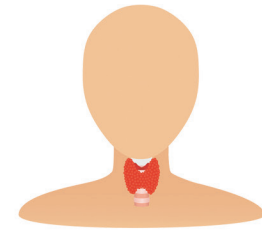


The Ultimate Guide To Thyroid Health

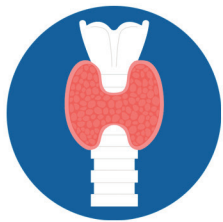
What Is The Thyroid?

A tiny, butterfly-shaped organ that produces hormones. It is essential for nearly every system in our bodies.



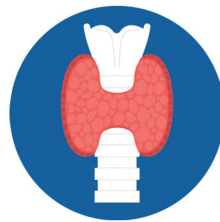
Thyroid Disorders

Fact: Women are more likely to suffer from thyroid issues than men.



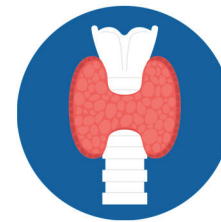
Hypothyroidism

When the thyroid is underactive and doesn't produce enough hormone.



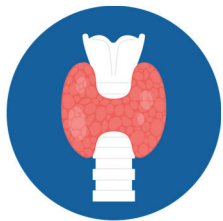
Hashimoto's Thyroiditis

Autoimmune hypothyroidism.



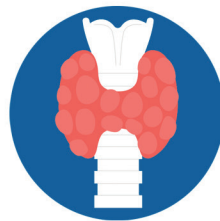
Postpartum Thyroiditis

A form of Hashimoto's that affects women after childbirth.



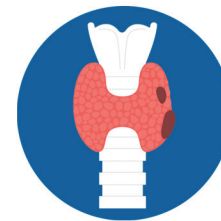
Hyperthyroidis

When the thyroid produces too much hormone.



Graves' Disease

Autoimmune hyperthyroidism.



Thyroid Cancer

Less common than other thyroid disorders.



GastroDoxs
—defenders of the digestive system—

The Ultimate Guide To Thyroid Health

Symptoms of Thyroid Dysfunction

Overactive Thyroid Symptoms

- Rapid weight loss
- Restlessness
- Graves' dermopathy, or reddened skin on the shins
- Increased heart rate and bowel movements
- Irritability and mood swings
- Excess body heat

Underactive Thyroid Symptoms

- Rapid weight gain
- Fatigue
- Dry, itchy, or pale skin
- Constipation
- Depression
- Feeling cold all the time, especially in the extremities

How to Support Your Thyroid Health

1. Get Medical Support

- Have your doctor assess Free T3 and Free T4 hormones to create a proper diagnosis.
- Talk to your doctor if you don't respond well to your thyroid medication – you may need to try a different form.



2. Nutrition

- Avoid processed foods, trans fats, and refined sugars.
- Gluten, dairy, soy, caffeine, and other amino acids are bad for a leaky gut.
- Get tested for food allergies.
- Low-carb or keto diets are not recommended for hypothyroidism.

3. Lifestyle

- Get Quality Sleep.
- Toss Household Chemicals.
- Engage in Gentle Exercise.



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