



THYROID HEALTH AND HORMONE HARMONY NATURALLY

A free and simple guide to supporting thyroid balance and energy during perimenopause and menopause

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Disclaimer

The material in this eBook is for informational and educational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical advice, diagnosis, treatment, prescription or recommendation. All viewers of this content, especially those taking prescription or over-the-counter medications, should not make any changes in their health regimen or diet before first consulting a qualified health professional.

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Welcome!

Do you feel cold, tired, foggy or low in mood?

Are you gaining weight easily or losing hair despite eating well?

Have your thyroid tests been called "normal" but you still feel unwell?

Menopause hormones can unmask or worsen thyroid-related symptoms.

Hi, I'm Joanna

The thyroid is a small butterfly-shaped gland in the neck that plays a big role in metabolism, energy, mood, and temperature regulation. During perimenopause and menopause, thyroid function can become sluggish due to hormonal shifts, stress, and nutrient deficiencies.

Many women experience fatigue, weight gain, hair thinning, or feeling cold - all signs that the thyroid may need extra support. The good news is that gentle, natural strategies can help restore balance and vitality.

In my clinical experience, the key elements to address therapeutically for thyroid health are:

- Nutritional deficiencies and/or excess (toxicity)
- Restoring natural (circadian rhythms) and safe sun exposure
- Sleep and stress reduction
- Gut detox and microbiome repair
- Diet review and monitoring

These steps are included in my personalised therapeutic programs and consultations with clients.

This guide briefly covers

- ✔ The 4 key factors that influence thyroid health during menopause
- ✔ Natural ways to nourish and support thyroid function
- ✔ A daily checklist to maintain energy and hormone harmony
- ✔ Resources and tips that work



Key Factor #1

Nutrient deficiencies

Why it matters

The thyroid gland relies on specific nutrients to produce and convert hormones. Low levels of iodine, selenium, zinc, and iron can slow thyroid function.

Menopause can affect thyroid function, leading to conditions like underactive or overactive thyroid, which share symptoms with menopause itself. It's important for women to monitor their thyroid health during this time, as hormonal changes can impact thyroid hormone levels and overall wellbeing.



Natural swaps & tips



Include iodine-rich foods such as seaweeds, seafood, navy beans, turkey breast, baked potato (with skin).



Eat Brazil nuts daily for selenium - 2-3 nuts daily are often enough but monitor levels via regular blood tests to ensure you're having the right amount for your needs.



Add zinc sources - organic red meat, liver, oysters, chicken, pumpkin seeds, lentils, and chickpeas.



Ensure adequate iron from grass-fed red meat, liver, chicken, beetroots, leafy greens or legumes.



Avoid excessive raw cruciferous vegetables (like kale or cabbage) if thyroid function is low - lightly steam or cook them instead.

Additional resources: [Check out Joanna's antioxidants \(including selenium\) blog.](#)



Key Factor #2

Stress & adrenal connection

Why it matters

Chronic stress elevates cortisol, which can suppress thyroid hormone production and conversion. The thyroid and adrenal glands work closely together - when one is under strain, the other often follows.

Stress can significantly impact the thyroid and adrenal glands during menopause, leading to symptoms like fatigue and hormonal imbalances. The adrenal glands respond to stress by producing hormones that can affect thyroid function, which may exacerbate menopausal symptoms.

A calm, balanced stress response supports good thyroid function.



Natural swaps & tips



Prioritise sleep, rest and relaxation daily - even 10-15 minutes of uninterrupted relaxation time daily can help.



Practice slow breathing or meditation to lower cortisol - e.g. “square breathing” relaxes the nervous system: inhale and count to 4 - keep the breath in for 4 counts - exhale for 4 counts. Repeat for 2-3 minutes.



Maintain regular sleep routine and meal times to stabilise cortisol and melatonin rhythms and calm the nervous system.



Consider herbal support - with adaptogenic herbs such as withania or rhodiola (always consult with a qualified practitioner before taking any herbs).

Additional resources: [Check out Joanna's cortisol and sleep connection blog.](#)



Key Factor #3

Poor gut & liver function

Why it matters

The gut and liver help convert thyroid hormones into their active form (T3). If digestion or detoxification is sluggish, thyroid hormones may not work efficiently.

Poor gut and liver function can negatively impact thyroid health during menopause, as the gut microbiome plays a crucial role in hormone regulation and nutrient absorption. Imbalances in gut health may exacerbate thyroid issues, particularly in women experiencing hormonal changes during this life stage.

A healthy gut and liver ensure thyroid hormones are properly activated and converted.



Natural swaps & tips



Eat fibre-rich foods and fermented vegetables to support gut bacteria.

Eat bitter foods to stimulate liver function - lemon juice, rocket, lettuce, olives



Include steamed or cooked cruciferous vegetables (broccoli, kale, cauliflower) to aid liver detoxification.



Stay hydrated, limit alcohol and processed foods. Drink 6-8 glasses of water daily with added minerals (electrolytes) which support hormone balance.



Consider probiotics or digestive enzymes if more digestive and gut support is needed. Apple cider vinegar is a simple option to support stomach acid production.

[Additional resources: Check out Joanna's herbal liver support blog](#)



Key Factor #4

Blood sugar and hormonal balance

Why it matters





Fluctuating blood sugar and estrogen levels can interfere with thyroid hormone activity. Stable energy and balanced blood sugar help the thyroid function smoothly.

Menopause can affect blood sugar levels due to hormonal changes, particularly the decline in estrogen, which can lead to insulin resistance and higher blood glucose levels in the blood. Additionally, thyroid function can also influence metabolism and energy regulation, potentially complicating blood sugar management during this transition.

Stable blood sugar and balanced hormones create the ideal environment for thyroid health.



Natural swaps & tips

-  **Eat balanced meals comprising protein, healthy fats, and fibre.** Decrease sugar and processed foods, especially simple carbs (white bread, white rice, pasta).
-  **Avoid skipping meals or relying on caffeine for energy.** These raise stress in the body and negatively affect thyroid hormones.
-  **Include omega-3 fats** - fatty fish, grass-fed red meat, seafood, flaxseed, chia seeds to reduce thyroid and systemic inflammation, also fish oil.
-  **Support estrogen balance** with flaxseeds, leafy greens, fibre, cruciferous vegetables; and lifestyle factors: sun exposure, dark nights and grounding.

[Additional resources: Check out Joanna's blood sugar support with snacks blog](#)



Next steps

Here's the summary steps to take to support thyroid function during menopause:

Your daily thyroid support checklist

- ☀️ Daily sun exposure and time in Nature
- 🥗 Nutrient-rich meals with iodine, selenium, and zinc
- 💧 Hydration and gentle detox support (fibre, electrolytes)
- 🧘♀️ Stress reduction and adrenal care
- 🌿 Gut and liver support foods
- 🌙 Consistent sleep and balanced sleep routine
- 🌿 Herbal support, if indicated
- 🌿 Practice relaxation techniques such as slow breathing and meditation

An invitation

What you have just read is one piece of a much bigger picture. Menopause can show up in **more than 100 different ways** across the brain, nerves, gut, joints, skin, mood and metabolism. That's why symptoms can feel confusing and hard to pin down.

I created ["The Menopause Symptoms and Systems Guide: A practitioner's guide to the physical and emotional changes of the menopause transition"](#) to bring clarity to that complexity, and help you recognise what your body is communicating.

It includes a comprehensive symptom map and simple explanations of causes to help you see where your own patterns may sit. You may get it by clicking the button below.

[GET THE FULL GUIDE](#)

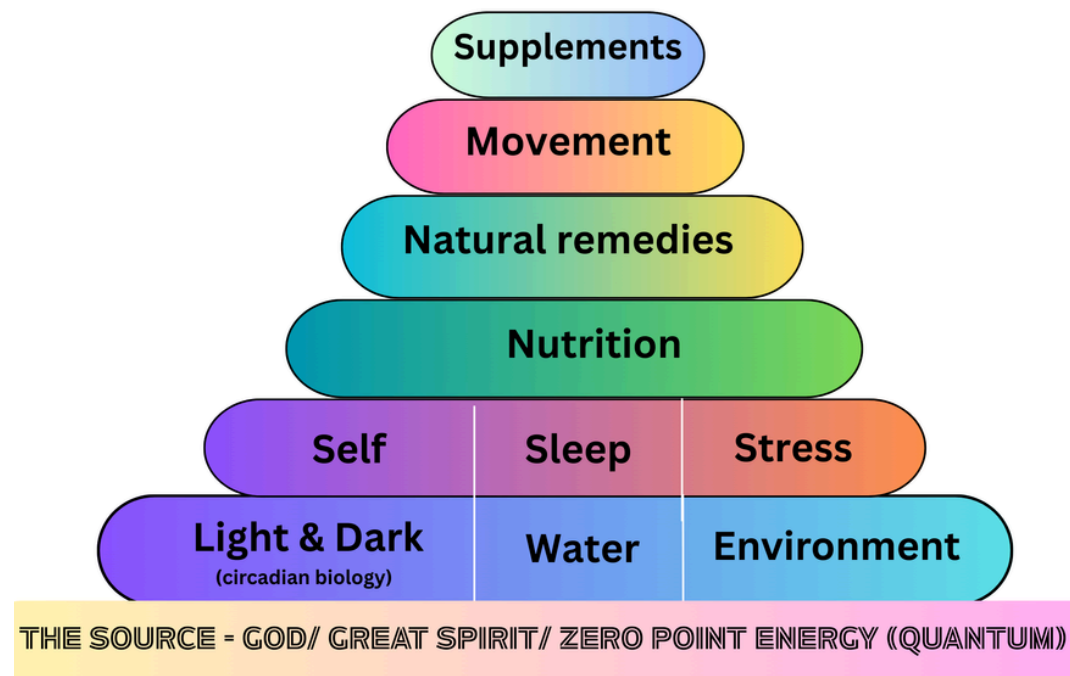
Inside, you will also find how my [Naturimedica Blueprint](#) approach supports the whole body, not just individual symptoms.

If you would like personal support, you can also learn how I work with women to create a natural, sustainable plan for their unique menopause journey inside the full guide and on the next page here.



The Naturimedica Signature Blueprint for Health & Wellbeing

One method. Many paths. Always personalised.



At the heart of the Blueprint lies a pyramid structure that reflects what, from my clinical and personal experience, truly drives lasting wellbeing:

- **~60% Lifestyle Foundations (i.e. two bottom layers = key to any transformation):** light and dark balance, hydration, nature connection and mindful environment, quality sleep and self-care, and stress reduction.
- **~30% to 40% Nutrition:** eating real, nourishing food tailored to your body's needs.
- **~10% to 15% Supplements, Natural Remedies and Movement:** targeted support to fine-tune your health and body function.

This layered approach blends natural wisdom, science and personalisation, helping you move from any imbalance or hormonal challenges toward renewed harmony and energy. **The interconnected structure ensures that every step supports the next - restoring energy, balance and vitality from the ground up.**

Explore the Signature Blueprint graphic and method to see how each layer builds upon the next, creating strong foundation for lifelong wellness.

Download your free Naturimedica Signature Blueprint guide [HERE](#) (or from the website), then connect with me for personalised support to start your own transformation journey to health and wellbeing.

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Resources

For additional and more in-depth information on natural and lifestyle approaches to perimenopause and menopause visit my website: www.naturimedica.com
Here are the links to the most relevant website information:

- <https://www.naturimedica.com/category/hormones-menopause/>
- <https://www.naturimedica.com/category/circadian-biology/>

If you'd like more information and simple, basic guidance on other specific perimenopause or menopause symptoms/ topics, the following FREE guides are also available to review:

- Hot flushes
- Key symptoms self-check
- Gut health
- Weight loss
- Adrenals & energy
- Blood glucose management
- Brain fog
- Thyroid health
- Anxiety & depression
- Sleep
- Skin, nails, collagen
- Osteoporosis
- Hair loss
- Circadian Daily Light Guide: Practical Steps + Benefits

Feel free to contact me if you'd like any of the above guides emailed to you.

Email: joanna@naturimedica.com

I also regularly publish valuable free resources and practical tips on social media.

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About me



As a Wholistic Natural & Lifestyle Therapist with 15 years clinical experience, my passion is helping women to restore energy, sleep and vitality by reconnecting with Nature and its rhythms.

I combine nutrition, herbal medicines, naturopathy and lifestyle strategies with practical education, so clients can take charge of their own health.

My approach is grounded in both research and traditional naturopathy. My therapeutic strategies are always tailored to the individual.

I believe true health comes from following daily rhythms aligned with nature, and from nurturing the body with good nutrition, sleep, rest and re-establishing good function, not quick fixes. The fact is: we can't outsmart Nature!

I've seen consistently how small, habitual changes add up to create big result over time. My goal is simple: to guide you back to health with tools and remedies that are natural, safe, sustainable and effective.

Visit my website www.naturimedica.com for more information on my therapeutic approach, areas of expertise and special interest, and how to connect with me. Follow me on social media for more support and updates.

[Instagram](#)

[Facebook](#)

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[Wellness Blog](#)

I look forward to connecting with you and supporting you in your ongoing health journey.

Best of Health

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