

## What is hypothyroidism?

Hypothyroidism occurs when your body doesn't produce enough thyroid hormones. The thyroid is a small, butterfly-shaped gland that sits in front of your windpipe. It releases hormones that help your body regulate and use energy.

Thyroid hormones help control functions including how your heart beats and how your digestive system works. Without the right amount of thyroid hormones, your body's natural functions begin to slow down.

Also called underactive thyroid, hypothyroidism usually affects people over the age of 60 and is more common in women than men. It may be discovered through a routine blood test or after symptoms begin.

Subclinical hypothyroidism is the name given to an early, mild form of the condition.

If you've recently received a hypothyroidism diagnosis, it's important to know that treatment is considered simple, safe, and effective.

Most treatments rely on supplementing your low hormone levels with artificial hormones. These hormones will replace what your body isn't producing on its own and help return your body's functions to normal.

## For First 15 Days

### 7.00am

One glass of lukewarm/room temp +Lemon one spoon juice  
+ one pinch of Dalchini powder it / Jeera powder pinch of and one glass of water.

### 8.30am

7-8almonds soaked and **one walnut**, one anjeer, 5-6 manuka.

### 8.30 - 9.00am

#### Breakfast

**Two vegetable idli and chana dal chutney/**

**one plate vegetable upma /**

**one plate vegetable poha /**

**moong dal vegetable chilla two/**

**moong dal vegetable appe 4-5 with pudina chutney**

+ one katori curd

### 12.00 pm

Buttermilk 250ml +1/2 chia seeds /coconut water

### 1.30-2 pm

#### Lunch

**Vegetable salad 100gm** (Cucumber, carrot, beet root vegetables you like) salad one plate.

Jawar/Bajra/Rajgira/wheat/Ragi /Rice(60-80gm) +Dal katori +sabji bowl

Flax seed one spoon + saunf one spoon

#### 4.00 pm

One fruit less sweet 100gm

#### Dinner up to 7.30 - 8.30 pm

- 1) Oats 30gm+panner 60gm+vegetable 100-150gm make upma
- 2) Dalia 30gm +Moong dal 60gm+Vegetable 150-160gm Make Dalia moong dal vegetable khichadi and kadhi
- 3) Two roti +Sabji and two katori dal +vegetables100gm salad
- 4) Rice 30gm+ 60gm Panner+ vegetable 150 gm Panner vegetable pulav
- 5) Brown rice 30gm+ choely 60gm vegetable 100gm

#### 10.30 pm

Milk 100ml with pinch of haldi without sugar

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#### Next 15 days

#### 7.00am

One glass of lukewarm/room temp +Lemon one spoon juice

Dhaniya seeds/ sanuf seeds one spoon soaked in water

#### 8.30am

5-6 almonds soaked and one walnut, 2,3manuka

Breakfast at 8.30 - 9.00 am

One bowl vegetable moong sprouts 30gm steamed and sauté/

One plate vegetable mot 30gm /

one plate vegetable black chana 30gm /

3-4 Dhokla and pudina chutney/

### **12.00 pm**

Buttermilk 250ml +1/2 chia seeds /coconut water

### **Lunch 1.30-2.00 pm**

Vegetable salad 100gm

(Cucumber, carrot, beet root vegetables you like) salad one plate

Jawar/Bajra/Rajgira/wheat/Ragi /Rice(60-80gm) +Dal katori +sabji bowl

Flax seed one spoon

### **4.00 pm**

One fruit less sweet 100gm

### **Dinner up to 7.30-8.30PM**

1)80gm moong dal vegetable chilla +vegetable 100-150gm

2)Rice 30gm +Masoor dal 60gm+Vegetable 150-160gm Make Dalia moong dal vegetable khichadi and kadhi

3)one roti +Sabji and two katori dal +vegetables100gm salad

4)Rice 10gm+ 70gmdal r+ vegetable 150 gm vegetable khichadi

5) Brown rice 30gm+ rajma 60gm vegetable 100gm.

### **10.30 pm**

Milk 100ml with pinch of haldi without sugar.

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# Blood tests

Blood tests are the only way to reliably confirm a diagnosis of hypothyroidism.

A thyroid-stimulating hormone (TSH) test measures how much TSH your pituitary gland is creating:

If your thyroid isn't producing enough hormones, the pituitary gland will boost TSH to increase thyroid hormone production. The high TSH levels indicate hypothyroidism.

If you have hyperthyroidism, your TSH levels will be low, as your body is trying to stop excessive thyroid hormone production.

A thyroxine (T4) level test is also useful in diagnosing hypothyroidism. T4 is one of the hormones directly produced by your thyroid. Used together, T4 and TSH tests can help evaluate thyroid function.

Typically, if you have a low level of T4 along with a high level of TSH, you have hypothyroidism. If you have subclinical hypothyroidism, though, you may have normal T4 with a high TSH level.

Since there's a spectrum of thyroid disease, other thyroid function tests may be necessary to properly diagnose your condition.

If your T4 test is normal, you may also receive a triiodothyronine (T3) test. Low T3 levels may indicate hypothyroidism, though again, T3 levels may be normal in subclinical hypothyroidism.

Finally, thyroid antibody tests look for antibodies in your blood to diagnose autoimmune thyroid disorders like Hashimoto's thyroiditis.

# Instruction manual

- 1) Hypothyroidism is autoimmune disease
- 2) Thyroid medicine should be taken empty stomach around same time each day.
- 3) After administration of medicine avoid eating anything up to 45 min to one hour.
- 4) Vegetables like cabbage, cauliflower, radish and soyabean should be avoid in raw form.
- 5) Avoid fried snacks. Steaming, grilling is good alternative than boiling and frying.
- 6) sweets in simple form (sugar, honey, jaggery) as weight gain in hypothyroidism.
- 7) Increase intake of water to remove toxins produce during process of functioning of body.
- 8) Increase intake of Vegetable and fruits in daily basis.
- 9) Milk and milk products are good source of protein and calcium. In case you are allergic to milk or don't like Milk. Need take care of protein and calcium sources.
- 10) calcium, selenium, iodine is should be taken care of through diet. (List of food is given)
- 11) Any exercises which suits to you should incorporate in the daily routine.
- 12) Matsyasan, Sarvangasan, and bhramari pranayama are useful asana. (Take advice from yoga guru).
- 13) Talk to our dieticians for any queries.

## Iodine deficiency

Iodine deficiency occurs infrequently in the United States, but it is the most common cause of hypothyroidism in other parts of the world.

If you have iodine deficiency, you may develop swelling at the base of your neck. This is called a goitre. It's caused by an enlarged thyroid gland.

## IODINE RICH FOOD

Seaweed, one whole sheet dried: 11–1,989% of the RDI

Cod, 3 ounces (85 grams): 66% of the RDI

Yogurt, plain, 1 cup: 50% of the RDI

Iodized salt, 1/4 teaspoon (1.5 grams): 47% of the RDI

Shrimp, 3 ounces (85 grams): 23% of the RDI

Egg, 1 large: 16% of the RDI

Tuna, canned, 3 ounces (85 grams): 11% of the RDI

Dried **prunes**, 5 prunes: 9% of the RDI

Serving Size **strawberries** (1 cup), 13 micrograms of iodine (9% DV)

Serving Size (1 medium **banana**), 3 micrograms of iodine (2% DV)

Serving Size (1/2 cup), 14 micrograms of iodine (9% DV)

Serving Size **Cheddar Cheese** (1 ounce), 12 micrograms of iodine (8% DV)

freshly **squeezed apple juice** or make your own at home using a cold pressed process that leaves that vitamin in the juice intact.

Serving Size (one cup), 11 micrograms of iodine (7% DV)

Two slices of **white bread** provide 45 micrograms of iodine, or 30% of the recommended daily value.

Serving Size **green peas** (1/2 cup), 3 micrograms of iodine (2% DV)

Where does Iodine naturally occur?

There are plenty of foods that are naturally high in Iodine. They range from seafood to potatoes, and it's good to get a balance of different foods so that

you're not relying on one source. You can also find Iodine in supplements that contain kelp, as this is another place where Iodine is naturally found.

For More details Please Contact us on  
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