

# Hashimoto's Disease Leads To Weight Gain.

## What is Hashimoto disease?

Hashimoto's disease is a thyroid disease that causes your immune system to attacks the thyroid. The thyroid gland is a small gland, which is located below Adam's apple. There are many symptoms causing inflammation in the Thyroid gland. The most common symptom, which we can easily notice, is the **weight gain**.

The thyroid gland makes hormones, which control metabolism. These hormones are very important because they regulate vital body function such as body temperature, body weight, heart rate, breathing and many more.

## How to detect Hashimoto's disease?

In the early stage, you cannot identify Hashimoto's disease. The reason is that symptoms take years to develop. The first thing you can easily notice is the **weight gain** for no specific reason. That is not enough to claim that someone has Hashimoto's disease, another easy to spot symptom is the **swollen of your neck**. You will feel that your front neck is swollen.

You will get **tired** very easily. Another symptom of Hashimoto's disease is the **slowed heart rate**. You might also experience **heavily hair fall** as well as **depression**. Having **muscles pain**? Maybe you might be suffering from Hashimoto's disease.

There are many more symptoms such as the **excessive amount of menstrual bleeding, pale skin, memory loss** but the most common symptom is the **weight gain**.

## Want to lose that weight gain?

Weight gain? No problem, you can reduce your weight easily. First of all, it is not so threatening, as it looks so don't be afraid. Taking drugs isn't necessary to reduce your weight instead, you should consider natural remedies.

## Remove all those junk foods from your diet

Let's get this straight, junk food will be equal to weight gain. You need to stop eating junk food if you want to reduce weight. Let's not forget they are unhealthy as well.

## Don't intake food, which can react with your immune system

Foods such as gluten, fast foods, and foods, which consists high amount of sugar, are poisonous for you. You will suffer from weight gain. Don't think so, it will make Hashimoto disease stronger. Instead of those go for grain-free foods, they won't harm you.

## **Eat healthy foods**

According to [thyroid pharmacist](#), organic materials (such as vegetables, fruits, meat and many more) will help you recover your weight gain as well as Hashimoto disease too. The reason is that these foods can easily be digested and will not cause any allergic reactions.

## **Supplements**

If you want to be healthy then you need the right number of vitamins and minerals. These include probiotics, apoptogenic herbs, selenium, vitamin B and vitamin D.

## **Reduce Stress**

This is a psychological disease, which can lead to many diseases. Having stress is the root of many dangerous diseases and it should be eliminated as soon as possible.

Try meditation, it helps in reducing stress. Exercise, spending time with family and friends, listening to calm music also reduces stress. Work is good but it doesn't mean to take too much work which will result in burden.