

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

FOODS TO HEAL HYPOTHYROIDISM

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It is estimated that between 30 and 50 million Americans have hypothyroidism, and many don't even know it. Women are more affected than men. The classic symptoms are weight gain, fatigue, thinning hair, cold hands and feet, dry skin, constipation and brain fog. Less obvious symptoms include high cholesterol, infertility, heavy periods, puffy eyelids/fluid retention, and heart palpitations. Your thyroid, a butterfly-shaped gland in your neck, regulates nearly all your metabolic processes. Thyroid hormones impact brain function/cognition, female hormone balance, fertility, gastro-intestinal function, body temperature, cardiovascular function, and lipid/cholesterol metabolism. Thyroid hormones regulate other hormones including insulin, cortisol, estrogen, progesterone, and testosterone. When your thyroid doesn't produce enough thyroid hormone to meet the body's needs, everything slows down, which is why you may initially notice weight gain, fatigue, and constipation. Hypothyroidism is most typically caused by iodine deficiency, overconsumption of sugar, exposure to chlorine and fluoride in our water (drinking and bathing), or can be due to family history or previous treatment with radioactive iodine. The most common conventional treatment for hypothyroidism is synthetic thyroid hormone replacement such as Synthroid, which provides T4, one of your two main thyroid hormones. Natural thyroid replacement such as Armour provides both active thyroid hormones, T4 and T3. The good news is that you can support your thyroid with healing foods that provide nutrients to boost thyroid function. One of the most healing foods is **Coconut oil**. As a medium-chain fatty acid, it is burned quickly for energy and therefore boosts metabolism. Studies confirm it enhances weight loss. It is also a plant-based saturated fat that your body needs to build hormones. Just 5 **Brazil nuts** provide you with the daily recommended amount of selenium, an important antioxidant that is essential for the conversion of T4 to T3 hormone (the active form of thyroid hormone your body needs). Fish, shellfish and liver are also good sources. No discussion of antioxidants and inflammation would be complete without mention of **turmeric**. This super root has incredible medicinal properties: it decreases inflammation, reduces tumor growth, and aids in liver detoxification. A happy liver is crucial for proper thyroid hormone conversion. You can also make a tea! Just combine 1/2 tsp. ground turmeric with the juice of a lemon in a mug. Cover with hot water, stir, then add honey and cayenne to taste. **Wild Salmon (and any deep sea wild fatty fish), sardines** are good sources of the protein needed to transport thyroid hormone to all your cells, and they are rich in anti-inflammatory omega-3 fatty acids. Choose wild-caught only!

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MORE HEALING FOODS FOR THE THYROID GLAND

Our next thyroid-boosting gift from the ocean is **sea vegetables**. **Kelp, wakame, nori, dulse and kombu** are some of the best sources for trace minerals that are lacking from our diets today. These minerals are needed for every enzymatic reaction in the body. Sea vegetables are also the richest source of iodine that can be a large contributing factor to hypothyroidism. So eat up! My favorite ways to use sea vegetables is in stews, sprinkled on salads or root vegetables, or as a quick snack like seaweed snacks at the Evergreen Cottage. **Fermented Cod liver oil** is another superfood that offers both beneficial fatty acids and immune boosting vitamin D. Vitamin D deficiency is hugely implicated in autoimmune disorders. In addition, vitamin D must be present at sufficient levels in the cells in order for the thyroid hormone to work on a cellular level. Hashimoto is an autoimmune disease where the body attacks the thyroid gland, causing inflammation and rendering it unable to produce enough thyroid hormone. Did you know that 20% of thyroid function depends on a good supply of healthy gut bacteria? That's another reason why you need a daily supply of **probiotic foods**. The best bang for your buck comes from raw kraut and cultured veggies. They are most often made with raw cabbage, which can suppress thyroid function if eaten raw, however, the fermentation process deactivates the goitrogenic properties. You can make the kraut with liver-cleansing raw beets and carrots or turnips or any vegetables that appeal to you. Speaking of liver cleansing and beets, I have added **beets** to this list because they are such a great liver detoxifier and a well-functioning liver is imperative for thyroid hormone conversion. Beets are a rich source of betaine, which strengthens and protects liver cells and bile ducts. **Liver** itself is a thyroid superfood. Considered nature's multi-vitamin, it is high in vitamins A, B, D, iron, zinc and protein, all of which are crucial for a well-functioning thyroid. **Oysters** happen to be the richest source of zinc, necessary for immune health. Without the presence of zinc, the thyroid gland cannot transform the inactive hormone T4 into the active hormone T3. Oysters are a good source of vitamin D, which we know is crucial for thyroid function as well as immune health.

APRIL SPECIALS

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| Natural Sea—Salmon Fillets, 6 oz. (frozen) | 25% OFF |
| Rising Moon Organics—Organic Ravioli, 8oz. (frozen) | 25% OFF |
| Woodstock—Org. Blueberries or Raspberries (frozen) | 25% OFF |
| Blue Diamond—Nut Thins (Pecan & Sea Salt), 4.25 oz. | 25% OFF |
| Enjoy Life—Crunchy Flax Cereal (gluten-free), 10 oz. | 25% OFF |
| Ginger People—Chewy Gingins, 4.5 oz. box | 25% OFF |
| Good Health—Veggie Stix, 6.75 oz. | 30% OFF |
| Harvest Bay—Organic Coconut Oil, 16 oz. | 25% OFF |
| Ines Rosales—Tortas, assorted | 25% OFF |
| R.W.Knudsen—Juice, Just Aronia Berry, 32 oz. | 25% OFF |
| R.W.Knudsen—Organic Apple Butter, 16 oz. | 25% OFF |
| San Pellegrino—Sparkling Beverages, variety, 6-pack | 25% OFF |
| Woodstock—Raw Almond Butter, 16 oz. | 25% OFF |
| Bob's Red Mill—Muesli (regular & gluten-free), 16 oz. | 30% OFF |
| Crunchmaster—7 Ancient Grain Crackers (GF), 3.5 oz. | 30% OFF |
| Explore Asian – Org. Black Bean or Mung Bean Pasta | 30% OFF |

AND MANY MORE ITEMS!

CARROT-ORANGE SNIFFLE BUSTER



This smoothie contains cold-fighting and immune-boosting vitamin C and beta-carotene. It also has pain- and nausea-relieving powers thanks to ginger.

Fill bowl with ice water; set aside. Cook 3 large carrots (10 oz.– sliced) in a large pot of boiling salted water 5–7 minutes, or until tender. Drain; cool in ice water; drain. Place carrots in blender and add 1 cup coconut milk, 1 cup orange juice, a 2-inch piece ginger (thinly sliced) and 1 TBSP. fresh lime juice. Blend ingredients until smooth. Enjoy!

“We put drugs of which we know little, into our bodies of which we know less, to cure disease of which we know nothing at all”.

~ Voltaire