



Toronto Thyroid Doctor Suggests Naturopathic Treatments for Thyroid Conditions

January 08, 2020

January 08, 2020 - PRESSADVANTAGE -

Nardini Naturopathic, based in Toronto, Ontario, Canada, has released a new report recommending the use of naturopathic treatment for thyroid conditions, such as Graves' disease. This is an autoimmune disorder that results in the overproduction of the thyroid hormone. The primary symptoms include anxiety, short temper or irritability, heat sensitivity and over-perspiration, tremors in hands and fingers, heart palpitations or rapid heartbeat, abnormal weight loss, enlarged thyroid gland, and bulging eyes.

The pituitary gland in the brain is responsible for producing thyroid-stimulating hormone (TSH), which tells the thyroid gland how much thyroid hormone to be produced. In Graves' disease, the communication between the pituitary gland and the thyroid gland is disrupted with the result that abnormal antibodies, called thyroid stimulating immunoglobulin and thyrotropin receptor antibody, are released. The thyroid gland sees these antibodies as TSH with the result that it overproduces thyroid hormones.

There are a number of risk factors for Graves' disease. These include family history; gender, because women tend to be at greater risk of developing the disease; age, as it is usually developed before the age of 40; other autoimmune disorders; stress, both physical and emotional; and pregnancy or recent childbirth.

Dr. Pat Nardini, ND, explains that there are natural treatments for Graves' disease. These are lifestyle and environmental changes that patients can incorporate into their life to find some relief from the symptoms of the disease. These include eating an anti-inflammatory diet; quitting smoking; managing stress; reduction of exposure to endocrine disruptors; and exercising more. More about Dr. Nardini can be found at <https://www.yelp.ca/biz/nardini-naturopathic-toronto>.

An anti-inflammatory diet means avoiding foods that can cause inflammation, such as dairy products, gluten, peanuts and other tree nuts, artificial colouring and flavouring; processed foods or foods with added sugar. Instead, patients should eat fresh fruits; fresh vegetables, green juices or smoothies; spices such as ginger, garlic, and turmeric; herbs such as rosemary, parsley and basil; probiotics; and omega 3 fatty acids and other healthy fats.

Meanwhile, stress can cause the body to produce more adrenaline and cortisol, which can disrupt neurotransmitters and interfere with brain function. There are a number of ways to counter stress, such as gentle exercise, meditation, massage therapy, and spending time outdoors.

Certain chemicals that people get exposed to on a daily basis, such as pesticides, plastics, cleaning products and more, are endocrine disruptors. These can contribute to the development of autoimmune disorders. It is often recommended to avoid products with BPA, Teflon/non-stick cooking equipment, and birth control pills. Birth control pills usually contain a synthetic form of estrogen, which is also an endocrine disruptor.

And finally, exercise is not just good for managing stress. It can also help in managing the inflammation caused by Graves' disease. Gentle exercises, such as walking, yoga, swimming, or stretching can promote brain function, enhance the immune system, and promote healthy hormone production.

Meanwhile, Dr. Pat Nardini offers various kinds of naturopathic health treatments that can help with Graves' disease or other thyroid problems. His areas of special interest/therapies include: acupuncture; Asian medicine; autoimmune disorders; botanical medicine; chronic fatigue; chronic pain; counselling; digestive disorders; homeopathy; nutrition; thyroid disorders; and weight management.

Dr. Nardini is a naturopathic doctor with license from the College of Naturopaths of Ontario. He graduated from the Canadian College of Naturopathic Medicine in Toronto in 2001. He had been the recipient of the Dr. Leo Roy/Dr. Joseph Boucher Award for Excellence in Clinical Nutrition and he has a Master of Science degree from the University of Guelph. His practice is focused on improving the overall health of his patients using a broad range of naturopathic treatments. He has a special interest in the health of the thyroid gland, including the whole endocrine system of the body. He has been certified to be capable of the diagnosis and treatment of Wilson's Temperature Syndrom, which is a stress-related, often reversible condition of the

thyroid gland.

Those who are interested in consulting with a naturopathic doctor in Toronto can visit the Nardini Naturopathic website at <https://oand.org/nd/patrizionardini/> or contact them on the phone or via email.

###

For more information about Nardini Naturopathic, contact the company here: Nardini Naturopathic Dr. Pat Nardini, ND (289) 273-7755 contact@nardininaturopathic.com 717 Bloor St W, Toronto, ON M6G 1L5

Nardini Naturopathic

Nardini Naturopathic is a naturopathic health and wellness clinic. Run by Dr. Pat Nardini, who practices in St. Catharines and Toronto, visit Nardini Naturopathic for all your natural healthcare needs.

Website: <http://www.nardininaturopathic.com/>

Email: contact@nardininaturopathic.com

Phone: (289) 273-7755



Powered by PressAdvantage.com