



- THE - *Thyroid* FACTOR

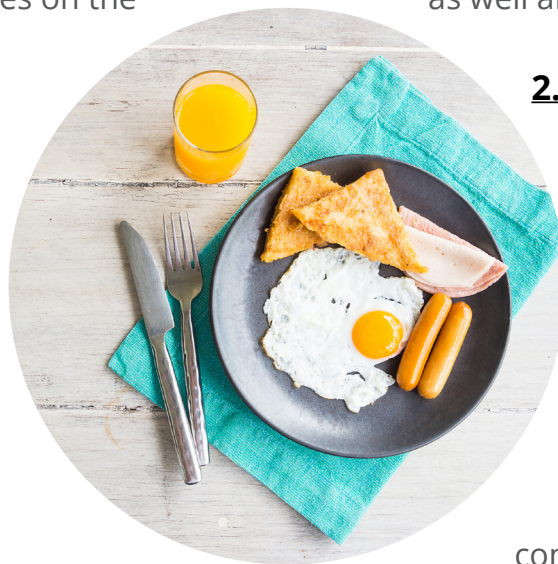
REBOOT
AND DETOX
GUIDES

24 HOUR THYROID REBOOT GUIDE

Reboot your system naturally while detoxifying and speeding up your metabolic rate in 24 hours. Kickstart your energy levels and digestion, while getting thyroid, and adrenal hormones on the right track from the moment you wake up when you use this guide.

1. Every morning, drink a glass of pure filtered water with the juice of one organic lemon and a Teaspoon of fresh organic ground ginger. (or make it into a tea). Ginger and lemon have natural detoxifying, and energizing properties and aide in digestion. Put a glass of this on your

nightstand at night before bed. This has been practiced in India for centuries to prepare the body's energy and digestive system for the day.(Incorporate this at the end of the night as well and drink this in tea form.)



2. Take a digestive enzyme with every meal and snack. Specifically Betaine with Pepsin. Hypothyroid sufferers have lower digestive enzymes that break down foods, and that contributes to constipation

and bloating. Women are more likely to suffer from gastrointestinal issues related to thyroid than men, and bloating and constipation are symptoms of gut issues

stemming from thyroid disorders and overall stress. (3)

3. Start the morning fortified with an energizing, thyroid friendly breakfast. Eat a breakfast of 2-3 eggs cooked in grass fed butter or ghee (a non dairy, lactose free clarified butter), with 1-2 strips of nitrate free bacon, or a detoxifying protein smoothie made with grass fed/non GMO plant based protein powder. For the smoothie, mix into a blender with 1/2 cup purified water, and 1/2 cup almond or coconut milk, 1 scoop plant based protein powder (I use vanilla) 1 Tablespoon of ground organic flaxseed, 1/3 ripe avocado, 1/4 cup mixed cherries, raspberries and blackberries. The protein, fiber and healthy fats will keep you full. This is also a great snack or lunch.

4. Choose 6 oz. of organic/grass fed protein, fats, fruits and vegetables for each meal and snack. Best options are free range chicken and grass fed beef, grass fed butter, avocados, olive and coconut oils, berries, spinach, leafy greens, black, and red beans, and brown rice.

5. Mentally calm and prepare your body for the day. Deep breathing exercises and



stretches upon waking can help. Stress is not good for anyone and Cortisol is the “stress hormone” that is associated with belly fat. If you have or suspect low thyroid issues, positive self talk, and calming techniques are mandatory to regulate stress. You can make a huge difference if you believe that you can. Put mindful health into the forefront of your daily practices.

6. Take a probiotic after your breakfast. Preferably one with a minimum of 30 billion CFU’s. Probiotics keep your intestinal flora fighting the bad bacteria daily so that the good “bugs” can fight for better overall health, digestion, immune system and weight loss.(2) It used to be said, you are what you eat. Now

it is thought that you are what you absorb.

Gut health is key if you suspect, or have been diagnosed with a thyroid disorder.

7. Drink 8, eight oz. glasses of purified water 6 times throughout the day. However, do not drink with meals, as this interferes with digestive enzyme production. Drink after a meal, or a half an hour before to help you to feel full if you are trying to lose weight.

8. Engage in some form of exercise using the entire body as in yoga, or bodyweight exercise for 10-30 minutes. Do not do any cardio or extreme exercise as this puts a strain on the system and creates stress. Adrenal, endocrine and thyroid health all tie in together. Your body is already exhausted internally, so you

don't want to create any more damage.

9. Before bedtime, turn off all tech devices. Darken your room so that you can get, and stay into a deep sleep. A minimum of 7 hours is what is recommended. Remember that your body only repairs and replenishes while you are sleeping. Brain fog, weight loss, irritability and hormones, including thyroid levels are all affected when you don't get the proper amount of sleep.

10. Take a Selenium supplement with dinner, or better yet eat a single large Brazil nut every day. You can also get adequate amounts of selenium from sunflower seeds, and pasture raised eggs. Selenium deficiency is prominent in autoimmune sufferers and even a slight



lack of this can contribute to symptoms that fall into the low thyroid range. (4)

11. Drink Organic Ginger Tea before bedtime. You can brew your own from shaved organic ginger root, and add in some raw honey. This powerful ancient superfood contains magnesium, zinc and potassium, all powerful herbs for digestion and immune function. This is a great way to end the day, and set the body up for natural cleansing to wake up energized and refreshed. Chamomile can be added or mix the two for a calming bedtime tea.

12. Prepare a bedtime snack that won't sabotage your goals. Another bedtime ritual is to keep the blood sugar stable so you don't wake up hungry in the middle of the night (common if you don't sleep well!) by eating a blood sugar regulating snack before bed. A tablespoon of 1/2 almond or cashew butter, and 1/2 coconut oil is a great "sweet tooth" satisfying snack.

13. Most women have cold feet and hands that have thyroid disorders and that contributes to waking at night (and grabbing a snack that ends up adding to the weight gain issue). Sleep with light socks on to keep

feet warm. This will help your body to get into deep sleep.

14. Keep your room a sanctuary for sleep. Keep television watching for another room. Calm your brain with either meditation, yoga stretching, or a good paperback (not a tech device) with a dark room. Lack of sleep turns off your fat burning hormones and turns on your hunger hormones. If you wake up not fully rested, you can be sure you will be grabbing the wrong foods and snacks throughout the day.

A healthy thyroid plan starts with simple daily steps from morning through the night. Use this plan to reboot a sluggish system so that your hormones can work in your favor, as you get closer to the optimal health that you deserve.

REFERENCES

- (1) <http://www.health.harvard.edu/blog/for-borderline-underactive-thyroid-drug-therapy-isnt-always-necessary-201310096740>
- (2) <http://patients.gi.org/topics/probiotics-for-the-treatment-of-adult-gastrointestinal-disorders/>
- (3) <http://patients.gi.org/topics/common-gi-problems-in-women/>
- (4) <http://www.ncbi.nlm.nih.gov/pubmed/11932302>

THYROID BALANCING 72 HOUR DETOX PLAN





THYROID BALANCING 72 HOUR DETOX PLAN

Cleansing and detoxifying the body is a practice that has been used for centuries. Unfortunately we live in an immediate gratification society and most of us go to the grocery store and purchase expensive bottles of odd tasting concoctions and think our their systems will run perfectly after a day or two of a weight loss cleanse. You wake up 3 days later and step on the scale and get excited since you are down three or four pounds and think that your problems are solved. That couldn't be further than the truth. A headache and fantasizing about what you are going to eat as soon as you are done with your cleanse is not the way to go about it.

When you follow one of the trendy cleanses on the market, or the ones that have Hollywood stars named attached to them, you are falling into a big money making machine that won't change or get to the root of the problem.



What you don't realize by following those quick faddish fixes is that your metabolic system is now slower, and you are more apt to binge and gain weight within the next few days and weeks. This plan will not have you counting calories or starving, but will clear your body and prepare it for healing, energy and a flatter belly...ALL WHILE EATING REAL FOODS.

Since the Industrial Revolution at the turn of

the 19th century, our diets have seen the first of what is now extremely common, (and many times undiagnosed,)...thyroid issues.

With the lack of iodine and zinc, two needed elements for thyroid production, “goiters” started to be seen regularly. Heavy metals were introduced to our systems at a rapid rate, creating deficiencies in our bodies that interfered with metabolism, and caused many people (mainly women) to gain weight and feel sick. This was only a couple of the symptoms that to this day are part of an epidemic that plagues millions.

When people feel “sick” they usually turn to Doctors instead of taking control of the things that matter most...nutrition, and lifestyle.

There is a way to “re-boot” your internal systems from your metabolism, to your thyroid, your adrenals, and your digestive system without starving, or wanting to binge the minute the last day ends.

Depending on how toxic your internal systems are, will depend on how you feel when you follow a healthy and natural detoxifying plan. If you have been drinking alcohol, eating sugar and processed foods, and living on coffee or energy drinks to get through the day...you will probably feel a little “off” as your body struggles to process and get rid of what you

have been feeding it.

If you eat a healthy diet, but feel discomfort and bloating, and have tried to lose weight but are still struggling, this will be the “game changer.” This 72 hour detox will kickstart your digestive system to work for you, while clearing the path for thyroid hormones to work in your favor so that your body is prepared to lose weight and feel energized instead of right away seeking medication or more medication.

We can keep many diseases and disorders from taking control of our lives by choosing the right nutrients so that our bodies remain vital, healthy, energized and without weight gain, fatigue and obesity related illnesses being in our future.



▶ THYROID BALANCING 72 HOUR DETOX PLAN

This plan will kickstart your metabolic rate and clear the pathway to better energy levels, weightloss and ridding your belly of offenders that cause bloat and constipation.

These key nutrients are based on ridding the body of heavy metals and toxins, and will calm inflammation in tissue, joints, and digestive system preparing your body for a flatter belly and overall wellness.

Follow up after this plan with the 21 Day Flat Belly Thyroid Diet Plan

For 3 Days Completely Omit

- Wheat
- Dairy
- Grains
- Sugar
- Alcohol
- Packaged foods.

Eat only single ingredient foods without a label!
(unless the label says organic, or free range.)



For 3 Days Choose Only from this Thyroid Friendly 72 Hour Flat Belly Kickstart Grocery List

WATER

Coconut Water (single ingredient only)

Any grass fed animal protein, or wild caught fish.

PROTEIN

- ▶ Eggs
- ▶ Beef
- ▶ Chicken
- ▶ Turkey
- ▶ Pork
- ▶ Wild Caught Salmon or Fatty Fish

FATS

- ▶ Avocados
- ▶ Brazil Nuts
- ▶ Coconut Oil
- ▶ Grass Fed Butter
- ▶ Organic Olive Oil
- ▶ Organic Avocado Oil
- ▶ Hemp, and Flaxseeds (ground)



CARBOHYDRATES

- ▶ Organic wild blueberries, blackberries, and cherries
- ▶ Cranberries
- ▶ Lemons
- ▶ Broccoli
- ▶ Kale
- ▶ Cauliflower
- ▶ Organic Mixed Salad Greens
- ▶ Spinach
- ▶ Green Beans
- ▶ Potato

- ▶ Sweet Potato
- ▶ Garlic
- ▶ Ginger
- ▶ Cilantro
- ▶ Parsley
- ▶ Organic Green Tea

SUPPLEMENTS

- ▶ **Probiotic**- Take a live supplement containing 50 billion I.U. live probiotics. (1)
- ▶ **Digestive Enzymes** - take a supplement containing Protease, Amylase, Lactase and Lypase. (2)
- ▶ **Zinc** - Aids healing of tissue, and autoimmune issues. People with digestive issues have shown deficiencies in zinc. Take 5-10 mg after last meal of the day.(3)

REFERENCES

- (1) <https://nccih.nih.gov/research/results/spotlight/110508.htm>
- (2) <https://nccih.nih.gov/health/probiotics/introduction.ht>
- (3) <https://ods.od.nih.gov/factsheets/Zinc-Consumer/>

▶ DAY 1

1. On an empty stomach, drink one 8 oz. glass of water and the juice of one organic lemon.
2. Take one Probiotic supplement.

3. BREAKFAST:

Drink a detoxifying smoothie that will flatten belly and promote energy and digestion. (you will also drink this between lunch and dinner)

Wild Blueberry Blitz Detoxifying Smoothie

1 Cup Water
 1/2 Cup coconut water
 1/4 Cup frozen organic wild blueberries
 1 T. Hemp seeds
 1 T. Flax seeds
 Ice, Blend, Enjoy!

4. LUNCH

Grilled or baked protein of your choice. With grilled or steamed choice of veggies, topped with one T. butter, or oil of your choice.

(This can also be served on a bed of organic mixed organic greens as a salad)

*Take one digestive enzyme supplement after lunch

5. MID- AFTERNOON PICK ME UP

Snack on One Large Brazil Nut + Wild Blueberry Blitz Detoxifying Smoothie

6. DINNER

Grilled or baked protein of your choice. With grilled or steamed choice of two vegetables , topped with one T. butter, or oil of your choice. + 1/2 sweet or white baked potato.

(This can also be served on a bed of organic mixed organic greens as a salad)

*Take one digestive enzyme supplement after dinner.



▶ DAY 2

1. On an empty stomach, drink one 8 oz. glass of water and the juice of one organic lemon.
2. Take one Probiotic Supplement.

3. BREAKFAST:

Drink a detoxifying smoothie that will flatten belly and promote energy and digestion. (you will also drink this between lunch and dinner)

Berry Boost Energizing Cleanse Smoothie

- 1 Cup Green Tea
- 1/2 Cup Water
- 1/3 Avocado
- 1 Bunch Organic Spinach
- 1 T. Fresh Ginger (peeled and shaved or organic paste)
- 1/2 C. Mixed Blueberries, Raspberries, Blackberries
- 1 T. Hemp Seeds
- Ice , Blend, Enjoy!

4. LUNCH - Grilled or baked protein of your

choice. With grilled or steamed choice of veggies, topped with one T. butter, or oil of your choice.

(This can also be served on a bed of organic mixed organic greens as a salad)

*Take one digestive enzyme supplement after lunch

5. MID- AFTERNOON PICK ME UP

Snack on One Large Brazil Nut + Berry Boost Energizing Cleanse Smoothie

6. DINNER

Grilled or baked protein of your choice. With grilled or steamed choice of two vegetables , topped with one T. butter, or oil of your choice. + 1/2 sweet or white baked potato.

(This can also be served on a bed of organic mixed organic greens as a salad)

*Take one digestive enzyme supplement after dinner.



▶ DAY 3

1. On an empty stomach, drink one 8 oz. glass of water and the juice of one organic lemon.
2. Take one Probiotic Supplement.

3. BREAKFAST

Drink a detoxifying smoothie that will flatten belly and promote energy and digestion. (you will also drink this between lunch and dinner)

Tart Berry Belly Soothing Smoothie

1 Cup Water
1/2 Cup Coconut Water
1/4 Cup Frozen Red Tart Cherries
1/4 Cup Wild Blueberries
1/2 Avocado
Ice, Blend, Enjoy!

4. LUNCH

Grilled or baked protein of your choice. With grilled or steamed choice of veggies, topped with one T. butter, or oil of your choice.

(This can also be served on a bed of organic mixed organic greens as a salad)

*Take one digestive enzyme supplement after lunch.

5. MID- AFTERNOON PICK ME UP

Snack on One Large Brazil Nut + Tart Berry Belly Soothing Smoothie

6. DINNER

Grilled or baked protein of your choice. With grilled or steamed choice of two vegetables , topped with one T. butter, or oil of your choice. + 1/2 sweet or white baked potato.

(This can also be served on a bed of organic mixed organic greens as a salad)

*Take one digestive enzyme supplement after dinner.

Take control of your hormones, your thyroid, your digestive and belly issues with this Thyroid Balancing 72 Hour Detox Plan so that you can look and feel better as you live longer, and stronger, with a flatter belly, and less medication.

