

Checklist for Hypothyroid clients

- Thyroid problems include hypothyroidism - low levels of thyroid hormone; hyperthyroidism - high levels of thyroid hormone; and thyroiditis - inflammation of the thyroid gland.
- Eating a healthy diet that ensures adequate intake of essential vitamins and minerals while avoiding foods that adversely affect the thyroid, it helps to support healthy thyroid function.
- Get the thyroid levels checked once in every 2-3 months and adjust the dosage accordingly by consulting with an endocrinologist. For optimum thyroid function, one must be on correct dosage and it depends on the type of thyroid medication.
- If you have any of these symptoms like fatigue, weight gain, constipation, dry skin, brittle hair and nails, heavy/irregular periods, puffy face, feet and hands, you need to check with your thyroid levels and should consult an endocrinologist.
- Your diet should include foods rich in Zinc, Iron, Copper and Selenium. Selenium helps to produce and regulate T3 hormones.
- Selenium rich foods are sunflower seeds, sesame seeds, onions, fish, eggs, mushrooms, brown rice and other whole grains.
- Include good fats in the form of flaxseeds, walnuts which consists of omega-3 fatty acids.
- Chamomile tea is a herbal tea which has medicinal effects and is helpful in the treatment of stress, anxiety, constipation and hypothyroidism. Drink herbal tea in between meals to improve the production of hormones.
- Cruciferous vegetables like cabbage, cauliflower, broccoli, radish, millets, peanuts, sweet potato contain goitrogens, substances that interfere with thyroid function. Eat them in moderation in cooked form as cooking will lower the effect of goitrogens in these foods.
- Vitamin D has to be taken from the fifth day of your detox diet as vitamin D plays an important role in thyroid function and weight loss. 90 percent of the population are found to be deficient hence, its mandatory to take the supplement. You can also get the vitamin D lab test done if you wish to.
- About 150 mcg of Iodine/day is required for proper thyroid function as it is a component of thyroid hormone. Use Iodized salt such as Tata salt plus which is fortified with Iodine & Iron. Sources of iodine includes sea food, eggs, cheese and other dairy products, green leafy vegetables, apple, dates and iodized salt.
- As these foods have important health benefits so, if you have uncontrolled or fluctuating thyroid hormone levels and also iodine deficiency, then you should restrict on them.
- Soy products should be restricted.
- Herbal supplements like Guggulu and Trikattu will boost the metabolism and improve thyroid function. Take 1 tab of Guggulu with warm water after your meals from the second month of your programme. Trikattu can be included after consulting with your ayurvedic doctor.
- Weight gain in hypothyroid clients is not always related to fat accumulation, but also it is due to excess accumulation of salt & water. So, reduce the intake of salt in the diet.
- Maintain the TSH Levels of 2-3 micro IU/ml for better weight loss.

- Workout regularly like doing cardiovascular, strengthening and flexibility exercises along with simple exercises for thyroid that will help in weight loss and better thyroid function. You can check the link on youtube for more information <https://www.youtube.com/watch?v=ll73q1SDkmY>

- Avoid taking stress, try some stress management techniques by making simple lifestyle changes and you can also try a mind-body therapy, such as yoga or meditation. This technique helps to slow down the breathing, and also helps you to get a good sleep.

- It is important to start and continue with the thyroid medication Thyronorm or Eltroxin as suggested by the physician, and have it on empty stomach and maintain a gap of minimum 30 minutes before you have the first meal.

- Take tests to check for mineral deficiencies like Serum Ferritin and Vitamin-B12. Other tests that are required are - the complete Thyroid profile and Lipid profile.
Discuss in detail with your dietician regarding your past medical history and set your expectations right from the beginning.