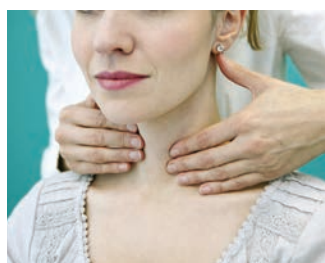


The naturopathic advisor



Natural Lifestyle has teamed up with experts at CNM (College of Naturopathic Medicine) to answer some of your burning health questions. This issue, you asked:



Q How can I protect my thyroid gland naturally?

Our thyroid gland is critical for optimal health and governs our entire hormonal system. When our thyroid is functioning at suboptimal levels, we can experience a range of unwanted symptoms, including weight gain, fatigue, muscle and joint pain, low libido, depression and insomnia.

Iodine is the most important

nutrient involved in thyroid health. Iodine, along with tyrosine, selenium, zinc and B vitamins, synergistically nourish and support our thyroid gland. For this reason, it is imperative we have an adequate intake of iodine in our diet, or consult a naturopathic nutritionist for advice on supplementation and suitable iodine dosing. Iodine-rich food sources include seaweed, seafood and salt. It is important to note that not all salts are created equal. Chemically produced table salt added to refined and processed foods is not an adequate source of iodine or a healthy option for that matter. Himalayan crystal salt or Celtic salt are the best forms, containing naturally occurring iodine and other essential minerals.

Our thyroid requires adequate sources of fat and protein. Good

quality protein sources include sustainable fish, organic grass-fed cuts of meats, and legumes. Healthy fats from wholefood sources, such as avocado and nuts, can be added to meals to support thyroid function.

There is a growing body of evidence supporting a gluten free diet for those with autoimmune thyroid problems, such as Hashimoto's and Grave's disease. Where digestion is compromised, gluten molecules can pass through the lining of the small intestine and into the bloodstream, where the immune system detects them as intruders and attacks them. Because the molecular structure of gluten closely resembles that of the thyroid, the immune system will also mistakenly attack the thyroid, too. Eliminating gluten from the

diet can prevent this autoimmune response.

In the case of an imbalanced thyroid gland, it is important to address the root cause of the problem. Nutritional, herbal, and lifestyle modifications as advised by a naturopathic therapist can go a long way in supporting your thyroid and balancing your hormonal health naturally. The therapist should be trained to work alongside any prescribed medications, and be able to implement treatment protocols that take a holistic approach in addressing the underlying cause.



Your question has been answered by Nutritional Therapist, Tegan Philp, for CNM (College of Naturopathic Medicine). CNM offers training in a range of natural health therapies, visit www.naturopathy-uk.com

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