

MATERNITY & BABY CARE

Reducing the risk of thyroid diseases

It is estimated that about as many as 200 million people in the world have a thyroid problem, and women are five to eight times more likely than men of having it.

A butterfly-shaped gland that sits low on the front of the neck, the thyroid secretes several hormones, which act throughout the body to influence metabolism, growth and development, and body temperature.

When the thyroid is overworked or underperforming, our metabolism is affected and symptoms may arise. These conditions are called hyperthyroidism and hypothyroidism. Signs and symptoms may vary depending on the severity, but in general the problems tend to develop slowly over a number of years.

Dr. Benita Perch, Licensed Naturopathic Physician and Homeopath at Integrated Medicine Institute (IMI), advises people to find out their iodine level to reduce the risk of thyroid diseases. "If you are low, supplement your diet with foods such as seaweeds and kombu. If you're high, avoid over consumption. Also, make sure you get enough vitamin A, B, D and omega 3, zinc and antioxidants from your diet and daily activities."



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