

Hashimoto's Disease

The thyroid gland is at the base of your neck, below your Adam's apple. It is a part of the endocrine system. It helps control various hormone levels in the body. Hashimoto's Disease (also known as chronic lymphocytic thyroiditis) is an autoimmune disorder that occurs when your immune system attacks the thyroid gland. This generally leads to inflammation which causes hypothyroidism (an underactive thyroid gland). The most common cause of hypothyroidism in the US is Hashimoto's Disease. It can affect anyone of any age, but is most commonly found in middle-aged women.

Hashimoto's is a slow moving disease that doesn't really have any symptoms that are associated with only it. A gradual drop in thyroid levels over the years will cause the signs of an underactive thyroid. Those signs vary widely but may include:

- Enlarged thyroid (if this symptom occurs, see a doctor immediately)
- Cycling between hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid). If you are experiencing this symptom you will have many of the symptoms below and then switch to their opposite. For example, you will experience fatigue, constipation, water retention, and depression; then you will flip to the opposite and experience high levels of energy, diarrhea, rapid weight loss, and anxiety.
- Fatigue, lack of energy, difficulty in getting things done due to lack of energy
- Sensitivity to cold
- Constipation
- Dry skin, pale skin
- Puffy face
- Raspy voice
- High blood cholesterol levels
- Weight gain, (generally less than 10-20 pounds), most of which is fluid
- Muscle aches and pains or stiffness, generally in the shoulders and hips
- Pain and stiffness in your joints
- Swelling (water retention) in the knees, hands, and feet
- Muscle weakness, especially in the legs and feet
- Depression
- Hair loss
- Heavy periods or long periods (a regular cycle will include 4-7 days of bleeding) and/or fertility problems
- Difficulty thinking, forgetfulness

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- High levels of thyroid antibodies
- Some people seem to have no symptoms at all

If ignored, Hashimoto's can cause goiters, heart problems, mental health difficulties, birth defects or a rare disease called Myxedema (this is when you become extremely intolerant of cold temperatures, becoming drowsy, lethargic, and slipping into a coma. Obviously, you need to seek medical assistance if you experience this.) It will eventually destroy the thyroid. Many scientists do not feel that treatment is needed until the disease progresses to the point where these more serious problems present themselves. Others researchers have concluded that preventative treatment while normal levels of TSH levels exist may be able to stop progression of the disease and prevent further development of health problems associated with it.

What causes Hashimoto's disease? Doctors and scientists don't know. Some say it's a bacteria, others a virus. It does tend to run in families, so some scientists speculate that it might be genetics. Other researchers believe that it is caused by excessive levels of estrogen in the body. This is something we are seeing more and more of with the use of plastics in modern society as well as with meats that have high levels of hormones. Try to consume meats that are organic or free range and phase out the use of plastic containers in your food preparation and storage. Also, avoid using the microwave as many researchers have shown that it damages basic molecular structure.

What are some things you can do to help your body in its fight against Hashimoto's Disease?

- Selenium (a mineral) has shown value in helping fight Hashimoto's Disease (up to 200 mcg per day)
- Calcium and magnesium are both nutrients that have a sedative effect. Many people with Hashimoto's have difficulties sleeping because most thyroid attacks occur at night.
- Reducing swelling is key to preventing many of the symptoms. Some essential oils that help reduce swelling include: (you may have to try several before you find the ones that work best with your body chemistry).
 - Basil
 - Birch
 - Chamomile, German
 - Copaiba
 - Eucalyptus
 - Lemongrass
 - Myrrh
 - Oregano (hot oil, make sure you dilute)
 - Peppermint
 - Physical Touch blend

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- Rosemary
- Essential oils that will help strengthen and balance the thyroid include:
 - Myrrh is your number one essential oil for raising thyroid production levels. Apply 1-2 drops two times daily (morning and night) to the thyroid gland and on the feet from the base of the big toe to the base of the third toe (do the right foot first, then the left).
 - Lemongrass (stimulates the thyroid gland)
 - Myrtle (help lower thyroid levels)
- Strengthen your body overall by cleansing the liver (see instructions on the Liver Cleanse in our library at www.TracesEtc.com) and drinking Masaji (1-2 Tablespoons) daily.
- Use the three essential oil blends created by Be Young to deal with autoimmune issues: Spice for Life, Guardian, and Defense. (More information can be found in our library.)

Special note: if you are taking thyroid medications you need to allow a two hour window between taking the medication and using essential oils. They may cancel each other out otherwise.

To order, for class information, or if you have questions contact:

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