

HYPOTHYROIDISM

About Hypothyroidism

A deficiency of thyroid hormones can affect virtually all body functions. The degree of severity of symptoms in adults ranges from mild and barely detectable to severe and very serious. Symptoms of under active thyroid include fatigue, especially on waking, feeling cold easily, dry skin, depression, muscle and joint weakness and stiffness, constipation, general slowness and possible weight gain.

Blood tests are not sensitive enough to diagnose milder forms of hypothyroidism and therefore many people go undiagnosed. It is estimated that between 10-25 per cent of people suffer from some degree of hypothyroidism, many of which are undiagnosed.

Broda Barnes Basal Metabolic Temperature Test

Your thyroid gland affects metabolism in the body. Metabolism is not simply how fast you burn food, but any chemical action in the body, from making hormones and enzymes, to digesting food and re-building cells. All these actions create heat as a side effect, just as a machine when it is worked becomes hot. You can, therefore, estimate the efficiency of your metabolism by taking your body temperature.

This is not a definitive test, but **if you find your temperatures consistently low it would be advisable to visit either a sympathetic medical doctor or an experienced nutrition consultant, who can also investigate other possibilities, such as adrenal exhaustion or under active adrenal glands, pituitary gland deficiency, chronic fatigue syndrome or post-viral fatigue and anorexia.**

Shake down a traditional glass and mercury thermometer (not digital) to below 95°F (35°C) and place it by your bed before going to sleep at night.

On waking, place the thermometer in your armpit for a full 10 minutes. It is important to make as little movement as possible. Lying and resting with your eyes closed is best.

After 10 minutes, read and record the temperature accurately.

Record the temperature for 3-4 days.

Menstruating women should perform the test on the second, third and fourth days of menstruation. Men and postmenopausal women can perform the test at any time.

Your basal body temperature should be between 97.6F (36.4C) and 98.2F (36.7C).

Low basal body temperatures are quite common and may reflect hypothyroidism.

High basal body temperatures (above 98.6F, 37.0C) are less common, but may indicate hyperthyroidism (overactive thyroid). Common signs and symptoms of **overactive** thyroid include bulging eyeballs, fast pulse, hyperactivity, and inability to gain weight, insomnia, irritability, menstrual problems and nervousness.

Nutrition Facts & Diet Advice for Hypothyroidism

Consider the following nutrition guidelines:

Eat a generally healthy diet, consisting of fruits and vegetables, fish, skinless chicken and

turkey, whole grains and beans.

Particularly useful foods for the thyroid include seaweed, kelp, dulse, garlic, radishes, seafood, watercress, egg yolks, mushrooms and Brewers Yeast.

Avoid mushrooms and Brewers yeast if you also have a candida issue.

Avoid raw cabbage, peanuts, pine nuts, turnips, mustard, cassava root and millet. Cooked versions of these are usually all right.