionally. That is how homeopathy will get to the root of the problem and stimulate a lasting cure.

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Supporting treatments include:

- Detoxing with Homeopathy, where necessary, such as the female contraceptive pill or past toxic medications. As well as homeopathic remedies that specifically target or support the thyroid gland.

Remedies that target or support the thyroid:

Iodum

Great anxiety about many things. Irritability, restlessness, forgetful. The person feels better if being busy although this leads to aggravations and exhaustion. Symptoms may also include a ravenous hunger with great thirst. Painful joints. Chilly disposition. Restless sleep.

Fucus

From the herb Bladder-wrack that is traditionally used for thyroid conditions. Symptoms can include thyroid gland enlargement. Weight gain, headaches and constipation.

Adrenal gland

This remedy balances the sympathetic nervous system, body's rapid involuntary response to dangerous or stressful situations. Effective in treating conditions caused by overwork and stress which is often the trigger for thyroid conditions.

Thyroidinum

A remedy made from the thyroid gland. Person may feel restless alternating with melancholy. Irritable before their period. May feel depressed and weepy. Chest may feel constricted. Insomnia.

Folliculinum

A great remedy for detoxing the effect of the female contraceptive pill. Pre menstrual syndrome and migraines. Weight gain without excessive eating



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Other supporting treatments that I include:

- Advise on supplementation
- Homeobotanical herbs tinctures: A thyroid specific blend of herbs in a tincture that have been prepared in a more homeopathic way.
- Homeopathy to support other areas of the body that may need addressing for optimum thyroid function, such as homeopathic liver support remedies.

