



Michele's Garden

*Translating Ancient Natural Health
Traditions and Old World Culinary Customs
to bring about Health and Balance*

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Herbal and Therapeutic Recommendations for:

Jane Doe

It is always my pleasure to work with people who are on a committed path to improving personal health and overall wellness. You have brought a new level of awareness to an ongoing condition that will become easier to manage as you continue learning.

There isn't one food, supplement or medication that can be considered "the" solution for Thyroid imbalance. It will be a function of finding the right balance among a number of approaches. I feel that you have arrived at the timing in your life for this.

Thyroid issues can be complex. It would be beneficial for you to seek ongoing supervision of a Holistic Practitioner. You may find that by working with a Naturopathic M.D. or Holistic Nutritionist who specializes in Thyroid issues that you will be able to identify the causes of your hypothyroidism. By reducing those causes and by building the health of your entire endocrine system, you may be able to rebuild your Thyroid function and rely less on the medications. Long term use of Levothyroxine is known to cause significant bone loss in some women. When you do find a practitioner in your area that can assist you, do not expect overnight changes. This is a process that, with patience and dedication, you will find improvement. You will learn a lot exploring new ways to nourish yourself and care for your body and soul.

I am not recommending that you stop your thyroid medication and I am not opposed to daily thyroid medication. I do know that some people who begin nutrient support, adrenal tonic support and work to balance an eating lifestyle specifically for thyroid health have been able to taper down their medication dosage over time.

Ideally you should be able to find out if your Thyroid:

- 1) Cannot manufacture hormone on its own
- 2) If it can make hormone but cannot convert T4 to T3 (impaired conversion ability)
- 3) If it can make the hormone, and can convert it, but the immune system is interfering with the receptor sites receiving it; like insulin resistance, you can have thyroid resistance.

A good Holistic Nutritionist or Naturopathic Doctor should be able to help you find out your cause. Some of these causes can be changed or eliminated if they are dietary or environmental.

THINGS THAT INTERFERE WITH THYROID FUNCTION either by altering the enzyme conversion or damaging the gland:

- 1) Aspartame. Janet Starr Hull's book *Sweet Poison* goes into great detail about how toxic it is to the Thyroid gland.
- 2) Meat that is conventionally produced. The steroid and hormone fed animals yield meat that when eaten interferes with the hormonal function of our endocrine system. These are called xenohormonal toxins.
- 3) Refined Iodized Salt. Iodized salt contains aluminum and sugar as stabilizing agents and those are irritants to the thyroid and can create imbalances. Use instead a good quality iodized sea salt, Celtic or Himalayan Pink Salt.
- 4) Adrenal Exhaustion from long term unrelenting stress, stress due to chronic allergies, and midlife menopausal hormonal stress. At midlife the female ovaries cease to produce sufficient hormone and the adrenal gland must supply the body with a number of hormones for daily well being. Therefore many practitioners recommend supporting adrenal health which will in turn improve thyroid health.
- 5) Goitrogens: Foods that although considered healthy for most people, these interfere with thyroid function: vegetables in the cabbage family, mustard greens, turnips, peanuts, pine nuts, millet, soy products.

Recommendations for the Support of Thyroid Health

- 1) **ADRENAL TONIC TEA**. Herbal Tea or Infusion of Nettle Leaf. Add ¼ c. dry herb to 1 qt. of boiling water. Cover and infuse at least 1 hour, strain, sweeten to taste. Tea can be

enjoyed unsweetened as well, warm or iced. Refrigerate. 2 quarts of this tea per week will improve adrenal function. Add to your daily intake of hydrating fluids.

- 2) DIETARY. It would be beneficial to you to begin eating breakfast within the first hour that you are awake. It sets you up for good blood sugar regulation throughout the day. It will reduce sugar cravings later in the day, making it a good weight management tool. If you are not a breakfast lover it's OK. It could be as simple as a whey and fruit smoothie, yogurt with a low glycemic fruit such as blueberries, a piece of whole grain toast with almond butter or cream cheese, or a low glycemic protein bar. Essential Fatty Acids (EFA's) are vital for uptake of the thyroid. Ocean Fish are the best source of these. Next best are flax seeds, sesame seeds, sunflower seeds and walnuts, all of which should be kept refrigerated until used. They can be ground or chopped and sprinkled on foods like salads, yogurt, and cooked vegetables. Evening primrose oil, by Softgel, is another good source of EFA's. Organically bound iodine has long been used to improve Thyroid health. Once ounce per week. The best source of this iodine for you is from sea vegetables. Dulse, Kelp, and Pacific Chlorella. The seaweed in your sushi is the best part for you! If you like the seaweed salad that you can usually order where you enjoy sushi, it is even better for you. A good nutritionist who specializes in thyroid health can work with you on finding the best sources of seaweed and chlorella products in your area. You could also look for sources of SEAWEED BATH's. Twice a week baths can bring these nutrients in through your skin, and reduce cellulite too.

I am reluctant to recommend any supplements at this point. I know that there are multi-vitamins formulated specifically for Thyroid support. When you find a Naturopathic Doctor or Holistic Nutritionist to work with, they will most likely have one that they recommend and can watch your progress with. It's fine for you to take the one you have for now, but you will want to fine tune your vitamin and mineral regimen to include Thyroid specific formulations.

Some of these recommendations may be familiar and easy to move right into. Add as you can. The destination is not as important as the journey of your personal health awareness. Don't make work of this. Use this Health Notebook to collect and keep information that you can refer to as you need to.

I would like for you to start a list of questions pertaining to anything written here or anything we discussed in our consult. We can set aside a 30 minute free phone appointment to answer these questions or discuss any challenges that may arise. Call me when you would like to make this appointment.

Sincerely in Love and Health,

Michele Tanner
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