

Natural Thyroid Support

After ten years of experimenting with various natural remedies, diet changes, and supplements, I finally found a routine that works for me to manage my hypothyroidism naturally. I am off all medication, my lab numbers are better than ever, and I feel great!

This is just my experience, please consult with your medical provider before trying any treatments or discontinuing medication!

I've included links to some of my favorite products and supplements - some of which I'll earn a small commission on your purchase. Thank you for supporting my family!

Must haves:

Endoflex - this blend of pure essential oils is designed particularly to support the thyroid and adrenal glands. I discovered this blend after reading [this study](#) of one of its main ingredients, myrtle, and its effect on hypothyroidism.

Applying this blend twice a day directly to my thyroid gland was an absolute game changer in my hypothyroidism management - within two months of starting I was able to get off of my thyroid medication for good!

Selenium - this mineral is vital for thyroid hormone metabolism

Iodine - another essential vitamin for thyroid function, aim for around 150 mcg a day. Iodine deficiency can cause major thyroid issues, but so can too much iodine, so supplement carefully!

Ashwagandha - this herbal adaptogen helps the body to cope with stressors that might tax the endocrine system. Ashwagandha is especially supportive of the thyroid gland and maintaining healthy cycles such as circadian rhythms and menstrual cycles.

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Other considerations:

Gut health is closely connected to thyroid health. Inflammation and permeability of the gut lining (leaky gut) can greatly contribute to thyroid issues, especially Hashimoto's Thyroiditis. Here are some of the best ways to nurture your gut health and digestive microbiome:

Probiotics - this encourages the growth of beneficial bacteria and discourages unhealthy bacteria

Bone broth- full of collagen and other nutrients

Fermented foods - Foods like kimchi, sauerkraut, kefir and kombucha can naturally feed your beneficial gut flora.

Avoid food sensitivities - Food allergies, or even food sensitivities can cause inflammation in the gut and throughout the body. If you aren't sure if you're reacting to certain foods, try keeping a food journal for a few weeks or even trying an elimination diet like the Whole30.

Remember, good thyroid health involves a holistic approach. In addition to these tips, supplements and natural remedies, make sure you are incorporating good nutrition, daily movement, restful sleep and stress management techniques into your life.

Contact me on Instagram (Wellspring Family Wellness) or by email (wellspringfertility@gmail.com) if you have any questions!



