



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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WWW.NATURALHEALTHRESEARCH.ORG

Thyroid Health

The thyroid is a small, butterfly shaped gland found at the base of the neck. The gland plays an important role in the body, producing the hormones T3 and T4. These hormones help to regulate metabolism, and affect critical body functions, such as energy level, temperature and heart rate. The thyroid also influences the function of the brain, liver, kidneys, and skin. If your thyroid is over-producing or under-producing these hormones, it can cause significant health concerns.



- Hypothyroidism is a condition where the thyroid gland does not produce enough thyroid hormone. Symptoms include extreme fatigue, depression, forgetfulness, weight gain and intolerance to cold temperatures.
- Hyperthyroidism is a condition causing the gland to produce too much thyroid hormone. Symptoms include nervousness, irritability, muscle weakness, weight loss, trouble sleeping, vision problems and eye irritation.

The American Thyroid Association estimates that 20 million Americans have some form of thyroid disease and up to 60% of those are unaware of their condition.

Research has shown supplementing with certain vitamins, minerals and herbs can be helpful in managing the underlying causes in thyroid disorders. Adding zinc, iodine, selenium, L-tyrosine, ashwagandha, aloe Vera, vitamin A and vitamin D to your diet have been found beneficial.

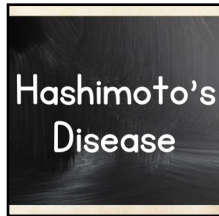
Please discuss these options with your healthcare provider before beginning any regimen on your own.



[Beneficial Role of Ashwagandha Root Extract in Subclinical Hypothyroidism](#)



[Exposure to Persistent Organic Pollutants Is Associated with Autoimmune Thyroid Disease](#)



[Aloe Vera in Hashimoto's Thyroiditis](#)



[Nigella Sativa Benefits Thyroid Health](#)

COVID-19 Resources



Read science-based research to help keep you informed and learn strategies for staying well through this difficult time.

[Read More](#)



Watch the webinar, "Overcome COVID-19 Stress-Induced Food Cravings with Targeted Amino Acid Therapy", presented by Julia Ross, MA, NNTS.

[Watch Now](#)



Discover integrative approaches to the COVID-19 crisis, written by our featured guest, Sarah Hung, ND, MSOM, L.ac.

[Read More](#)

Events



Personalized Nutrition 2020 – Enhancing Immune Resilience

The NHRI was a sponsor and exhibitor at the American Nutrition Associations annual summit.

This two-day virtual event explored the many dimensions of the rapidly emerging personalized nutrition field and industry.

Presentations equipped participants to:

- Recognize the significance of nutrition in shaping immune function.
- Apply immune-supportive personalized nutrition concepts in clinical practice.
- Describe the role of the personalized nutrition professionals in practice care models.

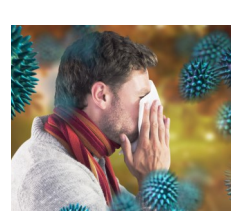
Presentations and slides will be posted on the website soon.

Recent Posts



Dietary Flavanols for Better Brain Oxygenation and Cognition in Healthy Adults

Written by Joyce Smith, Staff Writer. The study results showed that the brains of healthy adult participants recovered faster when drinking a flavanol-enriched cocoa beverage prior to a mild vascular challenge, and performed better on complex cognitive tests. [Read more »](#)



Ginger Extract an Effective Alternative Treatment for Patients with Allergic Rhinitis

Written by Angeline A. De Leon, Staff Writer. This study found that ginger was as good as loratadine in improving quality of life and caused less side effects in study participants with allergic rhinitis (AR). [Read more »](#)



Evening Primrose Oil for Psychological Symptoms of Menopause

Written by Jessica Patella, ND. This study found evening primrose oil to be safe and effective for treating the psychological symptoms associated with menopause in women. [Read more »](#)



Does Time-Restricted Eating Support Weight Loss and Metabolic Parameters in Overweight and Obesity

Written by Joyce Smith, Staff Writer. Overweight or obese adults who participated in time-restricted eating (TRE) experienced a 1.17% modest weight loss that was very similar to the weight loss (0.75%) in the control group that practiced consistent meal timing (CMT). [Read more »](#)



Vitamin D and the Stress Response

Written by Jessica Patella, ND. This study suggests that Vitamin D supplementation during the winter months may support the body's ability to recovery from psychophysiological stress. [Read more »](#)

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