

# - THE - *Thyroid* FACTOR

QUICK  
**START**  
GUIDE





# THYROID FACTOR QUICK START GUIDE



**T**he Thyroid gland still remains a mystery for many, when speaking with anyone from the layperson, to medical professionals. Although there are many “thoughts” on how to treat actual thyroid dysfunction, a few things can be agreed on when thyroid hormones are not at optimal levels.

Let us first clear up that one of the most significant factors in thyroid health, is the health of the digestive system. Since all food (energy) must go through this system and be absorbed, utilized and excreted...this system is literally the most important part of a healthy properly functioning system and must be considered before addressing any other

issues with health.

With the most common of symptoms ranging from weight gain to hair loss, lethargy, joint pain, depression and brain fog, with the most notable of issues, digestion and belly discomfort...the thyroid is responsible for much more than your metabolic rate.

Nearly every organ found in the body and every cell is affected by the Thyroid gland.

Whether you have been diagnosed with a low thyroid, or suspect you have an imbalance...there are daily practices that you can use that have been shown to battle even the worse symptoms.



There are many steps you can take to boost the thyroid's function before you rush to make a doctor's appointment. From foods, to spices, herbs, teas and daily practices...the overall "wellness" of your thyroid system, has a lot to do with the choices you make and lifestyle habits.

What we put on and in our bodies, affects every internal system, how we look and how we feel. It's no wonder women are gaining weight, feeling lethargic, losing hope and fearing the future. We are bombarded daily with mixed messages from health care practitioners...daily talk shows and friends advice and experiences.

What should we do, who should we listen to, why are there so many things that are not agreed on, and finally, do we need medical treatment or care?

Each woman responds differently to factors

including but not excluded to genetics and lifestyle. Thankfully we know, that now we have more options than just getting a prescription for a medication. We are aware that what we eat, how we live, and even the skincare we use, has an impact on our thyroid as well as every other function in our body.

Here you will find a useful guide of daily tips, foods, herbs, spices and "remedies" that will help to improve the function of that "mysterious" gland found at the base of your neck... the butterfly shaped gland that controls everything from metabolism to libido, moods and energy levels.

### **Become the master of your own health!**

Read on to discover that with a simple shifts in your daily habits, you can help your thyroid function along with every other system in your body and get the best out of your life!





## ▶ PRACTICES THAT BOOST THYROID FUNCTION

### Get proper rest. Know when your body has “had enough.”

Low thyroid hormone sufferers usually are chronically fatigued when they don't eat right, or get the proper amount of rest. From poor food choices to lack of quality sleep, the body is in a constant state of working too hard. When the thyroid is “overtaxed” it is imperative that adequate rest is a priority.

Be sure to “listen to your body” and give it what it needs to heal and feel revived. Quality sleep starts with turning off all tech devices at least 30 minutes before bedtime, and sleeping in a completely dark room. Sleep is an often overlooked remedy for someone that suffers with low thyroid hormones and simply just does too much...could that be YOU? Make sleep a priority.



### Remove inflammatory foods from your diet.

Although gluten and sugar are at the top of the list for creating inflammation, nightshades (tomatoes, peppers, eggplant), dairy (except for kefir and some quality goat cheese and/or milk products) and soy are inflammatory



foods that are harmful to any system. These foods have been shown to suppress thyroid function. These offending foods keep the body taxed and in a constant state of inflammation. Chronic pain, brain fog, bloating and other symptoms may be reduced and energy restored when limiting and removing these foods from your diet.

## Make Gut health a priority.

Intestinal flora is usually compromised in thyroid patients. Even if you have never been diagnosed or suspect you have a thyroid issue...our intestines must be able to absorb and process foods. Gut health is imperative when chronic fatigue and irritable bowel syndrome is present. Eat foods that are in the purest form possible and stay away from processed foods and simple sugars. Eat foods

that are rich in probiotics and prebiotics as in kefir, and Greek yogurt. Fermented foods are great for balancing the gut.

## Find a health care practitioner that listens.

In health care and wellness, we need someone we can trust. Besides taking care of one's own wellness, we must find someone that becomes part of our health care. Get a referral from someone that has similar symptoms as you do. Write questions down, take notes, and get to the point. Make the most of YOUR time. Tell the "doctor" that you want to be a vital part of your own health care. Don't be afraid to ask questions and "stand up for yourself". No-one cares about your health care more than you.

## Wait one hour before eating or drinking if taking thyroid medication.

If you are prescribed thyroid medication, this medication should be taken on an empty stomach for it to work properly and be fully absorbed. Do not eat, or drink for at least one hour after taking your meds. Sorry, that means your morning cup of java too! (set your alarm one hour early and keep thyroid meds next to bed with a glass of water...then back to sleep for another hour!)



## Up your vegetable intake.

Most thyroid sufferers experience weight gain. The most natural way with many benefits to avoid that excess creeping up on your middle, is to eat more fibrous vegetables. Vegetables are key in overall health and wellness and have been shown to prevent weight gain. Obesity is common in those with underactive thyroid hormones <sup>(12)</sup> and sticking to organic can have numerous benefits besides keeping you full due to the fiber content. Between antioxidant properties, eating a wide variety of colors, and flavors, these powerful plants are necessary to ward off disease and obesity related issues. However, limit your intake of raw cruciferous veggies like cauliflower, kale and broccoli, as they have been known to limit thyroid hormone production when eaten raw, however, cooked is fine.

## Avoid Kelp and Seaweed if you have been diagnosed with an autoimmune thyroid disorder.

These foods are high in iodine which has been shown to support thyroid function if you are borderline low thyroid. However, beware if you have been diagnosed with Hashimoto's Autoimmune Thyroiditis. Iodine can interfere with thyroid function.<sup>(3)</sup>

## Avoid plastic containing BPA.

Studies now show that anything containing bisphenol-A is detrimental to thyroid health. (10) From water bottles to food storage containers, this plastic has been shown to disrupt the endocrine system and have negative effects on the body. Anyone that has been diagnosed with an autoimmune disorder would be wise to keep these out of their lives.





## ▶ FOODS THAT BOOST THYROID FUNCTION

### Brazil Nuts, Macadamia Nuts and Hazelnuts.

Brazil nuts, macadamia and Hazelnuts are a superior source of selenium. Selenium is needed for proper thyroid function. <sup>(1)</sup> Selenium from whole foods is best, however, supplementation has been shown to improve immune function in thyroid patients. <sup>(2)</sup> can improve the Selenium acts as an oxidative “de-stressor” and helps to defend the body against heart related issues and disease. These nuts are high in fat, so a few a day is fine. Selenium is also essential for converting thyroxine to T3, the active form of thyroid hormone.

### Eat Berries.

Raspberries, Blueberries, Blackberries and Strawberries are loaded with fiber and have

antioxidant properties. They make great snacks and should be an addition to every smoothie to boost thyroid function and overall wellness.

### Eat fish high in Omega 3's.

With low thyroid function you are at an increased risk for heart disease. By eating wild caught salmon, tuna and trout you will be getting the highest source of these fatty acids and helping your body to naturally ward off one of the leading killers...heart disease. <sup>(13)</sup> Heart disease is a top killer of women and women that suffer from thyroid disorders are more likely to experience inflammation and abdominal weight gain. Omega 3's are considered a top anti-inflammatory food and should be consumed 3 times daily, or taken in supplement form.

## Eat meat.

Glutamine is a critical amino acid needed for thyroid and cell function in the body. While gut function is imperative and often compromised in the intestinal tract in thyroid patients, glutamine is needed for digestion and organ function as it correlates to the thyroid.

One of the best sources of glutamine is red meat.

Glutamine is necessary for rebuilding the health and lining of the gut.<sup>(8,13)</sup>

## Eat live cultured and fermented foods.

Fermented foods have been used for centuries to heal and soothe the health of the gut lining and the digestive system. From kefir, a “drinkable” yogurt with active live cultures, plain greek yogurt to sauerkraut, a gut that is lacking healthy microbiomes can wreak havoc on the entire body. Optimize healthy “flora” and the lining of the “gut” and add foods with living probiotics and prebiotics to your daily diet and alleviate symptoms associated with leaky gut and digestive disorders.<sup>(7,13)</sup>

## Eat Low Glycemic Organic Fruits.

Key fruits that are less apt to be sprayed with pesticides, and that are low on the glycemic

scale are, cherries, berries, peaches, plums and apricots, apples and citrus fruits like grapefruits, lemons, oranges. These fruits will keep your energy levels high as they are not fruits that immediately raise blood sugar. Eat a variety of fruits, but let these be your mainstay when your sweet tooth strikes.

## Bone and Vegetable Broth

Bone and vegetable broths have been used for centuries to heal the body. Studies now show that bone broth plays a large role in healing the lining of the gut and improving overall wellness and immunity. From improving bone loss with added calcium and consuming the gelatinous collagen in the broths from bones, this food is now considered a “superfood” and should be part of a healthy gut and thyroid plan.<sup>(14)</sup>

## Squash

Squash has zinc which is imperative for tissue healing. This is also a necessary mineral that boosts thyroid function.





## ► SUPPLEMENTS THAT BOOST THYROID FUNCTION

### **SUPPLEMENT WITH ASHWAGANDA.**

This adaptogenic supplement may help to lower and regulate cortisol levels and improve thyroid function. Cortisol is associated with belly fat and high stress levels, both which are common amongst women with thyroid imbalances or low thyroid. This can be purchased in capsules or in powder and added to teas, or smoothies.

### **TAKE A VITAMIN D SUPPLEMENT.**

Although vitamin D is stored in the body, most people as they age, and depending on where they live in the country, are deficient. Without adequate amounts of sunshine, we lack this important and powerful vitamin.

Vitamin D is also crucial for many other functions including protecting against cancer, osteoporosis, and maintaining bones and teeth.

Most of us spend too much time indoors. Vitamin D levels are usually low in thyroid patients so make sure to get your levels checked and optimized. Vitamin D helps to transport thyroid hormones directly to cells.

### **PROBIOTICS. FOODS AND SUPPLEMENTS.**

Intestinal flora is usually compromised with thyroid patients. From bloating to irregular bowel movements, constipation and diarrhea...balancing the intestines is imperative. Chronic lethargy and fatigue is common and the lining of the gut plays the largest role in thyroid function. Probiotics have been shown to keep intestinal flora balanced to improve the mucosal lining inside of the gut. <sup>(11)</sup>It's not always easy to eat yogurt and some people cannot tolerate dairy. Opt instead for a probiotic supplement and take

every morning to help start the day and your digestive system off right.

### **GLUCOSAMINE AND CHONDROITIN.**

With most thyroid dysfunction comes chronic joint pain and inflammation. Pain is a way of life with most thyroid sufferers and there are studies that show supplements can help. From knee to hip, elbow and shoulder pain, most thyroid patients are not new to pain issues... The National Institute of Health's, National Institute of Arthritis and Musculoskeletal and Skin Diseases have found that this supplement "may have some effect against the symptoms of osteoarthritis. <sup>(4)</sup>

### **SUPPLEMENT WITH ZINC.**

Zinc deficiency is associated with insufficient thyroid hormones. Hair loss is a common and debilitating issue of low thyroid hormone patients. Foods such as squash have zinc that has been shown to boost thyroid function. (17) Since zinc is essential for the synthesis of thyroid hormone, supplementing has shown to improve and lessen hair loss. <sup>(5)</sup>

### **OPTIMIZE STOMACH ACID WITH A BETAINE HCL SUPPLEMENT.**

It is not just what we eat, but what our body absorbs and utilizes. With thyroid disorder comes digestive and intestinal absorbability issues.

Thyroid patients usually experience some form of excess gas, bloating, and bowel issues.

Although most people with digestive issue suffer from acid reflux...a person with thyroid issues is actually lacking the right amounts of acid to digest food properly.

If we are not absorbing our foods, then even the healthiest of eaters may experience symptoms. Try cleaning up your diet first, and then if you still suffer from what seems to be "too much acid" it is most likely that your body is not producing enough acid to properly digest your food.

Hypothyroidism patients are consistently shown to have low stomach acid which inhibits the absorption of food. <sup>(7)</sup>





## ▶ TEAS/OILS AND HERBS THAT BOOST THYROID FUNCTION

### Drink Kombucha Tea

Fermented beverages have shown to increase immune system and soothe digestive distress. With active living enzymes, this now popular tea and drink has been shown to support a healthy metabolic or compromised system. <sup>(9)</sup>These can be found in every grocery store and there are several tasty flavors to choose from.

### Turmeric.

Although this yellow Indian spice has been around for centuries and used to treat a wide variety of ailments, recent studies show that the curcuminoids found in turmeric is showing promising benefits from preventing Alzheimer's to pain relief with anti-



inflammatory properties.

Supplements are available and deemed safe. <sup>(6)</sup>Cooking with Turmeric is a tasty and powerful way to add multiple health benefits to your diet.

Curry is member of the ginger family, and is



the deep yellow colored spice used in Asian and Indian cooking. From stews to dressings, marinades to Indian dishes, turmeric is should be a “mainstay” in your healthy thyroid and diet plan.

## Cinnamon

From blood pressure to raising metabolic rates, this tasty spice has been a mainstay in households for years. Add ground cinnamon to coffee, or sprinkle on baked sweet potatoes...the benefits of this superfood will help to boost your sluggish metabolic rate. <sup>(16)</sup>

## Maca Powder

Maca powder has been used for centuries to regenerate the body and revive vitality and

stamina. This root is an adaptogen and comes from the cruciferous family and is grown in the regions of Peru. One of the most common issues with thyroid function is that constant feeling of being tired. Maca has been shown to increase energy levels, libido, and memory. Organic Maca Powder can be purchased from health food stores in a gelatinized powder form and is a great addition to smoothies, or can be mixed with water. <sup>(10)</sup>

## Ginger

Ginger soothes the digestive tract and has been used for centuries to heal and prevent disease. With the warming sensation produced in the body, and the extra boost to a sluggish metabolism, this is a great herb to be used in cooking and made into a tasty and peppery tea. <sup>(15)</sup>





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