

# Underactive Thyroid?

*If your mind and body feel sluggish most of the time, you may have an underactive thyroid.  
Test your thyroid function yourself with these helpful tips.*

The thyroid gland, in the base of the throat, makes the hormone thyroxine which tells all brain and body cells to keep active. Often as a long-term consequence of stress and suboptimum nutrition, the thyroid gland can start to underproduce thyroxine leading to unfavourable symptoms.

## **Symptoms of an underactive thyroid include:**

- Physical or mental fatigue
- Depression or irritability
- Dry skin and/or hair
- Intolerance to cold or cold hands and feet
- Constipation, gas, bloating, or indigestion
- Gain weight easily
- Painful periods (for women)
- Muscle pain
- Poor memory
- Sore throat, or nasal congestion



If you have five or more of these symptoms an underactive thyroid may be your issue.

## **Test it your thyroid function with the Broda Barnes Temperature Test.**

- Shake out your thermometer and keep it by your bed
- When you wake in the morning, and before getting up, take your temperature for 10 minutes
- Your temperature should be 97.7 to 98.6 degrees F
- Repeat these steps for at least 3 days (women should start this on day two or three of their period as body temperature fluctuates during the cycle)
- If any of your temperature readings is below 97.7 degrees F, repeat these steps for a week to see if it is low on a fairly regular basis

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If you suspect you may have an underactive thyroid (hypothyroidism) you should speak to your health professional.

## Natural ways to stimulate the thyroid

- *Exercise* at least three days a week for 30 minutes per workout to obtain optimal thyroid function
- *Eat more thyroid boosting foods* such as: kelp, dairy products, eggs, bananas, lima beans, avocados, pumpkin seeds, and saltwater fish
- *Supplement:* Try 1,000 mg of tyrosine upon waking and at mid-day, taken on an empty stomach, along with a multimineral supplement containing at least 150 mg iodine, 11 mg zinc, and 55 mcg selenium. Invest a quality multivitamin containing vitamins B, E, C, and A (beta-carotene) and take each day with food
- *Try an elimination diet, or get an IgG test* done to see if you have any food sensitivities. Gluten sensitivity in particular can have an impact on thyroid health

**Sources:** Mindell, E., New Vitamin Bible. Grand Central Life & Style: New York, 2011.

Holford, P., New Optimum Nutrition for the Mind. Basic Health Publications Inc: Laguna Beach, 2009.