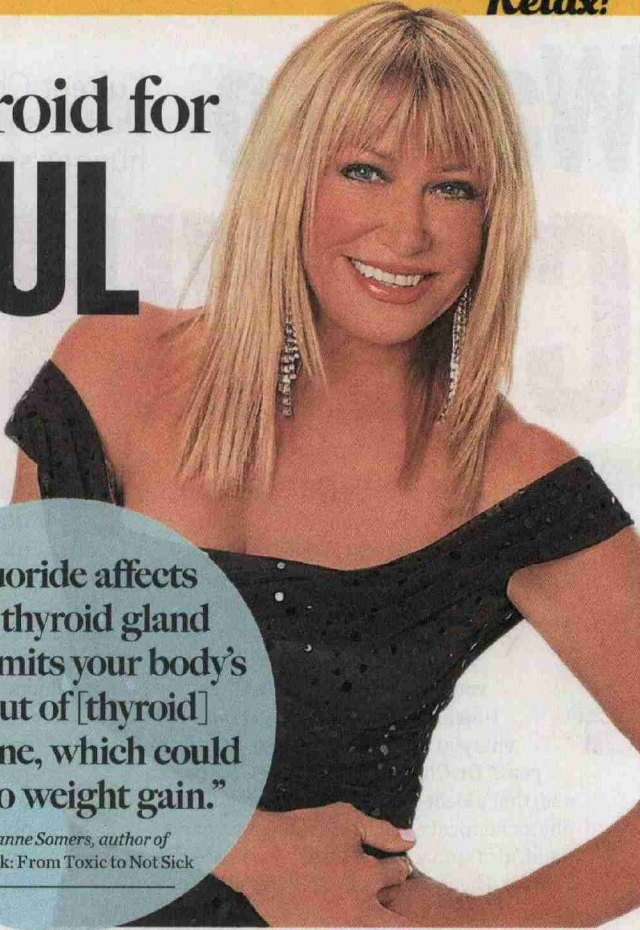


FOREVER YOUNG

Relax!

Detox Your Thyroid for YOUTHFUL ENERGY



An everyday toxin is making 75 percent of women over 50 tired. To the rescue: easy tips to limit your exposure

“Fluoride affects your thyroid gland [and] limits your body’s output of [thyroid] hormone, which could lead to weight gain.”

Suzanne Somers, author of Tox-Sick: From Toxic to Not Sick

We were the first generation to grow up drinking fluoridated water, and for

decades, experts thought that was a good thing — but science now suggests the cumulative effect of all that fluoride could lead to thyroid problems. That’s because fluoride competes in the body with iodine, a nutrient that’s essential to the thyroid’s ability to make metabolism-revving hormones. “Iodine is the key that turns on the thyroid’s ‘energy engine,’ but when fluoride intake is high, thyroid cells pick up fluoride instead,” says Jacob Teitelbaum, M.D., author of *From Fatigued to Fantastic!* “Fluoride acts like a miscut key that fits into the ignition, but jams it so the engine can’t turn on.” As a result, he says, 3 in 4 women are left feeling tired, foggy and fat. Here’s help:

GET MORE IODINE

To flush flouride from your body, Dr. Teitelbaum suggests increasing

your iodine intake by supplementing with 6.25 mg of tri-iodine (like Terry Naturally Tri-Iodine, \$27, terrynaturallyvitamins.com or your local health-food store) daily. But he adds that it’s important to check with a doctor before supplementing, as excess iodine can also be problematic. With your doctor’s okay, stick to that dose for 6 months, then switch to a multi with 200 mcg of iodine. Also smart: Use iodized sea salt and enjoy 3 weekly servings of iodine-rich seafood like salmon, tuna and scallops.

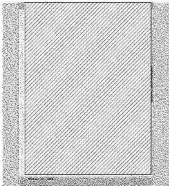
RETHINK YOUR WATER

Fluoride is added to more than 70 percent of the U.S. water supply. And while the government recently reduced their recommendation on the amount of fluoride that’s added to water, experts still advise limiting your intake of fluoridated water

by sipping low-fluoride bottled water (like Nestlé Pure Life). Also, switch to a fluoride-free toothpaste.

SIP THIS TEA

On chilly winter days, a hot cup of tea is delightful — but there’s a downside: Tea plants absorb fluoride from the soil, then concentrate high amounts in their leaves. In fact, home-brewed tea can deliver 113 percent more fluoride than the CDC recommends in drinking water. To avoid a thyroid-sapping excess, Fred Pescatore, M.D., an integrative physician in New York City, advises sipping herbal teas, which are up to 185 times lower in fluoride. For an energizing option, try peppermint tea. The herb’s taste and aroma have been shown to boost brainpower and alertness while decreasing fatigue — and the benefits kick in within 2 minutes.



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