

THYROID CARE GUIDE FOR WOMEN

(Simple Do's, Don'ts & Myths You Must Stop Believing)

WHAT YOU SHOULD DO (DO's)

1 Fix Your Morning Routine First

- Wake up at a fixed time
- Get 10–15 mins sunlight exposure
- Avoid checking phone immediately
- Have warm water (not extreme detox drinks)

👉 Thyroid works better with rhythm.

2 Eat Within 60–90 Minutes of Waking Up

Skipping breakfast slows metabolism further in thyroid cases.

Include:

- Protein (eggs / paneer / dal / sprouts)
 - Healthy fats (nuts / seeds)
 - Complex carbs (roti / oats / millets)
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3 Prioritise Protein in Every Meal

Thyroid patients often lose muscle & gain fat.

Aim:

- Protein in breakfast
- Protein in lunch
- Protein in dinner

This supports metabolism & hormonal balance.

4 Strength Training 3x Per Week

Walking alone is not enough.

Why?

Thyroid reduces metabolic rate.

Muscle helps increase it back.

Start small:

- Bodyweight
 - Resistance bands
 - Light weights
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5 Manage Stress Actively

Chronic stress increases cortisol.

Cortisol disturbs thyroid conversion (T4 → T3).

Add:

- 5 min breathing practice
 - Evening walk
 - Early sleep (before 11 pm)
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6 Check Reports Regularly

Don't rely only on symptoms.

Track:

- TSH
- T3
- T4
- Vitamin D
- B12
- Ferritin

Deficiencies worsen thyroid symptoms.

7 Focus on Gut Health

Constipation, bloating & acidity are common.

Add:

- Fiber
 - Water
 - Fermented foods (if tolerated)
 - Probiotics (if required)
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WHAT YOU SHOULD NOT DO (DON'Ts)

1 Don't Stop Medicine Suddenly

Thyroid medication should never be stopped without doctor guidance.

2 Don't Go for Extreme Dieting

Crash diets:

- Slow metabolism further
 - Increase fatigue
 - Disturb hormones more
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3 Don't Avoid All Carbs

Low-carb panic dieting is common mistake.

Thyroid needs balanced carbs for hormone conversion.

4 Don't Overdo Cardio

1–2 hours treadmill daily won't fix thyroid.

It may:

- Increase stress hormone
 - Increase fatigue
 - Slow recovery
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5 Don't Rely on Detox Drinks

No juice, kadha, tea or powder can reverse thyroid alone.

6 Don't Compare Your Weight Loss Speed

Thyroid fat loss is slower.
But sustainable when done correctly.

COMMON THYROID MYTHS

Myth 1: “Thyroid patients can never lose weight.”

✓ Truth: Weight loss is slower, not impossible.

Myth 2: “Once thyroid starts, it will never improve.”

✓ Truth: Many women see significant improvement in symptoms and levels with structured lifestyle correction.

Myth 3: “Only medicine is enough.”

✓ Truth: Medicine manages hormone levels.
Lifestyle determines how your body responds.

Myth 4: “If TSH is normal, everything is fine.”

✓ Truth: Symptoms matter.
Energy, mood, hair fall, sleep — all important.

Myth 5: “Thyroid is only about weight gain.”

✓ Truth: It affects mood, skin, hair, fertility, energy & mental clarity too.

FINAL MESSAGE

Thyroid is not your weakness.

It is your body asking for structure.

Small consistent habits

Big aggressive changes.