

Factors that can knock your thyroid out of balance:

- If nutrition is inadequate, the body will not have the elements needed to create thyroid hormones.
- If you are eating the right foods but are improperly prepared this inhibits the absorption of nutrients and limits the production of thyroid hormones.
- If stress is high, digestion shuts down and nutrients will not be properly absorbed.
- If someone is suffering from unresolved emotional trauma and is stuck in chronic fight or flight, the thyroid will naturally slow down or speed up to preserve life.
- If someone is overworking and not getting adequate rest, this impacts the health of the kidneys and adrenals, and eventually the thyroid.
- If the immune system is weak, stealth viruses like EBV will eat away at the body's energy reserves, compromising the thyroid.
- If the virus is hiding in the body's organs and glands, and growing in numbers, the immune system will attack it, contributing to autoimmune conditions like Hashimoto's, Graves' and Addison's disease.)