

Hypothyroidism: Complementary/Alternative Medicine

Depression

Difficulty in losing weight Dry skin

Headaches Lethargy or fatigue, menstrual problems, recurrent infections

Sensitivity to cold

QUICK REVIEW

Since thyroid hormones affect every cell of the body, a deficiency will usually result in a large number of signs and symptoms.

Depression, weakness, and fatigue are usually the first symptoms of hypothyroidism.

- The medical treatment of hypothyroidism, in all but its mildest forms, involves the use of desiccated thyroid or synthetic thyroid hormone.

You can support the thyroid gland by avoiding goitrogens (foods that impair the use of iodine) and insuring adequate intake of key nutrients that are required for the manufacture of thyroid hormone.

In very mild cases, health-food-store thyroid products may provide some benefit.

TREATMENT SUMMARY

If you are suffering from symptoms that suggest hypothyroidism, take your basal body temperature and consult a physician for proper evaluation. Support the thyroid gland by insuring adequate intake of key nutrients required in the manufacture of thyroid hormone and by avoiding goitrogens. In very mild cases, health food store thyroid products may provide some benefit.

The dosage of health food store preparations really depends on the potency and level of supportive nutrients, especially iodine (no more than 500 mcg daily). A good rule of thumb is to follow the manufacturers recommendations as provided on the product's label. Use your basal body temperature to determine effectiveness of the product and adjust dosage as necessary.