

Allergies and Thyroid **Hashimoto's Disease and More**

Allergies and Thyroid

Why am I bringing this up?

There is a very significant connection between thyroid function and allergies...

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There is a very significant connection between thyroid function and allergies...

Plus: low thyroid is very common indeed!

Allergies and Thyroid

Hyperthyroidism (Grave's disease) can occur.

It's an autoimmune inflammation of the thyroid, comes on suddenly, later in life.

Over-production of thyroid hormones

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It can be triggered by a viral or bacterial infection.

So-called “antigen mimicry”

Yersinia enterocolitica implicated maybe
(same proteins as TSH receptors)

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Symptoms:

Goiter (enlarged thyroid), sleep problems, nervousness, sensitive to heat, hand tremors, fast pulse, weight loss without dieting, fatigue, minimal menstrual flow

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Popping eyes (diagnostic)



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Hashimoto's disease is much commoner (low thyroid function). Also an auto-immune disease. There can be lumps or nodules. Slow destruction of thyroid tissue over many years.

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Low thyroid symptoms:

Weight gain, fatigue, goiter, thick puffy skin, poor falling hair, intolerance to cold, constipation, heavy periods.

Slurred speech

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There can also be hyperthyroid bursts and swings up and down.

Patients have even been diagnosed “bipolar”, dementia or depression.

Note: the lab work swings around too...



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Thing is, sorting out allergies helps your thyroid...

BUT sorting out thyroid helps your allergies...

Don't forget complex homeopathy here

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GOITROGEN FOODS:

- Brassicas (broccoli, cauliflower, kale, brussels Sprouts, etc.)
- Sweet potato (*batata*)

- Spinach
- Strawberries
- Peaches
- Soy-Based Foods
- Peanuts

There are more, you need to look them up

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Hypothyroidism often associated with anemia:

1. Pernicious anemia (B12/folic acid)
2. Iron deficiency anemia
3. Autoimmune anemia

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Tests:

Anti- thyroglobulin antibody

Thyroid peroxidase antibody

TSH receptor antibody

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Treatment:

Do not allow the “wait and see” option.

You want it fixed NOW. We have already seen that if you fix the thyroid, allergies improve and *vice versa*!

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Treatment:

So... thyroid supplementation (dried thyroid extract is best and most natural).

Also, add iodine.

Fix your food allergies!

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An interesting footnote:

Low-dose naltrexone (LDN). It's an opioid agonist in low doses.

50 mg Naltrexone tablet in 50 mls. water in a dropper bottle. Dose increments: 0.5 ml