What Are The 10 Toxins Impacting Your Thyroid?

TOXIN #1 **FOOD**	• The degree to which food is processed today; usage of additives, preservatives, coloring • Toxicity in "conventionally" grown food from pesticides, fertilizers and growth hormones in meat • Pasteurization and homogenization of food • Low-fat foods; high in sugar content and additives • Highly inflammatory fats and oils
TOXIN #2 **WATER**	• Presence of fluoride, which is an endocrine and thyroid disruptor • Traces of lead, mercury and cadmium that can impair the immune system • Prescription drugs that add to your own toxic levels
TOXIN #3 **HOUSEHOLD CLEANING ITEMS**	• Presence of endocrine and thyroid disruptors like BPAs, parabens, PFOA, tricolsan and many others found in most household cleaning products • These xenoestrogens (synthetic estrogens) can lead to thyroid function disruption and even thyroid cancer.
TOXIN #4 **SKINCARE PRODUCTS**	• As your largest organ, the skin absorbs the products you put onto it directly into your bloodstream. • The most common skincare culprits of poor health are parabens and phthalates (even though you won't see them on labels, as the FDA does not require it).
TOXIN #5: **ANTIBIOTICS, BIRTH CONTROL PILLS AND ANTACIDS**	• Antibiotics wipe out your good bacteria, weakening your immune system, which is key to your health if you have Hashimoto's. • Birth control pills have been scientifically linked to weakening our gut bacterial flora, impairing the thyroid, and causing estrogen dominance (a leading cause of breast and thyroid cancers). • Antacids cause digestion to slow, and can cause a myriad of digestive problems, which then impact the thyroid.
TOXIN #6 **PARASITES & BACTERIAL INFECTIONS**	• Medical studies show a high co-relation between H. pylori and Hashimoto's disease. • It is estimated that 70% of us will have a parasite at some point in our lives. Common parasites like ringworms, pinworms, hookworms, roundworms, tapeworms or liver flukes deplete us nutritionally, and their presence creates another toxic load.
TOXIN #7 **NEGATIVE EMOTIONS, PAST TRAUMA & STRESS**	• Unresolved trauma from past events can put us in a chronic state of stress, which can inhibit the thyroid function. • Negative self-talk, low self-esteem and harshness toward ourselves can be detrimental to creating and sticking to a recovery plan. • Stress (emotional, physical or chemical) releases high amounts of cortisol, which can inhibit the thyroid gland.
TOXIN #8 **HEAVY METALS**	• Amalgam (silver) tooth fillings release mercury, which is a well-documented neurotoxin that impacts the endocrine system (and the thyroid). • Consumption of fish and seafood from poor-quality sources can contribute to heavy metal toxicity.
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TOXIN #9 **LACK OF QUALITY SLEEP**	• Our liver completes most of its toxin processing between 1 a.m. and 3 a.m.; lack of deep and uninterrupted sleep can contribute to our toxic buildup.
TOXIN #10 **AIR QUALITY**	• Home air quality can be worse than outdoors when we use conventional cleaning products and synthetic air fresheners. • Molds in the house have been linked to suppression of the immune and endocrine systems.