Nearly 27 million Americans suffer from thyroid problems and yet little is heard about the issue. Globally it affects more than 200 million and women are seven times more likely to have thyroid problems. Are there natural solutions?

(Newswire.net -- February 21, 2015) Portland, OR -- Do you have symptoms of a sluggish thyroid, but your doctor says you are within 'normal limits'? These symptoms include:

- weight gain or difficulty losing weight
- fatigue, thinning hair
- thinning eyebrows or loss of outer edges of eyebrows
- difficulty concentrating
- mood swings
- impaired memory
- adult onset ADHD
- slow healing
- feet or hands that get cold easily
- insomnia
- poor sleep habits
- poor sleep quality
- daily sleepy spells
- menstrual irregularities
- anxiety
- nightmares
- dry skin
- yellow skin (due to difficulty converting beta carotene to vitamin A)
- muscle and joint pain (which can be severe and may be misdiagnosed as fibromyalgia)
- Neck swelling, snoring or hoarse voice
- Constipation

Why do we need our thyroid working properly?

Besides the symptoms above the thyroid is a gland that makes a lot of different hormones. When the doctor writes you a prescription he is usually only focusing on the T4, but there are more hormones that affect the way the body works. These do things like:

- Electrolyte transportation
- Cellular protein synthesis
- Regulate cardiac and muscle activity
- Improve metabolism and help the body turn food into energy
- Repair bones
- Turns beta-carotene into vitamin A
- Regulates growth during childhood
- Affects mental processes
- Aids in the regulation of a person's sex drive and a woman's menstrual period

Things that have a negative impact on our thyroid include:

- Nutritional deficiencies
- perchlorate, a chemical pervasive in food and water supplies, especially contaminated wells
- Other chemical food additives and preservatives
• Chlorinated water

Some experts say six percent of Americans have this problem, while others say it is close to thirty. There are things you can do to rev up your thyroid at home. There are some supplements you can take:

• proteolytic enzymes
• enzyme bromelain
• vitamin A
• selenium
• zinc
• Manganese
• Ashwagandha
• Selenium
• Iodine
• Vitamin D
• B vitamins
• Tyrosine
• Copper
• Chromium
• Bladderwrack
• Rubidium
• Flax seed
• Ginger
• Echinacea
• Licorice
• Evening Primrose Oil
• Nettle
• Siberian Ginseng
• Black walnut

There are some foods you will want to avoid:

• broccoli
• cabbage
• Brussels sprouts
• cauliflower
• kale
• spinach
• turnips
• soy
• peanuts
• linseed
• pine nuts
• millet
• cassava
• mustard greens
• asparagus
• sweet potatoes
• wheat
• Gluten

Other things you can do to improve your thyroid function include:

• Exercise that supports your adrenal glands
• Try to get 8-10 hours of sleep
• Remove amalgam (silver) fillings
- Stay away from fluoridated water
- Make sure you are digesting properly

This seems like a lot of information. It shows that there are a lot of things we can do to improve our thyroid function without depending on our doctors. There isn’t anything here that in moderation would harm an average person. If you have other health issues or special needs you will definitely want to run these by your health care provider.

Sources: http://blog.enrichgifts.com/2015/02/natural-thyroid-care.html