



# Toxins That Endanger the Thyroid



Thyroiditis, also known as Hashimoto's Disease, occurs when the immune system mistakes healthy thyroid proteins for bacteria or viruses and begins to attack the thyroid until it deteriorates and degrades. Many factors are involved with this reaction, including genetics and environment. In this article, we will discuss the risks of certain common products and list their healthier options.

Fluoride was introduced into most public drinking water systems in the United States, and the majority of U.S. water supplies remain fluoridated today. However, an excessive exposure to fluoride can compete with iodine in the body—an essential nutrient for thyroid hormone production—and this interference may reduce thyroid

function and impaired hormone production. To limit fluoride exposure, water filtration can be helpful. Fluoride is removed only through specific methods such as water distillation. In addition, there are many widely available fluoride-free toothpaste and oral hygiene products that offer safe and effective alternatives for dental care.

Artificial fragrances are commonly found in many personal care and household products and are a lesser-known source of thyroid-disrupting toxins. These synthetic fragrances often contain chemicals such as phthalates, parabens, volatile organic compounds, and other endocrine-disrupting chemicals, which have been linked to interference with normal thyroid function. Many conventional air fresheners and “odor-removal” products, as well as incense, cleaning supplies, and personal care sprays, can contain a high number of these harmful compounds. Some ways to reduce the risks are to swap air fresheners for essential oils, use fragrance-free cleaning products, and replace scented candles with beeswax candles for a natural fragrance.

Heavy metal is infamous for hiding in our everyday products. Unlike products applied to the skin’s surface, lip products are used on the lips’ mucous membranes and are easily ingested increasing potential exposure to toxins. Independent testing has identified trace amounts of heavy metals such as lead, mercury, and arsenic in some conventional cosmetics. Lead is known to cause hormone disruption and impaired thyroid function by interfering with iodine uptake, while mercury may affect thyroid and adrenal health. In addition, aluminum—commonly found in certain cookware, antiperspirants, and other products—has been linked to autoimmune activity and cognitive concerns when exposure is excessive. Choosing non-toxic beauty products, aluminum-free deodorants, and safer cookware options such as stainless steel, ceramic, or cast iron can help reduce overall toxic exposure.

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**Source:** Dr. Izabella Wentz: *9 Sneaky Thyroid Toxins Hiding in Your Home*. Thyroid Pharmacist (2025)

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