HEALTHY TIPS

7 Foods You Absolutely Need To Avoid If You Suffer From A Thyroid Disorder

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Did you know that experts believe that around 30 percent of women will develop thyroid disorder in their lifetime? And, chances are, you or someone close to you has been diagnosed with a thyroid disorder, right? This autoimmune disorder impedes the proper functioning of the thyroid gland.

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Some contributing factors include unhealthy diet and stress. Hyperthyroidism happens when the thyroid gland is over-active and the major symptoms are weight loss, fast heartbeat, and anxiety. On the other hand, hypothyroidism or underactive thyroid is associated with weight gain, tiredness, mental fog, and

constipation.

A lot of people who have been diagnosed with thyroid disorders have rebalanced the thyroid and reduced the symptoms with the help of a healthy diet. Namely, some foods can be triggers so it is best to avoid them.

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In today's article, we will present 7 foods that you should stay away from if you have been diagnosed with a thyroid disorder.

7 Foods to Avoid If You Have a Thyroid Disorder

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- **Gluten**

This protein present in wheat mimics the thyroid gland structure and can weaken it as the time goes by. This is because it puts a lot of strain on the digestive tract and weakens the immunity. In a lot of people, it triggers major inflammation, particularly in people with thyroid problems. According to studies, it can make the immunity produce antibodies that attack the organs and tissues. If you remove gluten from your diet, you will not just better the thyroid gland health, but lower the risk of other autoimmune illnesses. Gluten is present in wheat, barley, spelt, rye and in a lot of processed foods. Read labels cautiously and find suitable alternatives.

- **Dairy**

Dairy sensitivity is not uncommon among individuals with thyroid problems. In a lot of people, dairy can lead to the formation of mucus and trigger IBS, reflux, and bloating. Also, the protein from dairy known as casein has been found to elevate the thyroid gland and digestive tract inflammation. Consequently, the body's absorption of nutrients and self-healing reduces. Dairy can also encourage the growth of bad microbes in the digestive tract too. Casein also worsens the symptoms of autoimmune illnesses, similarly to gluten.

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- **Sugar**

Refined sugar is known to increase inflammation in the body and worsen autoimmune illnesses. This is because it fuels harmful gut pathogens and encourages gut infections. This could consequently lead to leaky gut syndrome which is an initiator of autoimmune illnesses, including Hashimoto's. The insulin spikes from sugar damage the thyroid and it is also addictive, the more you eat it, the more you want it. Gradually start removing it from your diet for higher energy levels and regulated appetite. Opt for natural sweetening options like xylitol and stevia. In moderation, raw honey and natural maple syrup are also a viable option.

- **Processed foods**

Processed foods like chips, cookies, and white bread contain no nutrients and are full of empty calories, even the ones labeled "gluten-free" or "all-natural". Avoid buying products in sealed bags and store-bought condiments and dressings. They are full of hidden sugars, additives, and vegetable oils that are no good for your thyroid.

- **Soy**

Did you know that most of the soy in the world is made from genetically modified beans? And, it is also hard for the digestion. Though they may have a lot of protein on paper, the body absorbs very little of it. The lectins from it can irritate your gut lining and worsen symptoms of leaky gut in individuals with autoimmune illnesses. It also mimics the estrogen in the body and messes with the hormonal and thyroid function.

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- **GMOs**

Our body does not process these foods same as non-GMOs. When soy or corn or some other foods is genetically modified, its DNA is changed and the immunity will recognize it as foreign. It will react through inflammation which can erode the gut lining and cause other health problems like thyroid disorder.

- **Industrial seed oils**

Vegetable oils like sunflower, soybean, corn, and grapeseed oil are full in polyunsaturated fats. Though the body needs them, these fats have been damaged during the extraction process done with chemical solvents and heat. And, when we use them to cook with them, they get damaged

further. When we eat these damaged fats, they trigger inflammation in our body and weaken the hormonal balance. They tear the organs and tissues and act as free radicals. Opt for healthier alternatives like avocado oil, nut oil, olive oil, oily fish, avocados, coconut oil, and pastured butter/ghee.

Sources:

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