

Guillermou

Inflammation and associated factors is an important root of autoimmune hypothyroidism. The potential anti-inflammatory effect of photobiomodulation with red light therapy may benefit the thyroid. Red light therapy can effectively treat chronic autoimmune hypothyroidism and subclinical hypothyroidism.

redlightman.com/blog/red-light-therapy-shown-to-cure-hypothyroidism/ .----

www.ncbi.nlm.nih.gov/pmc/articles/PMC6247385/?_ga=2.262350732.12270024.. (2018)

www.mdpi.com/.../1274 (2023).---- Hyperinsulinemia is the most common cause of diffuse goiter and heterogeneous structure of the thyroid. Thyroid gland volume shows a significant positive association with the characteristics of metabolic syndrome and increased thyroid volume are predictors of metabolic syndrome.

europepmc.org/.../36825717 (2023).---- Thyroid disease incidence among nurses is increasing. Age at diagnosis, BMI, fasting blood glucose, and nonalcoholic fatty liver disease are independent risk factors for different types of thyroid disease. journals.sagepub.com/.../10998004231177297 (2023).---

PLANT CONSTITUENTS AND THYROID: A REVISION OF THE MAIN PHYTOCHEMICALS THAT INTERFERE WITH THYROID FUNCTION ricerca.unich.it/bitstream/11564/756549/2/1-s2.0-S0278691521001915-mai..

(2021).--- Selenium protects the thyroid gland and is immunostimulatory, resulting in T cell proliferation, innate immune cell activation, NK cell activity, and a variety of other indicators.

Iodine biofortification plays an important role in maintaining a healthy immune system.

www.mdpi.com/.../555 (2022).--- www.mdpi.com/.../2633 (2023).--

In people with Hashimoto's thyroiditis, selenium was effective and safe in lowering thyrotropin and thyroid antibodies (antibodies against thyroid peroxidase). www.liebertpub.com/.../thy.2023.0556 (2024).--

Guillermou

Fluoride prevents the action of iodine in the thyroid gland, being an enzymatic poison that induces oxidative stress, hormonal alterations and neurotoxicity. Fluoride synergizes with aluminum in hormonal and neuronal regulations at much lower concentrations. Disorders include hypothyroidism, sleep disorders, inflammation, IQ deficit, among others. Fluoride inhibits the activity of antioxidant enzymes such as catalase, glutathione peroxidase (GPx), GSH reductase (GR), and superoxide dismutase (SOD). www.mdpi.com/.../7100 (2020).-- Thyroid cancer is one of the most common cancers worldwide and its incidence has increased in recent decades.

Quercetin induced apoptosis of thyroid cancer. www.mdpi.com/.../htm (2021) .---
www.sciencedirect.com/.../S0303720721001106 (2021).--- This review article provides information on the role of quercetin in many types of cancer, including thyroid cancer. The present review emphasizes the anticancer activity of quercetin through different mechanisms, such as induced apoptosis, inhibition of tumor progression, arrest of the cancer cell cycle through different pathways, decreased proliferation, modification of the tumor microenvironment, etc.
www.ingentaconnect.com/content/ben/cnf/2024/00000020/00000002/art00003 (2024).-- Quercetin may improve exercise intolerance that occurs in hyperthyroidism through its antioxidant effect.

mjcu.journals.ekb.eg/article_55134.html (2019).--- This study analyzes the beneficial effects of some plant-derived compounds, such as myricetin, quercetin, apigenin, rutin, genistein and curcumin, and their possible role as adjuvants for the treatment of thyroid cancers has been described. .
nyaspubs.onlinelibrary.wiley.com/.../nyas.13980 (2020).--- CANDIDA (YEAST) INFECTIONS AND AUTOIMMUNE THYROID DISEASE www.verywellhealth.com/candidiasis-yeast-overgrowth-and-thyroid-diseas.. (2022)

Posted On 04/13/2024

juststeve

Gui, in this region, the Great Lakes, high rain falls leach much of mineral content out of the soil without any help from industrial farming. Selenium in particular is in short supply also historically mostly attributed to low levels of iodine, goiters were once a large problem until Iodine was added to table salt. If the memory is working, there once was also an iodine compound used in making store bought bread. The soils here are also light in most minerals due to the said leaching. Modern logging is very likely not helping much either. We are in very short supply of the magnificent massive forest of trees the settlers found here.

Trees are important because of the observation As Above, So it is Below. The mass above the soil is matched by the mass under the ground. It is the extensive root systems of enough trees to make it to the Climax Stage, so when it is their time as they fall and decay on the forest floor, they regenerate, restore the minerals to have leached down and into the lower depths. It's all part of the many Cycles of Life. It's why here in this region gardens respond to wood ash and volcanic ash so well. As the soil improves and has the conditions to hold the minerals, it feeds the microbes who feed the plants, who feed us.

Posted On 04/13/2024

josephunger

Excellent information! Remember the thyroid protomorphogen! Often a game changer.

Posted On 04/13/2024

rrealrose

Hi Gui, thanks! your redlightman article on the thyroid is interesting for a variety of reasons, mostly in NUMEROUS COMMENTS below that article showing the wide variety of conditions people may have. But one thing to note: many of us are walking around with hidden infections and other conditions that may frustrate the dickens out of mainstream thinking. For example, found out even though I had a wide variety of gut microbes, also had a gut infection for years...so if 20% of thyroid conversion occurs in the gut, may have been down as much as 20%! This is only 1 of several examples that demonstrate how even going OFF wheat and dairy, PUFA free and toxin light (?) may not be sufficient. Hidden stuff: parasites, yeast, molds may not be looked for or addressed...so much for modern Rockefeller-style medicine falling flat for chronic conditions. Yup, the ones that are skyrocketing in developed nations.

Posted On 04/13/2024

Guillermou

Thanks to you Just, Josephunger and Rose for your interesting contributions. A healthy intestinal microbiota not only has beneficial effects on the activity of the immune system, but also on thyroid function. Thyroid and intestinal diseases predominantly coexist: Hashimoto's thyroiditis (HT) and Graves' disease (GD) are the most common autoimmune thyroid diseases (AITD) and often coexist with celiac disease (CD) and non-celiac wheat sensitivity (NCWS). This may be explained by damage to the intestinal barrier and consequent increase in intestinal permeability, allowing antigens to pass more easily and activate the immune system or cross-react with extraintestinal tissues, respectively.

Dysbiosis has not only been found in AITD. The gut microbiota largely regulates the homeostasis and development of immune cells. It modulates both the innate and adaptive immune systems, even outside the intestine, and is essential in the development of gut-associated lymphatic tissue (GALT), where more than 70% of the entire immune system is located. Probiotics have shown beneficial effects in thyroid diseases and may have a positive effect on trace elements such as selenium, zinc and copper. Additionally, microbes function as a reservoir for T3 and can prevent thyroid hormone fluctuation and therefore may reduce the need for T4 supplementation.

Probiotics could constitute an adjuvant therapy for thyroid diseases. This article analyzes supplementation with minerals, vitamins and probiotics, which showed beneficial effects on thyroid hormones and thyroid function in general. Literature research was conducted to examine the interaction between gut microbiota and thyroid disorders that should be taken into account when treating patients suffering from thyroid diseases. www.mdpi.com/.../1769 (2020)

Posted On 04/13/2024

Guillermou

Disruption of gut microbial homeostasis (dysbiosis) is associated with autoimmune thyroid disease (AITD), including Hashimoto's thyroiditis, Graves' disease, and Graves' orbitopathy. These studies reviewed here provide new insights into the roles of the gut microbiota in the pathogenesis of thyroid disease and may be an initial step toward microbiota-based therapies in AITD. This review aims to provide a comprehensive view of the interplay between TH metabolism and intestinal homeostasis. www.researchgate.net/profile/Aline-Fenneman/publication/365050904_A_co..-and-Its-Clinical-Implications.pdf (2023) Nonalcoholic fatty liver disease (NAFLD) has been linked to type 2 diabetes (T2D), but also hypothyroidism.

However, the relationship between thyroid function and NAFLD in diabetes is less clear. This study investigated the associations between free thyroxine (fT4) or thyroid-stimulating hormone (TSH) and NAFLD in new-onset diabetes. The risk of steatosis is correlated with lower thyroid function in type 2 diabetes, which is mediated by insulin resistance and body mass, specifically in men, whereas such a relationship is not present in type 1 diabetes.

onlinelibrary.wiley.com/.../liv.15723 (2023).----- Individuals with subclinical or overt hypothyroidism were more likely to have NAFLD than those with normal thyroid function. Serum levels of FGF21 were increased in individuals with hypothyroidism and its role as a marker of hepatic steatosis in individuals with hypothyroidism needs further evaluation. www.sciencedirect.com/science/article/abs/pii/S097368832300049X (2023)

Posted On 04/13/2024

Guillermou

The association of low normal thyroid function (LNTF) with nonalcoholic fatty liver disease (NAFLD) or metabolic dysfunction-associated fatty liver disease (MAFLD) is controversial; Therefore, the objective of this study is to determine this association. LNTF was defined as TSH levels of 2.5 to 4.5 mIU/L and was divided into three different cut-off points (>4.5 to 5.0, >3.1 and >2.5 mIU/L). TSH levels of 2.5 and 3.1 showed significant associations with the presence of NAFLD and MAFLD; however, LNTF did not show an independent association with the presence of NAFLD or MAFLD in multivariate analysis. It was observed that a high percentage of body fat is an independent factor associated with NAFLD in the increase in TSH cut-off points. These patients may be at increased risk of liver disease progression to steatohepatitis and fibrosis; therefore, follow-up studies are needed to elucidate the relationship between LNTF and NAFLD. www.mdpi.com/.../1048 (2023).-----

Posted On 04/13/2024

Guillermou

An interesting article by Dr Hagemeyer. "Thyroid problems are affected by many things including low progesterone levels. In today's article, I will talk about the how female hormone imbalances like low progesterone, affect the thyroid and some of the reasons for low progesterone." "Progesterone Levels Affect Thyroid Hormone Production in Two Very Important Ways. Research shows us that a progesterone deficiency causing depression of the enzyme called thyroid peroxidase (TPO). Normally progesterone up-regulates TPO function. Thyroid Peroxidase is an enzyme in your thyroid gland; and it's one of the enzymes you use to make T4 and T3 thyroid hormones.

So, if your TPO enzyme is depressed and is not active, then over time you're just not going make enough T4 and T3 and you will suffer with symptoms of hypothyroidism. But that's not all progesterone does. Progesterone also affects your Thyroid binding globulin levels (TBG) and this is why measuring your TBG levels is important and why you should have your doctor run this test for you. Well, it turns out that if you have a Progesterone deficiency like so many woman in their 40,50,60 have you will often have elevated TBG levels in the blood." www.drhagemeyer.com/is-low-progesterone-causing-your-thyroid-disease/ (2020).--

Posted On 04/13/2024

bburns1955

JustSteve -- I started taking liquid Ultimate Minerals (from greensmoothiegirl.com), due to soil/mineral depletion. Also, Detoxadine (nascent iodine from Dr. Ed Group), which is great! Says to take 3 drops, but Dr. G said that's to keep the feds off their backs, that you can take a full dropper, which is what I do, & some take it twice a day. (Gave an example of a 3 year old who drank an entire bottle, the mom was scared, but nothing happened.)

Posted On 04/13/2024

juststeve

bburns1955, also once used a similar product, but now switch things up between Himalayan, Redmond and Celtic Salt. Each having different mineral profiles along with their individual strengths and weaknesses. A little of anyone of them goes a long way. Way more flavor. Currently using some iodine supplements too seeing as the washed out table salt with iodine added to it is no longer being used.

Posted On 04/14/2024

karmana

Good luck finding a physician who will prescribe dessicated thyroid when you are in the "low normal" range in your bloodwork, even when you are symptomatic! Thanks for this article; very helpful.

Posted On 04/13/2024

LSquare

I know, right; it's almost like you have to go to med school or become a PA or NP who can then self-prescribe. I can't get my Dr to prescribe a Fasting Insulin test because my glucose is currently normal.

Posted On 04/13/2024

rrealrose

Ya may want to check out Forefront health website for Natural thyroid. Oops, forgot to mention by luck found an MD who switched to functional medicine. Now have a team between an integrative PCP, endocrinologist somewhat integrative. This has been a learning curve I never expected. Wish I had proceeded in reverse order, but it is what it is!

Posted On 04/13/2024

DotsiA

Find a functional medicine or integrative medicine doctor. MDs simply do NOT know a thing about thyroid issues (that includes endocrinologists) and will mis-treat you every time. Since I found my first integrative medicine doc I have felt great (I am 87) and I lost 100 lbs. following his advice. You can find lists of docs at the functional medicine and integrative medicine professional organization websites. Good luck!

Posted On 04/13/2024

AWright3

I 2nd the Forefront health site recommendation. They offer molecular progesterone oil, dessicated thyroid and more, plus helpful articles.

Posted On 04/13/2024

bburns1955

Keep looking till you find one who'll treat by symptoms. Or, if you can get to Arizona to see Dr. Mark Starr, do that! I wish I could do that. I wish we had integrated doctors in my area of NW Georgia, but we don't. Atlanta does, but 2 hours away, so very aggravating. My current doctor lets my TSH get to under 1.0, even, but I've been on Synthroid 175mg for years, then decreased to 125mcg late last year. Am now taking nothing, & trying to stay that way but might need to supplement again. I think he'll write an Rx for the natural dessicated thyroid, but with the cows & pigs being vaxxed now, I wonder if it's a safe product.

Posted On 04/13/2024

pea7228

Forefronthealth.com is one of the places that sells dessicated thyroid; no prescription is needed.

Posted On 04/13/2024

well4life

Dr M says "you can use mucosal progesterone (not oral or transdermal)" He gives a link then to the HN Simply Progesterone which sounds so good (if we could get here to Aust that is) However the confusing thing is they say Simply Progesterone is a topical, transdermal serum. For optimal penetration, you want to apply it to inner skin that is soft and thin. Avoid the following locations: Eyes Mouth & lips. This seems to go against using it as DrM is telling us?! With the one he says you can make yourself he says to 'rub the mixture on your gums'. I assume this is where he means to use the HN one as well? Does anyone know the answer to this?

Posted On 04/13/2024

Hartosgirl

Thanks, I would like to know the answer to this, too. And what does it mean to "use mucosal, not oral ..."? Isn't mucosal application on the gums an oral application? Very confusing.

Posted On 04/13/2024

Jmaret

This being a hormone, they have to adhere to various CDC rules and regulations. Just read between the lines and experiment starting with the lowest dose.

Posted On 04/13/2024

coffeecup

I would also like to know how to apply this.

Posted On 04/13/2024

mer06663

Buccal administration is a topical route of administration by which drugs held or applied in the buccal (/bkl/) area (in the cheek) diffuse through the oral mucosa (tissues which line the mouth) and enter directly into the bloodstream. Buccal administration may provide better bioavailability of some drugs and a more rapid onset of action compared to oral administration because the medication does not pass through the digestive system and thereby avoids first pass metabolism.[1] Drug forms for buccal administration include tablets and thin films.

Posted On 04/13/2024

mer06663

"Buccal administration is a topical route of administration by which drugs held or applied in the buccal (/bkl/) area (in the cheek) diffuse through the oral mucosa (tissues which line the mouth) and enter directly into the bloodstream. Buccal administration may provide better bioavailability of some drugs and a more rapid onset of action compared to oral administration because the medication does not pass through the digestive system and thereby avoids first pass metabolism.[1] Drug forms for buccal administration include tablets and thin films." This method of administration by-passes the gastrointestinal system and avoids the poor absorption transdermally by directly going into the circulation.

Posted On 04/13/2024

norabezich

I'm wondering the same thing.

Posted On 04/13/2024

faithstar11

The book "Breast Cancer Boot Camp" by Wendy Sellens is a very important read in my humble opinion. She discusses these things and also warns against ashwaganda as it can be estrogenic. She discusses progesterone and the best way to apply. Just thought I'd share.

Posted On 04/13/2024

montrealep

Thanks for sharing this info!

Posted On 04/13/2024

DoorlessCarp

Magnesium is another essential . It helps to improve iodine uptake: Severely low serum magnesium is associated with increased risks of positive anti-thyroglobulin antibody and hypothyroidism: A cross-sectional study www.ncbi.nlm.nih.gov/.../PMC6028657

Posted On 04/13/2024

pikiverschueren

Very helpful. I do wonder though whether we stand a chance to have a healthy thyroid even when our lifestyle and diet is good; here in Europe we are bombarded, since years and it is accelerating, with the nastiest geoengineering chemicals imaginable.

Posted On 04/13/2024

Pjmol75

This is so interesting. I took medication for an overactive thyroid gland for 18 years because I would not let them irradiate it. When I went completely gluten free, it normalized, which has been about 15 years now. That is all I did. No doctor will acknowledge that's what did away with the hyperthyroidism. Btw, I have not had a single case of dishydrosis since then, either.

Posted On 04/13/2024

PithHelmut

The fact that the doctors do not take data when patients use natural remedies or abstain from eating crappy food, tells you they must not have the knowledge to heal people. They make themselves ignorant and therefore cannot advise on the proper therapies that can heal because they refuse to document anything outside their purview.

Posted On 04/13/2024

Cabochoh

As I understand it, Pjmol, hyperthyroidism is an auto-immune condition often called Hashimoto's thyroiditis after the Japanese doctor who first described it, the diagnosis confirmed by the presence of thyroid antibodies. Weight loss, anxiety, fatigue and hyperactivity simultaneously, palpitations, blood pressure issues are common symptoms. There is definitely a link between gluten sensitivity and auto-immune thyroiditis. While the use of iodine blocking drugs (radioactive iodine) or surgery are a last resort, the over-active thyroid can become under-active for a time or in the absence of triggers, such as non-coeliac gluten sensitivity, revert to normal. Perhaps this is what happened in your case. The usual recommendations for hyperthyroidism include regular exercise but not overdoing it, avoiding iodine sources, food sources of amines, and including some raw foods containing goitrogens to suppress thyroid overactivity.

Posted On 04/13/2024

bburns1955

Wow, good for you! My thyroid is on the hypo side. I even took 175mcg of Synthroid for years, which gave me my life back after having had zero energy, going to bed during lunch & after work each day. Recently went off completely, to try & manage it naturally, as I don't trust pharmaceuticals after these past 4 years. Am taking Detoxadine, a nascent iodine manufactured by Dr. Ed Group, whose manufacturing facility is immaculately maintained. They shut down ever so-many days, for cleaning. They test the raw ingredients 3 times, once to make sure they are what they say they are (many are not!), then for purity, & I forget the 3rd thing, maybe afterward to be sure of the strength.

So far, the iodine seems to be holding things pretty much in check, but am feeling like I might need a little more support so am going to ask my doctor about natural dessicated thyroid next week. It's interesting, how most doctors don't want you to heal yourself by natural means. In fact, most don't want you heal yourself, period.

When my doc learned that I'd stopped my THREE allergy meds (Claritin, Sinulair, Xyzal), all he did was kind of smile & say Impressive very quietly. A natural or integrative doctor would've said Wow, that's great, how'd you do that?! Repeat customers, I guess, unless they get prescription drug kickbacks. If you want to see a great presentation by Dr. Mark Starr, an integrated thyroid & pain specialist, watch this. You'll want to watch at 1.25x speed, he's a slow talker. www.youtube.com/watch

Posted On 04/13/2024

Dordee

I went gluten free along with sugar free, processed food free in 2000, beat lymphoma! Between our government, medical profession, WHO, they are determined to kill us off.

Posted On 04/19/2024

Antisandman

Many roads lead to hypothyroidism and the number of those roads are increasing, among them is that EMFs suppress thyroid. I read Broda Barnes' "Hypothyroidism; The undiagnosed illness" in 1980. I tested myself. If I kept my liver well fed with B vitamins and meals with liver, I was fine. Both my daughters were hypothyroid by Barnes' method confirmed by Dr. Stephen Langer. As teenagers and living at home their thyroid was kept in balance. When they left, not so much. Per Barnes, a woman should not take thyroid hormone and the pill. Both chose the pill. Their children are hypothyroid, left handed and uncoordinated among other things including autism.

Since 1995, I am hypothyroid. I attribute it to Roundup. In 1992 Scottish farmers learned that drying their wheat crop before harvest with Roundup improved yield. The practice rapidly spread worldwide. Glyphosate, an analog of glycine and patented as a chelating agent, probably took the mercury from my fillings to my thyroid and my brain. I could barely remember my phone#. My gut became so leaky there was little that I could eat. My morning temp. dropped to 95F. An iodine patch skin test indicated I was deficient. drprincetta.com/iodine-patch-test Because of Fukushima, I was taking potassium iodide on a regular basis yet I still tested deficient.

While on my way to Ecuador I stopped in La Paz, MX for a month. I swam in the ocean frequently and I no longer tested deficient. My skin absorbed the iodine from the ocean better than my gut. The same happened with zinc. I think that the skin is a better absorber and moderator of minerals than the gut. I have not heard of anyone getting diarrhea from a supersaturated solution of MgSO4 in an isolation tank. Here is a well written narrative on iodine deficiency symptoms and solutions. dn790007.ca.archive.org/0/items/TheIodineCrisis/The_Iodine_Crisis.pdf

Posted On 04/13/2024

gup5336

Omega 3 also impairs thyroid function... I can't understand why Dr. M ignores this fact? Everything You Thought You Knew About Omega 3 PUFA is Wrong! <https://youtu.be/8WKsgwXmwog>

Posted On 04/13/2024

bpm4539

Communist-run YTube or Mercola website, which one do you trust more? To me, the choice is clear.

Posted On 04/15/2024

grulla

Packaged seaweed and nori have varying degrees of iodine, while some others have none at all, so make sure to read the nutritional content labels. mynutriweb.com/iodine-and-seaweed

Posted On 04/13/2024

Indie4ever

My PCP diagnosed me eight years ago with subclinical hypothyroidism and suggested medication (of course), which I declined. I just researched food causes, then decreased significantly the cole slaw (raw cabbage) I was eating every day and decreased daily steamed cruciferous vegetables. My thyroid has been normal ever since. Also, I am not insulin resistant and have normal A1C. Everyone's body works differently, but that worked for me.

Posted On 04/13/2024

Dordee

Worth a try! And no real dangerous side effects!

Posted On 04/19/2024

Rebekahm

Thank you for this article and all your comments. This is the most informative, comprehensive information on thyroid I have seen in a long time and gives me hope for resolving some very long standing unresolved hypo symptoms. Be discerning with integrative MD's. As with everything, there is excellence and not so much.

Posted On 04/13/2024

XtraUSA

I know that cruciferous vegetables, like broccoli, are bad for hypothyroidism. How come quercetin is good? Broccoli contains quercetin. What to do about HYPERthyroidism?

Posted On 04/13/2024

Jmaret

Herbs like lemon balm, Bugleweed, Echinacea may help with hyperthyroidism.

Posted On 04/13/2024

rrealrose

Cruciferous veggies are important as cancer-fighting foods. The goitrogenic food thing has been debunked years ago, as only based on test tube vial tests only. You'd need to eat massive amounts of broccoli, like 30 heads a week, to make a dent. Dr Datis K has more about this on his website: Dr K news.com

Posted On 04/13/2024

chrisphillips

began with armour thyroid in 2000...great stuff if you need it and it works well for me. resisted any med for a decade then caved in 2000...so glad i did...

Posted On 04/13/2024

MaggiePearl

Ancestral Supplements sells NDT. Excellent quality product, good source of information, too.
ancestralsupplements.com/products/grass-fed-natural-desiccated-thyroid..

Posted On 04/13/2024

DJOSMITH

Pleas expand on "avoid all PUFAs", this is misleading. Yes there are PUFAs to avoid but Omega 3 are PUFA too.

Posted On 04/13/2024

Reservoircats

It would be really useful if you could define carbs' . I don't think you mean pasta and bread. I was recommended Dr Sarah Myhill's paleo keto diet which is high fat, low carb, so no fruit or root veg. No sugar. This seems to be the opposite of your recommendation

Posted On 04/13/2024

bburns1955

I wonder about the natural dessicated thyroid hormone, now that animals are being jabbed -- & what are they being injected with? Is it what was in the C19 jabs? If so, will we then be ingesting that, if we take NDT? NDT is far preferred over synthetic Synthroid or Levothyroxine. Dr. Mark Starr is an integrated physician treating thyroid & pain. He learned through his own health journey & through researching prior to Rockefeller medicine, that when you treat the thyroid deficiency, it helps or even alleviates pain, asthma, heart disease, high cholesterol, high BP. Says there's an epidemic of thyroid deficiency in America, even wrote the book Hypothyroidism Type 2: The Epidemic, which is great. Here's a video of his I watched this morning, which is excellent. www.youtube.com/watch

Posted On 04/13/2024
