

THYROID FOR DUMMIES



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If thyroid disease runs in your family, ask your doctor about screening for thyroid diseases at appropriate intervals. If you have a thyroid problem, check your thyroid function during times of major body changes, such as pregnancy. Make sure you get enough iodine in your diet, especially if you are a vegetarian.

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Your thyroid gland influences almost every cell and organ in your body because its general function is to control your metabolism. If your thyroid is functioning correctly, your metabolism should be normal. If your thyroid is working too hard, your metabolism is too high, and the result can be

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