Neosporin is the go-to for scrapes, cuts, and so much more. It's the trusted ointment found in any well-equipped first-aid kits, and it's recommended by its manufacturer Johnson & Johnson as the "#1 Dr. Recommended Brand." Neosporin has its uses but for someone with a healthy immune system it's really not required to dab it on every scrape. If you have a weakened immune system then it's of course better to take any step possible to keep yourself from getting sick.

The Dangers of Neosporin

Neosporin and other antibacterial ointments may be one of the factors behind the spread of an especially lethal strain of MRSA (methicillin-resistant Staphylococcus aureus).
Staphylococcus aureus), called USA300, according to a study published in *Emerging Infectious Diseases*. MRSA bacteria spread through skin-to-skin contact and often strike people who are prone to cuts and scrapes, like children and athletes. (Though its name indicates its resistance to methicillin, MRSA is also resistant to common antibiotics like penicillin and amoxicillin.)

Researchers found that nearly half of the USA300 samples they studied grew unhampered by two of the antibiotics found in both Polysporin and Neosporin (bacitracin and neomycin), indicating that they were resistant to both drugs. Another USA300 sample was resistant to bacitracin, but susceptible to neomycin.

Triple antibiotic ointment is rarely used outside America, and resistance to bacitracin and neomycin was only found in USA300, a type of MRSA found in the United States. Johnson & Johnson, which garnered $28.1 billion in worldwide sales in 2013, claims that the study doesn’t prove a link between the ointments and MRSA resistance to antibiotics.

When you apply Neosporin on a cut, you might be doing more than just speeding up the healing process—you could be exposing yourself to harmful chemicals. [Continue reading...](#)

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**Best Essential Oils for Hypothyroidism**

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Essential oils are more than a plant based therapy. They represent a way of life that empowers people to regain control of their health. The internet is filled with stories of how peoples lives hav...

Source: [Best Essential Oils for Hypothyroidism](#)

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**Your Ultimate Guide to Fermented Foods for Hypothyroidism**

[Leave a reply](#)

There are incredible health benefits when you start incorporating fermented foods to your diet. Did you know that your gut is the largest component of your immune system? It introduce...

Source: [Your Ultimate Guide to Fermented Foods for Hypothyroidism](#)
Your Ultimate Guide to Fermented Foods for Hypothyroidism

There are incredible health benefits when you start incorporating fermented foods to your diet. Did you know that your gut is the largest component of your immune system? It introduces friendly bacteria into your digestive system that helps to keep illness’s at bay and they are rich in live bacteria that help us absorb nutrients along with maintain proper microbiome gut balance. Research has proven that gut health could affect inflammation, allergies and autoimmune disorders in the body as a whole. Around 1,000 different species of bugs live in your gut. We acquire them at birth (initially in the birth canal) and during the early years of childhood.

Your gut has been linked to contributing to weight loss and for overall improvement of numerous symptoms, including depression, anxiety, brain fog, skin problems, hormonal issues, immune weaknesses, digestive problems, and fatigue.

A healthy microbiome can transform our endocrine, immune, digestive, and nervous systems. So why not start eating fermented foods and give that microbiome some support? Maybe I am jumping the gun but I’d like to call fermented foods part of the new generation of Super foods.

How is fermented foods are good for hypothyroidism patients?

More often than none hypothyroidism patients suffer from an imbalance in the gut flora. There are more pathogenic bacteria in the gut then there are beneficial bacteria. An imbalance in the gut flora can contribute to leaky gut (intestinal permeability) which is one of the requirements for developing an autoimmune disease (such as Hashimoto’s) as per Dr. Alessio Fassano who is one of the lead researchers on leaky gut disorders.
Dr. Alessio Fassano goes on to say, “Rebalancing the gut bacteria will lead to normalization of leaky gut and therefore help to manage autoimmune conditions. Rebalancing can be done through diet (fermented foods), probiotics, digestive enzymes and/or medications.”

Our beneficial bacteria are affected by processed foods, sugar intake, antibiotics, acid-reducing medications, toxins, and chronic stress.

Not all fermented foods are Created Equal

Having hypothyroidism limits you to certain foods. Consuming raw cruciferous vegetables such as cabbage, kale, Brussels sprouts, broccoli and cauliflower contain natural chemicals called goitrogens (goiter producers) that can interfere with thyroid hormone synthesis. This can suppress your thyroid and also cause your energy to go in a downward spiral.

Don’t worry you can eat fermented Cabbage, kale, or collards, (as included in “cultured veggies”) will NOT suppress your thyroid. In fact, they will nourish your thyroid. They are rich in the vitamins and minerals that your thyroid requires.

You should avoid all types of unfermented soy products. All soy foods are high in copper. Copper also suppresses the thyroid and usually when someone is suffering from a fungal infection, they will also be suffering from a low thyroid condition called hypothyroidism.

Proper fermentation must be done with salt, NOT vinegar. Salt is antimicrobial in nature, and will inhibit the growth of putrefying bacteria while the lactic acid preserves the vegetables. Also, salt aids in the proper activation of enzymes. The salt should preferably be non-iodized and unprocessed as this contains minerals that help the lactobacilli grow.

Most fermented foods you can buy in supermarket jars or cans have been pasteurized and cooked at high heat, killing any friendly bacteria. High levels of sodium are the downside to savory fermented foods such as pickles, sauerkraut, kimchi, miso and soy sauce. Opt for low-sodium products when possible, or make your own to control added salt; in any case, use in moderation. We need to get those friendly bacteria – and not too much unfriendly sugars and sodium.

Here is a brief history of fermentation from the Weston Price Foundation website:

*It may seem strange to us that, in earlier times, people knew how to preserve vegetables for long periods without the use of freezers or canning machines through the process of lacto-fermentation. Lactic acid is a natural preservative that inhibits putrefying bacteria. Starches and sugars in vegetables and fruits are converted into lactic acid by the many species of lactic-acid-producing bacteria…The ancient Greeks understood that important chemical changes took place during this type of fermentation. Their name for this change was “alchemy.” Like the fermentation of dairy products, preservation of vegetables and fruits by the process of lacto-fermentation has numerous advantages beyond those of simple preservation. The proliferation of lactobacilli in fermented vegetables enhances their digestibility and increases vitamin levels. These beneficial organisms produce numerous helpful enzymes as well as antibiotic and anticarcinogenic substances. Their main by-product, lactic acid, not only keeps vegetables and fruits in a state of perfect preservation but also promotes the growth of healthy flora throughout the intestine.*

Health Benefits of Probiotics:

- Relief of stress and anxiety
- Reduces digestive discomfort
- Improves mood-gut-brain signaling
- Protects against free radicals
- Anti-inflammatory properties
- Improves digestive health
- Allergy prevention
- Cholesterol reduction
Fermented Salsa

Posted on July 14, 2015 by The Zero-Waste Chef

Ingredients

- 3 lbs tomatoes, cored and chopped into bite-size pieces
- 1 or 2 bell peppers, minced
- 1 white onion, minced
- 6 garlic cloves, minced
- 2 jalapeños, minced
- 1/4 cup cilantro, minced
- 2 to 3 tbsp fresh whey
- 1 tbsp salt, plus more to taste
- 3 to 4 tbsp fresh squeezed lime or lemon juice, or to taste

Directions

1. If using whey, before you begin chopping and mincing, strain some yogurt until you have collected a few tablespoons.

2. Place the bite-size tomato pieces in a bowl. Use your hands to crush them into a soupy consistency. This will take only a few minutes.

3. Stir in the remaining ingredients, including the whey, if using.

4. Pack the salsa into clean jars and replace the lids and set aside at room temperature.

5. Burp your jars daily to release built-up carbon dioxide.

6. If you added whey, taste your salsa after it has fermented for two days. It may take a couple of days longer to ferment without whey. If you like the flavor, place your jars in the refrigerator to slow down the fermentation. If you prefer your salsa more tangy (or if it’s not ready yet), let it ferment a little longer (12 to 24 hours).
More recipes for fermented foods can be found @ 7 recipes for fermented foods.

Natural Probiotics

There are different types of probiotics. Some are pills, powders, or capsules that contain billions of live bacteria and will help to replenish your microbiome. Fermented foods are more of a nature type of probiotic. They carry live bacteria plus many other crucial nutrients. Many cultures all around the world has its own recipes for fermented foods.

Garden Of Life Dr. Formulated Probiotics Once Daily Women's, 30 Count

BLUE ICE Fermented Cod Liver Oil -Non-Gelatin Capsules
Remember Foods to Promote Thyroid Health

1. Sea Weed

Naturally rich in iodine as well as trace minerals, sea weed has long been considered a food that supports thyroid function. Iodine is critical to thyroid health and function. Without adequate dietary iodine, your body is unable to manufacture the thyroid hormones. Of course, excess intake of iodine-rich foods is also implicated in thyroid disease. Remember: moderation is the key, not excess.

2. Coconut Oil

Coconut oil also supports proper thyroid function as it slightly stimulates thyroid hormone production and the metabolism. Coconut oil may also help to reduce cholesterol in hypothyroid patients as thyroid suppression in and of itself raises blood cholesterol levels.

3. Shellfish

Shellfish, like sea vegetables, are naturally rich in iodine – the nutrient that is critically important to thyroid function as iodine molecules are used in the production of thyroid hormones.

Try avoid Gluten-containing Grains, Unfermented Soy, Coffee, Raw Cruciferous Vegetables, millet, Soy and fermented soy products.

Please check out my other books online @ Amazon

Food is thy medicine, right? Actually it can work one of two ways. Food can be thy medicine or food can be thy death. This book is a guide that will
inform you from the perspective of a women. You will also be able to determine what areas in your life that may need a little bit of work and the skills needed to improve those issues along with some fabulous recipes to help get you started on how to eat KETO AIP. I will also help you understand how to fix your gut, strengthen your immunity and fight inflammation with an autoimmune approach. The Keto AIP removes all the common inflammatory food triggers that stimulate a possible autoimmune reaction in the body. We’re going to start resetting those adrenals, boosting that energy and doing a little booty kicking to those hormones that have decided to act like a wild college student and pull an all-nighter the day before final exams.

**Beyond the Bite: The Keto Autoimmune Protocol Healing Book for Women: 75+ Simply Easy Recipes to Help You Feel Amazing**

$20.00

Throughout my latest book, you will find useful, informative and easy to understand recipes for your mind, body and spirit. When I started writing this book, I wanted to introduce you to the idea of a cleaner less toxic world and for you to learn just how simply easy it is for you to start creating your own cleaning recipes throughout your home but this book has transformed into so much more than just a book full of all natural DIY recipes.

This book will enlighten you and help you have a deeper understanding of not only why you should be more aware but how to be more aware. **AWARENESS HAS MAGIC.**

[Click on this link to order yours today!](#)
Finally a Holiday cookbook that will have you sincerely appreciating all the hard work that I put into creating it. This cookbook not only has recipes that cater to your hypothyroidism but the recipes are extremely easy to prepare while still being delicious as they promote your health, help you begin to heal, and you’re eating cleaner on top of it all. These recipes can be used year-round not only around the holidays and will be a great addition to your library. I hope you find this Holiday book a godsend to the particularly crazy holiday season. This book includes a good variety of recipes that I know you will find to be delicious, full of flavor, healthy and just perfect for your Thanksgiving and Christmas dinner table. From appetizers to main meals, side dishes and desserts these recipes are just wonderfully delicious. I am not kidding when I tell you that the recipe options in this book are endless and you won’t be disappointed! You will be able to find that perfect recipe in this book that makes your taste buds soar, fits your dietary needs and has your family bragging on your cooking skills. They may even think you secretly took lessons from Gordon Ramsay or Julia Childs.
There’s nothing like the aroma of a home-cooked dinner welcoming you at the door. No time to be in the kitchen? The wonderful thing about a crock pot is you have little prep time. You won’t have to stand over a hot stove cooking your food and it’s perfect for those hectic days. We all want that convenience! Do you need foods that promote thyroid health? You can start today healing your body from the inside out. Over 101 wholesome and nourishing Hashimoto’s fighting recipes that will cater to your mind, body and soul. This helpful book will start to guide you in the right direction along with a step by step plan that is clear and doable.

It’s not about being skinny, it’s about energy, vitality & feeling good when you look in the mirror.

Kicking Hypothyroidism’s booty, The Slow Cooker way: 101 Slow Cooker recipes!

I wanted to create a user-friendly handbook to help anyone affected by this disorder. I’ve seen many doctors over the years and none offered me ideas on diet change. I’ve included recipes, ideas on solutions for a healthier home, what you should be eating and shouldn’t, how to shed those extra pounds, regain your self-confidence and vitality back into your life. I want you to feel strong, sexy, and beautiful. This is my heartfelt guide to you. Together, once again, you can start to gain that wonderful life that you deserve. I am a student in this thing called life. I want to be remembered as a pioneer who thought, imagined, and inspired. What we feel at times is the impossible or unthinkable. Life is a wonderful journey.
A Survivors Cookbook Guide to Kicking Hypothyroidism’s booty.

Do you need foods that promote your thyroid health? Let’s heal your body from the inside out. We’ve all heard that our gut is called the “second-brain”. Given how closely the two interact with each other one thing you may not realize is your emotions and weight gain can start in the gut. Your gut and digestion can also cause you to hold onto that excess weight and just feel lousy. I’ve included 101 hypothyroidism fighting recipes that cook themselves. Our main concern is kicking hypothyroidism’s booty. I hope this book inspires you to use your slow cooker more often and create your own new recipes. Let’s together shed those extra pounds, regain your self-confidence and vitality back into your life.

Reset Your Thyroid, 21 day Meal plan Thyroid reboot

This is a 21-day Meal plan to reset your thyroid and jump start your weight loss journey. It is filled with 21 breakfast recipes, 21 lunch recipes and 21 dinner recipes. They are packed full of nutrients, healthy fats and proteins. All are easy to make and I’ve done all the thinking for you! All you have to do is prepare the foods and eat. It takes 21 days to form a new habit, it will most likely take that long for your mind and body to stop opposing your new lifestyle change. Three weeks really isn’t a very long time. If you find yourself in a rut and coming up with excuses. You can regain control by reminding yourself that you only have to do it for 21 days. Motivate yourself to exercise. Choose something you honestly like to do and won't loathe at least 3 times a week. Create an exercise plan that seems easy to accomplish. (And, stick to it!) Give yourself a chance and commit to yourself to stay with the program for 21 days.
Hypothyroidism Clarity

Hypothyroidism clarity is designed to help give you FREEDOM and EMPOWERMENT. I’m sharing the EXACT STEPS I’ve used to overcome my eating issues WITHOUT dieting. All the recipes are specially crafted to be easy, super delicious and they have been kid tested-mother approved. A family-friendly way to eat that your entire family will enjoy. This book contains wonderfully crafted hypothyroidism recipes for your home and body that will help transform you and your family’s life.

Hypothyroidism: The beginners Guide

This book thanks everyone suffering from hypothyroidism and looking for answers. Hypothyroidism is the kind of disease that carries a bit of mystery
This book is not for readers looking for quick answers. There is not one size fits all. You have to be in charge of your health. I didn’t write this book to sell you any “snake oil” in a bottle. I’ve written this book to be an eye opener for you and to share with you what I have learned on my journey. The solutions in this book has helped so many people. There are many incredible holistic practitioners, authors and researchers with experience and expertise in this area. I’ve done my best to pull from all their expertise, as well as my own knowledge and clinical experience. I want to make it easy for you to find the answers quickly, all in one place, because I’m all too familiar with that awful side effects of hypothyroidism. I certainly don’t want you to have to spend years finding solutions, like I did. I also want you to understand that there isn’t an easy “one pill” solution, but the “one pill” approach that our current medical system is using is NOT WORKING because the underlying cause for hypothyroidism is not being addressed. Get ready to go on a journey of discovery where you are going to learn how everything ties into one. A lack of knowledge is a lack of power.

Secrets to my Hypothyroidism Success: A personal guide to Hypothyroidism freedom

I wish somebody had given me a step-by-step road-map back when I was first diagnosed with hypothyroidism. The solutions in this book has helped so many people. I’ve done my best to pull from all their expertise, as well as my own knowledge and clinical experience. I want to make it easy for you to find the answers quickly, all in one place, because I’m all too familiar with that awful side effects of hypothyroidism. I certainly don’t want you to have to spend years finding solutions, like I did. I also want you to understand that there isn’t an easy “one pill” solution, but the “one pill” approach that our current medical system is using is NOT WORKING because the underlying cause for hypothyroidism is not being addressed. Knowledge is power, educate yourself and find the answer to your health care needs. Wisdom is a wonderful thing to seek. I hope this book will teach and encourage you to take leaps in your life to educate yourself for a happier & healthier life. You have to take ownership of your health.
The Best Little Hypothyroidism Autumn Cookbook

I wanted to create a fall cookbook for those of us suffering from hypothyroidism that makes you feel as if you’re inviting an old friend in for coffee. If you’ve been considering switching to a hypothyroidism diet, you may be wondering if you have to give up your favorite foods along with flavor. This is far from the truth. Switching to a hypothyroidism diet means that you are catering to heal your thyroid. You can still enjoy your favorite fall recipes following a hypothyroidism diet- you’ll just need to learn what substitutions you will need to make to create wonderful fall hypothyroidism recipes. This is where this book that I’ve written for you comes into play. In this book, you will find a collection of many fall favorite recipes that you and your family are sure to love. If you’ve ever considered a hypothyroidism diet, this recipe book is a great starting resource.

Audrey Childers is a published author, blogger, freelance journalist and an entrepreneur with over a decade of experience in research and editorial writing. She is also the creator and founder of the website the hypothyroidismchick.com. Where you can find great tips on everyday living with hypothyroidism. She enjoys raising her children and being a voice for optimal human health and wellness.
I want to thank you for reading my latest blog. Please let me know if you need any support with it.

Otherwise, are we friends on Facebook yet? If not let’s do that now, healing Hypothyroidism. I like to connect on a more personal level there and often; offer social media only products that can only be accessed on my page and share daily updates along with recipes. Remember sharing is caring. Please share and post a comment to this blog! I would love to hear from you. Sign up for my blogs @ thehypothyroidismchick.com. You can also Follow me on Instagram @ Thyroidismchick or Follow me on Twitter @ Thyroidismchick.

Health and Happiness,

Audrey
XoXo

Audrey Childers is a published author, blogger, freelance journalist and an entrepreneur with over a decade of experience in research and editorial writing. She is also the creator and founder of the website the hypothyroidismchick.com. Where you can find great tips on everyday living with hypothyroidism. She enjoys raising her children and being a voice for optimal human health and wellness. She is the published author of : A survivors cookbook guide to kicking hypothyroidism booty, Reset your Thyroid, The Ultimate guide to healing hypothyroidism and A survivors cookbook guide to kicking hypothyroidism booty: the slow cooker way. You can find all these books on Amazon. You can also find her actively involved in her Facebook Group: Healing Hypothyroidism. This blog may be re-posted freely with proper attribution, author bio, and this copyright statement.

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Best Essential Oils for Hypothyroidism

2 Replies

Essential oils are more than a plant based therapy. They represent a way of life that empowers people to regain control of their health. The internet is filled with stories of how peoples lives have been changed by essential oils. Some of these testimonials will touch your heart and others will inspire you to revisit the products that you use and your approach to your health care. When I started using essential oils it changed my life in a way that was unprecedented. For the 1st time ever, I am here to talk about my life in this no judgment zone. I am talking from a safe place I learned how to address health my concerns, where I enhanced my performance and I found some tools that pointed me to a new way of life.

Every day, more and more people are turning to a holistic approach to life. I am not satisfied with the level of care or the answers anymore. Many of us are searching and starting on a journey to learn more about pure essential oils and how to incorporate them in your everyday life to improve your thyroid health, this is for you!

Our ancestors have used plants, seeds, wood and resins from nature to care for themselves and their families since the beginning of time. Luckily, we are in modern times where we don't have to hunt in the woods anymore. We are blessed with the convenience of people who put the pure, healing essential oils in a little glass bottle for us.

People all over the world are scrambling to find the answer to health problems like diabetes, pain, chronic fatigue, anxiety, estrogenic cancers and more. Millions are turning to natural solutions and many have experienced great success with essential oils. Could oils be the missing ingredient for you and your family?

Essential oils are made from herbs that are extracted into a liquid form. These oils can be used in a diffuser at home or applied on our scalp and skin. Edible essential oils can also be added to teas. A variety of foods including Brazil nuts, coconut oil, avocados, wild fish and fresh produce are known to improve thyroid health. Recently, studies and researches also show that certain essential oils can help with thyroid health and treat thyroid symptoms due to the beneficial compounds.

The thyroid is also greatly affected by the adrenals, the hypothalamus, and the liver. When you bring all of these into balance it certainly will help can help with managing your thyroid.

10 Best Essential Oils for Thyroid

1. **Peppermint**

*How it helps:* Peppermint oil helps calm depression, headaches, brain fog, fatigue and digestive problems that occur as a result of an underactive thyroid. This oil is tasty and easy to include in your daily diet.

*How to apply:* Just make a cup of hot water with lemon and add a drop of peppermint oil to make a nice cup of tea. You can also add a drop of peppermint oil to chamomile tea.

2. **Frankincense**
Frankincense oil helps relieve constipation, indigestion and dry skin that may be caused by an underactive thyroid. Also, frankincense can help with a sound sleep by reducing stress or other intense feelings.

How to apply: Take a drop of food-grade frankincense oil orally to improve digestion and balance hormone levels, which works the same as digestive enzymes.

3. Lavender

How it helps: Lavender oil helps people with anxiety problems, stress, insomnia and hair loss related to thyroid problems.

How to apply: For good results, you can rub the oil in your pillow, add a few drops to your bath or combine it with shampoo to massage your scalp.

4. Lemongrass

How it helps: Lemongrass oil is one of the essential oils for thyroid. It helps with headaches, digestive problems and inflammation caused by an underactive thyroid.

How to apply: This oil can be used for cooking – add a drop in your herbal tea. You can also use it in your bath or apply it on your skin.

5. Grapefruit

How it helps: Grapefruit is an essential oil that improves metabolism, focus, stress levels and depression. Which are common symptoms of underactive thyroid.

How to apply: Combine it with a carrier oil (like coconut oil) before applying it on your body. Or, you can also add a drop to warn water, drinking as tea.

6. Rosemary

How it helps: Rosemary oils can be used to relieve symptoms of underactive thyroid, including digestion problems, stress, hair loss, joint pain and inflammation.

How to apply: You can use the oil alone, or add it in an oil blend. You will see apparent hair regrowth if you rub it on your scale every day.

7. Endoflex
How it helps: Endoflex is a blend of essential oils for thyroid, which is constituted of spearmint, German chamomile, sage, sesame seed oil, myrtle and geranium.

How to apply: You can apply Endoflex without dilution to the thyroid area to help support and balance the function of thyroid, including both hyper and hypo thyroid function.

8. Copaiba

How it helps: Copaiba is an essential oil that helps treat inflammation associated with thyroid problems. With rich amount of caryophyllene, it strengthens the body's natural reaction to irritation and injuries.

How to apply: You can either rub it on sore tendons or take it in form of a capsule to relieve internal inflammation. Also, drinking water mixed with copaiba every morning improves your gut health.

9. Other Essential Oils

- **Clove oil** contains antioxidants and phenols. Phenols clean cell receptor sites, which in turn improve cell communication and the overall health of the body.
- **Myrrh oil** is one of the essential oils for thyroid that helps relieve stress and inflammation associated with an underactive thyroid. The oil has about 60% sesquiterpenes which help erase miswritten codes in the memory of a cell.
- **Basil oil** is an essential oil that not only supports the adrenal glands, but also helps relieve inflammation.
- **Marjoram oil** offers support to the spleen, an organ that produces white blood cells helping to fight infections and produce antibodies. This oil, therefore, helps in the maintenance of healthy antibody levels.

10. Combine Several Essential Oils Also Helps

Combining several essential oils for thyroid helps treat symptoms of autoimmune disease and support thyroid function. There are several ways to combine these oils to get good results.

- Rub 2-4 drops of myrrh and lemongrass oil directly on thyroid area, big toes, and wrists several times each day.
- Similarly, you can use peppermint combined with citrus oils (like grapefruit or lemon oil) to fight fatigue.
- A bath containing clove, lemongrass, myrrh and geranium oils will help ease joint or muscle pain.
- You can also rub 5 parts of clove oil with 3 parts of frankincense oil and 5 parts of lemon grass oil on the thyroid.
- Use 3 drops of frankincense mixed with 5 parts of clove oil and 5 parts of lemongrass oil in your bath or in a diffuser to relieve anxiety and boost your mood.

How and Where to Apply Essential Oils

Essential oils are used for a wide range of emotional and physical wellness applications. Essential oils can be applied topically or diffused aromatically.

Applied Topically

Due to the natural molecular composition of EOs, they're easily absorbed by the skin and can be safely applied topically, sometimes diluted with a carrier oil and sometimes "neat" (undiluted). Once they're applied, essential oils can have almost an immediate, localized effect to the area where
applied. They have restorative and calming properties and can be used very effectively in massage and beauty therapy. EOs are also natural disinfectants, many are antimicrobial and the similar chemical structure of essential oils allows them to be absorbed into the bloodstream via the skin for internal benefit throughout the body.

The bottoms of our feet boast the largest pores on our body and allow quick absorption. Note the thyroid areas of the feet in this diagram.

![Foot Diagram](image)

**Diffused Aromatically**

Speaking from personal experience, I started using essential oils the day I bought a diffuser. Who doesn’t love a fragrant home? When I learned that I could scent my home with something organic and purify the air we breathe, I was in!

My Aromatherapy Essential Oil Diffuser allowed immediate relief, the fresh scent that swirled up was refreshing and I soon found I could suit my mood or improve it depending on what I put in the diffuser. It also helped me become more relaxed with my new oils by blending and mixing and learning what worked for me and what didn’t. Just diffusing alone can improve your health and your environment.

Our sense of smell has a direct influence on our physiological pathways including the awakening of our hormones and many other metabolic tasks. Aromatherapy is founded on the body’s foreseen reaction to certain olfactory stimuli. Essential oils are commonly used in aromatherapy approaches. Certain essential oils diffused in the air can be exhilarating while others can be relaxing and comforting. Beyond emotional benefits, diffusing essential oils can purify air of unwanted odors and some airborne pathogens. Low or no-heat essential oil diffusers are recommended because they don’t change the chemical structure of the oil being diffused. EOs can also be used as cleaning and purifying laundry and surfaces in the home.

Diffusers are my favorite gift idea. For family and friends new to essential oils, I love getting them a Aromatherapy Essential Oil Diffuser along with the Plant Guru Naturals Essential oil 14 pack, which includes lavender essential oil, Peppermint, Rosemary and Lemon.
2 Essential Oils Protocols for Underactive Thyroid

Protocol 1

Two blends used a week at a time, alternating to the next.

Blend 1 (week 1)

1 part Lemongrass
1 part Myrrh (can substitute with Peppermint)
1 part carrier oil
*Frankincense

In a 5ml roller bottle. Apply topically over thyroid area at the base of the neck and reflexology points (big toe), massage in 3x daily.

*Whenever I can, I layer a drop of Frankincense over the Lemongrass/Myrrh blend. Frankincense will help the other EOs along and calm inflammation.

At the end of the first week, begin Blend 2 and apply in the same manner. After week 2, begin Blend 1 again.

Blend 2 (week 2)

1 part Zen
1 part Geranium
1 part carrier oil
*Frankincense

Protocol 2

25 drops Lemongrass
25 drops Clove
10 drops Frankincense
25 drops carrier oil

In a 5ml roller bottle. Apply topically over thyroid area at the base of the neck and reflexology points (big toe), massage in 3x daily.

FYI: on the thyroid protocol. If you have sensitive skin, dilute both blends well. Daily use on your neck can cause skin irritation for those with sensitive skin tendencies. I love applying to thyroid area of the feet AND Frankincense over the thyroid topically (with either blend) – Frank is very, very gentle more so than Lavender but a great healer!

One last word to the wise, these two essential oils protocols are not meant to replace your thyroid medication. The hope is that essential oils will help in balancing your hormones and helping you to live well despite your condition. If you’re currently on medication for hypothyroid, don’t go off it without
consulting with your doctor first. Certain essential oils are not recommended while pregnant and breastfeeding.

If any of the information I shared rings true for you, please do your due diligence and investigate your symptoms until you have answers!

Please check out my other books online @ Amazon, Barnes n Noble or Books a Million.

**Holiday Hypothyroidism**

Finally a Holiday cookbook that will have you sincerely appreciating all the hard work that I put into creating it. This cookbook not only has recipes that cater to your hypothyroidism but the recipes are extremely easy to prepare while still being delicious as they promote your health, help you begin to heal, and you’re eating cleaner on top of it all. These recipes can be used year-round not only around the holidays and will be a great addition to your library. I hope you find this Holiday book a godsend to the particularly crazy holiday season. This book includes a good variety of recipes that I know you will find to be delicious, full of flavor, healthy and just perfect for your Thanksgiving and Christmas dinner table. From appetizers to main meals, side dishes and desserts these recipes are just wonderfully delicious. I am not kidding when I tell you that the recipe options in this book are endless and you won’t be disappointed! You will be able to find that perfect recipe in this book that makes your taste buds soar, fits your dietary needs and has your family bragging on your cooking skills. They may even think you secretly took lessons from Gordon Ramsay or Julia Childs

[Image of Holiday Hypothyroidism book]

**Hashimoto’s crock-pot recipes: Added Bonus: How I put my Hashimoto’s into remission**

There’s nothing like the aroma of a home-cooked dinner welcoming you at the door. No time to be in the kitchen? The wonderful thing about a crock pot is you have little prep time. You won’t have to stand over a hot stove cooking your food and it’s perfect for those hectic days. We all want that convenience! Do you need foods that promote thyroid health? You can start today healing your body from the inside out. Over 101 wholesome and nourishing Hashimoto’s fighting recipes that will cater to your mind, body and soul. This helpful book will start to guide you in the right direction along with a step by step plan that is clear and doable.

It’s not about being skinny, it’s about energy, vitality & feeling good when you look in the mirror.
Kicking Hypothyroidism's booty, The Slow Cooker way: 101 Slow Cooker recipes!

I wanted to create a user-friendly handbook to help anyone affected by this disorder. I've seen many doctors over the years and none offered me ideas on diet change. I've included recipes, ideas on solutions for a healthier home, what you should be eating and shouldn't, how to shed those extra pounds, regain your self-confidence and vitality back into your life. I want you to feel strong, sexy, and beautiful. This is my heartfelt guide to you. Together, once again, you can start to gain that wonderful life that you deserve. I am a student in this thing called life. I want to be remembered as a pioneer who thought, imagined, and inspired. What we feel at times is the impossible or unthinkable. Life is a wonderful journey.

Do you need foods that promote your thyroid health? Let's heal your body from the inside out. We've all heard that our gut is called the "second-brain". Given how closely the two interact with each other one thing you may not realize is your emotions and weight gain can start in the gut. Your gut and digestion can also cause you to hold onto that excess weight and just feel lousy. I've included 101 hypothyroidism fighting recipes that cook themselves. Our main concern is kicking hypothyroidism's booty. I hope this book inspires you to use your slow cooker more often and create your own
new recipes. Let's together shed those extra pounds, regain your self-confidence and vitality back into your life.

Reset Your Thyroid, 21 day Meal plan Thyroid reboot

This is a 21-day Meal plan to reset your thyroid and jump start your weight loss journey. It is filled with 21 breakfast recipes, 21 lunch recipes and 21 dinner recipes. They are packed full of nutrients, healthy fats and proteins. All are easy to make and I've done all the thinking for you! All you have to do is prepare the foods and eat. It takes 21 days to form a new habit, it will most likely take that long for your mind and body to stop opposing your new lifestyle change. Three weeks really isn’t a very long time. If you find yourself in a rut and coming up with excuses. You can regain control by reminding yourself that you only have to do it for 21 days. Motivate yourself to exercise. Choose something you honestly like to do and won’t loathe at least 3 times a week. Create an exercise plan that seems easy to accomplish. (And, stick to it!) Give yourself a chance and commit to yourself to stay with the program for 21 days.
Hypothyroidism Clarity

Hypothyroidism clarity is designed to help give you FREEDOM and EMPOWERMENT. I’m sharing the EXACT STEPS I’ve used to overcome my eating issues WITHOUT dieting. All the recipes are specially crafted to be easy, super delicious and they have been kid tested-mother approved. A family-friendly way to eat that your entire family will enjoy. This book contains wonderfully crafted hypothyroidism recipes for your home and body that will help transform you and your family’s life.

Hypothyroidism: The beginners Guide

This book thanks everyone suffering from hypothyroidism and looking for answers. Hypothyroidism is the kind of disease that carries a bit of mystery
with it. This book is not for readers looking for quick answers. There is not one size fits all. You have to be in charge of your health. I didn't write this book to sell you any "snake oil" in a bottle. I've written this book to be an eye opener for you and to share with you what I have learned on my journey. The solutions in this book has helped so many people. There are many incredible holistic practitioners, authors and researchers with experience and expertise in this area. I've done my best to pull from all their expertise, as well as my own knowledge and clinical experience. I want to make it easy for you to find the answers quickly, all in the one place, because I'm all too familiar with that awful side effects of hypothyroidism. I certainly don't want you to have to spend years finding solutions, like I did. I also want you to understand that there isn't an easy "one pill" solution, but the "one pill" approach that our current medical system is using is NOT WORKING because the underlying cause for hypothyroidism is not being addressed. Get ready to go on a journey of discovery where you are going to learn how everything ties into one. A lack of knowledge is a lack of power.

Secrets to my Hypothyroidism Success: A personal guide to Hypothyroidism freedom

I wish somebody had given me a step-by-step road-map back when I was first diagnosed with hypothyroidism. The solutions in this book has helped so many people. I've done my best to pull from all their expertise, as well as my own knowledge and clinical experience. I want to make it easy for you to find the answers quickly, all in the one place, because I'm all too familiar with that awful side effects of hypothyroidism. I certainly don't want you to have to spend years finding solutions, like I did. I also want you to understand that there isn't an easy "one pill" solution, but the "one pill" approach that our current medical system is using is NOT WORKING because the underlying cause for hypothyroidism is not being addressed. Knowledge is power, educate yourself and find the answer to your health care needs. Wisdom is a wonderful thing to seek. I hope this book will teach and encourage you to take leaps in your life to educate yourself for a happier & healthier life. You have to take ownership of your health
The Best Little Hypothyroidism Autumn Cookbook

I wanted to create a fall cookbook for those of us suffering from hypothyroidism that makes you feel as if you’re inviting an old friend in for coffee. If you’ve been considering switching to a hypothyroidism diet, you may be wondering if you have to give up your favorite foods along with flavor. This is far from the truth. Switching to a hypothyroidism diet means that you are catering to heal your thyroid. You can still enjoy your favorite fall recipes following a hypothyroidism diet- you’ll just need to learn what substitutions you will need to make to create wonderful fall hypothyroidism recipes. This is where this book that I’ve written for you comes into play. In this book, you will find a collection of many fall favorite recipes that you and your family are sure to love. If you’ve ever considered a hypothyroidism diet, this recipe book is a great starting resource.

Audrey Childers is a published author, blogger, freelance journalist and an entrepreneur with over a decade of experience in research and editorial writing. She is also the creator and founder of the website the hypothyroidismchick.com. Where you can find great tips on everyday living with hypothyroidism. She enjoys raising her children and being a voice for optimal human health and wellness.
I want to thank you for reading my latest blog. Please let me know if you need any support with it.

Otherwise, are we friends on Facebook yet? If not let’s do that now, healing Hypothyroidism. I like to connect on a more personal level there and often; offer social media only products that can only be accessed on my page and share daily updates along with recipes. Remember sharing is caring.

Please share and post a comment to this blog! I would love to hear from you. Sign up for my blogs @ thehypothyroidismchick.com. You can also Follow me on Instagram @ Thyroidismchick or Follow me on Twitter @ Thyroidismchick.

Health and Happiness,

Audrey

XoXo

Audrey Childers is a published author, blogger, health journalist and an entrepreneur with over a decade of experience in research and editorial writing. She is also the creator and founder of the website thehypothyroidismchick.com. Where you can find great tips on everyday living with hypothyroidism. She enjoys raising her children and being a voice for optimal human health and wellness. She is the published author of: A survivors cookbook guide to kicking hypothyroidism booty, Reset your Thyroid, The Ultimate guide to healing hypothyroidism and A survivors cookbook guide to kicking hypothyroidism booty: the slow cooker way. You can find all these books on Amazon. You can also find her actively involved in her Facebook Group: Healing Hypothyroidism. This blog may be re-posted freely with proper attribution, author bio, and this copyright statement.

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8 Lessons I’ve learned from Hypothyroidism

Many people don’t know about the thyroid and what it does until after they’ve been diagnosed with hypothyroidism.

The thyroid is a butterfly-shaped gland located at the base of the neck. It’s tasked with producing thyroid hormone, which controls a host of activities in the body, including how quickly you burn calories and how fast your heart beats. Hypothyroidism occurs when your thyroid is sluggish and does not make enough thyroid hormone, causing many of the body’s functions to slow. It’s typically treated with replacement thyroid hormones, and most people will need to remain on the medication for the rest of their lives, according to the American Thyroid Association.

1. Thyroid Medication Usually Needs Tweaking

“Many people may feel frustrated when they first start taking replacement thyroid hormones as there can be a lot of trial and error before we get the right dose,” says Melanie Goldfarb, MD, director of the Endocrine Tumor Program at John Wayne Cancer Institute at Providence Saint John’s Health Center in Santa Monica, California. “It can take three to four weeks for the medication to take effect, and it can take a while to get on the right dose, too.”

2. Medication Should Be a Morning Ritual

I’ve learned to take my medication as soon as I get up along with a warm lemon water with my thyroid medication.

Lemons are loaded with healthy benefits, and particularly, they’re a great vitamin C food source. One cup of fresh lemon juice provides 187 percent of your daily recommended serving of vitamin C — take that, oranges! Lemon juice also offers up a healthy serving of potassium, magnesium and copper.

It Aids in digestion and detoxification. It tricks the liver into producing bile, which helps keep food moving through your body and gastrointestinal tract smoothly. Lemon water also helps relieve indigestion or ease an upset stomach.

I’ve also learned to wait 1 hour before I eat and wait 4 hours before you take any other vitamin supplements because it can interfere with the absorption of your medication. I’ve also found out that if I wanted to drink coffee I must wait 1 hour after I’ve taken my medication because it can also interfere with the absorption of your thyroid medication and to never ever to forget to eat breakfast! I need fuel but I have to wait 1 hour After I’ve taken my thyroid pill.

3. Let thy food be thy medicine

Food is not just calories it is information. It talks to your DNA and tells it what to do. My most powerful tool to change my health was my fork. I needed to stop going long periods of time without food. My body always needed energy. If my blood sugar starts to drop this creates a stress reaction and now your adrenal glands will do what it needs to do to maintain my body’s function by releasing more cortisol or adrenaline. Eating often would help put my body back in its normal cycle. I needed to eat foods that nourish my body and not hinder it.

I really had no idea how powerful food really was until after I was diagnosed with Hypothyroidism. Many people with hypothyroidism are deficient in Magnesium, B-12, Zinc, Iodine, B2, Vitamin C, Selenium, Vitamin D and Vitamin A.

The Standard American diet in a nutshell is loaded with unhealthy saturated and trans fats. Our meals are unbalanced, over-sized and loaded with sugar, salt, artificial ingredients and preservatives. We have an abundance of food at our finger tips but yet we are extremely malnourished and mineral deficient. We are literally starving our bodies to death! People are not obtaining the basic nutrients their bodies needs in order to fuel what is needed to perform its proper functions. We are literally running on empty! There is about 20 million estimated Americans with some type of hypothyroid disorder.

Although my thyroid is small, it produces a hormone that influences every cell, tissue and organ in the body. My thyroid determines the rate in which my body produces the energy from nutrients and oxygen. So I need to start eating foods that fed my thyroid. I needed to start nourishing my body back to health with foods that jump kicked my metabolism too.

4. There is no one size fits all diet for Hypothyroidism

I started to research to begin to try to understand that there’s really not a one size fits all diet for us with hypothyroidism but there are certain ways we can eat that will certainly help begin the healing process. Diet alone wasn’t enough to help my body start fighting this battle that is raging in your body.
needed to start addressing other area’s in your life that can cause inflammation like Dietary Allergies, Addressing gut health and avoiding Chemical toxins and endocrine disruptors.

5. I had become my own advocate for my health

After being diagnosed my priorities were made more clear. I had to start listening to my body, stop taking my health for granted and continuing to research to figure out what I needed to do to “fix me”. I started making my own cleaning products, lotions and deodorant’s. Our skin is the largest organ in our body and it absorbs everything we put on it. Here is a recipe that I make all the time for homemade deodorant.

Homemade Deodorant

1/2 cup baking soda

1/2 cup arrowroot powder or 1/2 cup of cornstarch

5 tablespoon unrefined virgin coconut oil

10 drops of grapefruit essential oil or lavender essential oil

(You can pick your favorite scent. I like lavender or grapefruit.)

Mix baking soda and arrowroot together. Melt your coconut oil in the microwave in a microwave-safe bowl. Mix all ingredients (the baking soda and arrowroot powder) with the oil. Pour into clean small mason jar. Add your essential oil to the mason jar; close with the lid. Give it a good shake to combine the essential oil with the other mixture. By doing it this way, you can still use that bowl to eat with. Once you mix that essential oil in the bowl, it can only be used for the purpose of making your deodorant. Everything you’ve used is edible except the essential oils.

6. Stop Stressing the Small Stuff

My thyroid has been having a relationship with my adrenal gland. It’s never been straight forward with my body and it never will be. The butterfly shaped gland that sits in front of my neck does more than control my metabolism. My thyroid puts out hormones in my body that knock on every cell and tells it what to do basically but for some reason with my hypothyroidism those cells simply refuse to answer that door.

My adrenal gland is only the size of a walnut and are locked on top of each of your kidney’s. She is in charge of producing vital hormones that help regulate your body’s functions which include two major important things in your life my sex hormones and my cortisol levels. When you have hypothyroidism your cortisol levels are naturally higher than someone without hypothyroidism. You see I’ve learned that my Cortisol is more than just a steroid hormone that is made in the cortex of the adrenal gland. It has a greater task than just being tagged as your fight or flight response system. Almost every cell in my body contains receptors for cortisol. When my stress levels are high cortisol is released into my blood stream. Our bodies aren’t designed for us to be in a constant state of emergency. Our adrenal glands doesn’t know the difference between a true emergency or just being stressed out. So in return she will continue to produce extra cortisol into our blood stream. After a while of pumping out the constant need for cortisol she will become weakened and start decreasing her ability to produce cortisol and instead produce extra adrenaline. So do you see why we must get our stress under control and not stress the small stuff! Let things roll off our back like a duck does water.
7. Start Addressing the Root Cause of my Hypothyroidism

I needed to understand or get a idea of how everything has a part to play in my body. Being diagnosed with hypothyroidism wasn’t just here take this pill and it will fix my issues. Hypothyroidism had a root cause. Once I started addressing the root of your problems then my body can start healing itself. My body is an awesome design but there is a complex balance between everything. It’s a domino affect. If I had something in my body that is overworked it can cause a major shift in my body. Two things I needed to start doing immediately is getting my immune system in check and decreasing inflammation. Inflammation disrupts the production and regulatory mechanisms of thyroid hormones. Sometimes we have to do a little pruning of the branches, in order for the tree to be healthy again. A number of things can be the reason why I had hypothyroidism. It could be a wide range of things from celiac disease, Hashimoto’s, leaky gut, autoimmune disease disorder, nutrient deficiency’s, adrenal fatigue, exposure to chemicals, gluten or other food allergies, and hormonal imbalance. It most defiantly started with the foods that I was eating and the chemicals in the environment, my thyroid could be influenced by many different circumstances. I needed to start figuring out what the root cause of my hypothyroidism was.

8. Start Loving Myself Again

All I do is run, run and run! I am exhausted and felt so guilty anytime I needed to have down time because there was things that needed to be done. So I started to allow myself to take a day and do nothing. I mean absolutely nothing. WHY? Because my body needed to recharge and stop being ran into the freaking ground. I am not a machine. I started taking Epsom salt baths. I will also take a day where I lay around and watch movies. Get up take a shower and put on more pajama’s.

We all have to die someday but do me a favor. Don’t die not trying, Don’t die not seeking after the truth, don’t die just accepting this is your fate. It’s up to you to make a difference in your life. This your life, your body and your choice. We all have a story. You are the author of your book, make it fantastic.

In my book: *A Survivors Cookbook Guide To Kicking Hypothyroidisms Booty*, It goes into detail with recipes and tips of how to start fighting hypothyroidism.
I want to thank you for reading my latest blog. Please let me know if you need any support with it.

Otherwise, are we friends on Facebook yet? If not let’s do that now, healing Hypothyroidism. I like to connect on a more personal level there and often; offer social media only products that can only be accessed on my page and share daily updates along with recipes. Remember sharing is caring. Please share and post a comment to this blog! I would love to hear from you. Sign up for my blogs @ thehypothyroidismchick.com. You can also Follow me on Instagram @ Thyroidismchick or Follow me on Twitter @ Thyroidismchick.

Health and Happiness,

Audrey
XoXo

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Hypothyroidism Diet Boot Camp

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“This isn’t one of those “lose weight fast” diets that promises you flat abs for doing nothing. Here’s the deal. My formula is working great for hypothyroidism suffer…

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Audrey Childers is a 10x published author, blogger and investigative journalist with over a decade of experience in research and editorial writing. She has the natural skills for digging deeply into arguments and making compelling statements for the world to read. Along with being the creator and founder of the website thehypothyroidismchick.com. Where you can find great tips on everyday living with hypothyroidism. She enjoys raising her children and being a voice for optimal human health and wellness. This is just a few of her written published works: A survivors cookbook guide to kicking hypothyroidism booty, Reset your Thyroid, The Ultimate guide to healing hypothyroidism, Beyond the Bite: The Keto Autoimmune Protocol Healing Book for Women: 75+ Simply Easy Recipes to Help You Feel Amazing, Awareness has Magic: Creating a Healthy Hypothyroidism Mind, body and Spirit Home life and A survivors cookbook guide to kicking hypothyroidism booty: the slow cooker way. You can find all these books on Amazon.

I'm just starting out; leave me a comment or a like :)

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August 2016 was the warmest August in 136 years of modern record-keeping, according to a monthly analysis of global temperatures by scientists at NASA’s Goddard Institute for Space Studies (GISS). Although the seasonal temperature cycle typically peaks in July, August 2016 wound up tied with July 2016 for the warmest month ever recorded. August 2016’s temperature was 0.16 degrees Celsius warmer than the previous warmest August (2014). The month also was 0.98 degrees Celsius warmer than the mean August temperature from 1951-1980. NASA Earth Observatory chart by Joshua Stevens, based on data fro