



Cumbria Advisory Thyroid Service

INFORMATION SHEET



Complimentary or Alternative Therapies

Alternative Medicines

C.A.T.S. do not recommend taking any alternative treatments because there are no known treatments that are safe to take for Thyroid patients except the treatments recommended by the NHS.

Alternative treatment means just what it says, that you are using an alternative treatment instead of the recommended one. In many types of diseases these kinds of treatments do work just as well as the traditional drugs. However, it is not the case with Thyroid dysfunction and in fact it can be very dangerous to alter your thyroid medication without consulting your GP or specialist first.

Complimentary Therapies

Research has shown that complimentary therapists such as massage, relaxation, physiotherapy, acupuncture, chiropractic therapy and osteopathy can help relieve many of the symptoms that thyroid patients experience if the complimentary therapies are used alongside the traditional treatments.

However great care must be taken with some therapies such as Homeopathy and herbal medicines as many of these remedies may contain Iodine which can have an adverse effect on your thyroid gland. It does not matter if they are taken alongside your thyroid medication as a complimentary treatment or used as an alternative treatment, the effect will still be the same even if you are not aware yourself that your thyroid gland has been harmed, research has proved that Iodine can cause further dysfunction to an already dysfunctional gland. C.A.T.S. advisors recommend patients try some of the complimentary treatments that have proved to be helpful to thyroid patients, rather than put themselves at risk from unproven and dangerous treatments and remedies.

*Kelp and Iodine can be toxic to thyroid patients

C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE

Disclaimer

The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice.