



Thyroid Health: Nutrition and Lifestyle Recommendations Checklists

<input checked="" type="checkbox"/>	Nutrients that Support Healthy Thyroid Function
	Antioxidants: Glutathione, SOD
	Arginine: Precursor to nitric oxide, which stimulates thyroid hormone production
	Iodine: Vital part of the thyroid hormone molecule
	Iron: Delivers oxygen to the thyroid and assists in converting T4 to T3
	Magnesium: Necessary for absorption of iodine
	Phenylalanine: Precursor to Tyrosine
	Riboflavin: For converting iodine and tyrosine to thyroid hormone
	Rubidium: Assists in the transport of tyrosine into the thyroid
	Selenium: For converting T4 to T3, degrading rT3, and converting iodine and tyrosine to thyroid hormone
	Tyrosine: Core of thyroid hormone
	Vitamin A: Regulates production of TSH, activates receptors
	Vitamin B12: Associated with decreased levels of an enzyme that activates thyroid hormone
	Vitamin D3: Immune modulator, suppresses autoimmune activity and along with bioflavonoids protect against thyroid cancer
	Zinc: Needed for hypothalamus and pituitary stimulation, T3 production, and reducing antibodies

<input checked="" type="checkbox"/>	Thyroid Supportive Diet and Lifestyle
	Adhere to an alkaline diet
	Avoid gluten
	Balance estrogen levels: High estrogen increases thyroid binding globulin
	Drink purified water: Avoid halides, fluoride, chlorine, bromine
	Eat coconut
	Eat garlic and onions
	Eat lots of fresh fruits and vegetables: Minerals, vitamins, and antioxidants improve function
	Eat lots of green leafy vegetables: For minerals and alkalizing effects
	Eat low-glycemic fruits
	Eat omega-3 rich foods: Hemp seeds, chia seeds, flax seeds, algae, and deep ocean fish
	Eat probiotic and prebiotic rich foods: Kefir, rejuvelac, sauerkraut, coconut yogurt, seed yogurt, Jerusalem artichoke, chicory -- improves T3 production
	Eat sea vegetables regularly: For minerals, especially iodine kelp, bladderwrack, dulse, nori, and more
	Eliminate dietary stressors: Caffeine, alcohol, sugar, refined foods
	Exercise: Rebounder, T-Tapp
	Grow your own vegetables: Fertilize with seaweeds or grow in sea water
	Massage your thyroid
	Minimize thyroid inhibitors: Avoid pesticides, synthetic colorings and flavors, and environmental toxins

<input checked="" type="checkbox"/>	Herbs for Thyroid Health
	Ashwaganda: Stimulates T3 and T4 synthesis and increase antioxidants, including SOD
	Astragalus: Immune support – helpful for some cases of Autoimmune thyroid disease (where TH2 is dominant)
	Bee Propolis: Boosts thyroid function
	Black Cohosh: General thyroid healing benefit
	Black Walnut: Thyroid gland stimulant high in iodine
	Bladderwrack: Source of iodine to help normalize hormone production; contains preformed DIT
	Chickweed (<i>Stellaria media</i>): Useful when TSH levels are elevated, but T3 and T4 are below ideal
	Coleus Forskohlii: Supports the production and release of thyroid hormones
	Eleuthero: Helps to reduce the effects of stress and modulates immune system, so helpful in Graves and Hashimoto's
	Gentian: Has a normalizing effect on the thyroid gland
	Gotu Kola: Improves subclinical hypothyroid – receptor resistance and high thyroid binding globulin
	Guduchi: General endocrine and energy metabolism support
	Guggulu: Supports thyroid function through its role in conversion of T3 to T4 in the liver
	He Shou Wu: Overall endocrine balance
	Licorice: May be useful for hyperthyroid
	Mushrooms: Regulates immune system, controls inflammation
	Nettle: Source of iron and potassium for cellular homeostasis and support of thyroid hormone production and the adrenals
	Oregon Grape: Stimulates the thyroid gland

<input checked="" type="checkbox"/>	Herbs for Thyroid Health
	Parsley: Has good amounts of Vitamin A, Vitamin C, copper and manganese, nutrients that support thyroid hormone production
	Prickly Ash: Tonic; alterative circulatory stimulant that has a general benefit for long-term thyroid function
	Rhodiola: Normalize endocrine function
	Rosemary: Contains carnosic acid that supports pituitary-thyroid signaling
	Siberian Ginseng: Normalize endocrine function and has been shown to increase a general sense of well-being ** May have mild side effects if taken in large doses for longer than 60 days and may potentially be contraindicated in hypertensive persons **
	White Willow: Anti-inflammatory

References

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