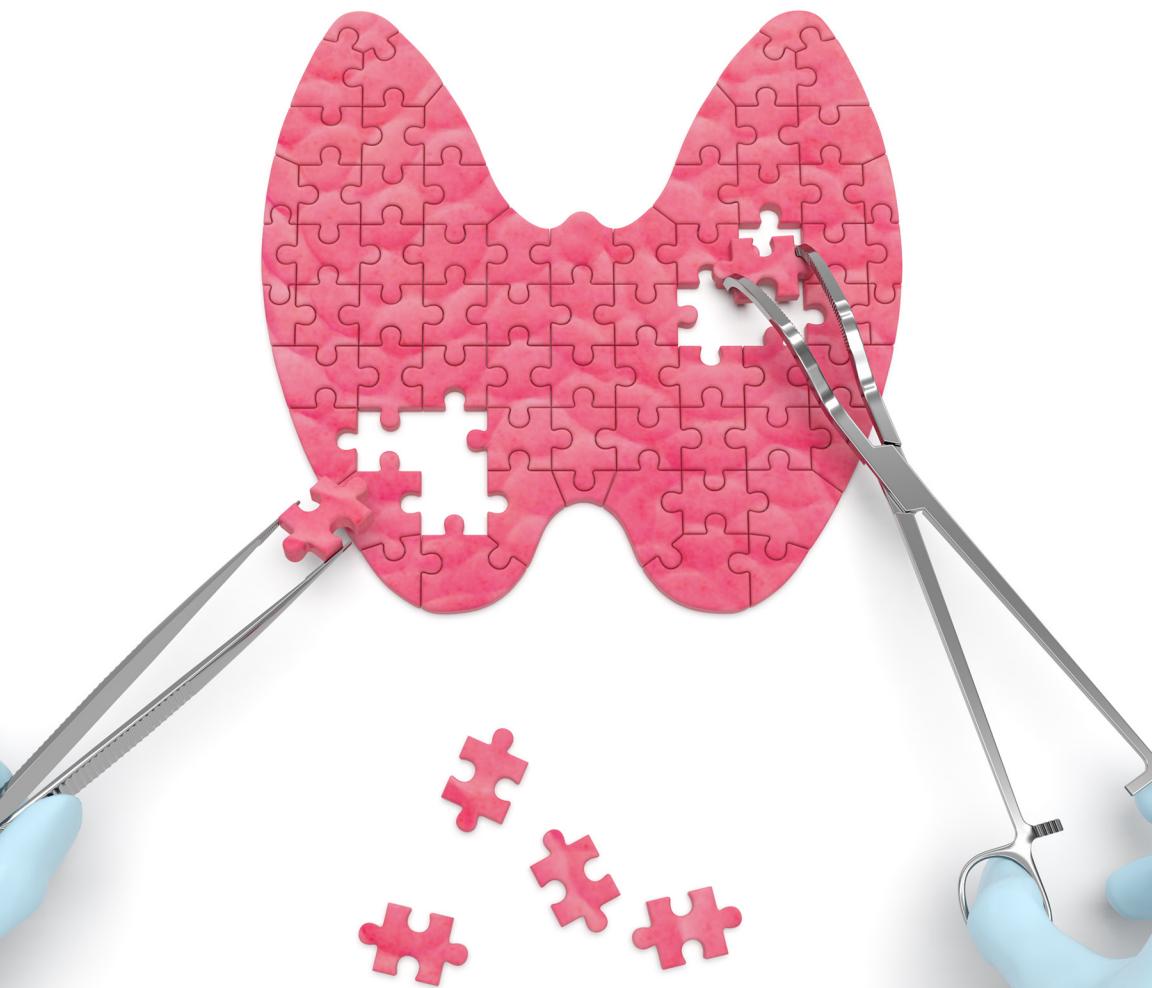




THYROID



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What Is the Thyroid?

The thyroid is a hormone-producing gland that sits at the base of the neck. It is shaped like a butterfly, with “wings” on either side. The thyroid plays a major role in regulating metabolism, maintaining core body temperature, and ensuring that the cells in the body have energy.

The thyroid makes two key hormones: T3 and T4. Metabolism is driven by these as they deliver oxygen and energy to every cell within the body.

The thyroid produces hormones by using dietary iodine and combining it with the amino acid tyrosine, which is abundant in protein-rich foods. The thyroid is the only tissue in the body that can actually absorb and use iodine.

When the thyroid is working properly, metabolism is high, energy is boosted, sleep is restful, and mood is balanced. When the thyroid is struggling, an overwhelming list of symptoms can present themselves, like fatigue, depression, brittle hair, and weight gain.

How Common Are Thyroid Problems?

Twenty million people have thyroid disease according to the [American Thyroid Association](#), and not all of them know it. Thyroid problems can masquerade as other issues, from depression to digestive problems to chronic fatigue and [rheumatoid arthritis](#). They can be triggered by numerous things, and can occur when you have a strong family history, or even if you don’t.

These millions of people are walking around with impaired metabolism, carrying extra weight that won’t budge, suffering from depressive tendencies, [inflammation](#), chronic pain, dry skin, brittle hair, persistent insomnia, and debilitating fatigue.

The thyroid’s primary responsibility within the endocrine system is to produce thyroid hormones T3 (triiodothyronine) and T4 (thyroxine). Together, these hormones regulate the body’s metabolism, and the metabolism in turn has a strong impact on the cardiovascular system and the digestive system.

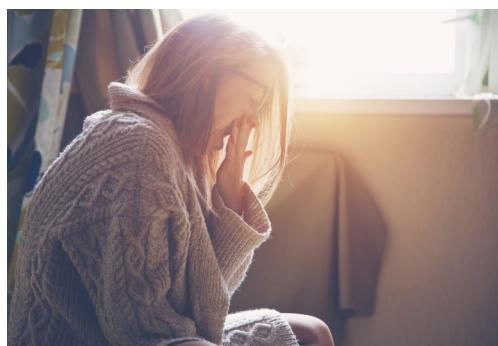
The thyroid is a powerful but easily misguided gland. Hormones respond and react to each other in a very delicate balance. When one or more begins to be over- or under-produced, the rest will soon join the chaos. The thyroid can both start trouble

and react to trouble, but in a number of cases, thyroid hormone production begins to decline due to a stressor or a trigger from somewhere else in the body. When this happens, symptoms of hypothyroidism appear.

Because thyroid problems can quickly become debilitating, it's essential for anyone suffering from thyroid issues to have a clear path back to recovery.

While temporary or short-term low thyroid function—known as hypothyroidism—can occur in response to certain life situations, most thyroid issues are a result of an autoimmune disorder known as Hashimoto's thyroiditis. This happens when the thyroid is suppressed by an attack from the immune system, causing low thyroid hormone output and low metabolism, among many other symptoms. Many people can be diagnosed with hypothyroidism, only to discover years later when their symptoms don't improve that they've actually been dealing with Hashimoto's.

What is Hashimoto's?



Hashimoto's thyroiditis is an autoimmune and chronic inflammatory disease that affects the thyroid gland. It is characterized by insufficient production of thyroid hormones, leading to autoimmune hypothyroidism.

Autoimmune disease happens when the immune system produces auto-antibodies—literally antibodies that are programmed to attack self. In the case of Hashimoto's, the attack of these autoantibodies causes inflammation and reduces the body's ability to produce T4.

Hashimoto's is the most common autoimmune condition in the United States today. It is estimated that as many as 10 percent of Americans have a thyroid disease, the majority of which are due to autoimmune factors. The disease affects up to 12.5 million people in America alone, striking women much more than men in a ratio of 20:1.

Currently there are no medical treatments available to prevent or cure Hashimoto's, but there are numerous lifestyle factors that can influence how the disease develops and that even offer hope of reversing disease progression.

The biggest challenge with Hashimoto's is that the process of the disease setting in can take months or years. Because the symptoms can overlap with so many other conditions, it's also sometimes the last thing that doctors look for. Understanding what makes it worse and what symptoms are associated can help you better take control of your health destiny.

Symptoms of Thyroid Problems + Hashimoto's



Since the thyroid regulates the metabolism for the entire body, a thyroid hormone deficiency can affect every body system. Symptoms of Hashimoto's and thyroid problems are broad and this list isn't complete, but the most common symptoms can include:

- Depression, sadness, or lack of motivation
- Difficulty losing weight
- Dry skin or flaky skin
- Headaches
- Lethargy
- Mild to moderate or even extreme fatigue
- Memory problems

- Recurrent viral infections
- Sensitivity to cold or always being colder than everyone else in the room
- Thinning hair and brittle hair that frequently falls out
- Swelling/fluid retention
- Increased cholesterol, triglycerides, C-reactive Protein, and homocysteine
- High or low blood pressure
- Low pulse
- Low libido
- Menstrual irregularities
- Extremely heavy menstrual periods
- Infertility
- Recurrent miscarriage
- Low adrenal function
- Brittle nails
- Muscle weakness
- Joint stiffness/pain
- Constipation
- Constipation or intestinal disorders
- Inability to tolerate exercise, activity, or movement
- A sore throat that doesn't seem to be associated with any form of sickness
- Reduced ability to concentrate for long periods of time
- Insomnia and inability to sleep restoratively even though you're exhausted
- Anxiety and mood swings

Conditions Associated with Hashimoto's Thyroiditis



Many times when someone has Hashimoto's, there are often other things going on. But did Hashimoto's cause the other conditions, or did the other conditions cause the thyroid disease, or did they all happen for unknown factors?

Some common conditions associated with Hashimoto's disease include:

- Adrenal disease or disorders
- Celiac disease
- Cardiovascular disease
- Rheumatoid arthritis
- Diabetes (type 1 or 2)
- Multiple sclerosis
- Lupus
- Fibromyalgia
- IBS
- Depression
- Bipolar disorder

- Chronic fatigue syndrome
- Estrogen dominance

This list is far from exhaustive. While these are diagnosable conditions, there are other physical situations that can make the body more prone to developing thyroid disease. Some of the primary associated problems are:

- Leaky gut
- Digestive problems
- Genetic tendency
- Having any other autoimmune disorder, even those not listed above
- Pregnancy
- Menopause
- Viral infection with Epstein-Barr

What Makes It Worse?

As with any organ of the endocrine system, the thyroid is particularly susceptible to outside sources that disrupt the internal balance of hormones. In this case, the following can all have a negative impact on the thyroid:

- Toxins taken in through food, water, and the environment
- Stress
- Lack of sleep
- Genetics
- Food allergies and sensitivities
- Viral infections (Epstein-Barr, HHV-6, Parvovirus)
- PCOS
- Vitamin D deficiencies or genetic defects with the body's vitamin D receptors

Gluten is also a major trigger for Hashimoto's hypothyroidism because the physiological composure of thyroid hormone receptors are very similar to gluten. When the body tags gluten as an allergy, the thyroid often gets added to the mix,

producing autoantibodies and auto-attacks.

Celiac patients have 10 times the rate of autoimmune thyroid disease than non-celiac patients, and it's estimated that nearly 30 percent of those with Celiac disease also have or will have autoimmune thyroid disease. Avoiding gluten permanently is crucial to slow the progression of the disease for both Celiac and non-Celiac patients.

Iodine exacerbates the autoimmune attack of the thyroid and in America, the primary source of iodine is table salt. High-salt diets can trigger autoimmune thyroid disease, along with other factors.

Other common triggers for Hashimoto's include:

- Other autoimmune conditions (Type 1 Diabetes, Pernicious Anemia, Rheumatoid Arthritis)
- Aging
- Pregnancy
- Bulimia
- Crash dieting

These can all set off a series of events that can lead the immune system to target thyroid tissue for destruction.

What Makes It Better?

Hashimoto's sounds like a real buzzkill, and it can have a very significant effect on a person's quality of life. But a diagnosis of Hashimoto's doesn't mean that life can't ever return to normal, and a person diagnosed won't necessarily have to experience all of the above symptoms.

While many who currently eat Paleo are doing it because they are Crossfitters, or because it has helped them lose weight, Paleo is also a very therapeutic dietary plan that enables the body to heal itself and prevents further autoimmune attacks. In fact, Paleo is actually the ideal Hashimoto's diet and hypothyroidism diet. It eliminates common allergens like grains, dairy, refined foods, trans fats, hydrogenated oils, and soy while promoting high intake of vegetables, fruits, fiber, grass-fed/pastured meats, eggs, wild-caught fish, and organ meats.

How Does Diet Impact the Thyroid?

The real proof of how powerful the Paleo diet is can be found in specific blood markers: Thyroid Peroxidase Antibody (TPO) and Antithyroglobulin Antibody. Most with Hashimoto's have elevated TPO numbers, ranging from 15 to several hundred.

Paleo addresses Hashimoto's so well because it completely eliminates all dietary factors that perpetuate the autoimmune reaction. Sugar and all forms of sweeteners, too, even the ones that are found in Paleo treats, need to be avoided as these will still cause a thyroid reaction and will prolong healing.

It can be difficult to cope with a diagnosis of Hashimoto's thyroiditis, but more than any other diet out there, Paleo arms your body with the necessary nutrients to calm the immune reaction and to halt progression of the disease.

Every person is different and Paleo isn't an overnight cure. But committing to a Paleo lifestyle is a proven way to not only prevent autoimmune disease, but to reverse and heal from existing autoimmune and chronic conditions. A Paleo lifestyle can, under many circumstances, help to reduce antibodies, inflammation, and symptoms of thyroid disease.

Hashimoto's and Digestive Health



Leaky gut can contribute to autoimmune problems by essentially opening the door to the immune system's vigilante notions. Particles that aren't meant to be in the bloodstream enter by way of the tight junctions of the small intestine and the immune system "finds" them, targeting what it deems to be

the source of such rogue materials. Unfortunately for us, certain bacteria, viruses, food particles, and toxins can resemble tissue in organs or other parts of the body. In the case of thyroid disease, here is how the progression can work:

- The gut tight junctions are damaged from years of eating refined foods, gluten, and other inflammatory ingredients. We'll use gluten and dairy in this example.

- A sensitivity or allergy develops to gluten and dairy, causing inflammation to build, and the tight junctions to lose their functionality.
- As the gluten and dairy continues to be consumed, the particles don't get fully digested, and they leak through the failing tight junctions, entering the bloodstream.
- The immune system gets an alert that something foreign has entered the bloodstream. It searches its database to figure out where these gluten and dairy particles are coming from.
- The closest body tissue associated with gluten and dairy happen to be thyroid tissue. The immune system makes the match, and dispatches lymphocytes to fight the thyroid because, from the immune system's point of view, the thyroid has decided to take over the body, dictator style. The immune system cannot let this happen. A message must be sent.
- The lymphocytes attack, but as gluten and dairy continue to enter the bloodstream, the immune system sends more and more. As this attack continues, thyroid function is depleted, hormone production is down, and the whole body begins to notice the effects. But, as amazing as our immune system is, it has lost the ability to distinguish self and non-self, and in this case, unless the triggers are removed, the attack will continue.

Once the immune system has turned on its own body, and autoimmune disease has developed, there is no going back. The damage done to the thyroid will be permanent. However, damage can be halted, and you can enter long-term remission and even restore quality of life in many areas. For some whose disease is diagnosed after years of autoimmunity, thyroid hormone replacement may be required if the thyroid is so damaged that it can no longer keep up with basic hormone production.

Sadly, most cases of Hashimoto's are diagnosed after it is too late to prevent organ damage. But as more awareness is raised, it is my hope that all hypothyroid cases will be screened for Hashimoto's, and that the disease may be reversed before destruction of the thyroid gland has begun.

10 Best Supplements for Thyroid Health

While every individual case of Hashimoto's will be slightly different, these are some basic supplements that will be applicable for almost everyone. Keep in mind that if you're pregnant and you have Hashimoto's, you need to get any supplements approved by your OB-GYN, and you also need to have extra monitoring for fetal growth and development. If you're not pregnant, it's still always a good idea to run all supplements by your health practitioner to ensure there are no interactions with medications.

Ashwagandha

An herb that is referred to as adaptogenic for its ability to help the body adapt to stressful circumstances, ashwagandha is beneficial for the thyroid because it aids in converting the inactive form of thyroid to the active, usable form. It also promotes restful sleep, can help to calm anxiety, and can benefit healthy digestion.



Selenium



Selenium is a trace mineral, meaning that it is only required in the body in "trace" or tiny amounts, that functions as an antioxidant. It helps the body recover from inflammatory or stressful circumstances, and many with Hashimoto's aren't getting enough in their diets, or they aren't absorbing it well in dietary form, so additional supplementation can be helpful.

Zinc

Many will turn to zinc, another mineral, in times of sickness because it's reputed to help boost the immune system. Zinc helps with thyroid function because it helps convert inactive thyroid hormone to active form, and it helps support a confused immune system.

Iron



Most wouldn't know that iron is critical for thyroid function, but without proper iron levels, thyroid hormone can't be produced or converted. If you're relying on medication, your body still needs iron to properly convert the thyroid hormone and to absorb it into the tissues that put it to work. Many

with Hashimoto's are anemic or running on low-average iron stores. The Paleo diet is a rich source of natural, dietary iron, but it can still be beneficial to add in an iron chelate supplement for a short time or until ferritin levels are tested and confirmed to be normal.

Essential Fatty Acids

Even if you eat a Paleo diet rich in salmon and other wild-caught fish, taking a fish oil supplement can be extremely beneficial since EFAs help to revitalize the thyroid tissue itself, crucial for an organ that is under attack from the immune system.



Vitamin D



The sunshine vitamin is well-associated with depression and seasonal affective disorder, and it also has close ties to thyroid health. Most who have active Hashimoto's disease will be experiencing suboptimal vitamin D levels, and by balancing this crucial nutrient, the immune system will be

tamped down, hormone production will be optimized, and remission can become a reality. Optimal blood levels, according to integrative and holistic medicine, are between 50 and 70 ng/mL.

Magnesium



A mineral that is fabulous for muscle cramps, magnesium also increases cellular energy production, which means that it can help revitalize the thyroid's ability to do its job. Magnesium also helps the body cope with some unpleasant symptoms associated with hypothyroidism, like

insomnia and muscular aches and pains, so it's a win/win supplementation scenario.

Evening Primrose Oil

Evening primrose oil should be on the radar of every woman suffering from Hashimoto's because not only can it help to boost skin, hair, and nail health (often hit hard from thyroid disorders), but it can also help to boost reproductive hormone production, especially progesterone. There's an intimate connection between progesterone deficiency and thyroid hormone deficiency, and evening primrose oil helps to optimize production of both.



Vitex or Chaste Tree Berry



Speaking of progesterone, vitex (also known as chastetree berry), when taken regularly, can help to naturally increase the body's production of progesterone without having to use creams or prescriptions. In women battling infertility, it can also help to lengthen a luteal phase that is too

short. When progesterone levels are optimized, an equilibrium is found between estrogen and progesterone. When progesterone levels are low, estrogen runs high, and estrogen dominance can perpetuate symptoms of thyroid disease and can place extra strain on an imbalanced endocrine system.

Digestive Enzymes



As mentioned above, the thyroid is sensitive. Removing foods that trigger leaky gut is priority one, but the next thing you'll want to do is help your food fully digest so that there aren't undigested particles to enter the bloodstream. A quality digestive enzyme can aid in this process. In

an age of antacids, many of us actually come up short with the right amount of stomach acid to fully digest our food. Digestive enzymes can not only help digest food, but as that process optimizes, stomach acid production will also increase, removing the need for antacids in the first place (unless you're pregnant — you'll be hard pressed to find a permanent fix for pregnancy-induced heartburn since no amount of enzymes will lessen the size of the stomach-squishing uterus until, well, the baby comes out).

6 Ways to Balance Your Thyroid Problems

Here are the top six ways for finding thyroid balance. Unfortunately, [thyroid healing](#) is a multifaceted process and won't be taken care of overnight. It can feel exhausting to do the work to get your thyroid the help that it needs. But when you make small steps, they build into a thyroid-friendly lifestyle that becomes a sustainable way of living for healing and for long term remission.

1. Get the proper diagnosis.



If you've been diagnosed with depression, arthritis, [chronic fatigue](#), fibromyalgia, or general hypothyroidism, there is a chance that it goes much deeper. Most doctors only run the TSH test to evaluate thyroids, and this is a flawed approach.

TSH, or thyroid stimulating hormone, is actually a pituitary hormone that tells the thyroid when it needs to make more hormone. Sometimes this communication is part of the problem, but most often, TSH is not an accurate barometer for thyroid function.

To really see what's happening with the thyroid, everyone exhibiting any signs of thyroid issues, who has a family history, or falls under a risk category should be evaluated using Free T3, Free T4, and thyroid antibodies. Who does this include?

- Women who are pregnant or who have been pregnant in the last two years
- Anyone with a family history of thyroid disorders
- Anyone who has other hormonal imbalances, such as estrogen, progesterone, or testosterone.
- Anyone who has adrenal issues.
- Anyone struggling with depression, anxiety, insomnia, weight loss or weight gain issues, extreme cold or heat sensitivity, and heavy fatigue.

Even if your tests don't indicate that you have a thyroid disease or disorder, it's important to rule it out since more often than not people are underdiagnosed with thyroid problems. Even if you've been tested before, if you're having any of the above issues, it's a good idea to be reevaluated for thyroid issues every few years, especially if you're a woman or have a family history.

2. Search for and identify root causes.

Just because you have a diagnosed thyroid problem doesn't mean that you know how or why you got it. Genetic tendency is only one possible factor, but even in cases of genetics, something still has to trigger the cascade of malfunctions that leads to a thyroid with issues.

Gut problems are high on the list of things that can trigger immune reactions against the thyroid or an overall sluggish metabolism.

Major hormonal upheavals, like **giving birth** or entering menopause, can also trigger thyroid problems. All hormones exist in a fairly shaky balance and when one or more hormones get disturbed, even for natural reasons, the thyroid can over or under respond. This can be temporary, or it can become permanent in cases of autoimmunity.

Certain viral infections can also trigger thyroid problems, particularly Epstein-Barr, cytomegalovirus, or specific strains of the herpesvirus family. (2) Viral infections never truly leave the body once they're introduced, but they're supposed to go dormant after the primary infection and produce antibodies to prevent reinfection.

In some cases, however, they stay active at lower levels and become chronic viral infections, always there under the surface, wreaking silent havoc on the immune system and sensitive organs like the thyroid.

3. Reverse leaky gut and digestive problems.



Even if your thyroid trigger is genetic, viral, or hormonal, you still need to understand how the gut and digestive system play a key role in reversing the problem. Certain foods, even without allergies, can exacerbate an immune response against the thyroid. Dairy and gluten specifically can cause issues when leaky gut is present. (3)

Leaky gut, or increased intestinal permeability, occurs when the barrier tight junctions of the small intestine become loose. Their job is to only allow nutrients and digested food particles into the bloodstream and to filter out everything else. When they become damaged from food allergies, viral infections, gut problems, hormone issues, drug side effects, and even stress, foreign particles enter the bloodstream. Digestion also becomes less efficient, so food particles that aren't fully digested may also get through when they shouldn't.

Dairy and gluten are especially problematic because from a cellular standpoint they're somewhat similar to the tissue of the thyroid. The immune system becomes alerted to these "tissues" traveling throughout the bloodstream and becomes

sensitized, or aware, that the thyroid is apparently trying to conquer territory it doesn't own. The immune system mounts an attack to tell the thyroid to simmer down, but the food particles keep circulating, and the problem persists. Eventually, in cases of prolonged autoimmunity, the thyroid may cease to function entirely.

Step one in reversing this cascade of problems is to repair the barrier function of the small intestine. Thankfully it responds well to healing when it gets the right nutrients. [**Collagen**](#) in particular can help to repair and reverse the effects of leaky gut, and that's why [**bone broth**](#)—which is rich in collagen—is one of the top gut-healing superfoods that exists. Collagen can also be taken on its own.

4. Stop eating the wrong foods.

Working to repair the small intestine and reverse leaky gut won't get you very far if you don't cut offending foods. As mentioned, dairy and [**gluten**](#) should be first to go. But if you really want to put yourself on a speedy path to thyroid wellness, you need to ditch all grains, as well as legumes (like peanuts and soy), sugar, and refined foods that are filled with empty calories.

Adding in the right foods for thyroid wellness is also essential. Eating plenty of healthy fats (avocado, salmon, coconut oil), proteins (pastured and grass-fed meats and eggs), and vegetables and fruits is going to be a major part of recovering.

5. Get more sleep.



The thyroid can totally mess with sleep. It can make you want to sleep all the time and never feel rested, or it can give you insomnia and make you feel borderline manic. Either way, establishing a healthy sleep routine is critical even before your thyroid has been rebalanced. This can be hard if you don't feel like sleeping or if all you want to do is sleep.

In the case of too much sleep, you still need to establish healthy sleep habits. Go to bed regularly—early, if needed—and set a specific nap time. But don't just stay in bed all day since this can lead to overall poor sleep habits and can actually reduce

the likelihood that you'll participate in other healthful habits, like regular meals, gentle exercise, and fresh air.

In the case of insomnia, it can feel maddening to go to bed when you know you're just going to lie there awake. But sometimes establishing a healthy sleep routine can begin to rework the brain's ability to shut down for sleep. Just because you're feeling like you can't sleep doesn't mean the thyroid doesn't desperately need your body to get rest. The thyroid can only rebalance if you're allowing it time to heal, and this happens while we sleep.

[**Magnesium**](#) is often a nutrient that people are deficient in, and it can be helpful in addressing insomnia when taken before bed. Because the thyroid is sensitive, it's important to get a professional opinion on supplements that you might try, since some that are often touted for thyroid health can actually do significant damage, such as iodine.

6. Cut the stress.

Stress impacts our bodies in ways we don't always know, and the thyroid is no exception. If you're battling a thyroid problem, you'll want to take a serious look at sources of stress in your life. Even if you can't remove them, you need to find creative and proactive ways to handle them.

Deep breathing, [**yoga**](#), massage, acupuncture, long walks in the sunset—there's no right or wrong way to address stress. What is critical is that you find joy in the process and that you can consistently make it part of your routine.

One of the more common autoimmune disorders is [**Hashimoto's Thyroiditis**](#), a condition where the body attacks the thyroid by producing antibodies against it. This results in low thyroid function, or hypothyroidism. Eating Paleo was extremely therapeutic and healing for my own Hashimoto's by helping me to reduce inflammation in my body and enhancing my digestive function. While most Paleo foods can be beneficial in this process, here are my top seven recommendations for foods that benefit overall thyroid health and why I think they're so amazing.

The Top 6 Foods for Thyroid Health

Salmon



Rich in vitamin D and omega 3's, salmon is also the mother of all anti-inflammatory fish, and it's an essential part of any autoimmune dietary protocol. It's also rich in B12 (a deficiency can contribute to [autoimmune disorders](#), nervous system problems, and overall susceptibility to activation of inherent genetic disorders) and selenium, an antioxidant that is crucial for thyroid hormone production.

Sunflower seeds

Sunflower seeds are a potent source of selenium, an antioxidant which helps to prevent cells from damage that can take place during autoimmune attacks. Selenium deficiencies are associated with autoimmune thyroid disorders, but are also common in people with intestinal malabsorption (also known as [leaky gut](#)) problems like those with IBS, Crohn's, celiac disease, or SIBO (small intestinal bacterial overgrowth).



Unfortunately, it's common to find thyroid sufferers who also have one or more of these intestinal conditions because of the full-body nature of autoimmunity. Eating a diet rich in selenium can have a protective effect on the gut barrier, which in turn can improve overall health. Other foods rich in selenium include Brazil nuts, shrimp, and [tuna](#), but all grass-fed and pasture-raised meats, wild caught fish, and nuts and seeds will have varying levels of selenium in them.

Sea vegetables



Sea vegetables are rich in iodine needed for thyroid hormone production. Note that simply [supplementing with iodine](#) instead of getting dietary sources can actually perpetuate autoimmune reactions with Hashimoto's. Iodine is essential for proper thyroid function, but is also important for breast, skin, and liver health.

Chard

Chard is rich in magnesium, which is necessary for conversion of thyroid hormone from inactive form to active (a.k.a. usable) form. Magnesium deficiency is more common than we think. In the quest for mineral health, everyone focuses on calcium, but magnesium is equally important.



Grass-fed liver



The [thyroid needs copper](#), which is an essential trace mineral, to help stimulate the production of hormones. Copper also has a major role in controlling the level of thyroid hormone that is present in the blood. Copper is a stabilizing factor for the thyroid, and too often people eat diets rich in zinc,

but don't eat enough copper. These two minerals require each other for balance and for thyroid health. Grass-fed liver is an abundant source of easily absorbable dietary copper.

Spinach

Iron is necessary for thyroid hormone production, as well as total energy levels, and spinach contains an easily absorbable form of dietary iron. Most people associate dietary iron with red meat, which contains heme iron, a more absorbable form. However, the benefits of non-heme iron, or plant-based iron, is that it is more easily regulated within the body and provides more stability and mineral balance. Spinach also contains magnesium, copper, and zinc, making it a superfood for thyroid hormone production.



Sardines



Sardines are rich in zinc, an essential mineral for thyroid hormone production and copper balance. Zinc isn't just for boosting immunity to avoid colds, it's also essential for thyroid hormone conversion. It also allows the body to properly utilize thyroid hormone replacement.

Bottom Line

The thyroid is an essential organ that has its fingers in every aspect of our wellbeing. Without a healthy thyroid, we won't have energy, metabolism, or mood balance. Whatever form of thyroid issue you're facing, following the tips in this guide can help lead to a faster path to recovery and wellness with less frustration and setbacks.

