

Thyroid Health Club

Ways Cruciferous Vegetables affect Thyroid Health

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Thyroid Health Club, a natural thyroid support brand, has recently confirmed that cruciferous vegetables are safe to consume for thyroid disease patients. For the longest time, there has been misconception on cruciferous vegetables being risky to eat for thyroid disease inflicted patients. On the contrary, cruciferous vegetables like cabbage and Brussel sprouts are actually very safe to consume as well as very healthy.

?Cruciferous vegetables are rich in glucosinolates; which are absorbed into isothiocyanates (ITC) in the body. Research proves that these compounds are defensive against numerous types of cancer. Cruciferous vegetables are also an exceptional source of vitamins, minerals and phytochemicals that support the body in many ways,? said Dr. Obada Yousif, Thyroid Health Club. founder.

On the other hand, it is also found that cruciferous vegetables contain goitrogens, which can inhibit the body?s uptake of iodine. Animal research from the past has revealed that this blocking of iodine uptake may contribute to the development of a goiter. This is the primary reason why cruciferous veggies are often not recommended for those with thyroid disease.

Cruciferous Vegetables are Safe to Eat

Dr. Obada Yousif says it is. ?While there were studies testing animals and cruciferous vegetables intake, there were no tests done with humans,? said Dr. Yousif. In fact, the limitation on iodine uptake may be beneficial for patients today as it is easier to have too much iodine now as it is readily available in natural supplements form. Too much iodine may also have a detrimental effect on thyroid disease patients, added Dr. Yousif.

If a person?s thyroid disorder is not caused by iodine deficiency, the iodine blocking properties of cruciferous vegetables is nothing to worry about particularly for patients who are maintaining a nutrient dense diet with natural sources of iodine and selenium.

Too much iodine can be a factor in increased risk of autoimmune disease. In places where iodine was added to the food supply to combat thyroid disease, rates of autoimmune thyroid disease has remarkably increased.

An excess of iodine can intensify autoimmune attack on the body by constraining the enzyme called thyroid peroxidase (TPO). In these cases, the mild iodine inhibition from cruciferous vegetables can be beneficial for those with thyroid problems.

Also, cruciferous vegetables help the body produce glutathione?an antioxidant that is important for thyroid health and for moderating autoimmune disease.

Cruciferous vegetables provide a heap load of health benefits especially for those with thyroid disease. Hence, it is highly recommended to consult a thyroid expert first for diet recommendations as it may vary depending on the thyroid disease contracted.

?Eating raw green veggies is not advisable. Always cook the vegetables as this is shown to deactivate most of the goitrogens. Then again, always consult a physician and a nutritionist for their recommended diet program. While eating healthy is the best solution for any disease not just for thyroid problems, it can also pose threat if done haphazardly. Don?t eat food items from one single food group. A balanced diet should always be observed,? said Dr. Yousif.

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Dr. Obada Yousif -Endocrinologist understanding the challenges posed by traditional medicinal products and the risks associated with their use, created thyroidhealth.club to provide today?s families with a range of quality products for their daily lives.

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