

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN



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**FALL & WINTER-  
STORE HOURS:**

Tuesday – Saturday  
9 am-5 pm

**CLOSED SUNDAYS  
& MONDAYS**

**SPA HOURS:**

By Appointment

## MODERN ASSAULTS ON THE THYROID

Thyroid health is critically important. The thyroid gland—which makes and secretes hormones that regulate metabolism, energy and body temperature—influences cells, tissues and organs throughout the body. Unfortunately, in the modern era the small but important thyroid gland—and the entire endocrine system of which it is a part—are under attack from many directions. According to the American Thyroid Association, more than 12 percent of the U.S. population will develop a thyroid condition in their lifetime. However, conventional medicine often fails to recognize, accurately diagnose and treat thyroid problems. Women are far more likely (five to eight times) than men to have thyroid issues. For virtually all thyroid-related conditions, dietary and environmental factors are major parts of the problem. Aspects of modern life that are contributing to thyroid disease include the Standard American high-soy, low fat and fat-soluble-vitamin –deficient diet, iodine imbalances, and exposure to toxic substances, notably fluoride, bromine and chlorine. Soy is not the wholesome health food the agricultural and food companies have led us to believe. Virtually thousands of scientific studies now link soy foods to malnutrition, digestive distress, immune system weakness, cognitive decline, reproductive disorders, infertility, and a host of other health problems, on top of the damage it causes your thyroid. Soy phytoestrogens are potent anti-thyroid agents that cause hypothyroidism and may cause thyroid cancer. In infants, consumption of soy formula has been linked to autoimmune thyroid disease. Fermented, organic, and unprocessed soy products such as natto, miso, and tempeh are fine—it is the unfermented soy products that you should stay away from, like soy milk, soy cheeses, and many other “fake foods”. Our bodies need good-quality fats to absorb important fat-soluble vitamins (A,D,E & K) - crucial vitamins that thyroid patients often are lacking. Secondly, the body needs fats to make hormones. Some of the healthiest fats include butter, ghee and coconut oil. All three fats are excellent sources of butyric acid, which plays an important major role in supporting delivery of thyroid hormones to receptor sites throughout the body. The diet should also include properly prepared complex carbohydrates (including starchy vegetables and soaked legumes and grains). A diet totally devoid of carbohydrates can block biologically active thyroid hormones, resulting in hypothyroidism symptoms such as fatigue, constipation and depression. Iodine is an essential nutrient for the synthesis of thyroid hormones and therefore the thyroid gland stores roughly three fourths of the body's iodine. This 'savings account' periodically requires replenishment. In addition, we need to have a healthy gut (which facilitates conversion of some iodine to iodide), and we need the right cofactors (especially fat-soluble vitamins, magnesium, selenium and vitamin D) to enable the transport of iodine and its use by the thyroid. Three toxic halogens (bromine, chlorine and fluoride) are structurally very similar to iodine. These toxins can take residence in the thyroid gland, where they cause problems and displace iodine. Bromine can be present in soft drinks, plastics, fire retardants, pesticides, medications and commercial bakery goods. When you ingest or absorb bromine, it displaces iodine, and the iodine deficiency leads to an increased risk for cancer of the breast, thyroid gland, ovary, and prostate—cancers that we see at alarmingly high rates today. In addition to psychiatric and thyroid problems, bromine toxicity can manifest as skin rashes and severe acne, loss of appetite and abdominal pain, fatigue, and cardiac arrhythmia. The more you can free your body of the toxic halogens, the more iodine your body will be able to store and utilize, and the better your thyroid will function. Iodine is a potent anti-bacterial, anti-parasitic, anti-viral and anti-cancer agent.

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Iodine has four significant roles in your body, namely to maintain your weight and metabolism, to develop brain and cognitive function in children, to optimize fertility, and to strengthen your immune system. Fluoride has a known ability to interfere with thyroid function and to cause degenerative changes in the central nervous system. Fluoridated drinking water, vegan diets and less use of iodine in the food and agricultural industry are huge contributing factors to falling iodine levels. It is estimated that up to 40 percent of the population worldwide is at risk for iodine deficiency, along with magnesium and vitamin D. Here are some helpful strategies to increase your iodine levels naturally: Eat organic as often as possible. Wash all produce thoroughly to minimize pesticide exposure. Avoid eating and drinking from (and storing food and water in) plastic containers. Use glass and ceramic whenever possible. Look for organic whole-grain breads and flour. Look for the “no bromine” or “bromine-free” label on commercial baked goods. Avoid sodas. Use personal care products without toxic chemicals. Load up on fresh iodine-rich foods such as toxin-free sea vegetables and sea weed like spirulina, wakame, nori, kelp, dulse, etc. However, make sure that they are harvested from uncontaminated waters. The recommended dose is about 5 grams a day or about one ounce per week. You can find tasty seaweed snacks at Organic Roots. Install a shower filter to eliminate chlorine and make an effort to limit your exposure to toxins. The adrenal glands are part of the endocrine system and strongly influence thyroid function. When stress is either prolonged or excessive, the adrenals release the hormone cortisol to try keep stress under control. Excessive amounts of cortisol can block thyroid hormone production, resulting in decreased levels of T3 in the bloodstream. When this occurs, the pituitary gland gets the signal that there isn't enough hormone and triggers the thyroid to produce more TSH. This begins a cycle of dysfunction within the endocrine system, causing a wide array of symptoms coming from any or all of the glands. Therefore, it is important to minimize your stress level and support healthy adrenal function. Common stressors that can lead to adrenal dysfunction include: unresolved emotional stress, insufficient sleep, nutritional deficiencies, overconsumption of refined sugar and caffeine, chronic pain and/or illness, allergies, trauma, injury, surgery, corticosteroids (prednisone, cortisone) and synthetic vitamin C. In addition to a healthy gut and adrenal function it is also imperative to support healthy liver function. This is a very important part of healing the thyroid, due to the fact that 60 percent of T4-to-T3 conversion occurs in the liver. Herbs that help support a healthy liver include silymarin (the therapeutic component of milk thistle), dandelion root and schisandra along with cruciferous vegetables, onions and garlic. Selenium is a critical nutrient for proper thyroid function. Studies have shown that selenium helps balance out T4 in your hormones. Foods high in selenium include Brazil nuts, yellowfin tuna, sardines, grass-fed beef, eggs and spinach.

Gluten, along with other food sensitivities, is a notorious culprit of thyroid dysfunction, as they cause inflammation. Gluten sensitivity can cause your gastrointestinal system to malfunction, so foods you eat aren't completely digested, often leading to leaky gut syndrome. These food particles can then be absorbed into your bloodstream, where your body misidentifies them as antigens—substances that should not be there—and then produces antibodies against them. These antigens are similar to the molecules in your thyroid gland. Because of this, your body accidentally attacks your thyroid. This is known as an autoimmune reaction, in which your body actually attacks itself. Healing leaky gut syndrome is important and the consumption of probiotic foods such as kefir, cultured vegetables, kombucha, yogurt, miso, raw cheeses is most critical along with proteolytic enzymes for proper digestion. The digestive tract is home to billions of microbes that play a significant role in human health. Much like a garden, some of them can overgrow, creating a bad environment, leading to leaky gut. The good news is that health issues do not have to keep you from living your best life. Be your own advocate, ask questions and maintain a steady commitment to maximizing your health. Call me at: 218-365-2288 to make an appointment for a comprehensive health evaluation.

## THIRSTY THYROID SMOOTHIES

The selenium and iodine found in this smoothie are sure to make your thyroid happy! Place the following ingredients in a blender: 3 leaves Romaine lettuce, 1/2 cup blueberries, 1/2 banana, 4 brazil nuts, 1/2 inch ginger root, 1/4 cup gluten-free oats and 1 1/2 cups water. Blend until smooth—enjoy!



Place the following ingredients in a blender: 1 cup mixed greens, 2 large carrots, 1 ripe avocado, 1 stick celery, 1 cucumber, 1 bunch of fresh basil leaves (optional), 1 cup coconut milk, 1 scoop pea protein powder, sea salt, ice cubes (optional). You can also add some chia for extra fiber. Blend until smooth and enjoy!

Organic Roots  Bistro

### WINTER HOURS:

TUESDAY through SATURDAY 9 AM—5 PM  
Closed Sunday & Monday