



What is Goiter?

A [goiter](#) is an **abnormal enlargement of the thyroid gland** and can occur for a number of different reasons. A [healthy thyroid](#) is a small, butterfly-shaped gland inside the neck, just below your Adam's apple. The thyroid gland **produces hormones which control the body's metabolism** and regulate the rate at which the body carries out its functions.

The presence of an [enlarged goiter](#) usually means that the **thyroid gland is not functioning normally**. **Causes of a goiter** include an imbalance in the thyroid gland, and [goiter symptoms](#) generally occur in a gland that is overactive, producing too many hormones (hyperthyroidism), or that is underactive, producing too little hormones (hypothyroidism).

[Goiter](#) puts pressure on other parts of the neck such as the trachea and esophagus - making it **difficult to breathe and swallow**. Often, goiters are also removed for cosmetic reasons. They are more common in women and the elderly.

Diagnosing Goiter

The presence of an [enlarged goiter](#) indicates that there is a **problem with the thyroid gland**, even if the patient does not have any clinical signs of [abnormal thyroid functioning](#).

Tests to Diagnose Goiter

- **Hormone Test** - Blood tests measuring all the various thyroid hormones will be able to determine how your thyroid is functioning. If your thyroid is overactive, the level of thyroid hormone in the blood will be high and the level of thyroid-stimulating hormone (TSH) will be low. If your thyroid is underactive the level of thyroid hormone will be low while the level of TSH will be high.
- **Antibody Test** - A blood test may confirm the presence of auto-immune antibodies, such as in Graves' Disease, that are causing the [goiter](#) to develop.
- **Ultrasonography** - An ultrasound scan is an imaging test will be able to reveal the size of the thyroid gland and the presence of any nodules.
- **Thyroid Scan** - This scan will help evaluate the structure and function of the thyroid and involves the administration of radioactive substances.

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It is not intended to diagnose or treat any medical condition. Nothing in this eBook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

Symptoms of Goiter


Symptoms and signs of [goiter](#) may include:

- Swelling or disfigurement of the neck
- A feeling of tightness in your throat
- Coughing
- Difficulty breathing
- Difficulty swallowing
- Symptoms of hyperthyroidism or hypothyroidism

What are the Causes of Goiter?


There are various different **[causes of a goiter](#)**:

- **Iodine Deficiency** - Iodine found in fish products, drinking water, and table salt is essential for the production of thyroid hormones. If there is a lack of it, an individual will suffer from **hypothyroidism**. In an effort to produce more thyroid hormones, the **thyroid gland** is over-stimulated and enlarges to form an endemic [goiter](#). An iodine deficiency is very common in underdeveloped countries.
- **Graves' Disease** - This is an **autoimmune disorder** which causes the thyroid gland to be overactive (hyperthyroidism). In Graves' disease, antibodies produced by the immune system **stimulate the thyroid gland** which then enlarges, resulting in an **enlarged goiter**, and produces excess thyroid hormone.
- **Hashimoto's Thyroiditis** - Hashimoto's disease is also an autoimmune disorder. The immune system destroys the thyroid gland, which results in less thyroid hormones being produced. The pituitary gland then **stimulates the thyroid gland** to produce more thyroid hormones, causing it to enlarge, and a [goiter](#) can then develop.
- **Solitary Thyroid Nodules** - A single nodule develops inside the thyroid, which causes an **enlarged thyroid**.
- **Multinodular [Goiter](#)** - In this disorder, many nodules develop inside the thyroid, which causes an enlarged thyroid. These nodules are usually not harmful.
- **Thyroid Cancer** - The cancer may be detected as a lump or nodule in the thyroid gland and may result in [goiter](#) formation.
- **Inflammation** - Inflammation of the thyroid is also referred to as thyroiditis, and it is usually associated with hypothyroidism (underactive thyroid). There are many causes of **thyroiditis** that can result in an enlarged thyroid or [goiter](#). Some common symptoms of thyroiditis include mild fever and neck pain that worsens with swallowing.
- **Pregnancy** - During the first trimester of pregnancy, a hormone called human chorionic gonadotrophin (HCG) can result in an **enlarged thyroid gland**. The thyroid gland mistakenly registers HCG for TSH (the thyroid-stimulating hormone produced by the pituitary gland) and enlarges in



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

response to it.

Help for Goiter

Treatment for [goiter](#) **depends on a number of factors**, such as the size of the enlargement, symptoms, and the underlying cause. Once these are determined, a plan for treatment can begin.

A conventional [goiter remedy](#) often involves observation. Another commonly used [goiter remedy](#) is prescription medication. Radioactive iodine treatment and surgery are usually used as a last resort. There are also natural and **alternative treatment options** that can be considered as a [goiter remedy](#).

Whereas conventional medicine today focuses primarily on treating the symptoms at hand, natural medicine encompasses a variety of factors and focuses on maintaining good health, naturally!

People are becoming increasingly more aware of natural and alternative treatment options. Natural medicine uses a **holistic view that includes physical, mental and emotional well-being**. The holistic approach would also try to resolve the underlying [causes of a goiter](#) as well as **improve overall systemic health**.

[Goiter symptoms](#) can be alleviated naturally using various therapies, such as homeopathy, massage and acupuncture.

Herbs Used to Treat Goiter

A combination of herbal and homeopathic ingredients such as bugleweed (*Lycopus virginica*), lemon balm (*Melissa officinalis*), horsetail (*Equisetum arvense*) and oatstraw (*Avena sativa*) *can* help to **stabilize the overactive thyroid**, and support thyroid function.

This option should be discussed with your doctor, homeopath, or naturopath who will be able to recommend an effective treatment plan.

In the case of underactive thyroid, useful herbs include *Fucus vesiculosus* and *Coleus forskohlii*.

Tips for Coping with Goiter

Here are some useful tips that you can use to help **maintain thyroid health and relieve [goiter symptoms](#)**:

- Eat a diet high in protein to replace muscle tissue that is lost from an overactive thyroid.
- Eat a low-fat diet if you are overweight.
- Drink bottled water. Fluoride and a product known as perchlorate are substances in tap water that may trigger or worsen the risk of thyroid problems.
- Good dietary sources of iodine are seaweed, salt water fish and shellfish. These foods are recommended for people with underactive thyroids. In

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general, iodine is well tolerated by the body. Although some sources will caution against high doses, there are many populations in the world which consume large amounts of iodine daily without any ill effects.

- Excessive soy isoflavones may trigger or worsen **hypothyroidism, goiter or nodules**.
- Avoid feeding babies soy-based formulas – there is evidence that this can contribute to later risk of thyroid disease.
- Try to give up smoking, as it damages the thyroid.
- Try to reduce your stress. Using mind-body techniques can help to prevent thyroid disease.

The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating



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disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing**.

In many cases, they can **succeed where pharmaceutical drugs have failed**. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines**.

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **‘standardized’ extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

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Thyroid Assist: Helps maintain healthy thyroid functioning and thyroid hormone levels.

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Natural thyroid remedies such as Thyroid Assist can make all the difference without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance ideal for **thyroid support** – exactly as nature intended!

[Learn more about Thyroid Assist](#)

ThyroSoothe: Promotes thyroid health and the thyroid's natural ability to balance itself.

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ThyroSoothe is a **natural thyroid treatment** that contains a selection of herbs known for their supportive function in maintaining **thyroid health** and well-being. ThyroSoothe supports normal **endocrine system and thyroid gland function**, thereby helping to maintain a balanced metabolism, body temperature, fertility, healthy growth and routine **thyroid hormone** regulation.

ThyroSoothe can make all the difference, without compromising health and **without the risk of serious side effects**.

This **natural thyroid** formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended, so you don't have to wonder **how to regulate thyroid function** naturally anymore.

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Immunity Plus: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.



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