



# Hypothyroidism: How to Treat Hypothyroidism Naturally

*Samons Brittany*

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## **Hypothyroidism: How to Treat Hypothyroidism Naturally** Samons Brittany

Hypothyroidism is a condition that should not be taken for granted or ignored. Aside from the annoying symptoms, there are also negative effects brought by this condition to the health of a person. First, it increases a person's risk for heart disease due to poor circulation of blood to the heart. Second, it also increases a person's susceptibility to infection due to weak body defenses. Third, it also increases a person's risk to depression. In short, hypothyroidism is not just a threat to the physical health of a person but also to the mental health and it could lead to death as well.

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