

Thyroid and Juice Plus

HYPOTHYROIDISM/HYPERTHYROIDISM and GOITROGENIC EFFECT

(as it pertains to diet and Juice Plus+ ®)

By Carol Watson, Registered Nurse, Naturopathic Doctor

I get this question frequently about whether those with hypothyroidism should eat Juice Plus+ ® daily or not because of the goitrogenic effect of some of the vegetables found in our concentrated powder produce blend. I present to you this document to provide a little bit of deeper understanding about the synergy of whole food vs. isolated nutrients.

Some foods contain naturally-occurring goitrogens (thyroid depressants) and/or progoitrogens (thyroid stimulants). The list includes cabbage, kale, kohlrabi, rutabaga, cauliflower, mustard greens, radishes, broccoli, Brussels sprouts, maize (corn), peas, soy, lima beans, sweet potatoes, sorghum, apricots, prunes, walnuts, cherries, almonds and bamboo shoots. Although it is admitted that these foods are unlikely to adversely affect persons with normal thyroid function, persons with hypo- or hyperthyroidism are frequently cautioned about frequent consumption.

However, the "negative influence" of these foods is based on tests using isolated chemicals found in the foods OR tests with processed portions of the foods rather than the whole, natural foods. For example, isolated soy protein, as found in baby foods and formulas, is reported to produce goiters in infants. But when whole foods are ingested, all the phytochemicals and nutrients are intact, so they will have a balancing, healthful effect on the thyroid. That is, whole foods may contain compounds that both slow and speed thyroid function but the body's ability to selectively absorb allows a choice of what and how much of these components are used. In several countries around the world that enlist "natural medicine," many of the foods listed above have been used to treat both hypo- and hyperthyroidism.

The bottom line is that nature balances but human alterations or synthetic chemicals distort and destroy health.

Your partner in Improving Health Naturally, Inc.,

"Dr. Carol"