



## Mardian Natural Medicine

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### Naturopathic Treatments for Hypothyroidism

1. Get plenty of outdoor exercise to stimulate the thyroid gland. It is best to exercise in the cool of the day being careful not to overdo it.
2. Apply alternating hot and cold compresses to the thyroid area. Place a hot towel or face cloth over the front of the neck for 3 minutes. Then replace it with a cold towel for 30 seconds. Repeat 3 times. Do this twice daily for 7 days, then once in the morning for a month.
3. Take a cool shower in the morning and at night.
4. Use a cold spray from the shower to the area beneath the shoulder blades and follow with taping of the fingertips over the same area. This will stimulate the adrenal glands and subsequently improve metabolism.
5. Do not use an electric blanket. Use an EMF/magnet mattress pad on your bed instead.
6. Do not eat the following foods RAW (or use in strict moderation) because they contain goitrogens, which suppress the action of the thyroid gland. You can use them cooked if you are not intolerant to them.

Apples	Grapefruit	Cherries	String beans
Honeydew	Pears	Oranges	Peaches
Beets	Raspberries	Strawberries	Carrots
Broccoli	Bamboo Shoots	Collards	Green Beans
Cabbage	Lettuce	Corn	Celery
Peppers	Radishes	Kohlrabi	Soy beans
Spinach	Peas	Yams	Peanuts
Turnip	Filberts	Brussel Sprouts	Almonds
Blackberries	Cauliflower	Apricots	Grapes
Kale	Onions	Rutabaga	Walnuts