

Hashimoto's Thyroiditis

Hashimoto's Thyroiditis (Autoimmune Hypothyroidism)

Hashimoto's is one of the most common autoimmune diseases, and it happens when the immune system mistakenly attacks the thyroid gland. Over time, this damages thyroid tissue and reduces hormone production, which can cause symptoms like fatigue, weight gain, hair loss, brain fog, depression, or sensitivity to cold. Because thyroid hormones affect nearly every system in the body, even small imbalances can have a big impact on how you feel.

Why It Matters

Unlike "regular" hypothyroidism, which may just show up as low thyroid function, Hashimoto's is immune-driven. That means the root cause isn't just about the thyroid, it's about calming an overactive immune system and addressing the triggers that keep it fired up. These may include nutrient deficiencies, stress, toxins, infections, or gut imbalances.

