Turmeric Is One of Nature's Best Healing Gifts for Individuals With Goiter

Cathy Briggs  October 06, 2017

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(Newswire.net  -- October 6, 2017) Las Vegas, NV  -- There are many conditions that affect thyroid health, and one is goiter. While there are pharmaceutical drugs available, there are also natural remedies believed to be helpful for the condition.

Turmeric is one of nature’s best healing gifts for individuals with goiter. This condition is characterized by the enlargement of the thyroid gland.

According to experts, the thyroid gland is a part of the endocrine system, which is responsible for the secretion of a variety of hormones. There are two hormones secreted, namely the thyroxine and triiodothyroxine.

These hormones work by regulating the functions of various organs. Thyroid gland functioning is controlled by the pituitary gland and two glands in brain's hypothalamus. When there is an impairment in the thyroid hormone synthesis, a thyroid-stimulating hormone is secreted by the pituitary gland.

Goiter develops when the thyroid gland tries to counteract the effects of high levels of this hormone. Some of the causative factors of goiter are graves disease, iodine deficiency, Hashimoto disease, thyroid nodules, thyroiditis, and thyroid cancer.

The symptoms are nonspecific. For instance, those with hyperthyroidism may experience nervousness, palpitations, and increased metabolism. Individuals with hypothyroidism, on the other hand, may suffer from increased weight gain despite depression, lethargy, or poor appetite.

Goiter treatment may depend on what exactly caused the condition. If it’s iodine deficiency, then sufferers are provided with iodine supplements or thyroid hormone replacement pills for underactive gland.

Turmeric has also been thought to be helpful due to the curcumin it contains. Curcumin is the spice’s active ingredient that possesses a variety of health benefits.

This phytochemical is made popular by the healing substances it contains, such as its antibacterial, antibiotic, anti-inflammatory, anticarcinogenic, antiseptic, and antiviral properties.

Traditional Chinese medicine reveals that turmeric has the potential to enhance thyroid hormone levels and strengthen the link between the gonads and thyroid. It also has the potential to improve endocrine system functioning.

A scientific survey was conducted involving 2335 individuals. The researchers interviewed the participants for history as well as screened them for goiter.

It was found that 28.7 percent of the study population had palpable goiter. It was also found that the study population suffered from endemic goiter with increased prevalence of hyperthyroidism.

The researchers collected data about the dietary habits of the participants. It was found that the use of turmeric has been linked with a decreased risk of goiter development.

Researchers also concluded that those who follow goiter-inducing diet should incorporate turmeric in their diet to reduce their goiter risk.

Dietary turmeric is thought to serve as anti-goitrogenic agent. A condition called thyroiditis is characterized by the inflammation of the thyroid gland. Individuals who suffer from thyroid enlargement usually experience neck swelling, difficulty swallowing, and neck pain.
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