

Supporting Hypothyroidism

For reproductive and hormonal health



Hypothyroidism — including subclinical hypothyroidism — can quietly impact energy, mood, menstrual cycles, metabolic function, mental clarity, and overall reproductive wellbeing.

Even mild changes in thyroid function can ripple through the body and disrupt hormonal balance. Whether you're dealing with irregular cycles, PMS, low mood, fatigue, temperature sensitivity, or struggling to conceive, your thyroid could be playing a role.

Understanding Thyroid and Reproductive Health

Your thyroid gland governs metabolism and acts as a central regulator for many hormonal systems, including your reproductive hormones. While NHS guidelines often consider a TSH (thyroid-stimulating hormone) level “normal” up to around 5, many reproductive health specialists, including IVF clinics, prefer a TSH below 2.5 for optimal balance. Dr Barry Durrant-Peatfield, a prominent voice in thyroid health, suggests that anything above 2 can signal a sluggish thyroid.

That doesn't mean a single number tells the whole story. I always look at how your symptoms map alongside your lab results before drawing conclusions or making recommendations.

Which Tests Might Be Helpful?

If you're experiencing symptoms related to energy, mood, menstruation, fertility, or metabolism — especially when your standard blood work has come back “normal” — it may be worth looking a little deeper.

These are some of the tests I might recommend, depending on your individual presentation:

07581 241 525 | www.TheAcu.co.uk | Laura@TheAcu.co.uk

Member of the Association of Acupuncture Clinicians (AAC-0384) and the Register of Chinese Herbal Medicine (RCHM-2022-7472)

6 Queens Chambers, 61 Boldmere Road, Sutton Coldfield, B73 5XA

- **Thyroid Stimulating Hormone (TSH)** – the standard marker, but not the whole picture.
- **Total Thyroxine (T4)** – measures all circulating thyroxine.
- **Free Thyroxine (Free T4)** – shows what's available for the body to use.
- **Free Triiodothyronine (Free T3)** – the active form of thyroid hormone that drives metabolism and energy.
- **Oestradiol (E2)** – to assess hormonal interplay between thyroid and reproductive function.
- **Thyroglobulin Antibodies (TgAb)** – may indicate autoimmune thyroid conditions like Hashimoto's.
- **Thyroid Peroxidase Antibodies (TPOAb)** – another important autoimmune marker.
- **Vitamin D** - supplement if needed (often around 1000–4000 IU daily) is a simple, effective first step — especially in winter months.

These are best interpreted alongside your symptoms, cycle history, and overall health picture. If you'd like to explore this more deeply, I offer [consultations](#) and a free 15-minute discovery call to help you get started.

Foundational Lifestyle Support

Daily Movement

Gentle, consistent movement helps support metabolism and reduce inflammation. Try walking, swimming, or yoga — anything that energises without depleting you.

Prioritise Rest

Thyroid health depends on restorative sleep. Aim for consistency — same time to bed each night — and create a wind-down routine to support sleep quality. Magnesium, gentle breathwork, or listening to [Chantress Seba](#) can all help quiet the mind. Stop your screentime at least 30 minutes before bed and keep them out of the bedroom.

07581 241 525 | www.TheAcu.co.uk | Laura@TheAcu.co.uk

Member of the Association of Acupuncture Clinicians (AAC-0384) and the Register of Chinese Herbal Medicine (RCHM-2022-7472)

6 Queens Chambers, 61 Boldmere Road, Sutton Coldfield, B73 5XA

Protein with Every Meal

Protein is essential for making thyroid hormones and keeping blood sugar stable. Include sources like:

- Organic meat, fish, poultry
- Organic, grass-fed sourced eggs and dairy
- Lentils, beans and tofu
- Whole grains and nuts

Amino acids like phenylalanine are key building blocks for hormonal health.

Nutritional Considerations

Iodine — Use With Care

Most people in the UK get enough iodine from iodised salt, dairy and seafood. Be mindful if you've swapped to Himalayan or Celtic salts — these contain minimal iodine and may unintentionally reduce your intake. Always consult a practitioner before supplementing, particularly if you have autoimmune thyroid markers. You can increase your iodine intake from other food sources too, like seafood, seaweeds and egg yolks.

Selenium for Thyroid Conversion

This mineral helps your body convert thyroid hormone into its active form. Just 2–3 Brazil nuts per day may be sufficient, or you can get selenium from:

- Organic fish, meat and eggs
- Whole grains, oats and pulses
- Organic citrus fruits, pears and avocados

07581 241 525 | www.TheAcu.co.uk | Laura@TheAcu.co.uk

Member of the Association of Acupuncture Clinicians (AAC-0384) and the Register of Chinese Herbal Medicine (RCHM-2022-7472)

6 Queens Chambers, 61 Boldmere Road, Sutton Coldfield, B73 5XA

Gut Health and Probiotics

A healthy gut improves nutrient absorption and reduces inflammation — both key for thyroid function. Instead of cruciferous-fermented foods like kimchi or sauerkraut, opt for:

- Natural yoghurt
- Kefir
- Miso
- Kombucha

If you've had antibiotics or gut issues, a probiotic supplement may also help. This is the probiotic that I use, my practitioner referral code is P16242 for a discount.

What to Minimise or Avoid

Refined Sugars

Sugar disrupts thyroid function and blood sugar regulation. It also increases cortisol, which can compound hormonal symptoms. Balanced meals and snacks — with fibre, protein and fat — help prevent highs and crashes. I love the free resources from [DrMindyPelz.com](https://www.DrMindyPelz.com) who advises on healthy, balanced ways to minimise sugars and suggests a Ketobiotic diet. As I am not a nutritionist, if you wish to seek out further nutritional advice, check out [Kirsty Harrison](#), [Alison Hall](#) or [Jen Walpole](#).

Chronic Stress

Ongoing stress depletes the thyroid and raises cortisol, which suppresses reproductive hormone production. Support your nervous system with:

- Acupuncture
- Meditation (try *Insight Timer* or *Calm*)
- Gentle yoga or breathwork
- Nature walks and journaling

07581 241 525 | www.TheAcu.co.uk | Laura@TheAcu.co.uk

Member of the Association of Acupuncture Clinicians (AAC-0384) and the Register of Chinese Herbal Medicine (RCHM-2022-7472)

6 Queens Chambers, 61 Boldmere Road, Sutton Coldfield, B73 5XA

- Light fiction — I often recommend *The House in the Cerulean Sea* or *The Spellshop* as lovely, nourishing reads

Goitrogens in Balance

Foods like broccoli, kale, soy, and Brussels sprouts contain goitrogens, which in large amounts may impair thyroid hormone uptake. But you'd need to eat excessive quantities for this to be an issue. Light steaming and moderate intake are absolutely fine for most people.

Toxins and Fluoride

Minimise exposure to environmental disruptors like:

- **BPA** (plastic bottles, tins, receipts)
- **Phthalates** (fragranced products, some cosmetics)

Fluoride — found in toothpaste and some UK water supplies — has been linked to thyroid suppression. You can read more in [this study](#). This is a nuanced topic, so it's best discussed with your dentist or practitioner if you're considering a fluoride-free approach. I'd suggest trying [Water2](#) for a year to your drinking water tap. Personally, I use a Reverse Osmosis filter.

Supplementation — Individualised is Best

While some supplements can support thyroid health, it's important to tailor these to your specific needs. You may benefit from testing or discussing the following with your healthcare provider or a nutritionist:

- **Vitamin D**
- **Omega-3**
- **Selenium**
- **Iron / Ferritin**
- **Iodine (with guidance)**

If you're unsure, I'm happy to help guide you through your blood test results during a consultation.

07581 241 525 | www.TheAcu.co.uk | Laura@TheAcu.co.uk

Member of the Association of Acupuncture Clinicians (AAC-0384) and the Register of Chinese Herbal Medicine (RCHM-2022-7472)

6 Queens Chambers, 61 Boldmere Road, Sutton Coldfield, B73 5XA

Hypothyroidism can be subtle, but its effects ripple across your whole system — from your menstrual cycle and mood, to energy levels, gut health and beyond.

The good news is there's so much you *can* do to support your body. A combination of deeper understanding, symptom-led testing, and gentle, sustainable lifestyle changes can make a world of difference.

If you're not already working with me and would like to arrange a free 15-minute discovery call, [click here](#) to get in touch.

Wishing you all the very best,

Laura

MSc CHM, BSc (Hons) Acu PGDip

Fertility Support Trained Acupuncturist and Herbalist

07581 241 525 | www.TheAcu.co.uk | Laura@TheAcu.co.uk

Member of the Association of Acupuncture Clinicians (AAC-0384) and the Register of Chinese Herbal Medicine (RCHM-2022-7472)

6 Queens Chambers, 61 Boldmere Road, Sutton Coldfield, B73 5XA