

THYROID (hyper & hypo)

HERBAL TEA INGREDIENTS:

ELEUTHERO - This herb is one that many people with both hypothyroidism and hyperthyroidism can take (including both Hashimoto's Thyroiditis and Graves' Disease). The herb doesn't directly affect the thyroid gland, but instead affects something called the hypothalamic-pituitary-adrenal (HPA) axis, which helps the body to adapt to stressful situations, and this herb also provides immune system support. For people with adrenal problems, which is common in people with thyroid and autoimmune thyroid conditions, eleuthero is a very beneficial herb.

ECHINACEA - This is very popular herb, and is responsible for enhancing the immune system function. Many people with Graves' Disease and Hashimoto's Thyroiditis can benefit from this herb, since it can help improve their immune system health.

BUGLEWEED - This herb is for managing the symptoms of hyperthyroidism. Please note that this herb should not be taken by those women with hyperthyroidism who are pregnant or lactating.

BLADDERWRACK - This herb is for people with hypothyroidism. Taking this herb, along with other herbs and supplements, plus incorporating other lifestyle factors, can help restore the health of someone who has hypothyroidism. This can mean that some people who have been taking synthetic or natural thyroid hormone may eventually be able to stop taking these drugs with the help of this herb (under the supervision of their medical doctor of course). This herb shouldn't be taken by women who are pregnant or breastfeeding.

ASHWAGANDHA - Yet another adaptogenic herb for people with thyroid and autoimmune thyroid conditions that has many different benefits Ashwagandha helps the body to cope with stress by affecting the HPA-axis, and is also beneficial for the immune system. It also has some other benefits as well, as it has some anti-inflammatory effects.



"Herbs that work!"