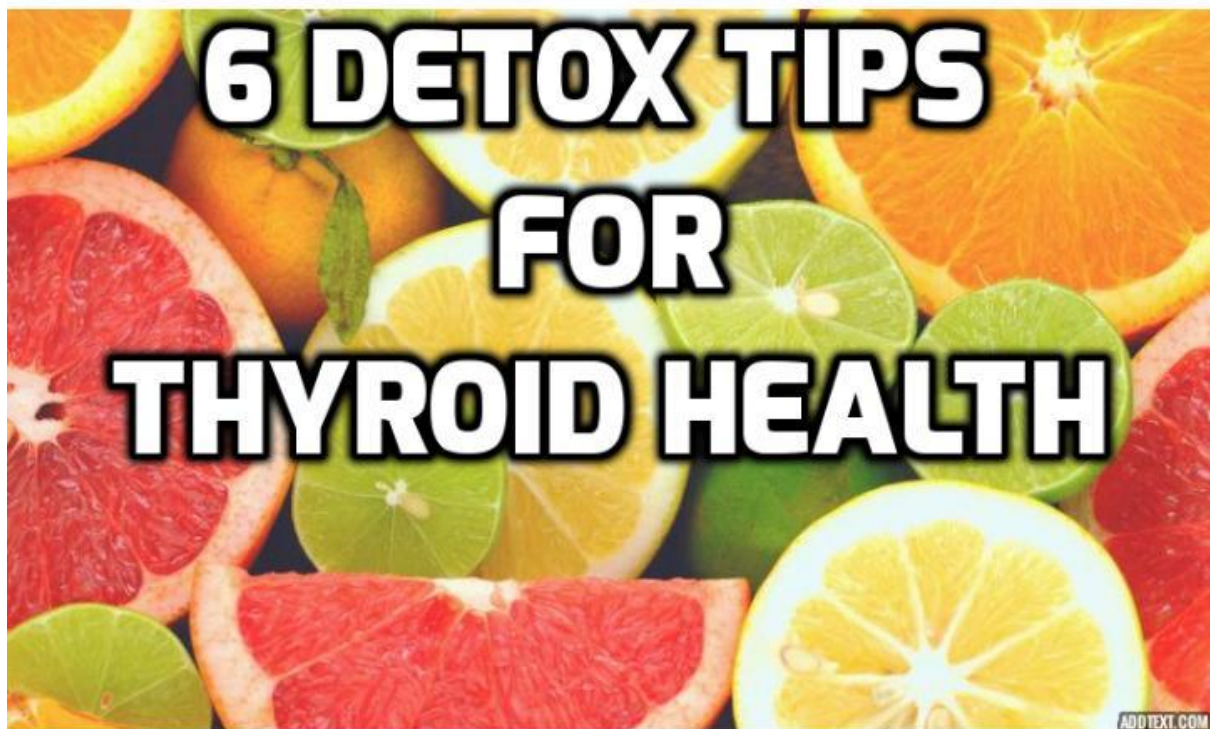


## Top 6 Detox Tips to Safeguard Thyroid Health



[Click HERE to Find Out How You Can Achieve Thyroid Levels within a Short Period of Time](#)

### **Safeguard Thyroid Health #Tip 1 Clean up with a natural thyroid diet**

When it comes to protecting your thyroid health research confirms choosing organic produce whenever feasible is the way to go. This is due to the fact that most conventionally grown fruits and vegetables harbour an array of pesticide residues.

Pesticides are toxic by design and are created specifically to eradicate living organisms such as insect pests, noxious plants and fungi. Pesticides also pose health dangers to humans, particularly the thyroid.

The **Environmental Working Group (EWG)** provides cutting edge research to help consumers make healthier food choices. The EWG recently released their [Shopper's Guide to Pesticides in Produce](#).

Dubbed the 'dirty dozen' the fruit and vegetables the EWG found to have the highest levels of pesticides included; apples, strawberries, grapes, celery, peaches, spinach, capsicums, nectarines, cucumbers, potatoes, cherry tomatoes and hot peppers.

When given a choice more and more people are opting for organic fruits and vegetables. Your decision to purchase good quality organic produce can significantly lower your pesticide intake. The **EWG Shopper's Guide to Pesticides in Produce** is a great place to start your research.

### **Safeguard Thyroid Health #Tip 2 Get green cleaning**

Household cleaning products can host an array of hazardous chemicals. The Environmental Working Group (EWG) think keeping your home clean shouldn't be a health risk. Their [Guide to Healthy Cleaning](#) shines the spotlight on cleaning products. One of the key concerns raised by the EWG is the lack of disclosure regarding the numerous ingredients found in household cleaning products.

For example; a lemon fresh or pine scent isn't necessarily healthy or natural. Fragrances are often synthetic aromas engineered by combining dozens of chemicals. The EWG Guide to Healthy Cleaning will help you sidestep harmful cleaning products and find environment friendly alternatives.

### **Safeguard Thyroid Health #Tip 3 Bathe in clean water**

Shower filters reduce exposure to fluoride, chlorine and other water impurities that are readily absorbed via the skin. Chlorine is very drying so when you shower in chlorine free water you will notice your hair becomes softer and your skins becomes more radiant. In addition I suggest you stay out of pools and spas as they contain high levels of chlorine. Chlorine and fluoride both block thyroid activity.

### **Safeguard Thyroid Health #Tip 4 [Choose natural beauty care products](#)**

Most companies gloss over the use of chemicals in their products. This is despite the fact that hidden toxins from perfumes, cosmetics and personal care products are inhaled or absorbed rapidly and entered into the blood stream directly. Remember...anything going on you, goes in you.

Once a chemical is in the bloodstream it eventually washes through the thyroid as this gland has a rich blood supply. Find out what is in your product and discover safer alternatives to dangerous cosmetics at the [Safe Cosmetics](#) website.

**[Get Your Free Makeup Brush Here](#)**

### **Safeguard Thyroid Health #Tip 5 Make your home your health sanctuary**

Your **home is your health sanctuary**. Encourage a 'shoes off at the front door' policy to reduce the amount of dirt and toxic particles that are tracked into your home.

Replace chemical air fresheners with freshly picked flowers or mix a few drops of essential oil with water in a spray bottle and use this as a natural room deodoriser. It goes without saying that visitors should not smoke in your home.

### **Safeguard Thyroid Health # Tip 6 Improve indoor air quality**

**Clean and vacuum regularly** to remove dust and dirt that builds up indoors. Cleaning with clove oil is a simple step to ensure your home remains mould free.

You could also use the power of nature to help clean the air indoors by adding in some plants. However if air quality is a particular concern you may need to invest in a high efficiency particulate air (HEPA) filter to help purify the air.

Watch these videos

[\*\*Thyroid Problems, Diet and Toxins: Do You Need a Thyroid Detox Part 1\*\*](#)

[\*\*Thyroid Problems, Diet and Toxins: Do You Need a Thyroid Detox Part 2\*\*](#)

[\*\*Thyroid Problems, Diet and Toxins: Do You Need a Thyroid Detox Part 3\*\*](#)

[\*\*Thyroid Health & Toxins Detox For Thyroid Boost\*\*](#)

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**[Why Knowing How to Calculate Your Reverse T3 Ratio Helps to Assess Overall Thyroid Health?](#)**

**[How to Lose Weight with an Underactive Thyroid?](#)**

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**Louise O' Connor, the author of [The Natural Thyroid Diet](#) –The 4-Week Plan to Living Well, Living Vibrantly, who is a specialist in Thyroid Health. She is a highly regarded Australian Naturopath and founder of Wellnesswork.**

**The Natural Thyroid Diet goes beyond diet advice and offers practical and effective ways to achieve healthy thyroid levels within just a short period of time. For more details, Click on [The-Natural-Thyroid-Diet.com](#)**

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