Hormones Detox
Reset Your Hormones

Food In/Out Guide

Reducing toxicity from food that is widely available to us will be key in restoring your digestive tract, your immune system, your thyroid and your hormones.

OUT	IN
OILS and FATS	
• Canola oil • Safflower oil • Sunflower oil • Margarine • Oil sprays • Any refined oils	• Olive oil; unrefined, virgin, cold-pressed • Coconut oil; unrefined, organic • Beef tallow from grass-fed cows • Lard from grass-fed pigs • Duck fat • Butter • Ghee (clarified butter)
GRAINS	
• Any packaged grains for “quick cooking” • Gluten (wheat, spelt, kamut, rye, couscous) • Soy • Quick oats • White rice • Quinoa flakes • All GMO grains (if it does not say non-GMO, it most likely is)	• Always whole grains • Brown rice • Amarynth • Millet • Quinoa
VEGETABLES	
• Canned, tinned • Non-organic (see below list for “safe” non-organic food)	• Use cans only as “emergency” or “camping” food. Eden Foods is the only BPA-free brand. • Bottled are better than canned (e.g. tomato paste) • As much organic as possible

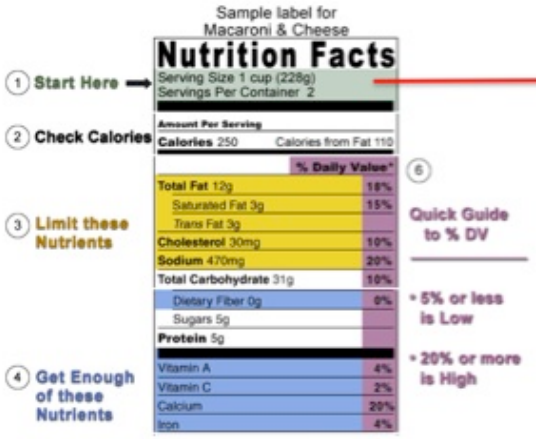
CONDIMENTS	
• Table salt, white salt, iodized salt • Bottled dressings and sauces	• Sea salt; from Utah, Himalayan salt, Celtic salt • Make your own dressing in a larger batch and store in the fridge for a few weeks
DAIRY	
• Homogenized milk • Processed cheese (like Kraft) • Flavored yoghurt	• Raw or pasteurized milk (if you can tolerate it) • Make your own yoghurt http://thyroiddietcoach.com/make-your-own-yoghurt/ • Make your own kefir http://www.culturesforhealth.com/starter-cultures/kefir-cultures.html

SUGAR	
• High fructose corn syrup • White, processed sugar (read product labels, 3.8g sugar=1 teaspoon) • Aspartame (found in NutraSweet and Equal) • Saccharin (Sweet'N Low) • Sucralose (Splenda) • Agave syrup	• Coconut nectar (my fav) • Maple syrup • Honey; raw, local, unheated • Stevia
FISH	
• All farmed fish and seafood (unless it's on the right side) • Atlantic ocean fish and seafood • Anything from China and Asia • Imported shrimp • Tuna (except troll- / poll-caught) Great guide to download for your area: http://www.montereybayaquarium.org/cr/cr_seafoodwatch/download.aspx	• Alaskan fish • Pacific ocean fish • Farmed mussels • Farmed oysters • Wild-caught pink shrimp from Oregon • Wild-caught spot prawns from British Columbia • Farmed rainbow, mackerel and white
MEAT	
• "Conventional" meat, from grain-fed, soy-fed animals.	• Organic, from pasture-raised, grass-fed animals only.

Avoid these preservatives in food:

- Benzoates
- Nitrites
- Sulphites
- Sorbates

How to Read Product Labels



Often times, the presented portion sizes are too small. This Mac & Cheese can be finished in one sitting by most people.

The first ingredient is the most used ingredient, by weight. Surprisingly, often times it is something different than what we bought.

A few simple rules from Michael Pollan:

•If you see it advertised on TV, don't buy it.

•Stay away if you can't pronounce the ingredients.

•Don't buy it (or get suspicious) if it has more than five ingredients.

Worse "Conventional" Food

Higher toxic load when not organic

- Apples
- Celery
- Cherries
- Grapes (imported)
- Lettuce
- Nectarines

- Peaches
- Pears
- Potatoes
- Strawberries
- Sweet bell peppers

Safest "Conventional" Food

Lowest toxic load even though they are not organic

- Asparagus
- Avocado
- Banana
- Broccoli
- Cabbage
- Eggplant
- Kiwi
- Mango
- Onion
- Pineapple
- Sweet corn (frozen)
- Sweet peas (frozen)

Source: EWG (Environmental Working Group)

What is organic food?

•No synthetic pesticides, herbicides, fungicides, insecticides or fertilizers

•No genetically modified organisms (GMO)

•No irradiation

•No industrial solvents

•No chemical food additives

Why get organic food?

- The Environmental Protection Agency (EPA) identified 60% of herbicides, 90% of fungicides, and 30% percent of insecticides to be **carcinogenic**, and most are **damaging to your nervous and endocrine system** (thyroid is part of it) as well.

- Non-organic food is linked to:
- Disruption of the endocrine system
- Cancer
- Immune system suppression
- Infertility and reduced reproductive function
- Miscarriages
- Parkinson's disease

- When a product says "natural", it doesn't mean anything. When a product says organic, it must have the USDA label.

Where to get organic food?

JustFood

www.justfood.org

Bringing farmers and urbanities together, NYC only.

Eat Wild

www.eatwild.com

Provides information on suppliers of grass-fed, pasture-raised and organic animal products.

Edible Communities

www.ediblecommunities.com

A network of local food publications with information on events, local growers, food producers, chefs, and consumers.

Local Harvest

http://www.localharvest.org/
Provides directories of CSAs, farmers' markets, restaurants, and food coops.

Organic Consumers Association

http://www.organicconsumers.org/purelink.html

Contains directories of food-coops, natural food stores, farmers' markets, CSAs and more.

USDA Farmers' Market Search

http://apps.ams.usda.gov/FarmersMarkets/

Use this search provided by the USDA to find Farmers' Markets in your area.

Google "CSA" or "Community Supported Agriculture" in your area to find the best farm-to-home sources.

Not All "Gluten-Free" is healthy

OUT	IN
Example of one "healthy" gluten-free bread: **INGREDIENTS:** FILTERED WATER, TAPIOCA STARCH, BROWN RICE FLOUR, POTATO STARCH, SUNFLOWER OIL OR CANOLA OIL, EGG WHITES, EVAPORATED CANE JUICE OR SUGAR, TAPIOCA SYRUP OR BROWN RICE SYRUP, YEAST, XANTHAN GUM, SALT, BAKING POWDER (SODIUM BICARBONATE, CORNSTARCH, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE), MOLD INHIBITOR (CULTURED CORN SYRUP, ASCORBIC ACID), ASCORBIC ACID (MICROCRYSTALLINE CELLULOSE, CORN STARCH), ENZYMES. **CONTAINS EGGS** Why not recommended? • Very starchy • Only 1g fiber (in spite of "Whole Grain" claim) • Lots of ingredients, many synthetic ones	"Food For Life" brand, ingredient list: **INGREDIENTS: Brown Rice Flour, Filtered Water, Millet Flour (A blend of coarse & fine), Fruit Juice Concentrate (Pineapple, Peach, Pear), Tapioca Flour, Fresh Yeast, Vegetable Gum (Xanthan, Cellulose), Sea Salt.** Why recommended? • Whole grain flour (first ingredient) • 2g fiber • No preservatives • Little starch

About crucifers, liver, hormones and thyroid function.

I'm personally not a fan of shying away from crucifers when you have an underactive thyroid function. Yes, we should limit them to 2-3 raw servings per week but have an abundance of them in cooked form. Why? They are richer in vitamins and minerals than any other vegetables. They also contain DIM (diindolymethane) which helps various liver detoxification pathways (like sulphation and glutathionation pathway) which are responsible for clearing heavy metals, thyroid metabolites (used hormones), progesterone, estrogen and histamine.

List of crucifers:

- bok choy
- broccoli
- brussels sprouts
- cabbage
- cauliflower
- garden kress
- kale
- kohlrabi
- mustard
- mustard greens
- radishes
- rutabagas
- soy (avoid altogether)
- soy milk (avoid altogether)
- soybean oil (avoid altogether)
- soy lecithin (avoid altogether)
- soy anything (avoid altogether)
- tempeh
- tofu (avoid altogether)
- turnips

Also included in the crucifer category, even if mildly, are: (this means no more than 3-4 servings per week)

- almonds
- bamboo shoots
- millet
- peaches
- peanuts
- pears
- pine nuts
- radishes
- strawberries
- sweet potatoes

Note : Steaming, cooking, grilling and sautéing this food lessens its goiterous properties.