

CAROLINA ARAMBURO

CarolinaAramburoAndFriends TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 384th Newsletter, I want to talk to you about our Thyroid Gland and it's impact on our lives and well-being.

In order to put the rest of the news-letter in context: This conversation makes more sense if you've watched my 1st Health Proposal and my 2nd Health Proposal. So if you haven't, please pause and go back and watch them. You can also read all of the articles in full HERE.

DO NOT be FOOLED by the "HIDDEN" THYROID EPIDEMIC ... Your unsuspected Thyroid IMBALANCE may be the answer to MANY HEALTH Symptoms!!!

Thyroid disorders are often called a "hidden epidemic". More than twenty million Americans are diagnosed with a THYROID DISORDER and the number is growing. The actual numbers are probably much higher since it is so often left undiagnosed and MOST PEOPLE that have a thyroid condition think they DO NOT HAVE the CONDITION.

Some experts claim that over 40 percent of Americans have suboptimal thyroid function. They are being overlooked constantly. Many of us have no idea that we have a thyroid disorder. What's worse is that when a thyroid disorder is finally diagnosed, it is usually treated as a simple physical problem rather than something on a more serious level until it reaches a crisis level! Each day that a

person is misdiagnosed, the symptoms could be developing into something much worse! Please don't let this happen to you!! Please READ this Free Newsletter FULLY for yourself and/or your LOVED ONES.

Thyroid disorders are going undiagnosed because many primary-care doctors are still not recognizing the importance of the thyroid in our holistic well-being. Finding out the symptoms of having a thyroid disorder is the primary step to discovering if you are affected by it. You or someone you love could be living with a Thyroid disorder RIGHT NOW. This Newsletter is designed to give you the information about preventing, detecting and healing Thyroid conditions so that the serious complications caused by them doesn't have to be a part of your life or your loved ones lives.

Just to give you a QUICK tasting of the MANY SYMPTOMS that many of us are used to that are from an imbalanced THYROID, and that mostly we related to as normal when they are FAR from IT, here are some examples:

- LOW ENERGY mid morning or mid afternoon or some 'TYPICAL' part of the DAY is NOT NORMAL and may be Thyroid related...
- Feeling moody for no BIG LOGICAL reason, either sadder than you should be, more upset, or just a little DOWN even a little beyond the logic of the circumstances may be Thyroid related...
- Having a hard time LOSING



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WEIGHT and keeping it OFF, or if it is challenging for you to GAIN WEIGHT and KEEP it ON, also may be Thyroid related...

- Poor Quality of NAILS, Hair, SKIN may be Thyroid related...
- SLEEPING problems may be Thyroid related...

And there are many, many, many more...

And the BEST and WORSE part about having a Thyroid imbalance is that doctors won't detect it until is ADVANCED, and when it is LIGHT or Beginning it is the easiest to HEAL NATURALLY from these conditions. Not only that but if Doctors detect it and give you drugs for it, the drugs never actually HEAL You from the CONDITION and it's possible, in most cases, to HEAL you almost COMPLETELY NATURALY. PLEASE READ UP!!!!

This week on our Facebook Fan (Cont. on next page)



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DO NOT be FOOLED by the "HIDDEN" THYROID EPIDEMIC ... Your unsuspected Thyroid IMBALANCE may be the answer to MANY HEALTH Symptoms!!! (Cont.)

Page, we have also included articles that will offer you information on thyroid health and the effects that it can potentially have on your well-being. These specific articles will cover the physical, emotional, mental and spiritual effects that thyroid health can have on you and your body and enhance the information included in this Newsletter.

The thyroid, a small gland located in the middle of the lower neck, is a hormone-producing gland and thyroid hormone influences every cell, tissue and organ in the body. Each cell of your body uses the hormones produced by the Thyroid in order to regulate metabolism (the rate at which the body produces energy from nutrients and oxygen).

This affects critical body functions, such as energy level and heart rate. The thyroid hormone also affects body weight by controlling the burning of fat for energy and heat. Thyroid hormones are required for growth and development in children. Thyroid hormones interact with all your other hormones including insulin, cortisol, and sex hormones like estrogen, progesterone, and testosterone. The fact that these hormones are all tied together and in constant communication explains why an unbalanced thyroid is associated with so many widespread symptoms and diseases.

The thyroid produces two major thyroid hormones: T4 and T3. About 90 percent of the hormone produced by the gland is in the form of T4, the inactive form. Your liver converts this T4 into T3, the active form, with the help of an enzyme. Your thyroid also produces T2, yet another hormone, which currently is the least understood component of thyroid function and the subject of much ongoing study.

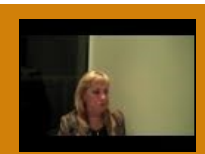
Thyroid hormones work in a feedback loop with your brain - particularly your pituitary and hypothalamus - in regulating the release of thyroid hormone. Your pituitary makes TRH (thyroid releasing hormone), and your hypothalamus makes TSH. If everything is working properly, you will make what you need and you'll have the proper amounts of T3 and T4.

Those two hormones - T3 and T4 - are what control the metabolism of every cell in your body. But, many things including: nutritional imbalances, toxins, allergens, infections, and stress can disrupt the delicate balance of your body.

If your T3 is inadequate, either by insufficient production or not converting properly from T4, your whole system suffers. T3 is critically important because it tells the nucleus of your cells to send messages to your DNA to increase your metabolism by burning fat. That is why T3 lowers cholesterol levels, regrows hair, and helps keep you lean.

Identifying hypothyroidism (the most widely identified thyroid condition) and its cause is challenging because it influences our whole body. Many of the symptoms overlap with other disorders, and many are vague. Physicians often miss a thyroid problem since they rely on just a few traditional tests, so other clues to the problem go undetected. The more vigilant you can be in assessing your own symptoms and risk factors and presenting the complete picture to your healthcare provider in an organized way, the easier it will be for your him or her to help you.

There are several types of Thyroid conditions:
(Cont. on next page)



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To ENHANCE, elevate and EVOLVE your wellness I have two very important recommendations for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary Holistic Health/ Wellness Coach.

*In my second health proposal, I proposed that you can improve your health by listening to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a specific way that this needs to be done and to learn 'HOW' please watch my video by clicking HERE.

My 2nd recommendation is that you find an extraordinary Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create Top Wellness, with and for YOU, by designing completely customized nutritional, exercise plans that work for your unique body!

If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I never imagined possible!

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- **Hypothyroidism** is a condition where the thyroid gland does not produce enough thyroid hormone and affects about 1 in 8 younger women, 1 in 5 women over 65, and fewer, though still significant, numbers of men.
- **Hyperthyroidism**, another form of thyroid disease, is a condition causing the gland to produce too much thyroid hormone. It's far less common than hypothyroidism, but it's no less of a problem when it happens and can be deadly.
- **Graves' disease** is a type of hyperthyroidism; it is an autoimmune disorder that is genetic and estimated to affect one percent of the population.
- **Hashimoto's**, is an autoimmune inflammatory disease of the thyroid gland in which the immune system makes antibodies that attack proteins in the thyroid gland, causing gradual destruction of the thyroid gland itself. This leads to eventual hypothyroidism (**underactive** thyroid function). Hashimoto's belongs to the same disease category as celiac disease, lupus, rheumatoid arthritis, myasthenia gravis, scleroderma, and ulcerative colitis. Hashimoto patients can waver between having an overactive thyroid and having an underactive one.

Here are a few of the over 200 possible symptoms or **physical effects that are caused** by thyroid disorders:

Symptoms of Hypothyroidism (underactive thyroid):

- Extreme fatigue
- Hoarseness in the throat
- Lethargy
- Brian fog
- Poor quality nails
- Hair loss
- Dizziness
- Depression

- Forgetfulness
- Weight gain
- Dry and flaky skin
- Cold hands and feet
- Tingling in the extremities
- Constipation
- High cholesterol
- Irregular menstruation
- Low libido
- Infertility
- Gum disease
- Fluid retention
- Skin conditions such as acne and eczema
- Memory problems
- Poor stamina
- Low basal body temperature (BBT), less than 97.6 degrees F averaged over a minimum of 3 days
- Lack of sweating with mild exercise.
- Low mood and depression are common.
- Chronic recurrent infections
- Visual hallucinations
- Feeling uncoordinated
- Loss of eyelashes
- Pale or swollen lips
- Slow reflexes
- Recurrent ear infections
- Developing flat feet

It is interesting to note, out of the hundreds of symptoms that are associated with a lack of Thyroid hormone, that **standard** medical text tends to identify only six main symptoms: Feeling cold, dry skin, dry hair, depression, constipation and fatigue.

Other **complications** related to hypothyroidism include: Heart disease, chronic fatigue, fibromyalgia, PMS (premenstrual syndrome), menopausal symptoms, muscle and joint pains, irritable bowel syndrome, paranoid schizophrenia, confusion, dementia, obsessive compulsive disorders, **mental** aberrations, memory loss or autoimmune disease.

Symptoms of Hyperthyroidism (overactive thyroid):

- Irritability
- Nervousness
- Hyperventilation
- Muscle weakness and tension
- Unexplainable weight loss
- Blurred vision and eye issues
- Sleep disturbances and problems
- Anxiety, nervousness, and irritability
- Frequent, loose bowel movements
- Difficulty sleeping
- Double vision
- Eyes that bulge out, or "protrude" (in patients with Graves' disease)
- Hair changes, including brittle hair, thinning hair, and hair loss from scalp
- Irregular heart beat (arrhythmia), especially in older adults
- Menstrual cycle changes, including lighter bleeding and less frequent periods
- Muscle weakness, especially in the thighs and upper arms
- Rapid fingernail growth
- Rapid heartbeat, usually over 100 beats per minute
- Shaky hands
- Sweating
- Thinning skin
- Weight loss despite increased appetite
- Thyroid enlargement, called a goiter (Cont. on next page)

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(You may see or feel a lump in the front of your neck)

Other complications linked to **hyperthyroidism** include: Irregular heart rhythm (atrial fibrillation), congestive heart failure, miscarriage, osteoporosis and bone fractures (hyperthyroidism causes your bones to lose calcium faster than usual).

The causes of thyroid issues can be varied, but the **4 most common causes** are:

- **Toxicity** - Including Radiation, Chemicals and Heavy Metal exposure or absorption through environment, food, products, etc.
- Iodine and Selenium **deficiency**
- **Food Intolerance** – Particularly to Gluten and A1 Casein Allergy
- **Hormone Imbalance** – High Cortisol from stress, too many carbs, too little fat in diet.

Thyroid issues can also be caused by a **litany** of other conditions such as: a severe infection, tonsillectomy, major blood loss or trauma, thyroid surgery, genetic predisposition, glandular fever, pregnancy, pituitary insufficiency, diabetes, **drugs** (lithium, phenylbutazone, **birth control medications**, etc.), autoimmune diseases (rheumatoid arthritis, lupus, sarcoidosis, Sjogren's, Grave's Disease, Hashimoto's disease, etc.), thyroiditis (inflammation of the thyroid), Crohn's disease or ulcerative colitis.

There is an **increased** risk of neurological development problems in infants born to mothers who have low levels of thyroid hormone early in **pregnancy**. Low thyroid hormone levels in the mother, even if they don't cause any symptoms, can have important neurological development consequences in the newborn. Hypothyroidism poses a special **danger** to newborns and

infants. A lack of thyroid hormones in the system at an early age can result in cretinism (mental retardation) and dwarfism (stunted growth). In infants, as in adults, hypothyroidism can also be due to **these causes**: a pituitary disorder, a defective thyroid, or complete lack of the gland. A hypothyroid infant is unusually inactive and quiet, has a poor appetite and sleeps for excessively long periods of time.

Cancer of the thyroid gland is quite rare and occurs in fewer than 10% of thyroid nodules. You may have one or more thyroid nodules for several years before they are determined to be cancerous. People who have received **radiation** treatment to the head and neck earlier in life tend to have a higher than normal propensity for developing thyroid cancer.

New studies suggest a very high **incidence** of borderline hypothyroidism in Westerners. Many cases are subclinical, and even "sublaboratory," not showing up at all in standard laboratory **measurements**. Coexistent subclinical hypothyroidism often triggers or worsens other chronic diseases, such as the **autoimmune** diseases, so the thyroid should be addressed with any chronic disease.

Many physicians will order only one test - a TSH level. This is a grossly **inadequate** and relatively meaningless test by itself. Dr. Joseph Mercola, DO, along with many other holistic doctors and scientists, **recommends** the following panel of laboratory tests if you want to get the best picture of what your thyroid is doing:

- **TSH - the high-sensitivity version**. This is the BEST test. But beware most all of the "normal" ranges are simply

dead wrong. The ideal level for TSH is between 1 and 1.5 mIU/L (milli-international units per liter).

- **Free T4 and Free T3**. The normal level of free T4 is between 0.9 and 1.8 ng/dl (nanograms per deciliter). T3 should be between 240 and 450 pg/dl (picograms per deciliter).
- **Thyroid antibodies**, including thyroid peroxidase antibodies and anti-thyroglobulin antibodies. This measure helps determine if your body is attacking your thyroid, overreacting to its own tissues (i.e. autoimmune reactions). Physicians nearly always leave this test out.
- For more difficult cases TRH (thyroid releasing hormone) can be measured using the **TRH stimulation test**. TRH helps identify hypothyroidism that's caused by inadequacy of the pituitary gland.

Iodine is the key to a healthy thyroid and efficient metabolism, and comprises a large part of the thyroid hormone **molecule** itself. Even the names of the different forms of thyroid hormone reflect the number of iodine molecules attached - T4 has four attached iodine molecules, and T3 (the biologically active form of the hormone) has three - showing what an **important** part iodine plays in thyroid biochemistry.

Iodine **deficiency** is one of the three most common nutritional deficiencies, along with magnesium and vitamin D. More than 100 years ago, iodine was shown to reverse and **prevent** goiter (swelling of your thyroid gland) and to correct hypothyroidism. But we now understand that iodine's effects are much farther reaching. Worldwide, it's thought that up to 40 percent of the **population** is at risk of (Cont. on next page)

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iodine deficiency.

In the United States, health agencies tend to say most people are iodine "sufficient," meaning they get **enough** of the nutrient from their diet, however this is controversial. According to other sources, such as Dr. David Brownstein, who has been working with iodine for the last two decades, over 95 percent of the patients in his clinic are iodine deficient.

Iodine has **four important** functions in your body:

- Stabilization of metabolism and body weight
- **Brain** development in children
- Fertility
- **Optimization** of your immune system (iodine is a potent antibacterial, anti-parasitic, anti-viral and anti-cancer agent)

Iodine levels have significantly dropped in the United States in recent decades due to several factors, including:

- **Bromine** exposure: When you ingest or absorb bromine (found in baked goods, plastics, soft drinks, medications, pesticides and more), it displaces iodine, and this iodine deficiency leads to an increased risk for cancer of the breast, thyroid gland, ovary and prostate - cancers that we see at alarmingly high rates today.
- **Declining** consumption of iodine-rich foods
- Soil depletion
- Less use of iodide in the food and agricultural industry
- **Fluoridated** drinking water
- Rocket fuel (perchlorate) contamination in food
- Use of **radioactive** iodine in many medical procedures, which competes with natural iodine

While iodine levels have fallen, there have been **simultaneous** increases in rates of thyroid disease, breast cancer, fibrocystic breast disease, prostate cancer, obesity in American adults, and an increase in mental retardation and developmental delays in American children.

Author and patient advocate Mary Shomon is one of the leading educators on thyroid health in the U.S. and has led the most popular consumer forum, the About.com thyroid guide. Mary **cautions** thyroid patients not to run out to the health food store and load up on iodine. According to Mary, in someone who is not iodine-deficient, excessive iodine **supplementation** can actually worsen a pre-existing thyroid condition, or trigger further thyroid dysfunction. The key is in getting the right amount of iodine - not too much, not too little. The way to evaluate your iodine intake is a test that **measures** how much iodine you are excreting in your urine.

Iodine is a member of a class of related **elements** called "halogens" that includes bromine, fluorine, and chlorine. When they are chemically reduced, they become "halides": iodide, bromide, fluoride, and chloride. These are the forms you usually encounter in your foods, **medications** and environment.

Iodide and chloride are beneficial in small amounts, but bromide and fluoride are toxic. They grab onto your iodine receptors, **blocking** the action of iodide and thyroid hormones, resulting in, or at least contributing to, many serious diseases. One of the main problems is that the toxic halides become stuck in your body. There is no known **detoxification** pathway for bromine and fluorine - your body simply cannot break them down. So, they build up in your tissues

and wreak havoc on your health.

Bromides are a menace to your endocrine system and are present all around you. Despite a ban on the use of potassium bromate in flour by the World Health Organization, bromides can still be found in some **over-the-counter** medications, foods, and personal care products. The use of potassium bromate as an additive to **commercial** breads and baked goods has been a huge contributor to bromide overload in Western cultures. Bromine has been banned in over 100 countries such as the UK, Canada and Japan but not in the US.

Sodium bromate can be found in products such as permanent waves, hair dyes, and textile dyes. Benzylkonium is used as a preservative in some **cosmetics**. Even trace amounts of bromine can trigger severe acne in sensitive individuals. Bromine is also found in **fire retardants** used in carpets, mattresses, upholstery, furniture and some medical equipment. Bromides have been linked to behavioral changes and neurodevelopment disorders, including Attention Deficit Disorders, in children.

Fluoride is particularly damaging to your thyroid gland. Not all water filters remove fluoride, so make sure the one you have does. Fluoride can also be found in processed foods, toothpaste, infant (Cont. on next page)

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formula, non-stick cookware, S.S.R.I. antidepressants and other pharmaceutical drugs.

Hypothyroidism occurs when your thyroid produces too little thyroid hormone, a condition that is often linked to iodine *deficiency*. Ironically, new research has shown that taking *too much* iodine may also lead to a subclinical version of the condition, which is a milder form that is often missed by laboratory tests. Along with sometimes exhibiting many of the same symptoms of hypothyroidism, such as fatigue and difficulty losing weight, people with subclinical hypothyroidism may have an increased risk of heart disease. Some, however, may exhibit no symptoms at all. This is precisely why you need to be very careful with taking supplemental iodine, as taking too much can lead to health problems.

Holistic experts do not generally advise to take iodine supplements because your thyroid only transports iodine in its ionized form (i.e. iodide). Your body *doesn't utilize iodine directly* and creates oxidative stress. Taking potassium iodide when it is not absolutely necessary could result in thyrotoxicosis. In most cases it is far preferable to optimize your iodine through the natural intake of foods.

If you want to optimize your iodine levels naturally, pay careful attention to your diet. Toxin-free sea vegetables are likely the ideal way to obtain your iodine - however, make sure that these are harvested from uncontaminated waters. At the same time, you'll want to avoid all sources of bromine as much as possible, as this appears to play a large role in the rising levels of iodine deficiency. Here are several strategies you can use to avoid bromine and help optimize your iodine levels naturally:

- Eat organic as often as possible. Wash all produce thoroughly. This will minimize your pesticide exposure.
- Avoid eating or drinking from (or storing food and water in) plastic containers. Use glass and safe ceramic vessels.
- Look for organic whole-grain breads and flour. Look for the "no bromine" or "bromine-free" label on commercial baked goods.
- Avoid sodas. Drink natural, 100% LIVE filtered water instead.
- If you own a hot tub, look into an ozone purification system. Such systems make it possible to keep the water clean with minimal chemical treatments.
- Look for personal care products that are as chemical-free as possible. Remember -- anything going on you, goes in you.
- When in a car or a building, open windows as often as possible, preferably on opposing sides of the space for cross ventilation. Utilize fans to circulate the air. Chemical pollutants are in much higher concentrations inside buildings (and cars) than outside.

According to Dr. Datis Kharrazi-an, 90% of people with hypothyroidism have Hashimoto's Disease. Therefore, to cure thyroid disease, or any autoimmune condition, you have to get to the source of the imbalance; focusing on suppression of symptoms with medication is simply barking up the wrong tree.

Unfortunately, most people with hypothyroidism end up on thyroid hormone replacement and are placed on *synthetic* thyroid hormone, typically replacing T4 and leaving the body to convert that to T3. Interestingly traditional doctors almost always prescribe this

form of therapy, and anyone who doesn't prescribe it is oftentimes severely criticized, and may even be called before their state medical board.

The conversion to T3 can be hampered by nutritional deficiencies such as low selenium, inadequate omega-3 fatty acids, low zinc, chemicals from the environment, or by stress. Oftentimes, taking T4 alone will result in only partial improvement. Likewise taking T3 alone is usually too stimulating. By far, the better approach is combined T4 and T3 therapy. This can be handled naturally vs. synthetically with bio-identical hormones (which are plant-based) that can be compounded in compounding pharmacies. Thyrotoxic crisis is a sudden worsening of hyperthyroidism symptoms that can be deadly if not treated right away. For those with Hyperthyroidism the options of conventional medicine is fairly grim including:

- Anti-thyroid drugs. These medications, including propylthiouracil (PTU) and methimazole (Tapazole), help prevent the thyroid gland from making new hormone. This doesn't permanently damage the thyroid, but some people may have VERY serious side effects.

Radioactive iodine (RAI) taken by mouth. Overactive thyroid cells quickly absorb this iodine and soon die. This prevents the release of thyroid hormone. The claim is that any remaining radioactive iodine disappears from the body within a few days but any radiation in the body has a long-term effect. It may take a few months for the therapy to relieve hyperthyroidism symptoms, and a second dose may be needed. Even worse, people who have (Cont. on next page)

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- this treatment will develop an **underactive thyroid** (hypothyroidism), and will need thyroid hormone supplements which often times they stay on for the rest of their life. This therapy cannot be done during pregnancy.
- **Surgery** to remove all or part of the thyroid, called a thyroidectomy. Most people who have this procedure eventually develop an underactive thyroid and will need to take thyroid hormone-replacement medication which often times they stay on for the rest of their life also.
- **Beta-blockers** to slow down your heart rate. These medicines do not lower your thyroid hormone levels but help relieve symptoms related to a rapid heart rate.

Interestingly enough, **relatively rapid relief** of Thyroid symptoms, within the first 30 to 90 days of treatment, is observed in most patients consuming Chinese herb formulas. While essentially complete **remission** is indicated in just under half of the patients, alleviation of the majority of symptoms occurs in most of the remaining patients. In order to obtain such high rates of symptom relief, adding one or more ingredients to address specific symptoms or symptom **complexes** may modify basic herb formulas. Consulting a holistic Chinese doctor is therefore a natural alternative to conventional medication also.

Throughout my entire adult Life I struggled with Thyroid **Imbalance** big time, and that caused pain, stress, excess of energy at times and excess of fatigue at times, sleeping problems and WEIGHT Problems no matter how **perfect** and Healthy my diet and my Exercise Plan was. All the Chemicals that Doctors gave me to "DEAL with my Thyroid Condition" only made it **worse** and worse. For al-

most **30 years of this Disease** just become part of my life. **FINALLY ONLY 1 THING HEALED my THYROID for GOOD and NATURALLY**, which is an 100% A Raw VEGAN Living Foods DIET. It HEALED IT in **6 months** and HAS KEPT my Thyroid optimally healthy with all the delicious Nutrition I put in my body plus a mindful lifestyle including exercise, yoga and meditation, for **the FIRST time in ADULT LIFE for 1 and 1/2 years now!!!!**

And as a bonus I have better WELLNESS now at 45 years old that I ever did my entire existence!!!

Listening to your body may guide you in diagnosing the health of your thyroids and other parts of your body. If you think you may have a thyroid disorder, it may be best to let your healthcare professional know if you have any of the above conditions so that they can **guide** you on what to do. With all of the symptoms that are looked over for thyroid diseases, calling it a **"hidden epidemic"** seems to be an accurate fit!

Clearly, dealing with a thyroid condition is a process you're not going to be able to do **by yourself**. You really need to have a **trusted** and respected holistic healthcare doctor, who has the capacity to perform the relevant tests and procedures, and who can also help you lay out a treatment plan. A very high-end nutritionist and/or **health coach** would also be valuable to help you with nutritional and lifestyle changes that are necessary.

Taking thyroid hormone should be done **only after** you have ruled out other conditions that could be causing the thyroid dysfunction, such as adrenal fatigue, gluten or other food allergies, hormonal imbalance, etc. It is always best to get your thyroid working again by

treating the **underlying cause**, as opposed to taking an external source of thyroid hormone. But sometimes, if the condition is severe enough, supplementation is necessary as Dr. Brian Clements, owner of the Hippocrates Health Institute, the worlds #1 Holistic health institute said ... but **only** for a short amount of time to move the thyroid out of crisis mode. Clements recommends **bio-identical hormones**, which are natural and plant based.

Please note that once on thyroid replacement, *you will not necessarily need to take it for the rest of your life*, which is a common **misconception**. Once all the factors that have led to your thyroid dysfunction have been corrected and you have gotten the thyroid function **under control** and have begun to NATURALLY take care of your thyroids, you will be able to **reduce** or discontinue the thyroid hormone replacement. This is one of the key reasons that many **holistic** practitioners will turn to bio-identical hormones.

One of the dilemmas with synthetic or artificial hormones is that they cause the body to **stop producing** its own thyroid hormones *permanently*, similar to what is experienced with diabetics taking synthetic insulin. In both cases, the result is perpetual customers who will forever after be **reliant** on 'the system', because (Cont. on next page)

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the medications actually destroy the organ that they supposedly help.

Once on thyroid hormone replacement, you need to monitor your progress by paying attention to how you feel, in addition to regular lab studies. If you begin to feel symptoms such as anxiety, palpitations, diarrhea, high blood pressure, or a resting pulse of more than 80 beats per minute, your dose is likely too high as these are symptoms of hyperthyroidism, and you should let your healthcare professional know immediately.

A thyroid problem is no different from any other chronic illness - you must address the underlying issues if you hope to correct the problem. The path to wellness may involve a variety of twists and

turns before you find what works for you. If you approach it from a comprehensive, holistic perspective, you will find in time that all of the little steps you take will ultimately result in your feeling much better than you could have ever imagined.

One other thing to realize is the medical establishment's tests for hypothyroidism are unreliable; so multiple consecutive tests may produce differing results. As a result, some people are drugged for the rest of their lives for a disease that they did not have until they began the drug regimen. Those who are given the pharmaceutical hormones develop hypothyroidism that is more difficult to cure than those who did nothing at all, or those who turned to the alternatives immediately. If

your primary healthcare professional suggests synthetic hormone replacement I suggest you honor yourself by seeking the opinions of other holistic professionals that may be able to help you in a more natural way.

A Raw VEGAN Living Foods DIET including plenty of Leafy GREENs tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the greatest way that you can almost ENSURE optimal WELLNESS for youSELF inside and out, not just and INCLUDING optimal THYROID health. I invite you to TRY IT ON and In-JOY it with me. You will forever thank yourself and feel better than you EVER did your ENTIRE LIFE!!!

Having a HEALTHY THRIVING THYROID is mainly a product of "The Right" NUTRITION, Exercise and a Mindful LIFeStyle!!!

According to Dr. Clements, of HHI, thyroid health is a factor of reducing stress, consuming appropriate amounts of iodine in your food and protecting yourself from radiation in all forms.

Sarah C. Corriher, Senior Staff Writer and Lead Researcher at Health Wyze said, "Hypothyroidism occurs when the thyroid gland has been weakened by poor nutrition, thyroid toxicity, bad lifestyle, stress, and too much medical 'help'. A victim of hypothyroidism has a body that can no longer adequately produce vital hormones. The establishment considers it to be yet another "autoimmune disease", unilaterally rejecting all legitimate causative factors. The immune system only attacks things, which it detects as being toxic.

In alternative medicine, there is very little difference in the healing

of hypothyroidism and hyperthyroidism. This is because the treatments involve assisting the thyroid to heal, in either case, with the main difference being the utilization of iodine, which can overdrive the thyroid in hyperthyroidism, worsening the condition. The great news is there are all-natural remedies that can help support thyroid function!

Here are some general recommendations to heal the Thyroid compiled from many holistic experts:

- Identify and treat underlying causes (e.g., iodine deficiency, hormone imbalance, environmental toxicity, inflammation)
- Address underlying food sensitivities.
- Do a gut check. A whopping 20 percent of thyroid function depends on a sufficient supply of healthy gut bacteria, so it's

best to supplement with probiotics (friendly intestinal bacteria).

- Adjust your diet and understand the role of nutrition for your Thyroid gland. Use supplements, if necessary for nutritional support. It is typically better to obtain a nutrient from a natural food source, whenever possible, than from a supplement, so use supplements only as a last resort.
- Adhere to an Alkaline Diet. This is extremely helpful when curing any chronic disease.
- Address silent inflammation with whole foods nutrition. Systemic inflammation and autoimmunity often go hand-in-hand.
- Eat a 100% whole food organic diet - To help the body to heal itself, remove burdens on its immune system. This means that all (Cont. on next page)

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processed foods, artificial flavors, colors, preservatives, white flour, white sugar, table salt, hydrogenated oils, aluminum, high fructose corn syrup, and etcetera should be eliminated from the diet. Do not trust marketing that reads "All Natural", because this phrase is intentionally unregulated, so that anyone may use it for anything. Read labels carefully.

- Make sure the water you drink is **100% LIVE filtered water**.
- Make grain-based carbohydrates lesser of a focus, eating non-starchy vegetables to your heart's content. **Replace carbohydrates** with healthy fats. Most women especially consume far too many carbs, which increase estrogen and negatively affect the thyroid. Instead consume healthy fats that will balance hormones, like: coconut oil, coconut milk, avocado, chia, flaxseeds, and hemp seeds.
- Increase **plant-based protein**. Protein transports thyroid hormone to all your tissues and enjoying it at each meal can help normalize thyroid function. Add a sufficient amount of plant-based protein to your diet.
- **L-Tyrosine** (an amino acid from dietary protein) is a main ingredient to make thyroid hormone. This is also known to help with the depressions that usually accompany hypothyroidism. Proteins include nuts, nut butters and quinoa. Natural sources of tyrosine include: almonds, lima beans, pumpkin, sesame seeds and fermented foods.
- **L-Arginine** - Arginine is known to stimulate the thyroid and its hormones. It also improves immune function, fertility, and alleviates erectile dysfunction. Nuts, seeds, oats, beans, pumpkin seeds, sesame seeds, walnuts, sweet green peppers and the seaweed spirulina are good plant-based sources of arginine
- Load up on **fresh raw Sprouts**, which are packed with nutrients including antioxidants, amino acids and enzymes ... all very important to balance your glands and hormones including your Thyroid.
- **Iodine** - If you are iodine deficient, **sea veggies** and other foods from the ocean, are the answer (ex: blue green algae). Seaweed contains high amounts of calcium, phosphorus, iodine, B vitamins, chromium and so much more. An additional benefit is that sea veggies contain alginic acid (a sticky substance that holds their cells together, enabling them to live in a constantly moving water environment) which **REMOVES radioactive** and heavy metal pollutants from our body. Make sure you look at the source of your seaweed. Try to get **organically bound**, non-commercially harvested sea vegetables from the Norwegian Coast or as far away from Japan as you can get. The potential radiation issue from the Fukushima reactor, which has contaminated much of the Japanese seaweed, is a concern. Secondary sources of iodine are: asparagus, lima beans, mushrooms, spinach, sesame seeds, summer squash, Swiss chard, cranberries and black walnuts.
- Normalize your **blood sugar** and lipid levels and enhance your immune system, so that your thyroid will have fewer obstacles to overcome.
- **Eat healthy fats**. Healthy fat is important and cholesterol is the precursor to hormonal pathways; if you're getting insufficient fat and cholesterol, you could be exacerbating hormonal imbalance, which includes thyroid hormones. Natural, healthful fats include olive oil, avocados, flax seeds, raw soaked nuts and nut butters, and coconut milk products.
- **Coconut oil** is one of the best foods you can eat for your thyroid. Coconut oil is a saturated fat comprising medium chain triglycerides (MCTs), which are known to increase metabolism and promote weight loss. It also kills **candida** yeast, which helps your gut health. Coconut oil is very stable (shelf life of three to five years at room temperature), so your body is much less burdened with oxidative stress than it is from many other vegetable oils. And coconut oil does not interfere with T4 to T3 conversion the way other oils can. Buy organic, cold-pressed, coconut oil.
- **Omega-3s**, found in flaxseeds, chia seeds, **hemp seeds**, romaine, arugula, spinach, winter squash and walnuts, are the building blocks for hormones that control immune function and cell growth, are critical to thyroid function, and improve the ability to respond to thyroid hormones.
- **Flax seed, Chia and Hemp seeds**: In addition to being excellent source of omega-3 essential fatty acids and dietary fiber flax, chia and hemp seeds are rich in foliate, vitamin B6 as well as the minerals magnesium, phosphorus, and copper, which help to **reduce inflammation**, support bone health and reduce cholesterol. Flax seeds are concentrated in lignans (special compounds) that are converted by beneficial gut flora (Cont. on next page)

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into two hormone-like substances. These substances have shown a number of protective effects for the body, and specifically support the endocrine system in women.

- **Kimchi and Sauerkraut** (and all fermented foods): Fermented foods will assist your immune system, help reduce inflammation and support your overall cellular function.
- Offset the chilliness that someone with an underactive thyroid may feel with stimulating and **warming foods** such as fresh ginger, cayenne, black and white pepper, and green onions.
- **Irish moss** increases the metabolic rate, thyroid activity, the detoxifying function of the body, and increases blood circulation and soothes inflamed tissues.
- **Unrefined, non-iodized sea salt** contains an abundance of trace minerals like potassium, phosphorus, iodine, magnesium... and at least fifty more. For this reason, good quality unrefined sea salt with minerals intact is highly beneficial to your thyroid.
- **Vitamin A** helps the thyroid gland mitigate oxidative stress in an ongoing, daily process. It can be found in dandelion greens, carrots, spinach, kale, Swiss chard, collard greens, and sweet potatoes.
- Get plenty of sunlight to optimize your **Vitamin D** levels; if you live where sunlight is limited. Use an organic, vegan vitamin D3 sublingual supplementation, if you need supplementation.
- **Vitamin E** helps the thyroid gland mitigate oxidative stress in an ongoing, daily process. Sources of Vitamin E are almonds, sunflower seeds, beans, asparagus, leafy green vegetables and whole grains.
- **Vitamin C** promotes normal adrenal function and glandular activity. You can find high levels

of Vitamin C in broccoli, Brussels sprouts, cauliflower, greens (mustard, collard, kale, turnip), parsley, peppers (chili, Bell, sweet), strawberries, guava, papaya, citrus, kiwifruit.

- **B Vitamins** help improve cellular oxygenation and energy, build the adrenals and the thyroid and calm the nerves.
- **Chlorophyll** - Supplementing with chlorophyll provides essential copper, helps oxygenate the body, builds healthy red blood cells, and overall assists with skin health. Chlorophyll is a safe method of orally supplementing with copper.
- Taking **chlorella** is an excellent detoxification aid.
- Many women suffering with hormonal imbalances report significant benefits from the South American herb **maca**.
- **Pears and Apples** - The ancient Chinese discovered that pears have a powerful tendency to balance hormones; especially in women. Make sure they are organic. Pears help most when mixed with or juiced with apples.
- **Zinc, copper and Selenium:** Studies indicate that severe zinc or selenium deficiencies can cause decreased thyroid hormone levels. Selenium seems to protect the body from mercury. Never take zinc on an empty stomach. Walnuts, sunflower seeds, Brazil nuts, pecans, almonds, split peas, ginger root, and whole grains are all high in zinc. Some of the best selenium containing foods are brazil nuts, sunflower seeds, mushrooms, onions and whole grains. Foods rich in copper include: legumes, nuts, and raisins.
- **Iron-** Spinach, lentils, white beans and pumpkin seeds are great sources for iron.
- **Glutathione** is a powerful antioxidant that strengthens the immune system, balances hormones and is one of the pillars

of fighting Hashimoto's. It can boost your body's ability to modulate and regulate the immune system, dampen autoimmune flare-ups, and protect and heal thyroid tissue. While few foods contain glutathione, there are foods that help the body produce glutathione such as: asparagus, broccoli, peaches, avocado, spinach, garlic, squash, cauliflower, cabbage and grapefruit.

- Address **adrenal fatigue**. There is an intimate connection between your thyroid and adrenal glands and it's uncommon to have hypothyroidism without some level of adrenal fatigue.
- **Balance Estrogen Levels (Women)** - Excess estrogen slows down the thyroid gland. This means eliminating birth control medications, increasing the fiber in the diet, and avoiding all meats. Growth hormones and other chemicals in meats lead to imbalanced hormones. Eliminate dairy intake, because milk often contains lots of estrogen and xenoestrogens.

Specific Nutrition recommendations for Hypothyroidism:

There is a direct involvement of the metabolism in this disorder, so this condition should be treated properly by diet. Here are the extra dietary recommendations for hypothyroidism:

Give preference to **whole grains**. (Cont. on next page)

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also known as complex carbohydrates, over refined grains. These will help maintain your blood sugar stability and will make you feel fuller.

- **Eat more Meals:** The ideal diet for hypothyroidism would include mini meals spread out through the day rather than three larger meals. If you eat five or six small meals it will help balance the slow metabolism.
- The **best diet** for hypothyroidism includes: brown rice, whole grains, bran, oatmeal, carrots, onion, spinach, asparagus, avocado, olive oil, apricots, bananas and sunflower seeds. Plant protein is OK.
- More than anything else, the best diet for hypothyroidism includes the regular use of **cocconut oil**, as it supports your thyroid function increasing your metabolism with up to 25 %.

Specific Nutrition recommendations for Hyperthyroidism:

- **Eat plenty of the following foods:** broccoli, cabbage, cauliflower, kale, mustard greens, peaches, pears, rutabagas, spinach, and turnips. These help to suppress thyroid hormone production. For best effect, eat them raw.
- Increase foods high in **copper**, which help the body tolerate iodine without increasing its hormonal production. Sesame seeds and tahini, sunflower seeds, pumpkin seeds, sun-dried tomatoes and dried basil all contain good amounts of copper.
- **Berries.** Having hyperthyroidism significantly weakens the immune system. Foods rich in antioxidants help boost the immune system and repair injured cells. Berries like strawberries, blueberries, goji berries and raspberries are rich in antioxidants like vitamin C and phyto-

chemicals that helps the body become more resistant to sickness and infections.

- **Protein-rich foods.** One of the most serious symptoms of hyperthyroidism is weight loss. Weight loss in hyperthyroidism is not just fat loss; it's also muscle loss. You should eat proteins in adequate quantity to help fight muscle loss. Vegans can get their extra protein boost from beans and nuts.
- Foods rich in **Omega-3 fatty acids and Vitamin D.** Heart problems are also serious complications of untreated hyperthyroidism. In addition to increasing calcium intake, osteoporosis can be prevented by eating foods rich in vitamin D. Vitamin D helps in the absorption of calcium in the bones. The body doesn't produce vitamin D so you have to get it from sunlight and sprouts. Omega-3 fatty acids, found in walnuts, olive oil and flaxseed oil, have been proven to help prevent heart disease.

There is a lot of conflicting information on the Internet regarding the application of iodine to treat **Hashimoto's thyroiditis**. Please **NOTE:** Dosage is especially important in these cases, as an overdose of iodine can cause the thyroid to shut down completely. However, a small amount of iodine does help this condition. Problems usually occur for those who take potassium iodide supplements, and those who take internal iodine drops. However, there is no evidence of adverse effects for those who **moderately** apply iodine trans-dermally. Applying iodine to the skin allows the body to regulate the iodine's absorption rate.

The other conflicting information, running rapid on the Internet, is about **Cruciferous vegetables**. According to, Dana James,

MS, CNS, CDN and a nutritional therapist, they have gotten a bad rap based on original animal studies done in the 1950s when scientists questioned if certain foods had goitrogenic properties, which is the ability to produce a goiter because they suppressed thyroid function. Cruciferous vegetables were **implicated** because their raw glucosinolates (the precise phytonutrients that are cancer protective) *might* inhibit the intake of iodine. Goitrogens include broccoli, Brussels sprouts, cabbage, cauliflower, kale, kohlrabi, rutabaga, turnips, spinach, strawberries, peaches, watercress and radishes.

Raw cruciferous vegetables **have not been investigated**, however the only one case report relating cruciferous vegetables to thyroid harm suggests that it would be **almost impossible** to consume enough cruciferous to harm the thyroid. Eating cruciferous vegetables is not optional; they have numerous **anti-cancer benefits**, a high **micronutrient to calorie ratio** and an association with reduced risk of premature death.

In terms of human research, a vast majority of the research **supports** the consumption of cruciferous vegetables as “chemopreventative foods” that help to prevent thyroid cancer. Given that, a far more **sensible** approach is to ensure sufficient iodine levels. New York City-based integrative nutritionist Laurie Borenstein says, “I have found that thyroid (Cont. on next page)

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patients vary in how they tolerate goitrogenic foods. Once again, the approach of bio-individuality comes into play. I take a cautious approach with goitrogens, but I feel it is important to evaluate the situation with each client and manage their consumption accordingly.”

These are things that it is recommended that you eliminate for your Thyroid health:

- **Gluten and food sensitivities** are among the most common causes of thyroid dysfunction because they cause inflammation. Gluten causes autoimmune responses in many people and can be responsible for Hashimoto's thyroiditis, a common autoimmune thyroid condition. Approximately **30 percent** of the people with Hashimoto's thyroiditis have an autoimmune reaction to gluten, and it usually goes unrecognized.
- Another food that is *bad for your thyroid* is soy. **Soy is NOT** the health food the agricultural and food companies would have you believe. “In fact, it's bad for your body, your thyroid, and your child's development”, says Kaayla T. Daniel, PHD, CCN and author of The Whole Soy Story: The Dark Side of America's Favorite Health Food. Soy is high in isoflavones (or goitrogens), which are **damaging** to your thyroid gland. Properly fermented organic soy products such as natto, miso, and tempeh are fine - it's the unfermented soy products that you should stay away from.
- All **processed and junk food**.
- All **inflammatory foods**, including nightshades (tomatoes, peppers, eggplants, etc), meat, dairy, eggs, processed grains and soy.
- **Caffeine, alcohol and sugar**, including refined carbohydrates like flour, which the body treats

like sugar.

- **Refined grains** (replace with whole grains such as quinoa, sprouted brown rice and barley)
- **Trans fats** found in abundance in meats and dairy products
- Anything with **toxic chemical** ingredients including artificial sweeteners, meats, dairy products, cosmetics, cleaning products – read your labels, please.
- **Fluoride** – Found in toothpastes, urban drinking water.
- **Bromine** – Found in processed baked goods, some hard plastics and citrus flavored sodas etc.
- **Triclosan** – Found in antibacterial hand wash and soaps.
- **Chlorides** - Organochlorides are one example of the toxic compounds that chlorides can make. They come from the manufacture of PVC products and so are widespread in the environment.
- **Mercury** - The debate about amalgam fillings used in dentistry continues as hotly as the fluoride debate. Large doses of mercury can induce hyperthyroidism. Smaller amounts can induce hypothyroidism by interfering with both the production of T4 and the conversion process. Mercury **interferes** with selenium and zinc metabolism both of which play a part in the manufacture and use of thyroid hormone.
- **PCBs** (Polychlorinated Biphenyls) - PCB contamination, generated by industrial plants, is widespread. There are at least three ways in which PCBs interfere with thyroid hormone. 1) They alter the **structure** of the thyroid gland, so altering its ability to respond to the hormone signals i.e. thyroid stimulating hormone (TSH) from the pituitary gland. 2) They **increase excretion** of T4, so reducing its serum half-life. 3) They can bind

to the thyroid carrier proteins in the blood possibly displacing T4, so reducing the ability of the blood to carry thyroid hormone to the cells. It is also possible that PCBs bind to thyroid hormone receptors and prevent the entry of the hormone into the cell.

- **Avoid Canola Oil**. Canola oil interferes with the production of thyroid hormones, amongst its many other dangers. Treat canola oil like a poison.
- **Eliminate A1 Casein**. Found in dairy products, some of the most common allergies and food intolerances today are from dairy products because of the hybridized proteins. These proteins can cause “Leaky Gut” which in turn will cause inflammation of the thyroid and effect it's function.
- **NO BPA** – Bisphenol A (BPA) is found in plastic bottles and can disrupt your endocrine system and affects your thyroid. Drink out of glass, stainless steel, or BPA free plastic bottles.

Most people with thyroid disease will benefit from a **heavy metal and liver detox** or cleanse, because thyroid impairment is generally the result of toxicity. Laura Power, MS, PhD, LDN, offers these **suggestions** for increasing secretion of fluoride and bromine from your system: high-dose iodine, high-dose vitamin C, unrefined sea salt, epsom salts baths and sweating in a far infrared sauna. (Cont. on next page)

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LIFESTYLE CHANGES to help with Thyroid health:

- **Filter your air**, since it is one of the ways you take in environmental pollutants.
- Use an **infrared sauna** to help your body combat infections and detoxify from petrochemicals, metals, PCBs, pesticides, and mercury.
- Filter your **bathing water**.
- Look at your **stressors** and **practice relaxation** to reduce your stress. The thyroid is a very sensitive gland and is exceptionally reactive to the stress response.
- Ask for a **thyroid collar**. The thyroid is sensitive to radiation, so next time you're getting an x-ray at the dentist, ask for the thyroid collar to avoid concentrated radiation to that area.

One of the best de-stressors is **exercise**, which is why it is so beneficial for your thyroid. According to Lisa Lilienfield, MD, a thyroid disease specialist at the Kaplan Center for Integrative Medicine in McLean, Virginia, “With hypothyroid patients, certainly exercise can help with weight gain, fatigue, and depression. With hyperthyroidism, anxiety and sleep disturbances are so common, and exercise can help **regulate** both.”

Exercise directly **stimulates** your thyroid gland to secrete more thyroid hormone. Exercise also increases the sensitivity of all your tissues to thyroid hormone. It is even thought that many of the **health benefits** of exercise *stem directly from improved thyroid function*. Even something as simple as a 30-minute walk is a great form of exercise, and all you need is a good pair of walking shoes. Don't forget to add

strength training to your exercise routine, because increasing your muscle mass helps raise your metabolic rate.

Also make sure you are getting enough **sleep**. Inadequate sleep contributes to stress and prevents your body from regenerating fully. Poor sleep is a typical symptom for people with thyroid disorders and often it is just accepted as something you have to live with as part of having the disease. The problem is that **insomnia** or restless sleep must be addressed so that your endocrine system can be supported in order to heal.

Dry brushing is a great way to stimulate your lymphatic system. Your lymphatic system is an extensive network that exists virtually everywhere in the body. It serves as the body's primary system of immunity as it functions to create immune cells. Like a cleaning crew, this system also **flushes toxins** out of the body and moves fat to the circulatory system. Toxins in our body can create **inflammation** everywhere in the body, including the thyroid, the gut and the brain.

Yoga is amazing for Thyroid health – Yoga, which brings balance in the body mind axis and also controls the metabolism rate of the body, proves to be a strong part of the treatment of the **glands and hormones** including the Thyroids. According to Mary Solomon, “Yoga is an excellent alternative form of healing that is very suited to the needs of thyroid patients and can also be of tremendous help as a healing therapy for people with thyroid cancer. Yoga is much more than exercise -- it is bringing of mind and body and spirit into **balance!**”

Here are some recommendations for various yoga poses and Pranayamas specifically for hyperthyroidism and hyperthyroidism:

Yoga Recommendation for Hyperthyroidism:

- [Sarvangasana](#)
- [Ustrasana](#)
- [Surya Namaskar](#)
- [Matsyasana](#)
- [ArdhaHalasana](#)
- [Bhujangasana](#)
- [Dhanurasana](#)
- [Anuloma Pranayama](#)
- [Viloma Pranayama](#)
- [Bhramari Pranayama](#)
- [NadiShodhana Pranayama](#)

Yoga Recommendation for Hyperthyroidism:

- [Surya Namaskar](#)
- [Sarvangasana](#)
- [ArdhaHalasana](#)
- [Setubandhasana](#)
- [Dhanurasana](#)
- [Paschimottasana](#)
- [Naukasana](#)
- [Pavamuktasana](#)
- [Ustrasana](#)
- [Sinhasana](#)
- [Savasana](#)
- [Ujjayi Pranayama](#)
- [KapalBhati](#)
- [Anuloma- Pranayama](#)
- [Viloma Pranayama](#)

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THYROID DISEASE impacts us PHYSICALLY, Mentally, EMOTIONALLY and Spiritually in more ways that YOU are ALLOWED to KNOW!!!

Thyroid diseases can have an enormous emotional, mental and spiritual impact on us. Since many people are unaware of the severe consequences that they can have, they may consider having a thyroid disorder as something unserious. Studies have shown that thyroid disorders can bring about stress, depression, agitation, irritability, mood swings, anxiousness, sadness, and uncontrollable rage and fury.

Thyroid imbalance can create a complex series of mental and emotional imbalances. Physicians may be quick to prescribe antidepressant or bipolar medication for conditions that are Thyroid based. If you experience depression, anxiety, mood swings, fear, irritability, rage or a large amount of confusion and unclear thinking your Thyroids may be involved. Some other symptoms of Thyroid conditions are:

- Estranged thoughts
- Difficulty concentrating
- Nightmares or strange dreams
- Becoming overwhelmed with simple things
- Feeling like you are going crazy

If you or someone you love is experiencing any emotional or mental imbalance it may be that you or their depression, anxiety or other mental health problem is not a unique and unrelated illness. Some of these problems could be due to having a low free T3, the active thyroid hormone, and/or adrenal insufficiency. Dr. Barry Durant-Peatfield, in his book *Your Thyroid and How to Keep It Healthy*, states, "Brain cells have more T3 receptors than any other tissues, which means that a proper uptake of thyroid hormone is essential for the brain cells to work properly."

Having this problem may not only cause depression or anxiety but much more complicated disorders including brain damage. Other symptoms or disorders can include: paranoid schizophrenia, confusion, dementia, obsessive-compulsive disorders, mental aberrations, memory loss, and clinical depression.

Not only does Thyroid cause stress but also, stress is one of the worst thyroid offenders. Your thyroid function is intimately tied to your adrenal function, which is intimately affected by how you handle stress. Many of us are under chronic stress, which results in increased adrenalin and cortisol levels, and elevated cortisol has a negative impact on thyroid function. Thyroid hormone levels drop during stress, while you actually need more thyroid hormones during stressful times.

When stress becomes chronic, the flood of stress chemicals (adrenalin and cortisol) produced by your adrenal glands interferes with thyroid hormones and can contribute to obesity, high blood pressure, high cholesterol, unstable blood sugar, and more. A prolonged stress response can lead to adrenal exhaustion (also known as adrenal fatigue), which is often found alongside thyroid disease.

Address your stress. Seek out practices such as Yoga, QiGong and meditation to minimize your stress and allow you to connect easier with your higher SELF.

Many schools of thought have noted the positive effect of deep meditative breathing on the thyroid. It serves two purposes: 1) It will help you de-stress and 2) The breath passing over the thy-

roid gland (which remember, is right by your windpipe) helps to massage the gland gently and naturally. For an underactive thyroid, this action is stimulating, and for an overactive thyroid it is relaxing and calming.

While Western doctors seek a cause of autoimmune-induced thyroid disease in a combination of genetic determinants and viral initiators, Chinese doctors have attributed the cause of the disorder primarily to emotional disturbance. In the case of hyperthyroidism, the following have been mentioned in the Chinese literature:

- Disturbance of qi by sorrow and anger. Liver and spleen qi become disharmonious, and, as a result, moist sputum coagulates to form a goiter. The swelling in the neck should be one of the first noted symptoms when this is the primary cause.
- Heart fire. The disorder is often marked by highly agitated emotional condition. Fright, dreaminess, mania, panic, and other distress that may cause insomnia, excessive talking, or heart palpitations belong to this category. Heart fire is often associated with heart yin deficiency. The skin in the area of the thyroid may become discolored (purple).

Extreme anger may produce liver fire, which dries yin and blood. (Cont. on next page)

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The vessels surrounding the thyroid may bulge.

In Ancient Chinese medicine thyroid conditions can be seen as an imbalance of your **chakras or energy meridians**. The 5th chakra physically represents the throat, neck and thyroid and emotionally represents speaking your truth. Speaking your mind, being 'heard', learning to take responsibility for your own needs, personal creativity, expression, balanced decision-making and self-knowledge, expressing our values, feelings and beliefs – all fall under the 5th chakra. There have been many cases of treating thyroid conditions not only with nutrition and exercise but also with **evaluating** the areas of your life that fall under this Chakra.

Louise Hay offers the following **metaphysical** root of thyroid

problems as: "Humiliation. I never get to do what I want to do. When is it going to be my turn?" Since the throat is also our **instrument of truth**, when we hold back or repress ourselves from verbalizing something important to us for fear of repercussions or how others may react, we compromise the flow of energy through our throat chakra. This can lead to a thyroid problem. Andrea Beaman (HHC, AADP, CHEF) has found, in her practice, that people with hypothyroid tend to "swallow down" what they really want to say. It's been **very healing** for them to learn to speak their truth. On the flip side, she has found that people with hyperthyroid are talking too much, and can benefit by slowing down and listening more.

Bringing ourselves to a place of

silence or **peacefulness** through spiritual practices will contribute to our overall health, lower stress and allow for preventing and healing from thyroid disorders. As always, when we have become physically, mentally and emotionally imbalanced, such as we can become from thyroid conditions, then it is much more **challenging** to listen to the quiet voice of our soul, but far worth the effort.

Every single choice we make in our lives has consequences on an **energetic level** - it's all connected. In order to have a healthy Thyroid or to heal a Thyroid disorder, please allow yourself to consider **GIFTING** your self a LIFE PLAN that fosters a Thriving Holistic WELLNESS that **includes and starts** with a HEALTHY THYROID!!

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower

our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

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