



Knowledge is
your secret
weapon to good
health.

WOMEN'S HEALTH

Thyroid Imbalance

The thyroid is a gland that lies below the larynx in the neck and wraps around the trachea. It regulates the metabolism of all cells and controls heart rate, body temperature, growth, energy production, fat burning, oxygen use, and protein production. Thyroid dysfunction is quite common in women, and it can be either overactive (hyperthyroid) or underactive (hypothyroid). Overactive thyroid must be treated by a medical professional as it can lead to hypothyroidism. Underactive thyroid is much more common and includes the following symptoms: Fatigue, weakness, weight gain, dry hair/skin, hair loss, muscle cramps, depression/anxiety, irritability, memory loss, brain fog, puffy eyes, inflammation, insomnia, night sweats, infertility, decreased libido, cold intolerance, fluid retention, osteoporosis and goiter.

Contributing Factors

Autoimmune reaction (Hashimoto's), excessive exposure to toxins, poor diet high in sugar and refined/processed foods, free radical damage, radiation, under functioning pituitary gland, imbalanced iodine intake, inadequate protein intake/absorption, poor digestion, obesity, excess estrogen, insulin resistance, selenium deficiency, liver dysfunction, chronic stress/high cortisol, illness

Lifestyle Recommendations

- Avoid sugars, refined/processed foods, and food sensitivities/common allergens. Instead choose organic whole foods and hormone/antibiotic free meats/animal products. Note that raw/uncooked goitrogenic foods (ex. cruciferous vegetables) may decrease iodine absorption.
- Manage stress and blood sugar levels. The stress hormone, cortisol, and the blood sugar hormone, insulin, have highly interconnected roles to play with thyroid hormones. Imbalances in those hormones will directly impact thyroid hormones and as such can easily cause thyroid dysfunction.
- A TSH number over 2.0 is indicative of low thyroid and supplementing with a good natural thyroid product is recommended. Doctors will not treat low thyroid with medication until a TSH of at least 5.0 is observed.

Product Recommendations

- Thyroid support nutrients (blends can be found in many of the natural thyroid formulas): Iodine, Selenium, Zinc/Copper, L-Tyrosine, Ashwagandha, Gugguls, Vitamin D3, Protein
- Relieve toxic overload: Whole Body Cleanse, Candida Cleanse, Liver Cleanse (ask which one may be right for you)
- Support good digestion: Probiotics (studies have shown those with thyroid imbalance almost always have a bacterial imbalance present in the gut!), Fibre, Digestive Enzymes, Gut Repair Formula (L-Glutamine, C-NAG, Zinc L-Carnosine, Aloe, etc.)
- Regulate immune system and inflammation: Omega Fatty Acids (Fish Oil, GLA sources), Plant Sterols, Beta Glucans
- Stress/adrenal support: Rhodiola, Ashwagandha, Siberian Ginseng, Schisandra, B Vitamins, Vitamin C, Magnesium
- Balance blood sugar: Chromium, Vanadium, Cinnamon, Berberine, Bitter Melon, Alpha-Lipoic Acid, Gymnema Sylvestre, Mulberry, Prickly-Pear, D-Chiro-Inositol

Book a free 15 minute consult with a GNN Product Advisor!

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