

Treating Ovarian cysts and PCOS by Keeping Your Thyroid Healthy

by Louis Cruz

Treating ovarian cysts and PCOS with natural remedies and life-style requires that the cause be ascertained in each case. Many dietary and life-style habits can be involved in the cause of these conditions. One organ that is often over-looked is the thyroid gland.

The ovaries are located in the abdomen or pelvic region and the thyroid in the throat area. Because they are located at distant areas in the body many will not even think that the thyroid is related with PCOS or ovarian cysts. But there is an intimate connection.

The thyroid gland functions are important in controlling our metabolism. Metabolism may be simply defined as the rapidity in which the body processes energy and chemical reactions. It also controls the speed of our organ functions. If the thyroid is slow, all bodily functions are slow and the person tends to gain weight. If too fast, then the opposite is true. An underactive thyroid can produce up to 75 different symptoms.

The most classical symptoms are:

1. Weight gain
2. Hair loss
3. Brittle nails
4. Depression
5. Dry skin
6. Muscle aches
7. Tiredness or easily fatigued
8. Constipation
9. Feeling cold when everyone is hot and the weather is hot

Young ladies with hypothyroidism tend to have multiple cysts in the ovaries. When young girls develop ovarian cysts before puberty, the thyroid should be checked[1].

A low thyroid causes an excessive production of male hormone (testosterone). This explains the facial hair in women with PCOS and irregular menses. Experimental rats with an underactive thyroid tend also to develop cysts in the ovaries. Keeping the thyroid healthy is crucial in correcting these female problems.

Why do women develop thyroid problems? This requires a complex answer that would not fit in this article, but let's shed some light on this.

Factors that may cause or predispose to thyroid problems in women are:

1. Stress
2. Too much soy products
3. Too much vegetables of the cabbage family such as broccoli, cabbage, cauliflower, and Brussel sprouts.
4. Problems with the immune system. This happens in Hashimotos thyroiditis.
5. Iodine deficiency

I know that the common view is that we get enough iodine from iodized salt, but many health professionals are doubting this and are starting to prove that more iodine is needed to keep the thyroid healthy and working in its optimum level.

You can purchase powdered kelp at any health foods store and sprinkle on food and salad. This will provide the thyroid with more iodine plus a whole gamma of nutrients and minerals that are important for the body.

Keeping your immune system healthy by getting enough sleep, exercise, and avoiding stress as much as possible are also factors that will maintain the thyroid and keep a healthy metabolism working at its finest.

So if you feel any of the symptoms above and suffer from PCOS or Ovarian cysts, consult with your doctor for a thorough check-up of your thyroid gland.

1. Chen, C.H., et al., Congenital hypothyroidism with multiple ovarian cysts. Eur J Pediatr, 1999. 158(10): p. 851-2.

About the Author

Louis Cruz is a Naturopathic practitioner since 1984. For more info grab this Free 5 day Mini Email Course on Ovarian Cysts Cure. It's totally free and check out my blog for lots more info. <http://TheOvarianCystCure.com/blog> or

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