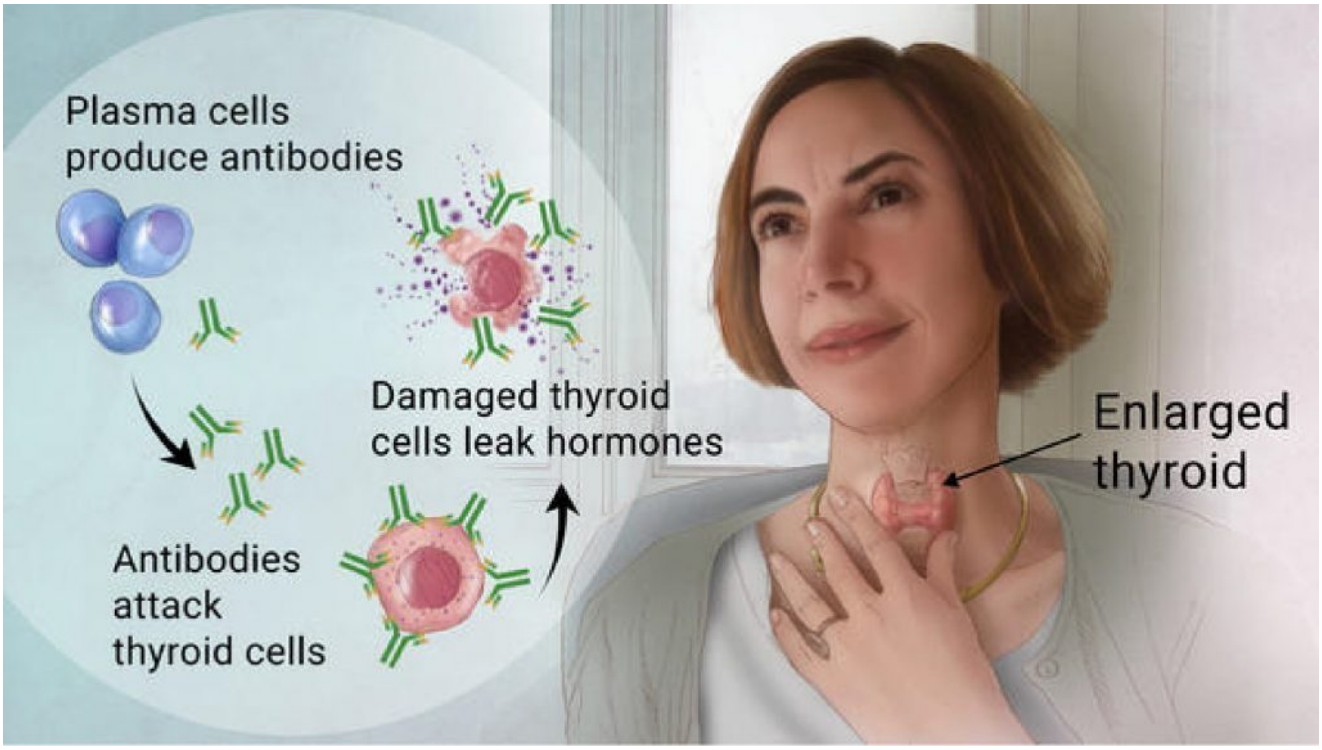
FOOD

Great Natural Remedies to Alleviate Hashimoto's Thyroiditis

By bestfolkmedicine · 06/11/2021 · 3 min read



Hashimoto's or Hashimoto's thyroiditis is a common thyroid disorder in the US and other developed countries. The symptoms can impact the person's quality of life, despite the meds.

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According to research, diet and lifestyle tweaks can help reduce the symptoms, in addition to the meds.

Every person who has Hashimoto's will respond differently to treatment so an individualized approach is considered the best. This article focuses on the best lifestyle and diet improvements that can benefit people diagnosed with Hashimoto's.

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Hashimoto's Explained

Hashimoto's is an autoimmune illness that gradually weakens the thyroid tissue through lymphocytes-white blood cells that are part of our immunity.

The thyroid is a butterfly-shaped endocrine gland located at the base of our neck. It releases hormones that influence nearly every organ system in our body, including the lungs, skeleton, heart, central nervous system, and digestive system.

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It's in charge of regulating our metabolism and growth too. The thyroid secretes two main hormones, T4 (thyroxine) and T3 (triiodothyronine). The damage caused to the thyroid reduces the production of these hormones.

Lifestyle and diet affect Hashimoto's since many people with it have concluded that their symptoms continue, even when they're regularly taking their meds. And, many individuals who have symptoms don't get prescribed meds unless their hormone levels are altered.

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According to some research, inflammation may be one of the leading causes of Hashimoto's symptoms and it's often linked with one's diet.

Diet plays a major role in our risk of Hashimoto's and other illnesses. In fact, people with this disorder have a higher risk of obesity, high cholesterol, and diabetes.

This is why removing certain foods from the diet and opting for the right supplements may play an important role in bettering the symptoms and the overall quality of life.

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Dietary Tips to Relieve Hashimoto's Symptoms

- **A gluten- and grain-free diet**

Plenty of studies point out that people with Hashimoto's are likelier to have celiac disease than the gen population. Therefore, experts suggest that people diagnosed with Hashimoto's are screened for celiac.

Moreover, evidence points out that Hashimoto's may be relieved by following a diet free of gluten and grains. In one study done with 34 women with the disorder, a gluten-free diet helped them lower their antibody levels and bettered their thyroid function and vitamin D levels when compared to the women from the control group.

Other studies indicate that people with Hashimoto's or any other autoimmune illness benefit from a gluten-free diet, even if they don't have celiac.

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A gluten-free diet means avoiding barley, wheat, and rye products like most bread, kinds of pasta, soy sauces, etc. The grain-free diet is more restrictive because it removes all grains.

- **The autoimmune protocol diet**

This specially designed diet is intended for people with autoimmune illnesses. It eliminates potentially triggering foods like sugar, coffee, legumes, eggs, alcohol, nuts, seeds, oils, food additives, grains, dairy, etc.

In one study done with 16 women with Hashimoto's, this diet contributed to a major improvement in the scores for quality of life and reduced the levels of the C-reactive protein which is a marker of inflammation.

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Despite being promising, larger and longer studies are necessary to know more about this diet and its role in the health of people with autoimmune diseases.

- **Dairy-free diet**

Lactose intolerance is quite common among Hashimoto sufferers. In one study done with 83 women with the disorder, 75.9 percent had lactose intolerance.

If you have any symptoms of lactose intolerance, reducing your dairy intake may be of aid in relieving digestive problems and bettering the functioning of the thyroid and the absorption of meds.

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- **Anti-inflammatory foods**

Inflammation is often a driving force behind this disorder. Therefore, a diet abundant in fruits and veggies may help lower the symptoms.

In fact, in one study done with 218 women with Hashimoto's, the markers of oxidative stress linked with chronic inflammation were lower in the people who consumed veggies and fruits more often.

Fatty fish, veggies, and fruits are some of the best foods with anti-inflammatory power.

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