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BIOCHEMISTRY OF HYPOTHYROIDISMS AND ITS TREATMENT THROUGH NUTRITION AND QUANTUM PHYSICS

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Considering the increase of people with thyroid disorders (subclinical hypothyroidism, idiopathic hypothyroidism, Hashimoto's thyroiditis, etc.), there is a need to get to know the biochemistry behind the metabolism of thyroid hormones in order to treat the true causes of these problems and not just prescribe oral hormones to take for the rest of the life. Nutrients such as Iron, Copper, Zinc, Selenium, Vitamin A, Iodine and Vitamin D participate actively in the synthesis, the activation and reception of thyroid hormones. When one or more of these nutrients is deficient, thyroid metabolism may be affected, initially leading to subclinical hypothyroidism and later to hypothyroidism itself. When those problems are detected in time (before the hypothyroidism itself) many strategies can be used in order to revert and treat the causes of the subclinical hypothyroidism. Similarly, vitamin D deficiency in particular and the general imbalance of the immune system in general, such us other nutritional deficiencies and/or high intake of allergenic and inflammatory foods, may predispose to autoimmune diseases such as Hashimoto's Thyroiditis, which will also lead to hypothyroidism. Correcting diet and nutritional deficiencies may be important treatment strategies in association or not with holistic therapies including the prescription of quantum frequencies that aid in the energy balance of the thyroid gland, the thyroid hormone receptors, the pituitary gland and/or the nutrients involved in the thyroid metabolism. Performing whole blood tests (far beyond free TSH and free T4) thus becomes an important strategy to specifically identify what should be treated in each case to reverse or control causes, through diet, supplementation and quantum frequencies.

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