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Thyroid Diet by NETA Hobbs

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So many women all around the world are suffering from the problem of sluggish thyroid. It is becoming very clear that thyroid problems are becoming worse. More than 20 percent of women and 10 percent of men in the US suffer from low thyroid. The thyroid gland is the little gland responsible for producing the hormones that regulate the body's use of energy. The thyroid has a very special role in maintaining overall health and well being, and when the thyroid is not functioning correctly many systems of the body are at risk.

Why is this condition becoming so widespread? After years of reviewing research and listening to people who have suffered from thyroid problems, it has become pretty obvious that the thyroid is like the tiny canary in the coal mine. You know the story, they send the little bird into the mine to check for good air. If the bird doesn't make it back it indicates that the air is toxic and the miners shouldn't go in. Well for the body, the thyroid is that canary. When it stops functioning on a large scale we need to look at what toxins are affecting it. The thyroid is a very sensitive organ that does a vastly important job for the body, and is harmed by many influences including poor food choices, to toxins in the air. It is affected by pollution in the air, toxins in our food water, and our diets. The good news is that while it is common, it is also treatable. The first step to take is to see if you are suffering from a thyroid problem.

Have you been feeling fatigued and foggy headed? Do you wake up tired? Or are you having trouble losing the weight you want to lose? Does your mood change moment by moment and you don't understand why? Are you losing hair faster than you ever did before? If any of these problems are happening for you then it could indicate that your thyroid is not functioning properly. Low thyroid, or underactive thyroid can slow your metabolism down so much that it is almost impossible to lose weight. A good doctor will test your thyroid function with a three part test that includes testing for the T4, T3 and free T3 levels. You ought to to ask for your doctor to run this full panel of tests, as sometimes they will only test for one of these. T4 is the stored amount of thyroid hormone, T3 is the usable level of thyroid hormone, and free T3 is the amount of thyroid hormone in the blood stream. Testing for all three of these gives a better evaluation of whether or not your thyroid is operating correctly.

While so many people suffer from this condition and aren't even aware of it, once tested you can become one of the lucky ones that now is aware of it so that you are empowered to take the steps necessary to fix your hormone functioning and rev up your metabolism.

If you are diagnosed with low thyroid function you should first eliminate the conditions that caused the thyroid imbalance to begin with such as toxins, food you may be allergic to, and nutritional deficiencies in your diet.

Get adequate amounts of exercise and take saunas to eliminate toxins in your body.

Change your eating habits and eat foods that provide good nutritional support for your thyroid. Avoid food that challenge the thyroid. Use supplements that nurture your thyroid, these include vitamins A and D, selenium, zinc and fish oil. Be sure to work with your doctor to help you choose an effective thyroid replacement that combines both the inactive T4 hormone and the active hormone T3.

Keep in mind that the thyroid hormone is the hormone responsible for metabolism. If your thyroid is out of balance, your metabolism will be out of balance too. Know that the problem can be fixed. By

sticking to a good supportive program you can get your thyroid working properly, keep your weight down and start feeling well again right away.

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