Thyroid Cleanse - I

Structure:

The thyroid is one of the larger endocrine glands, weighing 2-3 grams in neonates and 18-60 grams in adults which increases in pregnancy. It is a butterfly-shaped organ and is composed of two cone-like lobes or wings, lobus dexter (right lobe) and lobus sinister (left lobe), connected by a narrow band of the tissue called the isthmus.

The thyroid arises from a downward out pouching of the floor of the pharynx, and a persisting remnant of this migration is known as a thyroglossal duct.

The lobes of the gland, as well as the isthmus, contain many small globular sacs called follicles. The follicles are lined with follicular cells and are filled with a fluid known as colloid that contains the prohormone thyroglobulin. The follicular cells contain the enzymes needed to synthesize thyroglobulin, as well as the enzymes needed to release thyroid hormone from thyroglobulin. When thyroid hormones are needed, thyroglobulin is reabsorbed from the colloid in the follicular lumen into the cells, where it is split into its component parts, including the two thyroid hormones thyroxine (T₄) and triiodothyronine (T₃). The hormones are then released, passing from the cells into the circulation.

Functions of Thyroid:

The thyroid gland releases hormones that are important for the body's metabolism and overall cellular maintenance. Metabolism is the way we convert food and use as energy in our cells for all bodily processes. This key controller of human metabolism and cell function produces several forms of thyroid hormones (T₁, T₂, T₃ and T₄).

In particular, T₃ hormone acts as a signal to our cells to start working and do their job. If T₃ is not available to nerves then depression and anxiety with the destruction of mood and energy are invariably a consequence. If this hormone is not produced then these signals are not transmitted and therefore many cells don't function as they should. It is estimated that T₄ provides 20% activity while T₃ provides an 80% activity in cell function activation.

It functions in the 'junctions' of nerves, particularly in the brain. It fires the furnaces (mitochondria) in cells, again particularly in the brain. In doing so it controls serotonin
hormone which is a "feel good hormone" which we rely on for our emotional wellbeing.

**Thyroid Problems:**

Thyroid disorders can range from a small, harmless goiter (enlarged gland) that needs no treatment to life-threatening cancer. However, the most common thyroid problems involve abnormal production of thyroid hormones. Too much thyroid hormone results in a condition known as hyperthyroidism. Insufficient hormone production leads to hypothyroidism.

Some of the symptoms of both are as follows:

<table>
<thead>
<tr>
<th>Symptoms of Hypothyroidism</th>
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<tbody>
<tr>
<td>1. Cold hands and feet</td>
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<td>2. Chronic fatigue</td>
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<td>3. Lethargy and fatigue</td>
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<tr>
<td>4. Emotional instability</td>
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<td>5. Depression</td>
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<td>6. Cold skin</td>
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<td>7. Decreased sweating</td>
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<tr>
<td>8. Heat or cold intolerance</td>
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<td>9. Weight gain (more than 2 kg)</td>
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<td>10. Coarse and/or dry skin</td>
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<td>11. Constipation</td>
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<td>12. Acne or psoriasis</td>
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<td>14. Slight swelling around ankles</td>
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<td>15. Muscle weakness, cramps</td>
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Causes of Hypothyroidism:
You may be at greater risk for developing hypothyroidism if you have had thyroid problems in the past.

- **Hashimoto's thyroiditis**: In this autoimmune disorder, the body attacks thyroid tissue. The tissue eventually dies and stops producing hormones.

- **Removal of the thyroid gland**: The thyroid may have been surgically removed or chemically destroyed.

- **Exposure to excessive amounts of iodine**: Cold and sinus medicines, the heart medicine amiodarone or certain contrast dyes given before some X-rays may expose you to too much iodine.

- **Lithium**: This drug has also been implicated as a cause of hypothyroidism.

Causes of Hyperthyroidism
All types of hyperthyroidism are due to an overproduction of thyroid hormones but the condition can occur in several ways:

- **Graves' disease**: The production of too much thyroid hormone.

- **Toxic adenomas**: Nodules develop in the thyroid gland and begin to secrete thyroid hormones, upsetting the body's chemical balance; some goiters may contain several of these nodules.

- **Sub-acute thyroiditis**: Inflammation of the thyroid that causes the gland to release excess hormones, resulting in temporary hyperthyroidism that generally lasts a few weeks but may persist for months.

- **Pituitary gland malfunctions or cancerous growths in the thyroid gland**: Although rare, hyperthyroidism can also develop from these causes.

### Symptoms of Hyperthyroidism

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<tbody>
<tr>
<td>1</td>
<td>Sweating</td>
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<td>2</td>
<td>Shortness of breath</td>
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<td>3</td>
<td>Weight loss</td>
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<td>4</td>
<td>Anxiety and Excitability</td>
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<td>5</td>
<td>Thirst</td>
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Thyroid Cleanse – II

Following are some remedial measures to improve the functioning of Thyroid.

**Diet**

For underactive thyroids, selenium rich foods such as shellfish and fish, goat kidneys and liver, mushrooms, onions, sesame and sunflower seeds, kelp and wheat germ should be added to the diet.

Foods that are beneficial for those with overactive thyroids are the raw vegetables cauliflower, mustard greens, cabbage, broccoli, beans, Brussels sprouts, water cress, turnips and rutabaga. Soy and soy products also lower thyroid production. Other herbs used for natural thyroid care and detox include kelp seaweed, bladder wrack and coleus forskohli.

**Ashwagandha**

The herb Ashwaganda, also known as Commiphora Mukul has properties beneficial for Thyroid health. Studies have reported Ashwaganda to increase thyroid hormone levels by reducing the production of lipid peroxide in the liver and increased liver antioxidants, while energizing thyroid hormone production.

**Iodine**

Iodine is the most vital ingredient in thyroid gland hormone production. However, since the body does not self-manufacture iodine, it must either be ingested through the diet or through iodine supplements hence more iodine should be added to salt. However, iodine containing multi-vitamins are a way to increase the levels of iodine in the body.

**Magnesium**

Many people are also deficient in magnesium, which not only plays an important role in thyroid health, especially with regards to iodine metabolism but has many other roles as well. Taking magnesium supplements can help with a severe deficiency and once you have the proper levels you can obtain the magnesium you need through food, especially raw nuts, seeds and green leafy vegetables.

**Vitamin D**

Many people are deficient in this important vitamin. A big reason for this is because many people do their best to avoid exposure to the sun, which is the primary source of vitamin D. For those who are deficient, it usually will be necessary to supplement with Vitamin D3, while at the same time getting them in the habit of receiving some sun exposure for at least 15 to 20 minutes each day.
Pursue a gluten-free diet

The most common cause of hypothyroidism is Hashimoto’s thyroiditis—an autoimmune condition in which the body mistakenly attacks the thyroid tissue as if it was a foreign invader.

Unfortunately, the molecular composition of the gluten protein (found in wheat, barley and rye products) is nearly identical to the structure of human thyroid tissue. As a result, an immune system that is already attacking its own thyroid tissue may be provoked into more severe or prolonged attacks in the presence of the gluten molecule, making it a good choice for hypothyroidism sufferers to abstain from this nutrient entirely.

Seek out healthy fats

The fats are the building blocks of hormonal pathways. Given that thyroid conditions, at a basic level, are issues that arise within the endocrine (hormonal) system, supplementing the diet with good sources of healthy fats (any of the following) can provide the raw materials needed to encourage the body to repair itself.

- Coconut oil and other coconut products
- Ghee
- Avocados
- Nuts and nut butters
- Lean meats and fish
- Flax seeds

Add a probiotic to your diet

There are estimates that as much as 80% of our immune systems are controlled from the digestive system – making gut health a top priority for anybody facing hypothyroidism. This is especially true in the case of Hashimoto’s thyroiditis and other autoimmune thyroid conditions, as a healthier balance of digestive flora may help to quell the body’s unnecessary attack on the thyroid gland.

To improve your digestive health, consider adding a probiotic to your daily supplement routine.

Avoid goitrogens

‘Goitrogens’ are naturally-occurring thyroid-inhibiting compounds that are found in several species of plants and vegetables. Anyone experiencing decreased thyroid function should avoid the following foods:

- Kale
- Broccoli
- Cauliflower
- Rutabagas
- Radishes
- Turnips
Vitamin and Nutrient Deficiencies

The absence of important vitamins and minerals throughout the body makes recovering from thyroid diseases more difficult such as:

- Vitamin D (ideally, your level should be between 50 – 80 ng/mL)
- Iron
- Omega 3 fatty acids
- Vitamin A and C
- Vitamin B12
- Tyrosine

Yoga for thyroid

The sustained practice of yoga and meditation can go a long way towards helping you cope with a variety of chronic ailments, including thyroid dysfunction. Together, these practices create a deep sense of relaxation in the body and mind, thereby helping to relieve a number of different health issues.

When you meditate, your whole system functions with ease and you are restful all the time. There is no such thing as stress and chronic ailments can be easily relieved. If your system is properly balanced and kept in full vibrancy, psychological and physiological ailments cannot exist.

Modify your lifestyle

Eating too many refined foods and sugars will cause surges in the hormones insulin and cortisol, which over time will stress out the endocrine system, beginning with the adrenal glands and potentially the pancreas as well if this pattern continues. Weak adrenal glands can also affect immunity, leading to an autoimmune condition such as Graves’ Disease. So in order to restore the health of someone with hyperthyroidism or Graves’ Disease, the person’s adrenal glands will need to be healthy and strong.

Most people realize they should be getting at least seven to eight hours sleep each night, yet many people try to get by with only five to six hours per night and some people average less than this. Sure, some people can get by on only five or six hours sleep for many years without a problem. But for many people, not getting sufficient sleep will lead to adrenal issues over a prolonged period of time.

Chronic stress can also play a big role in the development of a hyperthyroid condition. While you won’t be able to completely eliminate the stress from your life, there is an excellent chance you will be able to modify the stress response so you can better handle the stress.
Minimize your exposure to environmental toxins. Thousands of new chemicals are being manufactured each year and many of these have a negative impact on thyroid health. Most people can do a better job of avoiding exposure to these toxins by making better choices regarding the household products they purchase, as this is one of the main ways people are exposed to these toxins.

Cleanse and Restore the Function of the Thyroid Gland

1. Cleanse the whole digestive system. This is a foundational procedure to open the main channel to eliminate toxins and stop their spreading. This cleanse will improve digestion, nutrient absorption and toxic elimination.
2. Completely cleanse the liver.
3. Cleanse the blood and lymph. -- This will help to cleanse blood, blood vessels, improve immune system and begin healing process.
4. Follow a healthy diet regime and drink green fresh juices which dilute toxins in the thyroid gland.
5. Do special exercises, which activate circulation and restore function in the thyroid.

FAQs

Q: Women are more likely than men to have a thyroid imbalance.
A: Yes, Thyroid disorders are more common in women. For example, women are about 46 times more likely than men to suffer from an underactive thyroid (hypothyroidism). Female hormones, such as oestrogen, may be a factor in triggering autoimmune conditions, including problems with the thyroid. But no one knows for sure why women are more susceptible.

Q: An abnormal enlargement of the thyroid gland is called a goitre.
A: It is simply a thyroid gland that is bigger than usual. A goitre can be associated with levels of thyroid hormone that are normal (euthyroid), too high (hyperthyroid) or too low (hypothyroid).

Q: Which is more common, hyperthyroidism or hypothyroidism?
A: Hyperthyroidism is far more common than hypothyroidism. An unexplained change in weight is one of the most common signs of a thyroid disorder.

Q: Thyroid disorders are sometimes mistaken for which disease or condition?
A: Because thyroid disorders can cause changes in your menstrual cycle and mood, the symptoms are sometimes mistaken for menopause. If a thyroid problem is suspected, a simple blood test can determine whether it is menopause or a thyroid disorder or a combination of the two.

Q: How does radioactive iodine treatment for hyperthyroidism leave the body?
A: Radioactive iodine leaves the body through urine. Drinking plenty of fluids during this time will rid the body of radioactivity.

Q: Is one radioactive iodine treatment enough to cure hyperthyroidism?
A: For most people, one dose of radioactive iodine treatment will cure hyperthyroidism. Usually, thyroid hormone levels return to normal in 8 to 12 weeks. In rare cases, the person needs a second or third dose of radioactive iodine.

Q: Is it true that hypothyroidism poses a special danger to newborns and infants?
A: A lack of thyroid hormones in the system at an early age can lead to the development of cretinism (mental retardation) and dwarfism (stunted growth). Most infants now have their thyroid levels checked routinely soon after birth. If they are hypothyroid, treatment begins immediately.

A hypothyroid infant is unusually inactive and quiet, has a poor appetite, and sleeps for excessively long periods of time.

Benefit of Thyroid Cleanse

- Soft, Smooth Skin
- Calmness
- Stabilized Weight
- Efficient Breathing
- Improved Speech Patterns
- Healthy, Flowing Hair
- Possible Thickening of Hair
- Ease in Menstruation
- Heart Regularity and Rhythm
- More Energy
- Sense of Well Being and Hope
- Sense of Strength
Further references:

- https://www.youtube.com/watch?v=SVSBo065hmw
- https://www.youtube.com/watch?v=Ftc1-IHzfY
- https://www.youtube.com/watch?v=bO1Lxf80atA
- https://www.youtube.com/watch?v=T4XsIOn90OU
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