

5. Is it curable in older people too?

Yes, Age is no barrier, can be treated at any age.

6. What is the treatment schedule if I am pregnant or plan to have a baby?

Pregnancy does not change the treatment pattern. In fact one may not conceive due to thyroid disorders. Thyroid disorders can cause menstrual irregularities, infertility and abortions. So Homoeopathy will help to overcome infertility. Thyroid dysfunction can lead to mental retardation or other complications in the child.

7. Why should I test for Thyroid antibodies?

You should test for thyroid antibodies because they reflect the degree to which your immune system is attacking the thyroid gland. The anti-TGB antibodies are also a good tool that can be used to determine if you have estrogen problems. They can help make an early detection of thyroid nodules and cancer especially in women.

8. Why are women more prone to Thyroid problems?

a. We suffer from nutritional deficiency. Our aggressive agricultural practices deplete the soil, fruit, and veggies of nutritional value. We eat lots of processed food, which – nutritionally speaking – is “dead food.” This includes food like protein shakes and powders marketed as healthy food.

b. We suffer from toxicity, found in: The environment, Food, especially non-organic food, Water (chlorine, fluoride), Household cleaners, Personal skin care products

c. We suffer from overuse of antibiotics, supplements, which kill both good and bad bacteria in the gut, leaving it highly damaged and vulnerable to diseases, including autoimmune disorders.

Tips for Maintaining a Healthy Weight

It's very easy to gain weight with hypothyroidism due to a slow metabolism.

- Get plenty of rest: Aim for 7 to 8 hours of sleep every night. Sleeping less than this is linked with fat gain, especially around the belly area
- Practice mindful eating: Paying attention to what you're eating, why you're eating and how fast you're eating can help you develop a better relationship with food. Studies also show that it can help you lose weight
- Try yoga or meditation: Yoga-meditation can help you de-stress and improve your overall health. Research also shows that they are effective at helping you maintain a healthy weight
- Try a low to moderate carb diet: Eating a low to moderate amount of carbs is very effective for maintaining a healthy weight. However, avoid trying a ketogenic diet, as eating too few carbs may lower your thyroid hormone levels
- D-stress: Use of less gadgets, walking, music, following some hobby

How does Homeopathy help in Thyroid

- Conventional (Allopathic) treatment for Thyroid disease involves a lifelong medication or painful process. Thyroid treatment in Homoeopathy is a good way to opt because it will have no side effects and also a painless procedure to control and get relief. While in homoeopathy, we propose to treat the problem not by supplementing the deficiencies or surplus, but by reactivation of efficient Thyroid glandular function.
- Our immune system is under constant attack from toxins within and out like stress, air, water and food supply. These pollutants, over-stimulate our immune system, create autoimmune reactions and damage Thyroid function.
- In Homoeopathy we provide constitutional treatment which focuses on improving the function of the Thyroid gland by natural means. Our Homoeopathic medicines play an important role in immune-modulation at the cellular level and can cure cases of sub clinical, mild, moderate, hypothyroidism and hyperthyroidism, Goiter etc. The constitutional remedies will stimulate the body to reactivate Thyroid secretions and thus help to boost energy, improve circulation thereby help balancing the disturbed hypothyroid functions.

Our Approach at Dr. Patkar's Homoeopathic Clinics

Holistic treatment where we go to the root cause of your illness so patients have long-term effects. Our medicines stimulate regulation or synthesis of hormones so you are not dependent on medicines for lifetime.

A detailed case study is done before starting treatment. After starting treatment, investigations (T3, T4, TSH) are regularly monitored for all thyroid patients and results speak for themselves.

Only Homoeopathy can conquer the self destructive disease process and rescue the patient not only from Thyroid disease but from future illnesses like Rheumatoid Arthritis etc. which usually follow such Auto immune diseases, by CORRECTING THE IMMUNE RESPONSE.



Homoeopathy with
Dr. Patkar's
Only Homoeopathy **CARES n CURES**

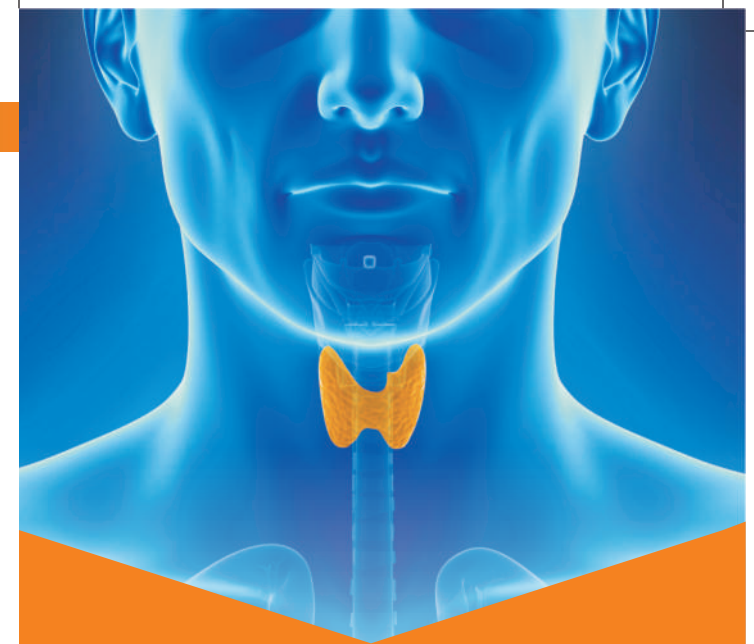
Dr. Vinayak N. Patkar
9869062271

Dr. Mandar N. Patkar
9869062276

Dr. Leena V. Patkar
9869062172

Dr. Shruti M. Patkar
9869062279

www.homoeopathywithdrpatkars.com



THYROID DISORDER

**Replace lifetime diseases
& medications
by happiness & health**

with

HOMOEOPATHY

*Say Goodbye to
Thyroid tablet from your life.*



Homoeopathy with
Dr. Patkar's
Only Homoeopathy **CARES n CURES**

THYROID DISORDER

(The Powerhouse in crisis)

Thyroid is one of the largest endocrine gland of the body found in front part of the neck, below thyroid cartilage or 'Adam's Apple'. It is also called as **POWERHOUSE** or **kitchen of the body** as it-



- Controls the generation of power or energy in our body
- Regulates body metabolism
- Controls other hormones of the body

Hence Thyroid gland is the chief controller of the body as it affects each and every cell of our body.

Secretions of Thyroid Gland

- T3 and T4
- Calcitonin that plays a role in calcium metabolism

Signs and Symptoms

Hypothyroidism means "underactive synthesis of thyroid hormone" either due to thyroid itself (Primary Hypothyroidism) or due to Pituitary (secondary Hypothyroidism) or since birth (congenital Hypothyroidism).

- Depression
- Weight gain
- Cold intolerance
- Excessive sleepiness, tiredness, Fatigue
- Constipation
- Dry coarse hair n Hair fall
- Vague body aches and pains
- High cholesterol levels
- Delayed and scanty menses
- Swelling of legs

Hyperthyroidism is an "overactive Thyroid" wherein Thyroid gland secretes excessive amount of Thyroid hormones(T3) and / or (T4).

- Weight loss
- High Blood pressure and Palpitations
- Anxiety and trembling
- Diarrhea
- Hair fall
- Heat intolerance and hot flushes
- Excessive perspiration
- Scanty / irregular / frequent menses

Hashimoto's disease/ Autoimmune Thyroiditis is an autoimmune disease in which the thyroid gland is gradually destroyed by cell and antibody mediated immune process. (Body destroying its own cells).

Food to eat (and why) to improve your thyroid function



Eggs: Whole eggs are best, as much of the iodine and selenium are found in the yolk, while the whites are full of protein.



Meats: All meats, including lamb, chicken, etc.



Fish: All seafood, including herring, salmon, tuna, shrimp, etc. (contain selenium)



Vegetables: All vegetables are fine to eat, Sea vegetables, dark leafy vegetables(contains vitamin A)



Fruits: All other fruits including berries, bananas, oranges, tomatoes, etc.



Gluten-free grains and seeds: Rice, quinoa (Sabu dana), chia seeds (Sabja) and flaxseed (Alsi).



Dairy: All dairy products including milk, cheese, yogurt, etc.



Beverages: Water and other non-caffeinated beverages.



Brazil nuts: These are the richest dietary source of selenium, which is essential in converting thyroxine to its active form, T3.

Research shows that aerobic exercise can help boost your thyroid hormone levels. Additionally, eating more protein may help boost your metabolism.

Foods & supplements you should avoid



Millet: All varieties (Bajri, Johar & Nachni).



Highly processed foods: Burgers, cakes, cookies, etc. (avoid eating, as they usually contain more calories. This can be a problem for someone with hypothyroidism, since they may gain weight easily.)



Supplements: Selenium and iodine supplements should be avoided unless prescribed by your doctor.

Foods you can eat in moderation

(These foods have goitrogens or are known irritants if consumed in large amounts.)



Foods that contain gluten: Bread, pasta, cereals, beer, etc.



Soy foods: Tofu, beans, soy milk, etc.



Cruciferous vegetables: Broccoli, spinach, cabbage, cauliflower etc.



Certain fruits: Peaches, pears and strawberries.



Beverages: Coffee, green tea and alcohol - these beverages may irritate your thyroid gland

FAQ's

- 1. Does Homoeopathy have complete cure for Thyroid problems?**
Yes. Gradually the supplements of Iodine can be completely tapered off with Constitutional Homoeopathic medicine.
- 2. How long does Thyroid treatment take?**
Duration depends on severity of disease, hereditary or genetic causes. But relief starts from 3-4 months of starting the treatment whereas duration of complete cure varies from person to person.
- 3. Can Thyroid problems run in Families?**
Yes, If anybody in your blood relations had or has it then you are in high risk to develop thyroid disorders.
- 4. Can an enlarged Thyroid gland (Goiter) be treated with Homoeopathy without surgery?**
Yes. There are medicines which can help you out without surgical intervention.