

GOITER

Goiter is the abnormal enlargement of the thyroid gland. Symptoms include neck swelling, difficulty swallowing, hoarseness, coughing, and signs of thyroid dysfunction like weight changes and fatigue.

POSSIBLE CONTRIBUTING FACTORS



- Iodine insufficiency/deficiency or excess
- Selenium insufficiency or deficiency
- Manganese and/or riboflavin (vitamin B2) insufficiency or deficiency
- Environmental exposure: radiation, endocrine disrupting chemicals, fluoride/chlorine/bromine
- Lifestyle: smoking, poor diet, high stress, poor sleep
- Excess consumption of goitrogenic substances (e.g., raw cruciferous vegetables, soy products)-Autoimmune thyroid disease (Hashimoto's, Graves' Disease)
- Thyroid tumor (benign or malignant)
- Certain medications: lithium, amiodarone, some antithyroid drugs when used long term, etc.

LIFESTYLE & DIETARY RECOMMENDATIONS



- Test iodine levels with a 24-hour urine collection to confirm/rule out iodine deficiency or excess
- If iodine is needed, include: ¼-½ tsp kelp sprinkles or other sea vegetables
- Consume 3-4 organic Brazil nuts per day or sardines with skin on to boost selenium intake
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Switch to a 100% gluten-free diet; autoimmune thyroid often links to gluten intolerance
- Eliminate all refined carbs, processed foods, fried foods, alcohol, smoking, and caffeine
- Drink enough natural spring water or filtered water. Urine should be pale/light yellow
- Cook cruciferous vegetables and opt for fermented organic soy to reduce goitrogenic effect
- Reduce endocrine disrupting chemicals in personal hygiene and beauty products. Select brands with toxicity score of 2 or less on EWG.org for daily-use products
- Eliminate known exposures to fluoride: toothpaste, fluoridated municipal water, tea.
- Reduce stress: meditate, deep breathing, journal, delegate/do less, more nature/grounding, Epsom salt baths
- Adrenal support: sole, stinging nettle tea, rosehip tea, and other vitamin C rich foods
- Focus on sleep hygiene

SUPPLEMENT CONSIDERATIONS



- Selenium
- Iodoral (potassium iodide and iodine)
- Methylated B complex
- Vitamin D
- Omega-3
- Adrenal adaptogens or glandulars
- Thyroid support formula (tyrosine, zinc, vit A, selenium, iodine)