

## Thyroid Health: Nutrition and Lifestyle Recommendations Checklists

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

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

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

<input checked="" type="checkbox"/>	<b>Herbs for Thyroid Health</b>
	<b>Parsley:</b> Has good amounts of Vitamin A, Vitamin C, copper and manganese, nutrients that support thyroid hormone production
	<b>Prickly Ash:</b> Tonic; alterative circulatory stimulant that has a general benefit for long-term thyroid function
	<b>Rhodiola:</b> Normalize endocrine function
	<b>Rosemary:</b> Contains carnosic acid that supports pituitary-thyroid signaling
	<b>Siberian Ginseng:</b> 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 **
	<b>White Willow:</b> Anti-inflammatory

## References

1. Brinker, Francis. *Herb Contraindications & Drug Interactions*. 3<sup>rd</sup> Ed. Sandy, OR: Eclectic Medical Publications, 2001.
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5. Wood, Matthew. Excerpt from unpublished book. *Handbook of Traditional Western Herbalism, Vol II*. Minneestra, Mn: 2004.
6. Wood, Rebecca. *The New Whole Foods Encyclopedia*. New York: Penguin Books, 1999.