



BEST FOODS FOR THYROID HEALTH & SUPERFOOD SMOOTHIE

Reviewed by Sabrina Ann Zielinski, CFGI (Mama Z)

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Making dietary changes to include the best foods for thyroid health may seem intimidating, but it's entirely doable. Focus on small changes, like adding our superfood smoothie to your menu plan!



Health care professionals are great allies in this area, but you should also do everything you can to maximize your healing. Using essential oils to manage thyroid imbalance can be a great tool, as well as feeding your body correctly. Hippocrates said, "Let food be thy medicine, and let medicine be thy food."



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THE BEST FOODS FOR THYROID HEALTH



It may surprise you that some of the best foods for thyroid health are commonly found in kitchens worldwide! I'm sure you have at least one of them in your cupboards. You don't



- **Brazil nuts** are a great source of selenium. The thyroid has the highest selenium content among your body organs, and deficiency may cause imbalances. **(1)** These rich nuts are also **high in omega 3s**, reducing inflammation and normalizing immune function. Snack on them plain, or enjoy them in homemade nut butter!
- Cilantro is a potent medicinal herb in any form. While the essential oil benefits are excellent, simply eating fresh cilantro is a powerful detox safe enough for daily use. **(2)** Don't like the taste of cilantro? You can easily hide it in a creamy dish! Our favorite way to enjoy cilantro is in my **Homemade Guacamole**.
- Pears are high in fruit pectin, which can help you flush out heavy metals that affect your thyroid. **(3)** Oranges are also suitable for thyroid conditions, often recommended as one of the top three foods to eat daily. You should note that this is only true of fresh oranges or freshly squeezed orange juice, not the concentrated juice you find in the store.
- Pumpkin seeds contain high amounts of zinc, which studies show has a symbiotic relationship with the thyroid gland. **(4)** Your thyroid needs the proper amount of zinc to metabolize, and thyroid hormones are essential to absorb zinc.
- Yogurt provides **vitamin D** for immune regulation, and research has linked vitamin D deficiency to thyroid disorders. **(5)** We use **coconut milk yogurt** because it helps us balance our gut health without the side effects that dairy can bring. It tastes incredible, and you won't notice a difference!
- Kelp is an excellent weapon against thyroid imbalance. Even a little bit gives your body a hefty dose of iodine which is required to synthesize thyroid hormones. **(6)** If you're not used to consuming this food, you can ease into eating more kelp by





HIDDEN DANGERS TO YOUR THYROID

What's hiding in your kitchen cupboards? The key to getting your thyroid back on track might be a simple swap or two! Here are a few things to kick out of your home for good.

- Research shows that participants who consumed soy required more hypothyroid medication than those who avoided it. (7) Instead of cutting these products out of your life altogether, use fermented, non-GMO products like **tamari** and miso.
- Factory-farmed meat comes from animals that are fed hormones and GMO-feed. A better choice is **local, organic, grass-fed meat** from animals raised humanely and provided with nutritious food. You are what you eat!
- Fruit juice may be disguised as healthy food, but it's almost as bad as soda! It contains hidden sugars, corn syrup, and other toxic preservatives. After pasteurization, it's practically devoid of all nutritional value. You can still enjoy organic juice in moderation as we do in our **Warmed Holiday Punch**, and of course, fresh-squeezed juice is always a great option.
- PUFAs, also known as **common vegetable oils, like canola**, corn, and soy. This minor dietary change is one swap that's easy to make, and you won't notice a taste difference! We recommend using **coconut, olive, or avocado** oil.

- BPA and plastic that touches your food – no matter how safe plastics claim to be, best to rely on the abundance of available glass and stainless food storage options.
- Non-stick-coated cookware contains known carcinogens or endocrine disruptors that negatively affect the thyroid. We recommend using stainless steel cookware or





SUPERFOOD SMOOTHIE RECIPE

This superfood smoothie contains all of the thyroid-balancing foods we suggested. We recommend using organic or locally-grown produce whenever possible. This beverage includes unique flavors that mesh beautifully. Essential oils are the icing on top!

THE BEST FOODS FOR THYROID HEALTH + A SUPERFOOD SMOOTHIE RECIPE

Prep time

10 mins

Total time

10 mins

Author: Mama Z

Serves: 1 serving



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Ingredients

- 3 **raw Brazil nuts**
- 5 stems cilantro (wash, pluck leaves; discard stems)
- 1 drop cilantro essential oil
- 1 organic pear, sliced with skin on, seeds removed
- 1 organic orange or tangerine, peeled
- 1 drop orange essential oil
- 2 tablespoons raw pumpkin seeds or raw sunflower seeds
- 1/2 cup unsweetened vanilla coconut- or almond-milk yogurt alternative
- 1/2 teaspoon powdered kelp (optional)
- Purified or distilled water
- **Supplies:**





Instructions

1. Place the Brazil nuts, cilantro, essential oils, pear, orange, raw pumpkin seeds, yogurt alternative, and powdered kelp (if using) in a blender.
2. Blend thoroughly. If needed, add distilled water until the smoothie reaches desired consistency.

STEP ONE: BLEND ALL INGREDIENTS



Place the Brazilian nuts, cilantro, pear, orange, essential oils, pumpkin seeds, yogurt, and powdered kelp (if using) in a blender. Blend until smooth. If needed, add distilled water to



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Mama Z Pro Tip: I recommend using a glass-bodied blender. If you use a Vitamix or other plastic blender, you may find the essential oils stain the plastic. You can help avoid this by adding essential oil in the last step or in each cup individually.

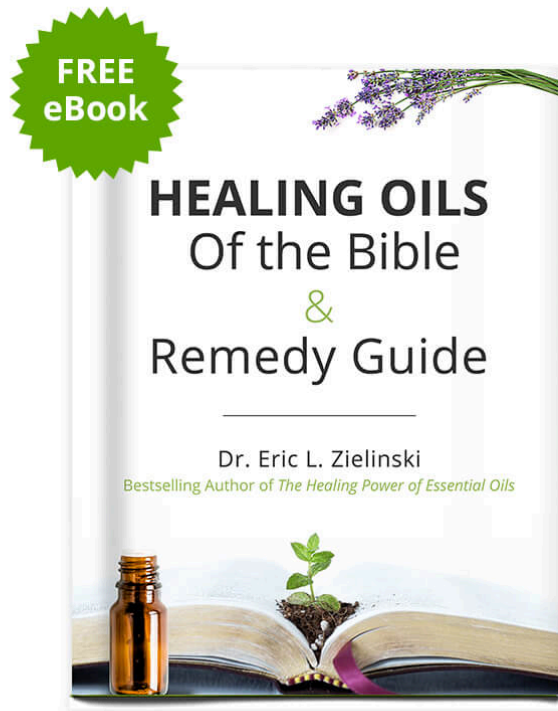
For many people, thyroid imbalance can be improved by eliminating toxins that disrupt the endocrine system. The body sends signals to warn us of dangerous paths! Simple steps like removing **artificial fragrances** and purifying your water can create a world of difference.





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