

Hashimoto's & the Nervous System

Hashimoto's Is More Than a Thyroid Condition

Hashimoto's thyroiditis is an autoimmune condition influenced by immune activity, hormones, sleep, digestion, and stress physiology. While thyroid medication and medical monitoring are essential, nervous system dysregulation can significantly impact symptom severity, flare frequency, fatigue, mood, and cognitive clarity. Chronic stress and prolonged survival responses can increase inflammation, disrupt immune balance, impair gut function, and interfere with hormonal communication between the brain and thyroid.

Common Symptoms Influenced by Dysregulation

- Fatigue and low energy
- Brain fog or slowed thinking
- Mood changes or anxiety
- Cold sensitivity
- Digestive difficulties
- Fluctuating symptoms despite treatment

How Nervous System Regulation Supports Healing

A regulated nervous system supports the conditions needed for immune balance and hormonal stability by:

- Reducing stress hormone (cortisol) output
- Supporting restorative sleep
- Improving digestion and nutrient absorption
- Enhancing communication between the brain, immune system, and thyroid

Nervous system regulation does not replace medical care, but it supports the body's ability to respond more effectively to treatment.

Gray's 3™ Insight: Why Regulation Matters

When the nervous system is stuck in survival mode, the body prioritizes defense over balance. Gray's 3™ supports regulation by helping the body slow stress responses, improve recovery, and create the internal conditions needed for repair and immune modulation.