3 DIET MISTAKES are sabotage your thyroid

If you're struggling with thyroid issues, make sure you aren't making these common diet mistakes.



DON'T: Skip Meals

Fasting can mess with a sensitive thyroid



DO

Eat regular meals full of healthy fats, carbs, protein, dan fruit





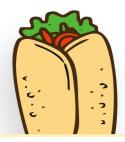
DON'T: Eat Goitrogens

That includes foods that are healthy for other people, like kale, broccoli & cauliflower



DO

Avoid beans and legumes. Cook cruciferous vegeatbles well, limit your intake. Soak seeds and nuts before snacking,





DON'T: Choose Non-Organic Meat

Quality matters. Non-organic meats can contain unhealthy oils and fats that slow the thyroid



DO

Buy pasture-raised, organic meat and eggs from local farms that feed their animals natural diets.

