

# Thyroid & Hashimoto's Guide

## Diet and Supplements

Add (+)	Remove (-)
<p><b>Gut healing</b></p> <p>Adopt the recommendations in the CFB Gut Healing Guide. Hashimoto's is an autoimmune condition, hence gut healing is paramount. Start with removing all food intolerances, adding nutritionally-dense food, ferments and probiotics.</p>	<p><b>Sugar fluctuation and cravings</b></p> <p>Adopt the recommendations in the CFB Sugar Balancing Guide. Fluctuating sugar levels will inhibit the thyroid function. Sugar cravings could be a sign on candida – inhibiting the T4 to T3 thyroid hormone conversation.</p>
<p><b>Liver support</b></p> <p>Adopt the recommendations in the CFB Liver Guide. The elimination of metabolized thyroid hormones and the conversation of the T4 thyroid hormone to T3 depend on the health of the liver.</p>	<p><b>Adrenal support</b></p> <p>Adopt the recommendations in the CFB Adrenal Support Guide. Cortisol can have a detrimental impact on the thyroid and the immune system.</p>
<p><b>Cruciferous vegetables</b></p> <p>They are rich in diindolylmethane (DIM) which supports liver detoxification and conversation of T4 thyroid hormone to T3. Should be eaten cooked, not raw. Aim for 2 servings per day.</p>	<p><b>Food intolerances</b></p> <p>Do a full Elimination Diet (see CFB Guide) to identify food intolerances that damage gut lining and provoke the immune system. This is key to your recovery.</p>
<p><b>Selenium</b></p> <p>A master anti-oxidant, helps to bring TPO antibodies down. Add 4 brazil nuts/day or supplement 200-400mg/day.</p>	<p><b>Toxicity</b></p> <p>Refer to CFB Liver Support Guide and Estrogen Dominance Guide for details. Eliminate toxins in food, skincare products and cleaning products to support the immune system.</p>
<p><b>Zinc</b></p> <p>Essential in immune function, detoxification, wound healing and thyroid function. Helps to convert T4 to T3. Highest in oysters and present in beef, liver, pork, lobsters and chicken.</p>	<p><b>Soy</b></p> <p>Avoid all soy products and soy derivatives (filers, stabilizers, etc). Exception is organic tempeh and non-GMO soy lecithins.</p>
<p><b>Flaxseed</b></p> <p>Helps to keep the bowels moving, a common problem for Hashimoto's patients. Add 2 tbsp per day.</p>	<p><b>Stress</b></p> <p>Stress suppressed the immune system and inhibits the conversation of T4 to T3 . Stress can be digestive, emotional, physical or chemical. Find ways to cut stress to minimum.</p>
<p><b>Turmeric</b></p> <p>Anti-inflammatory and helps to bring the TPO antibodies down. Add 1 tsp/day.</p>	<p><b>Fluoride</b></p> <p>Eliminate fluoride in your drinking water by getting a good quality filter. Most simple/cheap filters don't remove fluoride.</p>
<p><b>Vitamin D</b></p> <p>Low levels found in most people with Hashimoto's. Best to obtain from regular sun exposure. Fish oil is a good source of Vitamin D. If supplemented, use 2,000 -10,000 ul per day depending on current Vit D levels.</p>	<p><b>Birth control pills</b></p> <p>Get off birth control pills – they increase thyroxine-binding globulin, making less thyroid hormone available for your body.</p>

## Balance

### Triggers

Autoimmunity is complex as there can be many triggers of Hashimoto's. Identifying yours will speed up healing. Listen to the free "What Triggered Your Hashimoto's" workshop on [www.MasteringHashimotos.com](http://www.MasteringHashimotos.com) to understand your triggers.

### Test for deficiencies

Many people with Hashimoto's can be low on vitamin B12, B1, B6, A as well as magnesium, ferritin, zinc, selenium etc. It is recommended to test for these deficiencies and then create a supplementation plan.

### Iodine

We need iodine to function but access or supplementing with iodine can elevate the TPO antibodies.