

How to Naturally Boost Your Thyroid By 61% with One Vitamin and 30 Seconds per Day

By Tom Brimeyer | August 2nd, 2023 | Hypothyroidism, Supplements | 44 Comments



1.7K

21

294

Are you looking for a simple way to effortlessly boost your thyroid?

How would you like to boost your thyroid function by up to 61% with about zero effort on your part?

No thyroid medication necessary. (If you're taking thyroid medication, then you need this even more. I'll explain why in a minute.)

If you can spare 30 seconds a day, then this is for you.

Trust me; it doesn't get any easier than this.

It all boils down to one single vitamin.

But let me give you one **BIG WARNING**...

This vitamin comes in different forms.

Use too much of the wrong form of this vitamin and it can further suppress your thyroid function.

We'll get to that in just a second, but first you need to know what which vitamin I'm talking about and how powerful it is.

Vitamin A and Hypothyroidism

You may not know this, but thyroid hormone (T3) and vitamin A have a important relationship.

Yet, most hypothyroidism sufferers are deficient in Vitamin A.

And this is a major problem for your thyroid health.

Thyroid hormone (T3) and Vitamin A work together synergistically to support your thyroid health.

Both are required to convert your cholesterol into all of your thyroid-protective youth hormones.

Simply put, being deficient in Vitamin A prevents you from being able to use thyroid hormone.

So, it won't matter how much thyroid medication you use, without adequate Vitamin A your thyroid medication won't help much.



And the more thyroid medication you use, the greater your need for Vitamin A.

Want to see just how necessary and power Vitamin A is for your thyroid health?

Take a look at this 2012 study published by the *Journal of the American College of Nutrition*.

It shows just how effective Vitamin A is for treating subclinical hypothyroidism.

The effect of vitamin A supplementation on thyroid function in premenopausal women.

<http://www.ncbi.nlm.nih.gov/pubmed/23378454>

“Vitamin A caused a significant reduction in serum TSH concentrations in obese ($p = 0.004$) and nonobese ($p = 0.001$) groups. Serum T3 concentrations also increased in both obese and

nonobese vitamin A-treated groups ($p < 0.001$). Serum T4 decreased in all 3 groups after treatment.”

This study looked at the response of thyroid function to Vitamin A supplementation in pre-menopausal women.

The results after the end of the 4 month trial were quite significant, including...

- 30% to 33% reduction in TSH.
- 38% to 61% increase in T3 thyroid hormone.
- 16% to 23% decrease in T4 thyroid hormone.

These results were without the use of any sort of thyroid medication, which is quite amazing.

Yet, understanding these results is important as well.

The rise in T3 thyroid hormone and fall in T4 thyroid hormone is oftentimes an indicator that the improvement in thyroid function resulted from an improved conversion of T4 to T3 in the liver.

(Note: Liver issues and hypothyroidism go hand in hand as discussed in this article on [“How to Heal Your Thyroid By Healing Your Liver”](#).)

But, I also want you to keep in mind that the form of Vitamin A used in this research study was not the form of vitamin A you’ll find in most multi-vitamins or health food stores.

Good Vitamin A vs. Bad Vitamin A

When most people think of Vitamin A, they think of carrots.

Carrots contain a rich source of beta-carotene which is one form of Vitamin A.

And because it’s relatively inexpensive, you’ll find that beta-carotene is the form used in almost all multi-vitamins and other supplements out there.

Yet, it’s important to understand that too much beta-carotene will actually suppress your thyroid.

Beta-carotene itself is not a usable form of Vitamin A.

Your liver has to convert beta-carotene into usable Vitamin A before your body can use.

As Dr. Broda Barnes explains, the liver dysfunction that occurs with hypothyroidism prevents you from converting it efficiently...

“In other words, the thyroid has a profound effect on the liver. We have other evidence that a lack of thyroid is accompanied by a sluggish liver. In the first place, it has been apparent for a century that patients with myxedema (very low thyroid activity) have a yellowish tint to their skins. This has been found to be due to the presence of too much carotene in the blood. The liver converts carotene into vitamin A which is colorless. Under the administration of thyroid, the liver becomes more active and the carotene soon disappears.” -Dr. Broda Barnes

Dr. Broda Barnes also points out, this is why many hypothyroidism sufferers develop yellowish calluses or a yellowish pigment to their skin, which is common sign or symptom of hypothyroidism.

In fact, in my own personal experiments many years ago, I juiced carrots daily.

This only worsened my thyroid condition as I developed a case of carotenemia (yellowish/orangish pigment of the skin.)

My wife joked that I had an uncanny resemblance to an Oompa Loompa (from the movie, “Charlie and the Chocolate Factory”).



With that being said, carrots should not be avoided entirely.

In fact, I use them with clients for some very therapeutic purposes.

However, large amounts of beta-carotene from the over-consumption of beta-carotene rich vegetables and carrot juice should be avoided.

So, what kind of Vitamin A should you be using?

The short answer is a “usable” form of vitamin A.

In the study above, the researchers used retinyl palmitate which tends to work well for most and is what I formulated into our [Vitamin ADK Thyroid Formula](#) supplement.

(Note: If you are pregnant, or trying to become pregnant, then it is not advisable to use large amounts of vitamin A. Please discuss this with your doctor.)

But, you still need to be careful with the other ingredients used in your Vitamin A supplement as well.

For example, many Vitamin A or retinyl palmitate supplements are dissolved in some sort of PUFA (polyunsaturated fatty acid) oil, which is well known for being very toxic to your thyroid.

We avoid this common mistake by dissolving our [Vitamin ADK Thyroid Formula](#) in safe and protective coconut oil.

It doesn't make sense to try to solve one problem only to create a bigger problem for yourself in the process.

While certain supplements can be very helpful with improving and restoring thyroid function, it's important to understand that supplements are designed to “supplement” an already healthy diet.

With that being said, you should never ignore the importance of your diet.

But, if you're looking for an easy way to boost your thyroid with zero effort, then this is it.