



St. Catharines Naturopath Explores the Link Between Thyroid Health and Brain Fog

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Persistent brain fog can leave people feeling forgetful, mentally fatigued, or unable to concentrate. While stress, poor sleep, and hormonal changes are commonly discussed as possible contributors, thyroid health is another factor that may influence cognitive function in some individuals.

To help readers better understand this relationship, St. Catharines naturopathic doctor Dr. Aoife Earls, ND, has published a new educational article titled "Could Your Thyroid Be Contributing to Brain Fog in St. Catharines?"

The article explores current research on how thyroid hormones support normal brain function and discusses why some people with thyroid disorders report symptoms such as difficulty concentrating, slower thinking, forgetfulness, and reduced mental clarity. It also explains that these symptoms are not unique to thyroid disease and may occur alongside a variety of other health concerns.

The resource provides additional context by explaining that thyroid hormones help regulate metabolism and influence how cells throughout the body produce and use energy. Their effects extend to the brain, where thyroid hormones are involved in normal neurological processes related to attention, learning, memory, and information processing. Changes in thyroid function may therefore coincide with cognitive symptoms for some individuals, although experiences vary considerably from person to person.

According to the resource, both hypothyroidism and hyperthyroidism have been associated with cognitive symptoms in some individuals. The article also discusses autoimmune thyroid conditions such as Hashimoto's thyroiditis and Graves' disease, explaining that experiences vary considerably and that persistent brain fog should be evaluated within the context of a person's overall health rather than attributed to a single cause.

The guide explains that hypothyroidism may occur alongside symptoms such as fatigue, feeling unusually cold, dry skin, constipation, weight changes, reduced concentration, and slower thinking. Hyperthyroidism, meanwhile, may be associated with symptoms such as nervousness, tremors, rapid heartbeat, heat intolerance, and difficulty concentrating. Because many of these symptoms can occur with other health conditions, the resource emphasizes the importance of considering them within an individual's broader health picture.

The thyroid resource builds upon Dr. Earls' previously published educational guide exploring the relationship between brain fog in St. Catharines and menopause. That earlier article examined how fluctuating estrogen levels during perimenopause and menopause may influence memory, concentration, and mental clarity while emphasizing that brain fog often has multiple contributing factors. Together, the two resources encourage readers to consider brain fog from a broader, whole-person perspective rather than focusing on a single possible cause.

In addition to reviewing the current evidence, the article emphasizes that brain fog often has multiple contributing factors. Sleep quality, stress, nutrition, hormonal changes, medications, and other medical conditions may all influence memory, focus, and cognitive performance. Understanding these overlapping influences may help individuals have more informed conversations with their healthcare providers.

The educational guide also outlines how a comprehensive naturopathic assessment may consider thyroid health alongside other aspects of physical and mental well-being. Rather than focusing on one symptom in isolation, the article describes a whole-person approach that may include discussions about lifestyle, nutrition, sleep quality, stress management, and other factors that contribute to overall health.

This newest publication builds upon Dr. Earls' ongoing educational series on brain fog, which examines several possible contributors to cognitive symptoms and provides readers with evidence-informed information

to support greater understanding of the topic.

Readers can access the complete article on www.draoife.com. To contact the clinic, patients can call (289) 815-1668 or by email at info@draoife.com.

Dr. Aoife Earls, ND, is a licensed naturopathic doctor practising in St. Catharines, Ontario. She provides individualized, evidence-informed naturopathic care for a variety of health concerns, including women's health, digestive health, stress management, and healthy aging. Dr. Earls, ND offers both in-person and virtual consultations for residents throughout Ontario.

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Dr. Aoife Earls, ND serves as a Naturopath in St. Catharines and in the GTA for over 10 years. As a Naturopathic Doctor, she offers telemedicine and essential in-person consultations.

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