



Dear Bethel...



~ Part 2 Supporting Hypothyroidism

Dear Zoe,

In addition to the foods for thyroid support that I shared with you last time, I would like to add a few others that can be helpful and then share with you some of the top nutrients your thyroid needs in order to thrive.

SEEDS—SUNFLOWER, PUMPKIN, FLAX, SESAME, AND CHIA:

These nutritional superstars contain top thyroid-supporting nutrients like selenium, iron, magnesium, zinc, and tyrosine. Seeds are easiest to digest if they have been soaked or sprouted. They can also be easier to digest if you freshly grind them and then add them to things like smoothies. Also note that some people are sensitive to sesame, and so for those at the beginning of a strict auto-immune protocol (AIP) diet would avoid nuts and seeds for a short time until their symptoms improve.

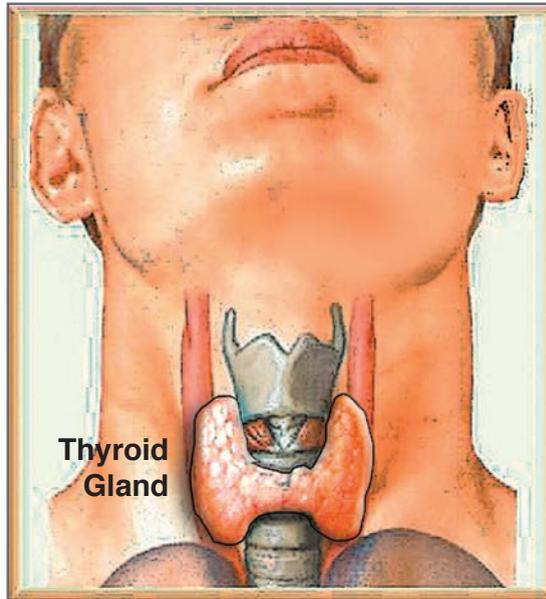
HEALTHY FATS:

Our bodies need healthy fats such as extra virgin olive oil, avocado, micro-cellularly-distilled fish oils, or the fats naturally found in seeds and nuts, like walnuts or pecans. These fats help us to absorb vitamins A, D, E, and K, as well as providing essential fatty acids that help to tame inflammation and promote hormonal balance. They are also a source of long lasting energy! Just a few teaspoons of oil or a couple tablespoons of nuts are enough to make up a serving.

BONE BROTH:

Bone broth provides easy to absorb minerals and amino acids that can help heal the gut lining and

promote better nutrient absorption. Soups and stews are a great way to include bone broth during the fall and winter months!



Top 6 Nutrients for a Thriving Thyroid

The following nutrients are all vital to thyroid health. They are also important players in boosting energy levels and reducing many of the unpleasant symptoms of hypothyroidism and Hashimoto's. Be sure to ask your doctor to check your levels of each of these nutrients in order to determine whether or not supplementation is needed.

1) SELENIUM

Selenium helps convert the inactive T4 thyroid hormone to the active T3 form our cells need. It also aids in reducing inflammation and thyroid antibody levels. Selenium, in combination with myoinositol, has been studied and shown to dramatically reduce symptoms, improve thyroid stimulating hormone (TSH) levels, and repair thyroid tissue, as seen by ultrasound.

2) IRON/FERRITIN

People with hypothyroidism or Hashimoto's often have low iron and ferritin levels due to poor absorption. Low iron levels can be connected to hair loss, heavy menstrual periods, and low energy. Optimizing iron and ferritin levels can dramatically improve symptoms and quality of life.

3: MAGNESIUM

Magnesium has been shown to help normalize TSH levels and may even help repair damage to the thyroid.

It is also a key nutrient for detoxification, promotes relaxation of muscles, and helps to promote quality sleep. Magnesium glycinate is well absorbed and has a calming effect; magnesium malate is energizing and can help with pain, and magnesium citrate has a mild laxative effect useful for those with chronic constipation.

4) ZINC

Zinc aids T4 to T3 conversion and helps to form TSH. It also helps maintain a strong gut lining, supports immune system function, and promotes detoxification. Zinc picolinate is generally a well-absorbed form when supplementation is needed.

5) B VITAMINS—B2, B3, B5, B6, & B12

B vitamins are nutritional powerhouses! Some of their most important jobs are to support detoxification, boost energy levels, improve moods and cognitive function, and promote hormonal balance. Those who are vegetarians or vegans are especially susceptible to low B12 levels, and may need to supplement and watch their levels more closely.

6) VITAMIN D

Hypothyroid and Hashimoto's patients are commonly deficient in vitamin D. Low vitamin D is linked to higher levels of thyroid antibodies, while optimal vitamin D levels promote immune system balance and can help prevent or modulate autoimmunity. 60-80 ng/mL is considered the optimal range, and it is important to monitor your levels in order to determine if and how much you should be supplementing. It is also believed that vitamin D should be taken in combination with vitamin K2. ■

BETHEL WAGNER received her training from the Institute for Integrative Nutrition, studying a variety of dietary theories and practical-lifestyle-coaching methods. She helps exhausted moms with hypothyroidism increase their energy, boost their mood and release weight, so they can zoom through their days with energy to spare. Bethel is currently offering her **Thriving Thyroid Course**, as well as a **28-Day Thyroid, Metabolism & Energy Jumpstart**. Call (406) 479-3242 for details and registration.

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