



Balancing Nutrition

Tu cuerpo en Equilibrio

The Thyroid gland:

The thyroid gland is one of the smallest endocrine glands in the body with a weight of approx. 20 grams. Its shape is like the shape of a butterfly. It releases 3 types of hormones: T3, T4, and calcitonin.

The main things that the thyroid gland regulates and is responsible for the intensity of their activity are:

Metabolism, weight, energy, sexual desire, body temperature, digestion, cognition.

Causes of thyroid disorders.

- Nutritional deficiencies- zinc, selenium, iodine, iron, B12, vitamin D, omega3
- Toxins such as: fluoride, chlorine, bromine, heavy metals, chemical poisons.
- Other diseases- inflammation, stress, diabetes, hormonal problems.
- Liver dysfunction
- Radiation
- Brain injury
- Other autoimmune disease
- Genetics
- Gastrointestinal pathogens
- Food sensitivities
- Medications
- Leaky gut
- Chronic infections

Overactive thyroid gland:

The gland is in a state of hyperactivity when we are deficient in iodine, when we take in too much or when our adrenals are weak.

If left untreated - the glands will decrease their function and reach a place of deficiency: hypoactive gland.

Rehabilitation plan for the glands:

Try to avoid:

- * Allergenic foods - cereals, peanuts, few legumes, dairy products (butter is allowed)
- * Heavy metals
- * Intensive use of medications.
- * Exposure to dangerous toxins or poisonings.
- * Birth control pills, hormonal devices, fertility therapy, synthetic hormonal therapy at time of menopause
- * Cosmetics with preservatives.
- * Tap water or of poor quality
- * Radiation treatments and tests.
- * Hair dyes
- * Caffeine
- * Alcohol
- * Sweeteners (other than Stevia and Monk fruit)
- * Processed foods

Implement a lifestyle change:

- * Adaptive nutrition- nutritionally dense and nutritious foods.
- * Stress reduction
- * Physical activity
- * Joy- doing things that make you happy
- * Spending time in nature
- * Physical activity
- * Quality and satisfying sleep