

HERB STOP

April 09 Highlight



HERBS FOR THYROID HEALTH

The thyroid glands are located in the neck area. They produce hormones that are vital in maintaining normal growth and metabolism. These hormones also influence the texture of skin and luster of hair, and are responsible for a person's energy or lack thereof.

Too much thyroid activity, *hyperthyroidism*, produces nervousness, irritability, intolerance, weakness, heart palpitations, sweating and insomnia.

Too little thyroid activity, *hypothyroidism*, produces anemia, depression, headaches, high blood pressure, insomnia, drowsiness, fatigue, weight gain and difficulty in losing weight, constipation, hair loss, heart problems, lower back pain, recurrent infections and feeling cold. Low functioning thyroid is linked to high cholesterol.

The following self-test can show you if your thyroid is functioning well: Shake down a thermometer and leave it next to the bed. Immediately upon awakening in the morning, place the thermometer in the armpit for ten minutes. A reading below the normal range of 97.8 to 98.2 strongly suggests low thyroid function. If the reading is above the normal range, it may be an infection or an overactive thyroid gland.

Herbs For An Over Active Thyroid

When the thyroid is overactive use herbs that are nervine relaxants, such as valerian, to reduce excitability, digestive bitters and a specific herb for this problem, which is bugleweed.

Herbs For An Under Active Thyroid

When the thyroid is under active use herbs that increase its activity, such as bitters, nervine tonics to strengthen the nerves, and seaweeds, such as bladderwrack and kelp, to feed and nourish.

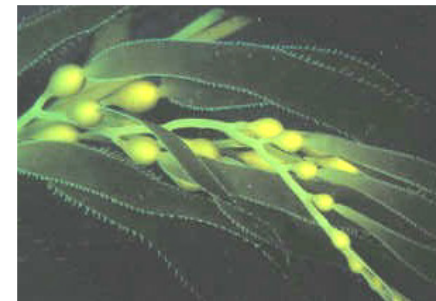
The following herbs can help to regulate the thyroid gland, weather it is under active or over active:

Kelp

Iodine is the necessary nutrient for the proper regulation of energy through its effect on metabolism, by helping the body burn off excess fat. The highest source of iodine is found in kelp. Kelp does not only absorb iodine from seawater but sponges up an enormous supply of essential nutrients beneficial for the thyroid gland and the rest of the body (alkalizes). These nutrients include protein, essential fatty acid, carbohydrates, fiber, trace elements, sodium and potassium salts, and many other nutrients. Extensive research done on this remarkable seaweed has shown to have anti-tumor properties. Japanese researchers have claimed that kelp has "conclusively been proven to prevent breast cancer". Kelp has antibiotic, antioxidant and antibacterial properties. This ocean herb has the ability to protect against environmental toxins, increase circulation and help lower cholesterol, among many other benefits.

Bladderwrack

Bladderwrack is an algae species common in colder waters of the North Atlantic. It is the best remedy for obesity. Where obesity is associated with thyroid trouble, this herb may be very helpful in reducing excess weight. Good for all glandular afflictions, goiter, and scrofula. This ocean herb has an excellent effect on the kidneys.



It also has a reputation to help with rheumatism and rheumatoid arthritis, both used internally and as an external application upon inflamed joints. Bladderwrack is packed with vitamin K - an excellent adrenal stimulant.

Dulse

Dulse is a reddish algae that grows on exposed shores, known in Ireland as Creathnach. It is an exceptionally balanced nutrient, with purifying, nourishing and toning effects on the whole body.

Irish Moss

Irish moss is full of electrolyte minerals - calcium, magnesium, sodium and potassium. Its mucilaginous compounds help to detoxify, boost metabolism and strengthen hair, skin and nails. Traditionally used for a low sex drive.

Naboru Muramoto in "Healing Ourselves" says: "The minerals and enzymes contained in seaweeds aid the body in eliminating the effects of animal food and help it adapt to vegetal-quality foods. In addition, seaweed helps the body discharge radioactive wastes imbibed from the atmosphere (food environment too)! It has been proven experimentally that alginic acid, an important element in algae, acts on metallic elements in the intestines, turning them into insoluble salts which are discharged from the body".

Nettles

Nettle leaf increases thyroid function with its high mineral content. It shrinks inflamed tissues, neutralizes uric acid, and brings back natural hair luster and color.

Gentian

Gentian root provides bitter principles that are known to normalize the functioning of the thyroid, probably through an indirect means. More specifically, the herb stimulates the digestive organs, especially useful with debilitated persons. Gentian is a famous European alpine herb recognized in strengthening the body, particularly in the case of weak digestion, lack of appetite and also for leukemia.

A Health Drink For The Thyroid

This highly nutritious drink feeds the whole endocrine system, is a great body energizer and mood elevator. Although it takes 2 days to get it ready, there is little to do. Well worth the wait, it is absolutely delicious.

Sprout four tbsp of oats by soaking overnight in water, then allow to sprout for 1 ½ days. Put into blender with one cup of water, whiz for 30 seconds, add 2/3 cup more of water, blend another 30 seconds, then strain. Put into the blender the oat milk, six whole raw almonds, one tsp vanilla extract, a dash of nutmeg, one tbsp whey powder, and either one banana or apple. Blend for about 30 seconds. Enjoy!

Things To Include

- ☼ Thyroid problems are more prevalent in women than men. A low functioning thyroid can harm the female reproductive system, creating fibroids and tumors.
- ☼ Is there a lump in your throat? Your emotions affect the health of the thyroid. Therefore, iodine is necessary when we face many emotional troubles, as the body burns up iodine at a faster rate.
- ☼ Personal expressions and the ability to communicate help maintain the healthy flow of energy through the thyroid. Blockages of this energy can manifest as stiff neck, throat infection or tension in the shoulders. Sing, dance, express yourself, and don't judge yourself. Criticism and judgment of your expression are detrimental to the wellbeing of the thyroid gland, because this restricts the natural outward expression of the beautiful person that you are.
- ☼ Include more of the color blue in your life. Blue is the color of peacefulness and can help settle down a stressed out nervous system. Blue stones, such as Lapis lazuli, are not only beautiful but excellent to wear around the neck to calm the nervous system and to bring confidence in your expressions.
- ☼ Allow others to express themselves too without judging. Be a good listener; be open to what they communicate to you in words and body language.
- ☼ Loosening the neck releases tension and stiffness. Much of the time the neck acts as a filter between the abundant flow of energy between the mind and the body.

The dictionary defines metabolism as: the sum of the physical and chemical processes in an organism by which its material substance is produced, maintained, and destroyed, and by which energy is made available.

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