



According to the American Association of Clinical Endocrinologists, about one in eight women will develop a thyroid problem in her lifetime. The thyroid is a small, butterfly-shaped gland in the neck that influences metabolism and the function of the kidneys, heart, liver, brain and skin. It is important to make sure your thyroid is functioning normally and to learn about the symptoms of thyroid disease, such as changes in sleep and energy levels, weight loss or gain, and hair loss.

### Top Tips to Nourish Your Thyroid

- 1) **Concentrate on real whole foods such as fresh fruit, vegetables, whole grains, beans and peas, nuts and seeds.**
- 2) **Try to avoid all processed foods, especially ones with hydrogenated trans fats, artificial sweeteners, artificial colorings, artificial flavorings, chemicalized preservatives and overly processed grains.**
- 3) **When choosing whole grains, consider ones that are gluten free. Gluten free whole grains include brown rice, quinoa, millet, buckwheat, amaranth and teff.**
- 4) **Be careful with soy foods. Most processed soy is harmful for the thyroid. Whole soy or fermented soy foods actually nourish the thyroid. Good options for fermented soy include miso, tempeh, and tamari.**
- 5) **If you have a slow functioning thyroid, be sure to eat cruciferous vegetables, such as broccoli, cauliflower, kale, collards, bok choy etc... lightly cooked. Raw cruciferous vegetables have been found to slow the thyroid. Raw fermented vegetables, including cruciferous, will not suppress the thyroid – they actually are a wonderful way to provide nourishment.**
- 6) **Include sea vegetables in your diet on a regular, if not daily basis. Sea vegetables are high in natural iodine and minerals to support a healthy thyroid.**

To learn more about thyroid health and to receive great recipes that include thyroid nourishing foods such as gluten free grains, tempeh, miso and sea vegetables, visit [www.janetmckee.com](http://www.janetmckee.com) to order “Fabulous Recipes for Vibrant Health”. This book is packed with over 100 healthy and delicious recipes for overall health and wellbeing.