



Health Fact Sheet

HyperThyroid (Grave's Disease)

What is HyperThyroid?

This is where the thyroid produces too much of the hormone thyroxine. As a result the metabolic rate of the body speeds up causing all sorts of problems.

Symptoms of Hyperthyroid

It is characterized by:

- overactivity,
- weight loss,
- nervousness and anxiety,
- constantly feeling hot,
- increased perspiration,
- insomnia,
- fatigue,
- frequent bowel movements,
- less frequent periods,
- thinning hair
- tremors of tongue and hands
- irritability
- heart palpitations
- brittle finger nails
- infrequent menstruation
- change in skin thickness

In more severe cases there is a swelling at the base of the neck called goitre, and bulging eyes.

Causes

The exact cause is not known but it is thought that in many cases there is an abnormal immune response. There is an indication also that having a tendency to developing hyperthyroidism is inherited. Also, poor diet and nutritional status Hyperthyroid is much less common than hypothyroid (low thyroid), but both conditions affect women more often than men.

Nutrients Required

The thyroid is regulated by the pituitary and adrenal glands, and requires iodine, iron and selenium to produce the thyroid hormone T3. In addition it requires manganese and zinc to produce T4 (thyroxine). Iron in particular is on the low side with the majority of western women, and selenium is lacking in most UK soil, and therefore deficiency is common. B Vitamins are also needed for thyroid function so take a good B Complex supplement. Ideally you want the following daily:

Iodine	300 mcg
Selenium	150 mg
Iron	7 mg max
Manganese	10 mg
Zinc	30 – 50 mg
B Complex	

So take a good, potent multivitamin and work out what you have to take on top of that as a single supplement.

Also think of Omega 3 EPA, as this is needed for correct glandular function, and Vitamin C with bioflavinoids (minimum 2gms daily, preferably higher if tolerated) to help offset this stressful condition.

How To Help Yourself

This is a serious condition, and should not be left untreated for long. However, as severe side effects have been known to accompany the medical treatment of this condition, it is always sensible to try improving diet first. Medical treatment often involves radioactive sodium iodine to partially, or totally destroy, the thyroid, or even surgery, resulting in medication for the rest of your life.

Diet

There are some foods which have a thyroid inhibiting effect and eating plenty of these can help to make a difference:

Cruciferous vegetables ie broccoli, Brussels sprouts, cabbage, cauliflower, kale, mustard greens
Peaches, pears, spinach, soybeans, turnips, peanuts, radishes

Avoid for a time:

Dairy products

Thyroid stimulating foods such as seafood, apricots, dates, molasses, parsley, potatoes, prunes, garlic, onions, seeds and whole grains.

Stimulants such as tea, coffee, alcohol

Proper diet is important with this disorder as digestion speeds up and malabsorption occurs. Think of taking digestive enzymes with food to ensure efficient digestion, and also Aloe Vera juice after eating to encourage quick take up of nutrients.

Supplements

Malabsorption is often a problem as bodily metabolism speeds up. Also, due to this factor, there is an increased requirement for many nutrients so it is essential to take a good multivitamin/mineral, preferably with some aloe vera to aid absorption, in order not to become quickly depleted.

Also supplement: B Complex min 150 mg daily of each major B vitamin
 Omega oils min 100 mg EPA/DHA
 Vitamin C 3000 – 5000 mg daily
 Vitamin E min 200 iu daily

Lecithin 1 tbsp twice daily

Manganese 10 mg

Calcium and magnesium taken in balance

An undiagnosed thyroid condition may be mistaken for menopausal symptoms, especially as imbalances in women often come in at a similar age. It is therefore wise if you are experiencing menopausal symptoms to have your thyroid function tested.

Helpful Herbs

Herbs can be particularly useful in treating thyroid. There are several herbs which directly inhibit thyroid activity. The best of these is

Bugleweed is excellent, drunk 3 times daily for hyperthyroidism.

Bladderwrack helps regulate the thyroid gland, taken 3 times daily

Bayberry, black cohosh and goldenseal are all good for hypothyroidism, also

Gentian and mugwort extracts

Lemon balm and then rosemary and motherwort to a lesser degree.

Hops can help to calm the thyroid down.

Kelp can be a good source of iodine.

Other Things You Can Do

Essential Oils: Geranium oil, used in the bath or for massage, is excellent for balancing hormone production.

Flower Essences: Old Man Banksia helps to balance the thyroid

Tissue Salts: Calc Phos No 2
Mag Phos No 8

Exercise: a moderate exercise programme is recommended for hypothyroidism in order to increase metabolism

NEW****

Redox signalling molecules were discovered relatively recently and have been shown to be fundamental to health at a cellular level, contributing greatly to balanced body systems or homeostasis. The science behind redox signalling molecules and the fundamental role they play in health and healing is developing fast.

Available as both a liquid for internal use and a gel for topical use, there is a large body of anecdotal evidence showing its effectiveness with aiding, amongst other things, substantially improved hormone balance in the body, including thyroid imbalances.

Not available through retail outlets, this biotechnology product comes direct from the manufacturer. Go to this link for further information: www.lifedesigns.teamasea.com