



JANUARY 2020

THYROID AWARENESS MONTH

WHAT DOES YOUR THYROID DO?

The thyroid is a butterfly-shaped gland in the front of your neck that controls your metabolism. It's part of your endocrine system. The thyroid makes chemicals called hormones that help control many of your body's functions.

WHAT HAPPENS WHEN YOUR THYROID DOESN'T WORK RIGHT?

If your thyroid is not working correctly, it might start producing too much or too little hormone. It can become enlarged, or it could grow lumps of extra tissue.

More than 12% of people will have some sort of problem with their thyroid during their lifetime. **Women** are far more likely than men to have a thyroid problem.

WHAT ARE COMMON THYROID PROBLEMS?

Hypothyroidism

The thyroid doesn't make enough hormones causing your metabolism to slow down. It can make you gain weight and feel sluggish or depressed.

Hyperthyroidism

The thyroid makes too much hormone causing your metabolism to speed up. It can make you feel irritable or weak, lose weight and your heart race.

Goiter

Thyroid gland swells up. Sometimes, it makes a bulge in your neck. Other times, it can make you cough or make your voice sound hoarse. It can be caused by other thyroid conditions or by a lack of iodine, an element your thyroid needs to work properly.

Nodules

Growths on the thyroid gland. They can cause the thyroid to make too much hormone or in some cases, they turn out to be cancerous.

If you're experiencing any of these problems, talk to your doctor. Tests can be run to help pinpoint the problem and discuss treatment.

DID YOU KNOW?

THE THYROID'S HORMONES REGULATE VITAL BODY FUNCTIONS INCLUDING:



Heart Rate



Body Temperature



Muscle Strength



Body Weight



Menstrual Cycle



Nervous System



Cholesterol Levels



Breathing

Call:
Visit:

FOODS TO AVOID WHEN YOU HAVE THYROID ISSUES



Millet
All Varieties



Highly Processed Foods
Hot Dogs, Cakes, Cookies, etc.



Soy-Based Foods
Tofu, Tempeh, Edamame Beans, Soy Milk, etc.



Cruciferous Vegetables
Broccoli, Kale, Spinach, Cabbage, etc.



Certain Fruits
Peaches, Pears & Strawberries



Beverages
Coffee, Green Tea & Coffee



Rx for a Healthy Thyroid

<https://www.verywellfit.com/cherry-berry-anti-inflammatory-smoothie-bowl4111367-healthy>

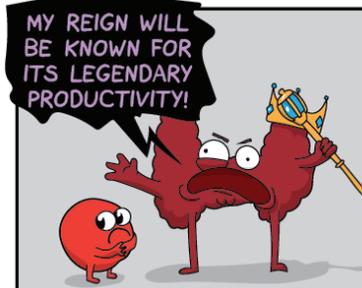
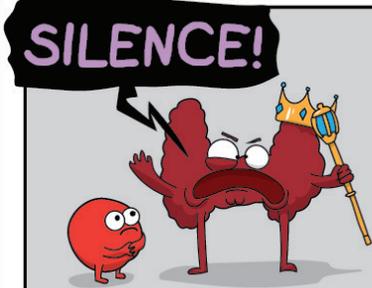
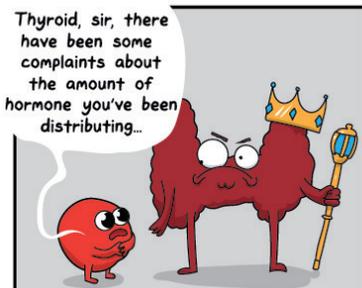
INGREDIENTS

- 1/2 cup 2% milk
- 1 cup low-fat plain yogurt
- 1 cup frozen mixed berries
- 1 cup frozen cherries
- 1 cup grated carrots
- 2 tbsp. sliced almonds
- 1 tbsp. almond butter
- 1 tbsp. fresh lemon juice
- 1 medium kiwi, sliced
- 1 tbsp. chia seeds
- 1 tbsp. unsweetened coconut flake

DIRECTIONS

1. Combine milk, yogurt, berries, cherries, carrots, almonds, almond butter, and lemon juice in a blender. Blend on high until smooth, adding water as needed to thin the mixture.
2. Split between two bowls and top each with kiwi slices, chia seeds, and coconut flakes.

HEALTHY HUMOR



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