



THE SOLINGER METHOD

by Root Health L.L.C.

Hyperthyroidism

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Hyperthyroidism

Root Health L.L.C, The Solinger Method

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Naturopathic Doctor, Functional Clinical Nutritionist, Master Clinical Herbalist

What Is Hyperthyroidism

Hyperthyroidism is a state of **excess thyroid hormone activity at the tissue level**, resulting in accelerated metabolic processes throughout the body. This can occur due to increased hormone production, autoimmune stimulation of the thyroid, thyroid inflammation with hormone leakage, excessive thyroid medication, or transient thyroiditis.

Hyperthyroidism is defined by **over signaling**, not simply elevated lab values.

Common symptoms include anxiety, palpitations, heat intolerance, weight loss despite adequate intake, tremor, insomnia, diarrhea, muscle weakness, hair thinning, menstrual irregularities, and exercise intolerance.

Conventional Medicine Perspective

Conventional medicine typically frames hyperthyroidism as:

- Graves' disease
- Thyroiditis
- Medication induced over replacement

Management focuses on reducing hormone production or blocking hormone effects through antithyroid medications, beta blockers, radioactive iodine, or surgery.

While these interventions may be necessary and life preserving in some cases, this model often overlooks:

- Immune drivers of Graves' disease
- Inflammatory triggers of thyroiditis
- Nutrient depletion accelerated by hypermetabolism
- Stress mediated sympathetic overactivation
- Gut immune contributions

Many patients are stabilized hormonally but remain symptomatic or depleted.

Naturopathic Medicine Perspective

Naturopathic medicine views hyperthyroidism as a state of metabolic overdrive driven by immune stimulation, inflammation, or dysregulated signaling, requiring calming, protection, and restoration rather than suppression alone.

Key systems involved include:

- Thyroid hormone synthesis and release
- Immune stimulation and antibody signaling
- Sympathetic nervous system activation
- Oxidative stress and tissue breakdown
- Nutrient depletion from increased metabolic rate
- Gut immune and inflammatory signaling

The goal is to **reduce overstimulation, protect tissues, and restore balance**, alongside appropriate medical care when indicated.

Core Pathophysiologic Mechanisms

Autoimmune Stimulation (Graves' Disease)

Thyroid stimulating immunoglobulins bind to the TSH receptor, continuously signaling hormone production independent of physiologic regulation.



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Thyroiditis

Inflammatory damage to thyroid tissue causes leakage of stored thyroid hormone into circulation, creating transient hyperthyroidism followed by potential hypothyroid phases.

Excessive Hormone Replacement

Over replacement with thyroid medication leads to excessive tissue exposure and metabolic stress.

Sympathetic Overactivation

Elevated thyroid hormones increase catecholamine sensitivity, amplifying anxiety, palpitations, and tremor.

Accelerated Nutrient Depletion

Hyperthyroid states increase turnover of magnesium, calcium, B vitamins, zinc, selenium, and protein.

Nutritional Strategy

Nutrition for hyperthyroidism focuses on supporting tissue protection, calming the nervous system, and replenishing nutrients depleted by metabolic overdrive, not restriction.

Core Nutritional Priorities

- Adequate caloric intake
- Increased protein to prevent muscle wasting
- Mineral repletion
- Anti-inflammatory nutrition
- Avoidance of stimulants

Therapeutic Foods to Emphasize

Protein at each meal, targeting 30 to 40 grams per meal. Mechanism, prevents muscle catabolism and supports repair.

Cruciferous vegetables. Mechanism, contain goitrogenic compounds that can mildly reduce excessive thyroid hormone synthesis when consumed cooked.



Calcium rich foods such as bone broth, dairy if tolerated, and leafy greens. Mechanism, supports bone health and neuromuscular stability.

Magnesium rich foods including leafy greens and seeds. Mechanism, supports nervous system calming.

Healthy fats to support caloric sufficiency and inflammation control.

Reduce or Avoid

Excess caffeine. Mechanism, worsens sympathetic activation.

Excess iodine supplementation. Mechanism, can exacerbate hyperthyroid activity.

Highly stimulating supplements and intense exercise during active hyperthyroid phases.

Targeted Supplement Support

Therapeutic Adult Dosing

Selenium (Selenomethionine)

Mechanism, reduces thyroid antibody activity, supports antioxidant protection of thyroid tissue, and modulates immune signaling.

Dose: 200 mcg daily

Magnesium Glycinate

Mechanism, calms neuromuscular excitability, reduces palpitations and anxiety, supports sleep.

Dose: 400 to 600 mg daily

L Carnitine

Mechanism, blocks thyroid hormone entry into cells, reducing tissue level hyperthyroid effects without suppressing hormone production.

Dose: 1,000 to 2,000 mg daily, divided

Calcium (When Intake Is Low)

Mechanism, supports bone health and counters hyperthyroid induced bone loss.

Dose: individualized to diet



Vitamin D3

Mechanism, supports immune regulation and bone health.

Dose: 2,000 to 5,000 IU daily, adjusted to labs

Activated B Complex

Mechanism, replenishes B vitamins depleted by increased metabolic turnover.

Dose: one capsule daily

Targeted Herbal Support

Bugleweed (*Lycopus virginicus*)

Mechanism, reduces TSH receptor stimulation and peripheral conversion of T4 to T3, helping lower hyperthyroid signaling.

Dose: 200 to 400 mg daily or tincture equivalent

Lemon Balm (*Melissa officinalis*)

Mechanism, inhibits TSH receptor binding and calms nervous system hyperactivity.

Dose: 300 to 600 mg daily or tea

Motherwort

Mechanism, supports cardiac rhythm and reduces palpitations and anxiety.

Dose: 300 to 600 mg daily

Passionflower

Mechanism, supports nervous system calming and sleep quality.

Dose: 300 to 600 mg nightly

Herbal strategy focuses on calming stimulation and protecting tissues, not abrupt suppression.

Celery Juice Support for Hyperthyroidism

Celery juice may support hyperthyroidism by improving hydration, mineral balance, and nervous system regulation, particularly when palpitations, heat intolerance, or anxiety are present.



Suggested use is 6 to 8 oz fresh celery juice daily, taken in the morning or between meals, with response guiding continuation.

Supplement Access

A complete supplement protocol for Adult Hyperthyroidism is available in Fullscript under Protocols, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters

Rest is therapeutic during active hyperthyroid phases.

Gentle movement only until thyroid levels stabilize.

Stress reduction is essential, sympathetic activation worsens symptoms.

Avoid excessive heat exposure during flares.

When to Dig Deeper

Further evaluation is warranted:

- TSH, free T4, free T3
- Thyroid stimulating immunoglobulins
- Inflammatory markers
- Ferritin and bone density if prolonged
- Medication review

Hyperthyroidism stabilizes when **immune stimulation is reduced, nervous system tone is calmed, and tissue depletion is addressed**, not when hormones are managed in isolation.



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