

Hypothyroidism Prevention, Causes, & Natural Remedies

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COMMENTARY

There is no way to prevent hypothyroidism, but people who may have a higher risk of thyroid problems, for example, women during pregnancy, should check with their doctor about the need for additional iodine.

Screening is not recommended for those who do not have symptoms, unless they have the following risk factors:

- a history of autoimmune disease
- previous radiation treatment to the head or neck
- family history of thyroid problems
- use of medications known to affect thyroid function

These people can be tested for early signs of the condition. If tests are positive, they can take measures to prevent the disease from progressing.

There is no evidence that a particular diet will prevent hypothyroidism, and there is no way to prevent hypothyroidism unless you live in a region with low iodine levels in the diet, for example, some parts of Southeast Asia and Africa.

Diet

No specific diet is recommended for hypothyroidism, but individuals should follow a varied, well-balanced diet that is not high in fat or sodium.

In addition, those with autoimmune Hashimoto's may benefit from following a gluten-free diet.

These include:

- soya, as it can affect thyroxine absorption
- iodine, found in kelp and other seaweeds, and in supplements, including some multivitamins
- iron supplements, as they can affect thyroxine absorption
- cruciferous vegetables, such as cauliflower, kale, and cabbage

may contribute to a goiter, but only in very large amounts

Causes

Hypothyroidism can occur if the thyroid gland fails to work properly, or if the thyroid gland is not stimulated properly by the hypothalamus or pituitary gland.

1. Hashimoto's thyroiditis
2. Thyroiditis
3. Congenital hypothyroidism
4. Thyroid surgery and treatment as causes of hypothyroidism
5. Medication
6. Pituitary gland abnormalities
7. Iodine imbalance

Natural remedies

Some natural remedies are proposed for hypothyroidism, but it is important to speak to a doctor first, because the treatment for thyroid problems must be delicately balanced.

Selenium: People with some types of thyroid problem may benefit from taking selenium, but this should only be used after discussing it with a doctor. Researchers note that "either the deficiency or the excess of this micronutrient may be associated with adverse outcomes." Selenium supplements that are not recommended by a health professional could be hazardous.

Vitamin D: A deficiency has been linked with severity of disease in Hashimoto's. Supplementation may be necessary to reach beneficial vitamin D blood levels above 50 ng / dL.

Probiotics: Some people with hypothyroidism may have changes in the small intestine, where bacteria from the colon spread into the small intestine where they are not normally located, known as small intestine bacterial overgrowth (SIBO).

In one study, 40 patients had abnormal results on a glucose breath

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test. After taking the probiotic *Bacillus clausii* for one month, the test result for 19 participants was normal. Both antibiotics and probiotics have been shown effective for SIBO.

Additionally, for those with autoimmune and inflammatory

thyroid conditions, supplements such as turmeric (containing at least 500 mg curcumin) and omega-3s may help to improve inflammation.