

Thyroid Problems and Auto-Immune Disorders

Studies are now finding that the **root cause of thyroid problems is an auto-immune disorder in 50-80% of cases**. In layman's terms, an auto-immune disorder occurs when the immune system starts attacking the body. It may attack tissues and cells, or it may attack different organs. In the case of thyroid problems, the immune system has mistakenly identified the thyroid as a threat and attacked it. Unfortunately, this is often overlooked by Western Medicine. In the cases where it is recognized, there is no treatment available.

Why is this relevant? Two big reasons- first, an auto-immune disorder left untreated will not stop with the thyroid; it will look for more organs, tissues, etc. to attack (think of the man-eating plant in Little Shop of Horrors). Second, prescribed medication for thyroid issues is a hormone replacement drug. Hormone replacements are ineffective when dealing with auto-immune thyroid disease. With auto-immune disease, inflammatoires get released and hormone receptor sites do not form properly or at all. What that means is that the hormones now in your body from the prescription are floating around but cannot be properly assimilated properly or used at all. Additional medications are then prescribed to handle depression, constipation, hair loss, etc. as a result of the hormones not being used.

What can be done?

1. **Remove Gluten Completely From Your Diet** (figured we'd start with the most challenging step) - Gluten intolerance is a major stimulator of Hashimoto's Thyroiditis.
2. **Avoid Excess Iodine** – High levels of iodine have been shown to trigger immune response against the thyroid
3. **Avoid Estrogen Surges** – Estrogen surges can also cause the immune system to increase attacks on the thyroid. But how? A) If on birth control pills, consider other options B) If experiencing menopause, choose repairing adrenal glands and balancing hormones herbally rather than with replacement estrogens (including bio-identical) C) During and after pregnancy follow dietary recommendations – no Gluten and no insulin surges (avoid sweets). Take Glysen (Apex Supplement sold at the clinic) to curb sugar cravings.
4. **Avoid Insulin Surges** – Insulin surges have been shown to increase autoimmune issues. The two mechanisms are insulin resistance and hypoglycemia. In addition to a good diet, there are herbs and supplements that can correct these surges.
5. **Fix Your Gut!** – Gastrointestinal bacterial infection has been shown to stimulate thyroglobulin and thyroid auto immunity. Poor digestion, especially with pathogens is being implicated in many chronic conditions.
6. **Increase Vitamin D Intake** – Vitamin D deficiencies are also associated with increased auto immunity. Spending a ½ hour a day in the sun *without sunscreen* and taking extra vitamin D in the winter months is key.
7. **Reduce mercury in the body** – Mercury has been found to contribute to thyroid antibodies. If possible, have mercury amalgam fillings removed but do not use chelation therapy to do so. Chelation pulls mercury into the blood stream causing a severe increase in immune system attacks on the thyroid.
8. **Support Regulatory T-cells** – High levels of vitamin D, fish oils and glutathione will provide support.