

Thyroid & Stress Quick Guide

One of the most common hormonal imbalances is high stress hormones & low thyroid function.

Thyroid hormone powers every organ, tissue, & cell in the body!

Thyroid hormone controls

- body temperature
- brain function & cognition
- liver detoxification
- digestion & utilization of food
- ovulation & reproduction
- appetite & bowel movements
- ability to sleep well
- blood pressure & heart rate
- hair, skin, & nail growth
- bone growth & density

Undereating & Stress

undereat, skip a meal, avoid carbs



liver runs out of energy



signal to increase stress hormones



break down muscle, organs, & fat for energy



inefficient & pro-inflammatory



chronically leads to low thyroid & symptoms

Stress DIRECTLY lowers thyroid function. Use the following page to help identify your personal sources of stress.

Don't mistake high energy for high stress hormones!

In order to be symptom-free, we must keep stress hormones low and improve thyroid function through proper and consistent NOURISHMENT.

Sources of Stress Checklist

Most women don't realize all the the factors that add stress to the body. This list will help you better identify ALL the sources of stress in your life that could be contributing to hormonal imbalances.

Mental

- job hardship
- relationship conflicts
- financial hardships
- childcare
- feeling overwhelmed
- anxiety
- fear
- grief
- depression
- overexcitement
- negative thinking
- any major life event

Physical

- undereating
- unbalanced blood sugar
- lack of macronutrients
- lack of vitamins/minerals
- injuries
- gut issues
- allergies
- poor sleep
- screen time
- lack of sunlight
- pregnancy
- breastfeeding
- exercising

Chemical

- vegetable oils
- fake sugars
- anti-nutrients
- synthetic vitamins/minerals
- food additives
- pesticides & herbicides
- air pollution
- birth control, medications
- plastics
- bacteria, mold, pathogens
- EMFs
- beauty products
- tap water
- alcohol