



What is Hashimoto's Thyroiditis?

Hashimoto's thyroiditis, also known as **chronic lymphocytic thyroiditis** was named after the Japanese physician, Hakaru Hashimoto (1881 – 1934), who first described the condition in 1912.

This disease causes **inflammation of your thyroid** (a small butterfly-shaped gland in your neck near your adam's apple). It is an auto-immune disease, which means it causes your body to attack its own tissue.

With **Hashimoto's thyroiditis** the immune system mistakenly attacks the thyroid causing inflammation and tissue damage. Antibodies are made by white blood cells to fight germs and infections. But in **Hashimoto's**, auto-antibodies (antibodies which attack normal tissue) are made by white blood cells and appear in the bloodstream.

The result is an **infiltration of immune cells into your thyroid gland** and damage to the thyroid tissue. As a result, your thyroid gland then reduces its production of hormones, which leads to an underactive thyroid gland (known as hypothyroidism).

Who Suffers from Hashimoto's Thyroiditis?

This disease progresses slowly, and causes chronic thyroid damage. It is life-long, but with the correct treatment, healthy nutrition and exercise, it can be managed effectively.

Often, **Hashimoto's Thyroiditis** is mild and can go undetected for a number of months or years. **Hashimoto's disease is the most common cause of primary hypothyroidism in the United States.** Women are more commonly affected than men at a ratio of 8:1 and it is most prevalent in the 30-50 age group.

Hashimoto's Thyroiditis affects approximately 15 million women in the United States, most presenting with **Hashimoto's** in middle age. **Hashimoto's Thyroiditis** is more common in those individuals with a history of thyroid disease, other autoimmune conditions or other endocrine disorders.

Diagnosing Hashimoto's Thyroiditis

The **diagnosis of Hashimoto's disease** is based on the following tests:

- **Hormone test** - This blood test is able to determine the amount of

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

hormones produced by the thyroid and pituitary glands.

- **Antibody test** - This blood test is aimed at finding thyroid antibodies in the blood.

Recognizing the Symptoms of Hashimoto's Thyroiditis

The onset of [Hashimoto's Thyroiditis](#) is slow and insidious, with gradual progression over time. This means that many people with early [Hashimoto's](#) are not even aware of the problem as they do not have any symptoms of hypothyroidism.

The symptoms of [Hashimoto's Thyroiditis](#) are initially mild, sometimes barely noticeable, but as the disease progresses over a lengthy period more symptoms become apparent.

Some of the symptoms and signs of [Hashimoto's Thyroiditis](#) include:

- Fatigue
- Forgetfulness
- Constipation
- Depression
- Dry skin
- Unexplained weight gain
- Intolerance to cold
- Swelling in the front of the neck
- Trouble swallowing food or liquids
- Tender and stiff muscles

What Causes Hashimoto's Thyroiditis?

The actual cause of [Hashimoto's](#) disease is unknown. Immune cells (lymphocytes) infiltrate the thyroid gland and affect thyroid functioning. A combination of factors such as **heredity, gender and age** can contribute to the development of this disease.

Help for Hashimoto's Thyroiditis

While there is no definitive cure for [Hashimoto's](#) disease, there are treatments available to help relieve symptoms. Conventional drug therapies include:

- Betablocker/Antithyroid medication
- Thyroid hormone replacement medication such as Levothyroxine
- Surgery

An individual with [Hashimoto's Thyroiditis](#) has to be aware that hormone replacement medication is a life-long treatment. Alternatively, there are natural and alternative therapies that have been proven to **promote thyroid health** – and best of all, unlike conventional drug therapies, [Hashimoto's thyroiditis natural treatment options are side-effect free!](#)

The type of treatment chosen should be customized to suit an individual needs. It



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

might be a good idea to implement a broader treatment plan, and it is always best to first consult a health care professional about the available options.

Throughout the last few years, alternative therapy and **natural remedies have become increasingly popular** with an ever increasing number of people using this treatment method. The holistic approach to healing is to view symptoms as a reflection of a deeper, underlying cause rather than view the symptoms as the primary concern.

By restoring the physical, mental and emotional wellbeing of the individual, better health and quality of life is promoted. Remember that it is always important to consult your doctor or health care professional before making any changes to chronic prescription medication.

Natural therapies to alleviate symptoms include:

- Herbal Medicines (naturopathy)
- Homeopathy
- Massage
- Acupuncture
- Ayurveda
- Yoga

A combination of herbal ingredients such as Equisetum arvense, oatstraw (Avena sativa), alfalfa (Medicago sativa), and gotu kola (Centella asiatica) can be used as **[Hashimoto's thyroiditis natural treatment options](#) to promote a [healthy thyroid](#)**. Herbal remedies may also be used alongside conventional thyroid **treatment for hypothyroidism**, but remember to discuss this with your doctor.

There are many **[Hashimoto's thyroiditis natural treatment options](#)**. Consult a homeopath or naturopath for guidance on the use of **herbal or homeopathic treatment**. It may be beneficial to **adopt healthy eating habits** as this can also improve thyroid function.

Tips for Coping with Hashimoto's Thyroiditis

Understandably, adjusting to life with hypothyroidism can be a difficult, testing time. Here are a few tips to help you manage the disease more effectively:

- Maintain a positive outlook – remember Hashimoto's disease is treatable, and not fatal
- Co-manage your condition with your doctors, specialists, therapists, families, and friends
- Educate yourself about your condition
- Eat a healthy diet. Include lots of salt water fish, shellfish and sea weed (e.g. sushi) in your diet as these are rich in iodine – essential for healthy thyroid functioning
- Avoid cruciferous vegetables (cauliflower, cabbage, broccoli, brussels sprouts, kale) as these contain a natural thyroid blocker.
- Exercise regularly
- Be consistent with your chosen medication
- Monitor your hormone levels on a regular basis

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The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite



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frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Thyroid Assist: Helps maintain healthy thyroid functioning and thyroid hormone levels.

Thyroid Assist is a 100% safe, non-addictive, **natural thyroid** remedy. Thyroid Assist can be used consistently to safely support health and **systemic balance** in the endocrine system.

The **natural thyroid** supplement Thyroid Assist contains a selection of herbs known for their supportive function in maintaining **thyroid health** and **hormonal balance**. Thyroid Assist supports the healthy functioning of the thyroid, thereby helping to maintain **balanced metabolism**, body temperature, fertility, healthy weight and routine, healthy performance.

Natural thyroid remedies such as Thyroid Assist can make all the difference without compromising health and **without the risk of serious side effects**.

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance ideal for **thyroid support** – exactly as nature intended!

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