



**Feeling tired, sluggish and rundown is not healthy for any age.
Are you sure your thyroid is functioning properly?**

Symptoms of Low Thyroid Function

- Difficulty in losing weight
- Dry skin
- Puffy face (myxedema)
- Unrelenting fatigue
- Menstrual problems
- Recurrent infections
- Feet and ears become cold easily
- Swollen thyroid gland (goiter)
- Poor memory
- Hair loss
- Headaches
- Heavy menses
- Slow heart rate
- Depression

How do I know if I have Hypothyroidism?

Hypothyroidism is not always easily diagnosed, and often goes undiagnosed. Many people mistakenly attribute symptoms to aging, only to be further put off by their doctor's inability to accurately diagnose hypothyroidism. Blood tests may not catch mild hyperthyroidism or severe cases of cellular hypothyroidism.

It is simple, however, to identify the slow metabolism of low thyroid function by measuring Basal Body Temperature.

What is Hypothyroidism? What causes it?

Underaction of the thyroid—and/or the inability of cells to use thyroid hormone—can slow down physical and mental processes, resulting in chronic tiredness and a host of other symptoms. Untreated, hypothyroidism can lead to coronary artery disease, coma, and death.

Excessive OR deficient levels of iodine in the diet can cause thyroid malfunction. So can excessive ingestion of goitrogens, foods which block iodine use.

Poor thyroid health can be a result of iodine deficiency from X-rays or low dose radiation (such as mammograms); excessive dieting; or heredity.

Malfunction of the immune system is responsible for Hashimoto's Disease, the most frequent cause of hypothyroidism. Cancer of the thyroid has been linked to highly fluoridated water and exposure to high dose radiation. Occasionally thyroid disease is part of a wider disease process, such as diabetes, rheumatoid arthritis or Chronic Fatigue Syndrome.

Ninety percent of the millions of people in the US who suffer from hypothyroidism are women. Also at higher risk are the elderly and children whose parents suffer hypothyroidism.

Measuring Basal Body Temperature

1. Place a thermometer by your bed before going to sleep at night. If using a mercury thermometer, shake it down to below 95°F.
2. On waking, place the thermometer in your armpit for a full 10 minutes. It is important to make as little movement as possible. Lying and resting with eyes closed is best. Do not get up until the 10 minute test is completed.
3. After 10 minutes, read and record the temperature and date.
4. Record the temperature for at least three mornings (preferably at the same time of day). Menstruating women must perform the test on the second, third, and fourth days of menstruation. Men and post-menopausal women can perform the test at any time.

Interpretation

Your basal body temperature should be between 97.6° and 98.2°F. Low basal body temperatures are quite common and may reflect hypothyroidism. High body temperatures (above 98.6°F) may be evidence of hyperthyroidism.

Take a Natural Approach to Thyroid Health

How is Hypothyroidism treated?

Nutritional therapy and lifestyle changes can often re-establish normal thyroid activity. If not, replacement of thyroid hormone—either by prescription of synthetic hormone or by taking desiccated natural thyroid—is necessary.

Diet for Thyroid Health

Eat plenty of iodine-rich foods: sea greens, sea foods, fish, garlic, onions and watercress.

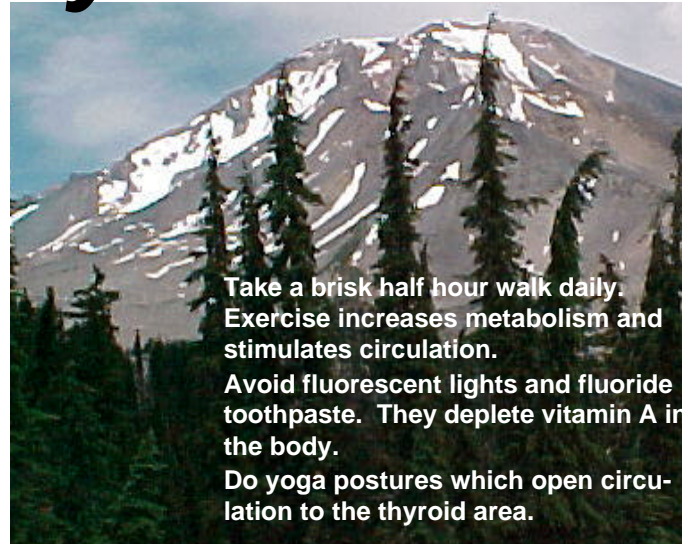
Use iodine-rich herb salt or sea greens instead of table salt.

Eat vitamin A-rich foods: yellow vegetables, eggs, carrots, dark green vegetables.

Avoid refined foods, saturated fats, sugars, white flour and red meats.

Avoid “goitrogens”, foods that prevent the use of iodine: cabbage, turnips, peanuts, mustard, pine nuts, millet and soy products. (Cooking inactivates the goitrogens.)

If you eat large amounts of cruciferous foods like cabbage, brussels sprouts, cauliflower, and broccoli, which may block iodine uptake, ask a nutritionist if an iodine supplement is appropriate.



Take a brisk half hour walk daily. Exercise increases metabolism and stimulates circulation.

Avoid fluorescent lights and fluoride toothpaste. They deplete vitamin A in the body.

Do yoga postures which open circulation to the thyroid area.

KNOW WHEN TO SEEK PROFESSIONAL HELP.

The nutritional suggestions in this material should be used in conjunction with the services of a trained, licensed healthcare practitioner. Individuals already under a physician's care should seek the advice of their physician before taking supplements or beginning an exercise program.

NUTRITIONAL THERAPY

Ask Ellen about

- ✓ Iodine in homeopathic potency
- ✓ Nutritional supplements to support your adrenals and thyroid
- ✓ Dietary sources of key nutrients
- ✓ Antioxidants to stop thyroid destruction
- ✓ EFA's ability to improve memory and mental function.
- ✓ Seagreens in capsule form or extracts

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Good Food is Medicine!