

Onna Lo M.D.

A Partnership to be *Happy, Healthy, Holistic*

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Recommendations for Thyroid Disorders

- Look for the underlying cause of the thyroid disorder, usually **nutrient deficiency** or an **autoimmune process**.
 - Be sure to check with your doctor about the TPO and Anti-thyroglobulin Antibodies to rule out underlying Autoimmune process.
- **Dietary recommendations**
 - Limit goitrogenic foods such as broccoli, cabbage, bok choy, kale, and canola. Encourage patients to eat them cooked and no more than one serving per day.
 - Eat foods high in iodine (i.e., seafood, seaweed, iodized salt). Kelp flakes can be used in place of salt while other forms of seaweed can be used for flavoring foods. Even with whole foods, start at lower doses of iodine and build up over a few weeks, and ensure adequate selenium intake to minimize the risk of adverse effects.
 - Eat foods high in selenium, such as Brazil nuts and ocean fish. Aim for 200 mcg per day from food.
 - Avoid problem foods that may trigger an autoimmune response.
 - Limit low-carb diets.
- **Lifestyle**
 - Manage stress and normalize HPA axis function and cortisol levels.
 - Improve gut health.
 - Get some sun.
- **Supplementation**
 - Iodine and selenium
 - Restore healthy levels of iodine and selenium using kelp tablets and dietary selenium. If patients eat iodine-rich foods, 150 mcg per day is adequate. For patients with low iodine food sources, I recommend 800 to

1,000 mcg per day. Consider a short course of therapeutic selenium supplementation (200 mcg per day) in patients who test with low selenium levels or have low levels of background intake (i.e., those that don't eat nuts or seafood, which are the highest sources).

- Vitamin D
 - 2000IU to 5000IU daily
- Glutathione (liposomal oral or topical)
 - 500 mg) per day on an empty stomach.
 - Topical oxicell from Apex
- Curcumin
 - 500mg twice a day
- Zinc
 - 25 mg per day with food.
- Ashwagandha
 - 125 mg twice daily on an empty stomach
- L-carnitine (for hyperthyroidism)
 - use L-carnitine from Jarrow Formulas at a dose of two to four grams per day. I tell my patients to take four to eight capsules a day on an empty stomach.
- Bugleweed (for hyperthyroidism)
 - use the supplement from Herb Pharm. The suggested dose is 30 to 40 drops two to four times a day.

Here's a list of cruciferous vegetables that have been demonstrated to have a mild goitrogenic effect:

Bok choy	Broccoli	Broccolini
Brussels sprouts	Cabbage	Canola
Cauliflower	Chinese cabbage	Choy sum
Collard greens	Horseradish	Kai-lan
Kale	Kohlrabi	Mizuna
Mustard greens	Radishes	Rapeseed
Rapini	Rutabagas	Turnips

Other foods have also been shown to have a goitrogenic effect:

Bamboo shoots	Millet	Peaches
Peanuts	Pears	Pine nuts
Soybeans	Tofu	Soy milk
Soy lecithin	Soy flour	Spinach
Strawberries	Sweet potatoes	Yuca (cassava, manioc)

Once again, strict avoidance of these foods isn't necessary. Steaming or boiling them reduces their goitrogenic effect, and eating moderate amounts of them raw should not cause problems if your iodine intake is sufficient. See the Goitrogen Checklist handout* for a quick-reference chart that your patients can put up on their fridges.

Selected food sources of iodine^{[3], [4]}

Food	Iodine (mcg/serving)	Iodine (percent DV)
Kelp, 1 gram	1,542	10,280%
Kombu, 1 gram	1,350	900%
Hijiki, 1 gram	629	419%
Arame, 1 gram	586	391%
Cod, baked, 3 ounces	99	66%
Dulse, 1 gram	72	48%
Iodized salt, 1/4 teaspoon	71	47%
Wakame, 1 gram	42	28%
Shrimp, 3 ounces	35	23%
Egg, 1 large	24	16%
Tuna, canned in oil, 3 ounces	17	11%
Nori, 1 gram	16	11%
Prunes, dried, 5 prunes	13	9%
Banana, 1 medium	3	2%

Here are a few suggestions for how to incorporate seaweed into your diets:

- Use kelp flakes in place of salt. They're great on eggs, in soup, or on any other food that might need salt. Just a quarter-teaspoon per day would more than satisfy the daily need for iodine.
- Use kombu to flavor soup or stews. Add one four- to six-inch piece (about six grams) to a soup about 15 minutes before it's finished.
- Eat seaweed as a snack or side dish. Rehydrate arame, hijiki, or wakame and eat them as a snack, or make them as a side dish. Hijiki with carrots and nishime are popular dishes in Japanese cooking that feature seaweed.

- Make nori rolls. Nori is lowest in iodine among the seaweeds, but it's handy to use because of its flat, thin shape. Use nori as a wrap for vegetables, fish, meat, and of course white rice (unless the patient is intolerant).

Starting with a small amount of the varieties of seaweed that aren't quite as high in iodine (i.e., dulse, wakame, and nori) and increasing slowly over several weeks. If you experience symptoms of hypothyroidism (e.g., cold hands and feet, constipation, hair thinning or falling out, brain fog) or hyperthyroidism (e.g., insomnia, heat, sweating, diarrhea, anxiety), reduce the iodine-containing foods, ensure selenium is adequate, and consider trying again after a period of higher selenium intake.

Selected food sources of selenium[5]

Food	Se (mcg/serving)	Se (percent DV)
Brazil nuts, 1/2 ounce (3–4 nuts)	277	389%
Tuna, yellowfin, cooked, 3 ounces	92	131%
Halibut, cooked, 3 ounces	47	67%
Sardines, canned in oil, 3 ounces	45	64%
Ham, roasted, 3 ounces	42	60%
Beef steak, bottom round, roasted, 3 ounces	33	47%
Turkey, boneless, roasted, 3 ounces	31	44%
Chicken, light meat, roasted, 3 ounces	22	31%
Beef, ground, 25% fat, broiled, 3 ounces	18	26%
Egg, hard-boiled, 1 large	15	21%
Spinach, frozen, boiled, 1 cup	11	16%

As you can see, ocean fish are some of the best sources of selenium in the diet. A combination of seafood, Brazil nuts, and the other foods listed above should be sufficient to reach my recommended target of 200 mcg per day.