

THYROID RESET

by Amber Robinson

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Introduction

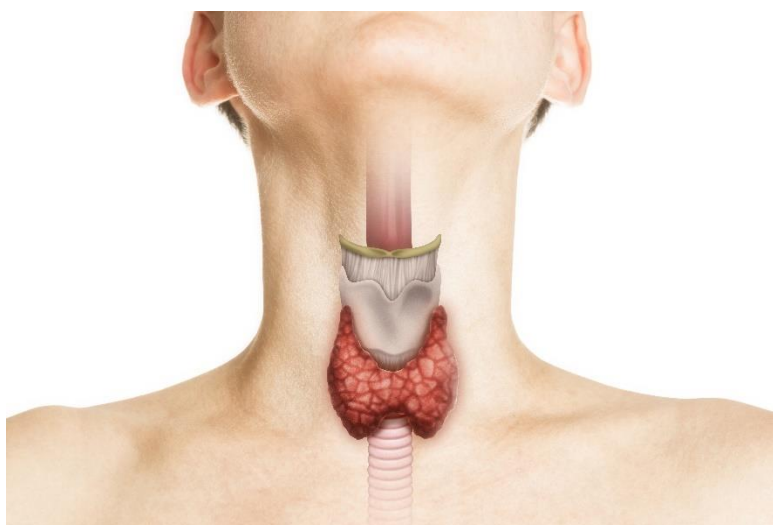
Have you ever been frustrated because no matter what you do to lose weight, it seems like your body is fighting you? If you are someone who has been trying to lose weight but can't, your thyroid could be to blame. For many people, weight loss is already a huge struggle, but for those with thyroid issues, weight loss can't come without first addressing the root cause of the body's inability to shed excess weight.

There are several steps you can take to "reset" your thyroid, such as eating the right foods, healing a leaky gut, avoiding heavy metals and other environmental toxins, lowering your stress levels, performing exercises to strengthen thyroid function, performing regular thyroid self-exams, and taking herbs and supplements to support the thyroid.

In this book, you will learn more about the thyroid, its important function in the body, as well as ways to heal your thyroid so you can optimize your metabolism and reach the weight loss goals you have set.

What Is the Thyroid?

The thyroid is a small, two-inch-long gland in the front of the neck that is shaped like a butterfly. It helps produce hormones that control metabolism (which directly affects weight as well), hair growth, energy levels, fertility, mood, concentration and focus, body temperature, heart rate, menstrual cycle, and the regulation of hormones such as estrogen, progesterone, and cortisol. The thyroid is a crucial part of the body's endocrine system that creates the hormones that control the functions listed above.



When it comes to metabolism, the thyroid is thought to be responsible for up to sixty percent of the body's metabolism and basal metabolic rate. The basal metabolic rate is a measurement to determine how many calories one needs to burn at baseline doing the activities needed to survive. These activities include breathing, sleeping, thinking, and more.

The metabolism is extremely important to overall health and weight because it is directly responsible for weight loss or gain. Our metabolism is responsible for burning many calories each day. If the metabolism is not working right, our body may not be burning enough calories, which would make it very hard to lose weight. Even a metabolism drop by 20 percent would burn 400 less

calories each day, so it is important that the thyroid is working correctly in order for the body to burn calories and maintain a healthy weight.

Sometimes the thyroid may speed up the metabolism. This can also be a very bad thing for health because a thyroid that is releasing too much metabolism hormone can cause one to lose too much weight and affect the heart due to an increased heart rate that comes with the increased metabolism. A healthy thyroid produces just the right amount of metabolism-controlling hormones to keep you at a healthy weight.

The thyroid releases certain enzymes into your mitochondria that actually help increase energy levels to where they need to be. This can help you feel more ready to start the day, focus on your work, and get through each day with plenty of energy to complete the tasks you need to complete. People with healthy thyroids may not even need that morning cup of coffee to get them started.

Many people with thyroid issues experience infertility as a result of the imbalance. This is because the thyroid regulates some important fertility hormones such as estrogen and progesterone. When these hormones are out of balance, you may not have regular menstrual cycles. As a result, your body may not produce the eggs needed for fertilization. For men, the thyroid may be responsible for low testosterone since it controls this hormone as well.

Depression and anxiety can be symptoms of a thyroid issue. If the thyroid is under-performing, a common side effect is mood changes like depression and anxiety. This is made worse when the body also has a hard time finding the energy to function as it should each day due to thyroid issues. If you have tried multiple depression and anxiety medications and they aren't working, it could be a thyroid issue that needs addressed.

Hormones to help with normal cognition and brain function are produced by the thyroid. This helps a person focus and concentrate on tasks. Those with

thyroid issues often complain of “brain fog” as a result. If you find yourself forgetting things, having a hard time focusing, or just feeling “off” have your thyroid checked to make sure it isn’t the culprit.

Since the thyroid increases energy production in the body, it is also responsible for keeping the body at a stable temperature. When energy is consumed by the body, it releases heat. This heat is what causes your body temperature to rise or stay at a normal level.

The thyroid influences calcium channel pumps that affect heart rate. It is responsible for helping your body maintain a normal heart rate, but when something is wrong with the thyroid, the heart rate may increase or decrease. In addition, it can affect blood pressure. This is among the most important functions of the gland because if the heart has to work too much due to increased heart rate, it can cause heart muscle damage. This is why it is so important to make sure your thyroid is functioning as it should and address any issues right away.

Since the thyroid controls so many bodily functions, when something is amiss with this gland, you will likely know it. Below are some common signs and symptoms to watch for if you suspect you have a thyroid issue.

Signs You May Have a Thyroid Problem

There are two common issues with the thyroid. Both produce opposite effects. For those struggling with weight gain, the thyroid may not be producing enough hormones to sustain normal body functions. This is called **hypothyroidism**. You may experience the following symptoms with this condition:

A reduced heart rate: Check your heart rate daily. A normal pulse is between 70 and 80 in a relaxed state. A pulse in the 50s may be an indicator of a thyroid issue.

Sluggishness: If you are feeling lethargic, sluggish, or fatigued, this could be a sign of a thyroid issue. If you find it hard to get out of bed and start your day or experience a crash in the middle of the day (on a regular basis), have your thyroid checked.

Sensitivity to cold: Since the thyroid controls body temperature, a thyroid that produces too little hormones may result in one feeling cold all the time. If you notice that you are more sensitive to cold than usual or have a lower-than-normal body temperature, you may have a thyroid problem.

Brain fog: This is one of the most common symptoms for those with a sluggish thyroid. If you feel like you can't focus on something very long, have trouble remembering dates, or notice a spaced out feeling a lot, your thyroid may not be doing its job to promote brain and cognitive function.

Depression: Along with the lethargy and struggle to focus, depression seems to be a common side effect of a sluggish thyroid. Since the thyroid is responsible for helping improve mood and energy levels, low energy and mood can eventually result in depression.

Tingling or numbness: Some people with thyroid issues report a feeling of numbness or tingling in their hands.

Constipation: Things slow down when the thyroid isn't producing enough hormones. When this happens, the metabolism slows and so does digestion. Those with sluggish thyroids often report chronic constipation.

Heavy periods: Since estrogen and progesterone are regulated by the thyroid, this can result in a hormonal imbalance that causes heavy menstrual periods.

Dry Hair and skin: Those with a sluggish thyroid report dry, brittle hair that falls out easily. Sometimes it falls out to the point where a person has bald spots. The skin may also be affected by severe dryness.

Goiter: A goiter is a lump on the neck where the thyroid is. These can be small or large. It may be the result of an enlarged thyroid or irregular cell growth in the area. It is important to have it checked out to rule out cancer.

Pain and tenderness: Some people report pain and tenderness in the neck area where the thyroid is. This may be made worse by swallowing or turning the head.

Symptoms appear after a virus: A virus can trigger a worsening of the symptoms above, so pay attention to your body for any symptoms after you battle a virus like influenza or measles.

Another common thyroid issue results when the thyroid goes into overdrive and produces too many hormones. This is called **hyperthyroidism**. The symptoms presented are opposite of symptoms of hypothyroidism. These include an increased heart rate, weight loss due to increased metabolism, short or light menstrual periods, and multiple bowel movements daily. Someone with this condition may also experience nervousness, excessive perspiration, trembling hands, and muscle weakness.

If you are experiencing one or more of the symptoms listed above, have your thyroid checked to see if it is performing as it should. Doctors can have blood-work ordered to test thyroid hormone levels. This gives them a good idea of whether or not your thyroid needs a closer look. If you suspect you have a thyroid issue, there are some steps you can take to help reset your thyroid and make it work for you instead of against you, especially if you have a sluggish thyroid.

A sluggish thyroid can be reset in several ways that will be outlined in this book. Follow the protocols listed in this book to help nourish and support your thyroid. Once you are able to put these into daily practice in your life, you may begin to notice that you have more energy, less depression, normal and regular menstrual periods, and are losing weight easier and faster than ever before.

When the body is overweight and fatigued, this puts you at risk for other health issues, so it is important to address thyroid issues fast to prevent future health problems. Some health issues that develop as a result of obesity include heart and cardiovascular damage, joint pain and inflammation, diabetes, and other chronic conditions. Obesity has been strongly correlated with a shorter lifespan as well. Now is the time to take your health back and get your thyroid functioning normally so you can feel better and live longer.

Foods to Support the Thyroid

Diet plays a huge role in our overall health, so it is no surprise that you may be able to optimize your thyroid function by choosing the right foods. There are also foods that may harm the thyroid and cause it to function less optimally. Below are foods you can eat more regularly to promote thyroid health (specifically to aid with hypothyroidism), as well as foods to avoid so you can prevent further damage to the thyroid:

Foods to Eat More of

Fennel: Fennel (*Foeniculum vulgare*) is a common harden herb and spice. It happens to be a great source of iodine as well. Iodine is a mineral that is essential for proper thyroid function.

Those with thyroid issues are often deficient in this mineral. Our thyroid relies on us getting iodine from our diet to function properly, and it is not readily available in many foods.



Keep in mind that too much iodine is not good either, so have your levels checked before consuming an iodine-rich diet.

Sardines: Some people love sardines and others hate them. The fact is, these ocean fish are a great source of iodine. They also contain nutrients to promote blood vessel function and lower inflammation. If you start looking, you may be

surprised at all the recipes you find online that utilize sardines, so give them a chance to support thyroid health.

Salmon: Wild caught salmon is a rich source of iodine. It boasts a large number of other health benefits, including omega 3 fatty acids, vitamin B, potassium, iron. Iron is crucial for the body to properly synthesize thyroid hormones.

Cranberries: Cranberries (*Vaccinium macrocarpon*) are another great source of iodine. They contain around 400mg of iodine per cup.

Add dried cranberries to salads, stuffing, and other dishes to give them a pop of flavor and get the iodine you need.



Jerusalem artichokes: This North American tuber (*Helianthus tuberosus*) is a rich source of the compound inulin. Inulin is great for gut health and helps increase good bacteria in the gut.



A healthy gut can mean a healthy thyroid, as they are connected. Research is showing that thyroid conditions and gut conditions tend to happen together. Many of the symptoms of poor thyroid health are also symptoms of poor gut health. Use this tuber like you would a potato and add it to a variety of dishes.

Basil: This common culinary herb (*Ocimum basilicum*) is full of health benefits due to the presence of antioxidants. It has been associated with fighting heart disease, diabetes, infections, and inflammation.

It is the inflammation part that really helps with thyroid issues. Sometimes inflammation in the body can contribute to health issues, and this is the case

with many autoimmune thyroid diseases. A diet rich in anti-inflammatory foods can bring relief and balance. Add basil to dishes and consider growing it in pots so you always have fresh basil to cook with.

Seaweed: Seaweed (*macroalgae*) is often recommended for those with thyroid issues because it is a rich source of iodine. This sea plant can easily provide the iodine you need to support your thyroid. Sushi, miso, and wakame all contain seaweed.

Cinnamon: Cinnamon (*Cinnamomum verum*) is one of the tastiest spices there is. It is a popular ingredient in a variety of dishes, such as pumpkin pie and sprinkled over custard.

However, cinnamon is also great for boosting the metabolism and has been studied for its role in modulating thyroid function. Add a liberal amount to your meals to reap its benefits.

Ginger: This spicy root (*Zingiber officinale*) has the ability to boost the metabolism which is perfect for those with hypothyroidism.



Ginger is used medicinally in addition to being a tasty spice. It is known for its anti-inflammatory properties that may help to reduce inflammation that contributes to thyroid issues. Add a liberal amount of ginger to your meals to experience the benefits.

Avocados: Avocados are a great source of antioxidants and monounsaturated fats. They have strong anti-inflammatory properties that can help with a variety of health issues, including leaky gut which contributes to thyroid issues.

They contain a plethora of other nutrients that support the thyroid.

Coconut oil: This versatile oil is perfect as a substitute for unhealthy cooking oils like vegetable and canola oil. Its health benefits include stimulating a sluggish hormone and counteracting autoimmune disorders.

If you have an autoimmune-related thyroid disorder you should definitely give coconut oil a try. It isn't just handy for cooking, it can be applied topically for all kinds of skin issues and you can even consume it by itself (around one tablespoon daily) for its health benefits.

Pumpkin seeds: Pumpkin seeds are a great source of zinc, which is vital for thyroid health and the synthesis of thyroid hormones.

Studies show that deficiencies in zinc can lead to hypothyroidism. Try roasted pumpkin seeds for a healthy and nutritious snack.



Tomatoes: These juicy treats are easy to grow in a garden and complement a variety of meals, making them easy to work into your diet. Tomatoes are rich in the nutrient selenium.

Selenium is crucial for thyroid hormone metabolism, reproduction, and DNA synthesis. It also helps protect the body from infection and damage due to oxidative stress.

Tomatoes are also a great source of vitamins A and C. Other highly beneficial nutrients in tomatoes include lycopene, known for its positive impact on health, beta carotene, an antioxidant converted into vitamin A in the body, naringenin, great for fighting inflammation, and chlorogenic acid, an antioxidant linked to lowering blood pressure.

Mushrooms: Mushrooms are power-houses of nutrition, especially for those with thyroid issues. They are a great source of riboflavin, which is necessary for proper thyroid function.

If you are going meatless, they make the perfect meat replacement due to their taste and texture. Try incorporating more mushrooms into your diet by adding them to stews, adding them to a stir fry meal, or sautéing them in a little olive oil and herbs.



Some tasty and healthy mushrooms to try include maitake, shitake, lion's mane, morels, chanterelles, and oyster mushrooms. Purchase them from a grower that doesn't use toxic chemicals or someone who wildcrafts them. Try visiting your local farmer's market in the spring, summer, and fall months to look for those who have collected fresh regional mushrooms you can enjoy in a variety of dishes.

Sweet potatoes: This vegetable is a great source of vitamin A, which plays an important role in supporting thyroid hormones.

The interesting thing about sweet potatoes is that even though they are a source of carbohydrates, they absorb more slowly in the body so blood sugar isn't elevated as much as it is with other starchy vegetables like grains or sweets.



Sweet potatoes are full of antioxidant nutrients, making them a perfect addition to a diet designed to lower heart disease risk.

Foods to Avoid

Just as there are foods that can nourish the thyroid and help it function better, there are foods that can slow down thyroid function and contribute to health issues like obesity, heart disease, and diabetes. Below are some foods to avoid if you want to keep your thyroid running smoothly.

These foods have been found to be especially harmful to those with hypothyroidism:

Desserts: Inflammation is one of the most common root causes of health issues and sugar makes inflammation worse. Sugar weakens the immune system and may also contribute to some cancers.

Some studies show a direct link between sugar consumption and thyroid issues like thyroiditis. Thyroiditis is an inflamed thyroid. In addition to this thyroid disease, sugar also puts you at risk for hypothyroidism and high thyroid hormone levels in the blood.

Kale: Kale is supposed to be one of the most beneficial leafy greens you can eat, but it also has its drawbacks. It is fine to eat cooked, but if you eat it raw it actually steals iodine from the thyroid gland.

This is bad for those with thyroid issues due to an iodine deficiency. The good news is that cooking kale negates this effect, so feel free to steam or sauté it in dishes.



Processed meats: Processed meats like hot dogs are full of artificial food additives that may worsen thyroid issues and harm the thyroid. Look closely

at labels for phrases like “meat product” and avoid this. Other processed meats to avoid besides hot dogs include pre-sliced lunchmeat and bratwurst.

Bread, pasta, and cereals: These usually contain high amounts of gluten, a substance that causes issues for people with conditions like celiac disease. Celiac disease and Hashimoto’s are both types of autoimmune disease. Researchers have discovered that many people with celiac also have Hashimoto’s and vice versa. This is why it is best to avoid these inflammatory food triggers that may make autoimmune issues worse.



Antibiotics and hormones in foods: Foods like butter, cheese, milk and meat may contain added antibiotics and hormones. Some farmers give these to animals and it gets into their meat, milk, etc. Foods with added antibiotics and hormones disrupt thyroid function.

Thankfully, many grocery stores and supermarkets offer antibiotic and hormone free options so you can avoid harming your thyroid.

Processed snacks: If you find yourself reaching for chips, crackers, and cookies, you may be consuming too much high fructose corn syrup. This syrup is in a lot of processed snacks and is processed by the body much differently than sugar. It has been associated with hormonal balance and weight gain, so it is much more dangerous to those with thyroid conditions.

Fried foods: Fried foods contribute to inflammation in the body. Chronic inflammation is bad for anyone, but especially for those who suffer from thyroid conditions like Hashimoto’s thyroiditis. Inflammation from this disease leads to an underactive thyroid.

Healing Leaky Gut

What do the gut and thyroid have in common? One influences the other.

Leaky gut is a condition that involves the lining of the intestines not functioning properly. In a normal gut, the cells are held together by tight junctions that prevent substances such as proteins and bacteria from getting through.

For those with leaky gut, this lining allows larger molecules to pass through, resulting in them reaching the bloodstream. These molecules don't belong in the bloodstream, so when they reach this area, the body detects these foreign materials and launches an immune system attack.

When the immune system goes into overdrive to attack a foreign substance, this results in inflammation. This can also trigger an autoimmune response

that results in autoimmune conditions of the thyroid like Hashimoto's Thyroiditis or Grave's Disease.



Healing leaky gut may be the key to lowering inflammation in your body and preventing autoimmune reactions that contribute to autoimmune diseases of the thyroid. But how do you know you have leaky gut and what can you do to heal if you have this condition? Read below to learn how to determine if you have this issue, some common causes of leaky gut, and ways you can help your gut heal so it can function as it should.

Symptoms of Leaky Gut

The diagnosis of an autoimmune disease, such as lupus, Hashimoto's thyroiditis, Grave's disease, psoriasis, rheumatoid arthritis, and celiac disease put you at high risk for leaky gut. The diagnosis of fibromyalgia and chronic fatigue also make you a candidate for potential issues with leaky gut. In addition to these, the following symptoms may indicate you have leaky gut syndrome:

- Brain fog, Attention Deficit Disorder (ADD), trouble focusing or concentrating, and Attention Deficit Hyperactive Disorder (ADHD).
- Digestive trouble such as diarrhea, bloating, gas, or Irritable Bowel Syndrome (IBS), or other inflammatory bowel diseases.
- Hormonal imbalance resulting in irregular menstrual cycles, frequent trouble with Premenstrual Syndrome (PMS), and Polycystic Ovarian Syndrome (PCOS).
- Mood swings, depression, and anxiety.
- Skin issues like psoriasis, eczema, acne, or rosacea.
- Food allergies or intolerances.
- Seasonal allergies, asthma, respiratory infections, or chronic allergies.
- Gastric ulcers.
- Inflammatory conditions such as arthritis.
- Thyroid disorders.

If the symptoms above sound a lot like symptoms of thyroid disease, this is because of the strong connection between the gut and the thyroid. Leaky gut is sometimes called a danger signal of autoimmune disease because the two seem to go hand-in-hand.

Causes of Leaky Gut

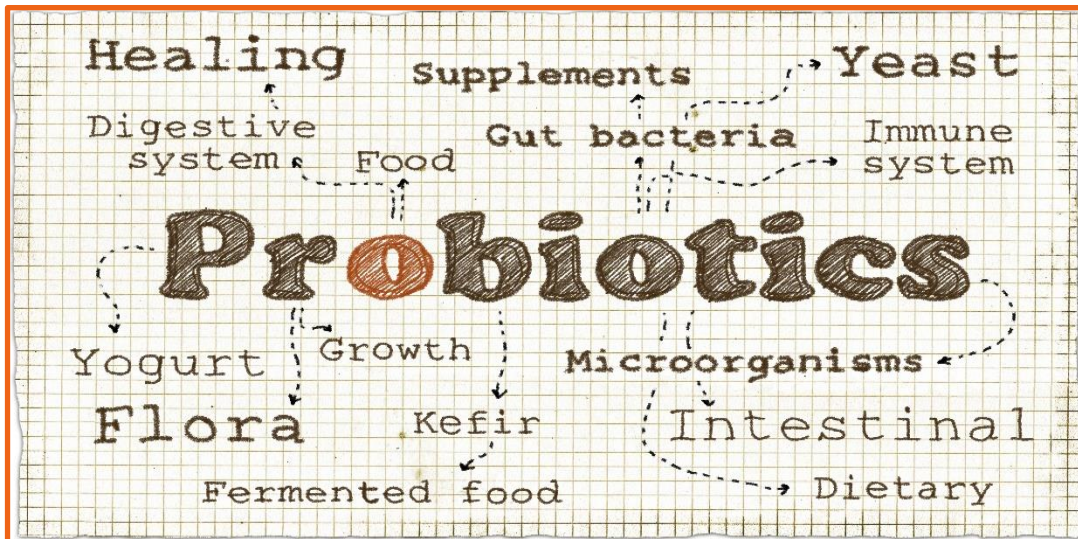
You may be wondering what causes leaky gut. There are several main causes of this condition. Below are some common causes and contributors to leaky gut:

- Poor diet
- Chronic stress
- Antibiotic use
- Frequent alcohol consumption
- Frequent use of over-the-counter pain relievers/fever reducers such as Aspirin
- Infections of the gastrointestinal tract, especially *H. pylori*
- Parasites (they damage the intestinal lining)
- Exposure to toxins like BPA in plastics and radiation

It could be one single cause from the list above or a combination of causes that eventually take their toll on the lining of the intestines and make them more porous. While it may be hard to detect the cause, you can start healing your leaky gut by following the suggestions below:

Probiotics to Heal Leaky Gut

Probiotics are living microorganisms that have many health benefits when consumed. Probiotics are present in fermented foods and drinks (a list of these foods and drinks is provided below). Just because probiotics are considered “bacteria” this doesn’t mean they are harmful at all, quite the contrary in fact. Probiotics help in various ways, such as digesting food, destroying disease-causing cells, and producing vitamins.



The probiotics you consume likely contain many different types of microorganisms and each type has a different and beneficial job in the body. Two common types of bacteria include Lactobacillus and Bifidobacterium. Some types of Lactobacillus work to prevent illness and strengthen the immune system. Bifidobacterium help produce organic acids like lactic acid and acetic acid and prevent the growth of harmful bacteria to keep balance in the microbiome.

It is becoming a well-known fact that probiotics are essential for gut health. But how can they heal leaky gut? Research shows that probiotics can in fact decrease intestinal impermeability. This means they play a key role in helping to heal leaky gut! Multiple studies have emerged over the years that further prove that probiotics help to reduce markers of intestinal permeability, regulate intestinal permeability, repair the intestines, and heal after infections of the intestinal tract.

Sometimes the bad bacteria in the microbiome can take over due to a number of factors such as poor diet and antibiotic use. This is called gut dysbiosis. This overgrowth of bad bacteria in the gut results in leaky gut as well. When the gut flora become imbalanced, probiotics can help restore this balance so the good bacteria can thrive.

When choosing probiotics for leaky gut, make sure you are getting these three types daily:

- Lactobacillus and Bifidobacterium
- Saccharomyces boulardii
- Soil-based probiotic blends (often Bacillus species)

People often think that taking a simple probiotic supplement or eating the occasional cup of yogurt is a good way to promote gut health, and while this can't hurt, you may not be getting everything you need to heal leaky gut if you



are doing this. Make sure to look for supplements that contain the three types of probiotics listed above.

Eating probiotic foods alone is likely not enough to provide the types of probiotics needed to heal leaky gut, so in addition to

eating fermented foods you should take a daily probiotic supplement with colony forming units (CFUs) in the billions. Look for a list on the supplement label with all three important probiotic groups. Along with your daily probiotic supplement, try eating a serving of one of the foods and drinks below with each



meal:

Kimichi: Kimichi is a flavorful fermented Korean dish with cabbage as the main ingredient. It is often known for being spicy and often contains red chili peppers. Try a cup serving with lunch.

Kefir: Kefir is a type of fermented milk that contains even more probiotics than yogurt. Kefir seems to be well-tolerated by those with lactose intolerance as well.

Kombucha: Kombucha is a fermented tea that comes in a variety of flavors. It is an excellent source of probiotics if it is fermented with bacteria and yeast.



Drink one to two cups of kombucha daily.

Sauerkraut: Sauerkraut is made by fermenting cabbage. Cabbage is shredded and fermented with lactic acid bacteria. It is rich in probiotics and fiber. Avoid purchasing canned sauerkraut, as the

canning process destroys the probiotics. Try eating a cup with lunch or dinner.

Buttermilk: Buttermilk is the byproduct of the butter making process. When shopping for buttermilk, look for traditional buttermilk and not cultured buttermilk. Do not consume buttermilk if you are lactose intolerant or have any dairy allergies, as it can aggravate these conditions.

Natto: Natto is a traditional Japanese fermented soybean product, often served with rice for breakfast. It is a great option for supporting bone health in addition to containing many probiotics.



Tempeh: Tempeh is an Indonesian dish made by fermenting soybeans and then forming them into a patty. This is a great option for vegetarians looking for a good natural probiotic.

Yogurt: Yogurt is a popular source of probiotics. Make sure to purchase yogurt that has live or active cultures. Some yogurt has been pasteurized and this process kills probiotics. Try eating a cup of yogurt with each meal.

Miso: Miso is a type of soup that is popular in Japan. It is made using a special seasoning blended with fermented soybeans. This fermented soybean paste is processed into the soup.

Prebiotics to Feed the Good Bacteria

Probiotics need prebiotics to stay healthy and thrive. Prebiotics are starchy fibers that feed probiotics so they can continue producing important compounds like butyrate to heal the gut. You can find prebiotics in supplement form, but the best way to get the prebiotics you need is through diet. A fiber-rich diet that includes fruits, vegetables, whole grains, legumes, nuts, and seeds is the perfect way to give your gut bacteria the fuel it needs.

Some excellent prebiotic foods to incorporate into your diet include leeks, onions, garlic, asparagus, seaweed, flax seed, burdock root, chicory root, cocoa, apples, oats, barley, dandelion leaves, Jerusalem artichokes, bananas, jicama, lentils, split peas, beans, chickpeas, spinach, blueberries, chia seeds, radishes, carrots, coconut meat and flour, tomatoes, and yams.

Try eating a serving of one of the above foods with each meal. For snacks between meals, try a cup of yogurt with apple slices, bananas, blueberries, or nuts sprinkled on top. Another healthy and beneficial snack for prebiotic nourishment is hummus (a spread made from chickpeas). You can dip vegetables like carrots or snap peas in hummus.

Heal from Parasites and Infection like H. Pylori.

Parasites and gastrointestinal infection can harm the lining of the intestine and make it much less impermeable. If you suspect you have issues with

either of these, start treatment right away to promote faster healing. But what are intestinal parasites and what is H. pylori?

Healing from Intestinal Parasites

Intestinal parasites are organisms that live and feed off of another organism, like us. They are very small and are usually parasitic worms that feed off material in the body. Some examples of intestinal parasites include roundworms, pinworms, tapeworms, whipworms, and hookworms. These create certain symptoms in the body that you can look out for.

Symptoms depend on the type of parasite, as some feed off our food and cause weight loss, others feed off of red blood cells and cause anemia. Some parasites lay eggs that cause insomnia, irritability, and itching. Other symptoms include appetite changes such as never feeling satisfied after meals, grinding teeth, digestive issues like diarrhea, fatigue, joint and muscle pain, and skin issues like rashes, hives or eczema. If you have worked on repairing your gut with no positive results, parasites may be to blame.

You may be wondering how a person even gets parasites in the first place. There are a variety of ways you can pick up a parasite. Some include eating undercooked meat, contaminated fruit and vegetables, swimming in lakes or ponds, and handling animals.

If you have some of the symptoms described above and have been struggling with healing leaky gut to no avail, it may be time for a parasite cleanse. There are natural ways to cleanse your body of parasites. The remedies below can help:

Wormwood tincture: Wormwood (*Artemisia absinthium*) is a popular vermifuge or anti-parasitic herb. In some studies with this plant, it caused the parasites to lose muscle function and die. It may even work better than some leading anti-parasitic drugs. Use caution when taking wormwood in tincture form, as it is more concentrated and stronger than drinking a tea or decoction. Try one teaspoon of this twice a day before eating food. Do this for ten days and then stop. Stay hydrated as you take this remedy and discontinue/cut dosage by half if you notice severe diarrhea.



Black walnut tincture: Native Americans used black walnut (*Juglans nigra*) to help purge the body of harmful parasites. Black walnut hulls contain compounds that kill intestinal parasite and worms in the digestive system. It may be one of the most popular treatments for killing parasites because it has been used for centuries for this purpose (in both humans and ani-

mals). A tincture made with the hulls of the black walnut should be taken one to three times daily with meals. Take 15–30 drops each time. Discontinue use after six to ten days or if symptoms worsen.

Healing from H. Pylori

Helicobacter Pylori, or *H. pylori* as it is called, is a small spiral-shaped bacteria that is rather common in the gut. The problem with this bacterium is when it grows out of control. When this happens, the digestive system is overwhelmed and you may experience severe diarrhea, peptic ulcers, inflammation, and even stomach cancer. This bacterium needs to be kept in check so you can stay healthy.

If you suspect you may have an overgrowth of this bacterium, you can have tests performed to see if this is the case. One common test is a urea breath test. This test is performed by first having the patient swallow a pill, drink a liquid, or eat a solution that contains carbon molecules. If a person has *H. pylori*, the enzymes will release the carbon and are detected in the breath. Other tests that might be performed include stool tests, a biopsy of the digestive tract, and blood tests.

Treating an *H. pylori* infection isn't that easy, especially if you go the allopathic route. Doctors often prescribe two different kinds of antibiotics to kill off the bacteria. Taking these antibiotics will kill off all gut flora, both good and bad. This will leave you with virtually no microbiome. If you go this route, it is important to do everything you can to rebuild your microbiome with probiotic and prebiotic foods and drinks, as well as strong probiotic supplements.

You have other options when it comes to tackling *H. pylori* that may not kill off the microbiome so absolutely. Natural plant-based remedies like goldenseal may help to kill *H. pylori* and isn't as harsh on your digestive tract and microbiome. One study at the University of Chicago found that goldenseal was highly active against *H. pylori* due to the presence of a compound in the plant called berberine. Try taking 40 drops of goldenseal tincture twice daily with food to kill *H. pylori*. Do this for two to three weeks.

Avoid These Gut-Damaging Substances and Practices:

The frequent use of alcohol, antibiotics, and over the counter pain relievers/fever reducers harms the gut significantly. Antibiotics may be the worst for gut health because they systematically kill off all bacteria, including the good bacteria in the gut that contributes to overall health. These bacteria need replenished if you are taking antibiotics. Make sure to take a probiotic supplement or consume probiotic-rich foods and drinks from the list above to fortify your gut. Limit your alcohol consumption, as it can trigger inflammation and harm the gut. This also goes for pain relievers, as they can damage the gut if they are taken on a regular basis. Try opting for a natural pain reliever like willow bark instead.

Avoid eating undercooked meats and fish to avoid parasitic infection. Wash your fruit and vegetables or soak them in some water with a few tablespoons of apple cider vinegar before consuming. Be mindful when swimming in lakes, ponds, and creeks and try not to inhale or swallow the water.

Wear shoes outdoors (as some parasites can enter the body through the feet). Wash your hands thoroughly after handling animals and using the restroom. If you have parasites, they can spread easily if you don't wash your hands. Eggs can be passed from your hands to everything you touch, such as door knobs, etc.

Heavy Metals & Environmental Toxins

Heavy metal and toxin exposure can have a profound impact on gut health. Unfortunately, heavy metals are found in the soil, air, and water. Toxins are found in everyday objects we use that many of us don't think twice about.

When we are exposed to them over a period of time, they can impact our health in a negative way.

Heavy metals don't just enter the body and leave through urine or stool. They can stick around in the bone, tissues, and blood to cause some serious health issues in the gut. With so many different ways to expose yourself to these hazards on a daily basis, what are some common sources of heavy metal and toxin exposure? Below is a list of some things to watch for:

Water: Heavy metals occur naturally in soil, so it isn't uncommon for water to contain these potentially harmful compounds. Research shows that states like California, Montana, Texas, and Nevada seem to have higher amounts of arsenic in water. You can check your area's water quality by going to the EWG's Tap Water Database. There are water filters you can buy that do a good job of filtering out heavy metals and other toxins, and this is an excellent choice if you are concerned about the quality of your water.

Makeup: Unfortunately, many makeup products are heavily tainted with heavy metals. This is unsettling, since it has been estimated that women use an average of 12 makeup products on their skin every day. Of course, you won't be able to look at the label and see these listed in the ingredients. They are usually undetected in ingredient lists and can be found in naturally derived colors or shimmer. When these are applied to the skin, they are absorbed into the bloodstream and when this happens, these heavy metals bypass organs that would usually detox the body. They build up



over time causing a myriad of health issues. The good news is that a few makeup companies have stepped up over the years to create clean products with wholesome, organic ingredients that are safe to put on the skin. Research the makeup you use to make sure your makeup is safe.

Foods: There are likely heavy metals in the foods we eat each day. While it may be impossible to completely eliminate the amount of heavy metal, we are exposed to via foods we eat, we can take steps to reduce the amount we consume. One of the most common heavy metals found in foods is mercury. It is more common in foods like carp, tilefish, swordfish, tuna, and halibut. These large fish eat smaller fish that have mercury in their body. After a while, the larger fish build up quite a bit of mercury in their body. Start by avoiding these fish to lower your overall heavy metal exposure.

Rice is another food that may contain a heavy metal called arsenic. This is a compound that is naturally occurring in soil, but rice sucks it up more than other foods. Soaking rice before cooking it can reduce the amount of heavy metals, as well as limiting your rice intake to once or twice weekly if you tend to eat it daily.

Cookware: Cookware can make a big difference if you are looking into eliminating heavy metals and toxins in your life. Avoid aluminum cookware, as it is easy for aluminum to get into the foods you eat. This is one heavy metal you definitely want to avoid, as it is linked with reduced brain function and cancer. Teflon is another concern. It contains extremely toxic compounds that are linked to cancer and other health issues. When Teflon is heated, it releases up to six toxic gasses. Your best bet is to cook with stainless steel or cast iron (iron is a metal, but most of us are deficient and we need iron to be healthy).

Plastics: Many plastics contain chemicals that are linked with cancer and other health issues. Opt for BPA free plastic if possible and switch out your plastic dinnerware and water bottles with glass or stainless steel.

Toiletries: Research the products you are using on your skin each day to make sure they don't contain toxins like sulfates, parabens, polyethylene glycol, phthalates, formaldehyde, triclosan, dimethicone, retinyl palmitate, alcohols, dyes, and synthetic fragrances. These are common in many toiletries like shampoos, conditioners, deodorants, and lotions. Purchase from reputable companies that exclude these ingredients or consider making your own.

Lowering stress levels

Cortisol is a hormone produced by the body in response to stress. It is the main communicator in the body and sends signals to the various systems. When we have a stress response, the cortisol message shifts and sends different messages throughout the body that are altered when compared to normal signals.

When the body detects stress signals, digestion is one of the first things that can be altered. This demonstrates a significant impact on the digestive system due to stress. The body's ability to digest food properly is delayed because the body wants to focus on fighting stress. Intestinal cells become less healthy and leaky gut is prevalent.

Another unfortunate side effect from the stress response is the immune response to foods increases and nutrient absorption decreases. Inflammation further inhibits this process and begins a pattern of poor health. Most importantly, the thyroid works in sync with the adrenal glands. These are greatly affected by stress and release cortisol.

Stress impacts the thyroid by slowing the body's metabolism and causing weight gain. As thyroid function decreases, the hormones it produces are affected. This can trigger insulin resistance and issues with balancing blood sugar.

As you can see, stress can be devastating to the thyroid and digestive system and singlehandedly result in weight gain, metabolism issues, blood sugar issues, and leaky gut. Many of us experience stress and anxiety on a daily basis, but some handle it better than others. If you have a hard time dealing with stress or feel as if your thyroid and digestive system has been affected by stress, follow the steps below to reduce stress in your life so you can finally heal:

Herbs for stress management: Try a daily adaptogenic herb or mushroom like ashwagandha, reishi, lion's mane, or cordyceps to help your body respond to stress in a healthier way. Adaptogens help regulate the body's stress response so this may help gut health as well. Other great herbs for stress management include motherwort, lavender, lemon balm, skullcap, hops, and California poppy. Consider taking either capsules, tinctures, or drinking tea with one of these herbs every day or as needed for stress management.

Find a hobby: Finding a hobby you enjoy can be a major stress-reducer. It releases endorphins that help you feel happier and more at peace. Whether it is learning how to play an instrument, woodworking, fishing, or crafting with resin, do something that makes you happy and make time for it each week.

Meditate and practice deep breathing: Meditation has been shown to reduce stress significantly and help a person adapt to stressful situations better. Even taking fifteen minutes to sit in a quiet place and practice deep breathing can make a significant difference. Try sitting or lying down in a quiet place with the lights dimmed. Focus on your breathing and take deep, slow breaths that fill your lungs. Breathe in through your nose and out through your mouth slowly. Exhale all the air in your lungs until you feel there is no more to exhale. Then repeat this process for five to ten minutes. Focus only on your breathing or a "happy place" in your mind and not on anything else.



Stop the full schedule: Are you the type of person that always has a full plate? Are you always running from place to place, whether it is meetings, your children's sports, or other activities? Keeping a jammed schedule like this can trigger a major stress response, the release of cortisol, and eventually adrenal fatigue if you aren't careful. You may not even feel like you are that stressed, but running from place to place all the time will eventually take its toll on your health. Make it a point to set some time aside for you. Practice self-care or do something you enjoy for a day. Your thyroid will thank you for it.

Exercise for Thyroid Health

Did you know that you can stimulate a sluggish thyroid just by exercising? Some studies show that exercising can reduce TSH and increase free thyroid hormone levels. Daily exercise, along with the other protocols in this book, can make a big impact on your thyroid health, as well as overall health.

If you suffer from hypothyroidism, you may not feel like exercising because of the fatigue, joint pain, and swelling that come with this condition. However, it has been proven that physical activity will eventually help you feel better. It may not happen right away, but over time you may experience more energy, less inflammation, and less depression and anxiety.

Try the following low-impact aerobic exercises. These exercises won't apply too much pressure on the muscles and joints for those with issues related to hypothyroidism:

Water aerobics: Possibly one of the best exercises for gently building strength and endurance is water aerobics. It is an ideal form of activity for those with hypothyroidism because it involves less impact on the joints. It can also save swollen feet and ankles from further pain or trauma.



Yoga: Yoga is great for gently strengthening and tightening the muscles. It is a great companion with meditation and deep breathing since it focuses on breathing. As a result, regular yoga can strengthen the lungs. There are many types of yoga and yoga poses that make this exercise perfect for any level of fitness.

Walking: There may be nothing more peaceful than a walk outdoors in nature. Walking provides the best of both worlds! It reduces stress and anxiety levels and gives you a chance to be active. Even a moderate walk will get your

heart pumping and can burn around 280 calories per hour. Just make sure you have comfortable, supportive shoes for this type of exercise.

Low-impact strength training: Weights come in a variety of sizes so you can choose a weight that best fits your fitness level. Over time however, you will notice that you need to increase the weight more and more because you are becoming stronger. Low impact strength training helps the body build muscle and burn a lot of calories, even when you are sitting still. This helps you lose weight. With the weight loss comes less pressure on joints and reduced pain.



Tai chi: This ancient practice has been dubbed “moving meditation” because it is great for reducing stress. It is a type of slow-motion form of martial arts that can boost strength, energy levels, balance, and lower stress/anxiety. Set anywhere from 30-60 minutes aside daily for exercise. You can choose one exercise from the list to do daily or switch it up and try something different each day.

It may be hard to get started, but once you get in the routine, you will feel much better and gain the strength and endurance you need to live your best life.

Thyroid Self-Exam

It is possible to perform an at-home self-exam that can help with early detection of thyroid issues like Grave's disease or thyroid cancer. A self-exam checks for lumps, enlargements, or other abnormalities that may indicate a problem. Keep in mind that while a thyroid self-exam is a great way to find abnormalities, it is not the best way. Even self-exams where everything appears normal may miss an issue deep below the surface. If you suspect you have a serious issue with your thyroid, the best way to make sure you don't have an issue is to seek help from a professional.



It is also worth noting that if you happen to feel a lump, nodule, or swelling, don't freak out. This doesn't necessarily mean you have thyroid cancer or a thyroid disorder. Make an appointment with an endocrinologist to take a closer look.

Follow the steps below to do a thyroid self-exam:

1. Stand up facing a mirror. Focus on the lower-front portion of your neck and remove anything that obstructs this view.
2. Tilt your head back slightly, making sure your chin is pointed toward the ceiling while still able to see into the mirror with no trouble.

3. Place your finger on the tip of your chin and then slide it down the midline. The first structure you feel is the top of the thyroid cartilage. Keep moving your finger down to the Adam's apple. Just below this you should feel the cricoid cartilage. Continue sliding your finger down. Below the cricoid ring are the first two rings of the trachea. On top of this lies that thyroid gland.
4. Now take a sip of water, keeping your neck extended backward. Swallow the water.
5. Look for lumps as you swallow with your neck extended back. Examine the neck for any lumps, irregularities, or protrusions.
6. Feel the area around the thyroid for any abnormalities, enlargements or lumps. Nodules often appear round and move or roll with the gland as you swallow. A goiter is a lump or swollen protrusion that can appear on one or both sides of the gland. Men need to feel for bumps around the Adam's apple as well.
7. Repeat the process again, as it can take more than one examination to make sure you were able to detect anything. Perform the tilt, swallow, and look process two or three times every few months.

Remember that if you detect any irregularities at all, talk to your doctor to determine the best course of action. Again, the discovery of a lump doesn't automatically indicate you have cancer or a thyroid disorder. Your doctor may call for certain diagnostic tests like an ultrasound, bloodwork, or a computerized tomography (CT) scan.

Herbs and Supplements for Thyroid Health

Herbs and supplements are a great way to further support thyroid health when used alongside other protocols in this book. Unlike some pharmaceutical drugs, herbs and supplements are generally safer and treat the root cause of the issue rather than the symptoms. The following herbs and supplements may help to improve thyroid function:

Sea Moss: Sea moss (*Chondrus crispus*) is a sea plant that contains one of the largest amounts of vitamins and minerals of any plant. One nutrient found in sea moss that is especially beneficial for thyroid health is iodine. Iodine is necessary for the efficient running of the thyroid gland. Many people with thyroid issues are deficient in iodine. If you need more iodine in your diet, try making sea moss gel to add to health drinks and smoothies daily.



You can do this by washing raw sea moss and then soaking it overnight in water. The next day, take the sea moss out and place it in a blender. Add a little water and blend until it reaches a gel-like consistency. Store this in a sterile glass jar in the refrigerator and take two tablespoons daily. Sea moss gel lasts around one month in the refrigerator.



Bladderwrack: Like sea moss, bladderwrack (*Fucus vesiculosus*) is a great source of iodine. It is a type of seaweed known for its “bladders” which are little air pockets that help it float upward in the sea water. It can be tinctured and taken for its benefits, ground into powder for capsules, or infused in water to make tea. You can even cook with it to experience its ben-

efits. With anything that contains iodine, make sure that your iodine levels need elevated before beginning an iodine treatment.

Ashwagandha: Ashwagandha (*Withania somnifera*) has already been mentioned in this book for its stress management benefits, but it is also strongly associated with thyroid health. This adaptogenic herb can help with several thyroid-related issues, such as fatigue and trouble focusing, immune function, and a reduction of inflammation. Other benefits include lowering or regulating blood pressure and nourishing the brain.





Bacopa: Bacopa (*Bacopa monniera*) is an herb that has been used in Ayurvedic medicine for centuries. It benefits the thyroid because it can counteract hypothyroidism-related focus and concentration issues, as well as inflammation that makes thyroid conditions worse. Bacopa may help enhance memory and

contains antioxidants that benefit the body's cells by preventing oxidation. This neurological tonic is great if you need an extra mental boost.

Eleuthero: One of the unique things about eleuthero (*Eleutherococcus senticosus*) is that it is utilized by those with hypothyroidism and hyperthyroidism alike. This ability to restore balance is nothing new for adaptogenic herbs, as this seems to be their forte. Eleuthero may not directly address the thyroid gland, but it can help the body better cope with stress and support the immune system with in turn affect thyroid health (as well as overall health). It also impacts the adrenal glands, which are strongly linked to the thyroid. After a while taking the herb, you may notice an increase in energy and stamina.





Guggul: Guggul (*Commiphora wightii*) has been shown to potentially increase T4 output from the thyroid gland. It then helps the body convert T4 into T3, which is more potent. Those who take guggul may notice a decrease in hypothyroidism symptoms as a result of taking this herbal treatment. Other benefits of guggul include normalizing thyroid stimulating

hormone (TSH) and helping the liver convert thyroid hormones. This herb can interact with certain medications, so make sure you research what medications you are taking and whether or not it is okay to take them with guggul.

Licorice: Licorice (*Glycyrrhiza glabra*) is another wonderful adaptogenic herb that can help bring balance and stability to thyroid hormones and help other endocrine glands to function more efficiently. Licorice contains a compound called triterpenoid glycyrrhetic acid that can help prevent the development of invasive thyroid cancer cells, so it is a great remedy if you have a family history of thyroid cancer.



Ginger: Ginger (*Zingiber officinale*) is one of the best herbs for easing nausea and an upset stomach, but it is also a great herb for thyroid health. It is a source of thyroid-nourishing nutrients like zinc, magnesium, and potassium. Ginger has been shown to help reduce inflammation, making it extra beneficial for thyroid triggering inflammatory issues. It has a mild spice to it that is thought to stimulate the metabolism.

For those struggling with a sluggish metabolism, this can be a life-saver. You can add ginger to your diet in a number of ways, including adding it to foods and infusing it in water to make tea. You can also take ginger capsules or a ginger extract to reap the benefits.



Nettle: Stinging nettle (*Urtica dioica*) can be a great thyroid tonic. This common and sometimes invasive weed can be found all throughout North America and in many other parts of the world. The reason it is thought to be a thyroid tonic is because it can bring balance to thyroid function, whether it is overactive or underactive. For those with an underactive thyroid, nettle can

reverse iodine deficiency to help the thyroid function more optimally.

There are plenty of ways to enjoy this herb, such as infusing it in hot water to make tea or adding stinging nettle leaves to bone broth to boost nutrient content. In addition to being a great thyroid tonic, stinging nettle is great for urinary health and boasts a variety of vitamins and minerals. Try drinking two cups of stinging nettle tea or broth daily for best results.



Evening primrose oil: The evening primrose (*Oenothera biennis*) is a common plant that can be found throughout North America. The seeds are processed into a beneficial oil that has been used to treat a variety of health issues. It contains beneficial amino acids that can nourish the thyroid gland.

Evening primrose oil can also boost overall thyroid function to reduce symptoms of a sluggish thyroid. It is best known for helping with dry skin, hair loss, and heavy menstrual cycles and accompany some thyroid conditions. Another benefit of this oil is its ability to heal inflammation. It is easy to take this oil daily, as it can be purchased in capsule form.



Panax ginseng: This popular adaptogen grows in the temperate forests of North America and is known for its ability to boost energy and stamina levels. Since many suffering from an underactive thyroid experience fatigue and lethargy, panax ginseng is a good option for not only lifting energy levels, but bringing balance to thyroid function

due to its adaptogenic properties. Studies with this herb have shown a favorable effect on the production of thyroid hormones.

Copper: Copper cannot be produced by the body, so we need to get it through our diets. It is the third most prevalent mineral in the human body. This mineral is necessary for adequate thyroid function and those who are deficient can experience adverse health effects like thyroid disease. Those with hyperthyroidism often have high levels of copper in their system and those with hypothyroidism are often deficient in this mineral. Consider taking a supplement with copper if you are deficient.

Magnesium: This mineral is responsible for a large number of functions in the human body. Those who are deficient in this mineral can have issues with thyroid vascularization and inflammation in the body. Some doctors prescribe

a magnesium supplement for patients to take along with their thyroid medication to improve its action in the body.

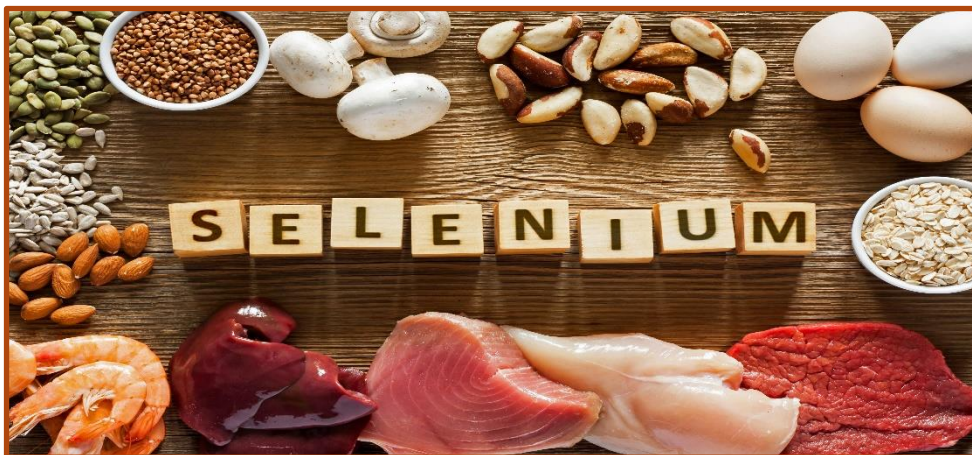


Not only is magnesium necessary for thyroid health, it is necessary for other important functions in the body such as the formation of bone, muscle health, and nerve health. It may also help with stress since it can help one feel calm and get a better night's sleep.

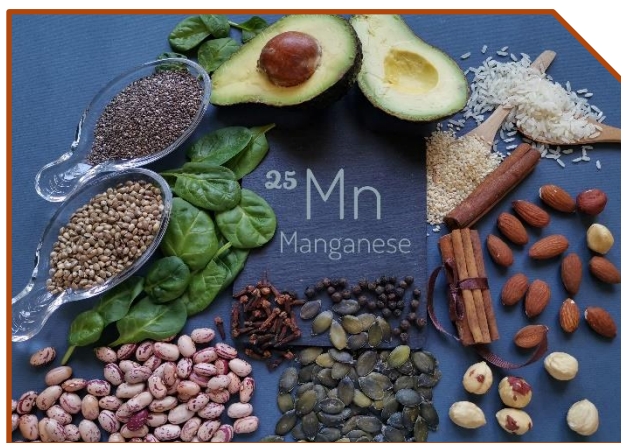
Zinc: Zinc plays a role in supporting the thyroid hormone T3. Daily supplementation of zinc can help the thyroid produce more necessary hormones. Zinc has also been shown to reduce cortisol levels in the body, thus reducing the impact of stress on the thyroid gland.

L-tyrosine: The body makes this amino acid from another amino acid called phenylalanine. When this amino acid is created, it begins to make proteins and neurotransmitters that help the body function properly. The hormones that L-tyrosine helps produce help the body handle stress better and in turn, the impact of stress on the thyroid is reduced. If you suffer from brain fog due to thyroid issues, supplementation of L-tyrosine may also help improve concentration and focus to keep you more alert.

Selenium: Studies show that those who are deficient in this mineral are at a higher risk for thyroid disease. The thyroid actually contains a higher amount of selenium than any other mineral. It plays a direct role in the production of thyroid hormones. You can either get your daily selenium with a supplement or eat more foods that contain this mineral, such as chicken, turkey, spinach, eggs, and Brazil nuts.



Iron: There is a correlation between iron deficiency and thyroid dysfunction. Iron is necessary in the body to help transport oxygen and promote cellular growth. Oftentimes, those with hypothyroidism have low iron levels. Natural iron supplements are available (such as supplements made with beet root) or you can try eating more iron-rich foods like lentils, grass fed beef, and black beans. Cooking with cast iron may also improve iron levels.



Manganese: Manganese is thought to affect thyroid hormones by regulating the deiodinase enzymes that help with activation and deactivation of the thyroid hormones. You may be able to purchase a daily multivitamin that contains this mineral or you can try eating more manganese-rich foods such as nuts, legumes, leafy greens, and fish/shellfish.

L-glutamine: Low levels of this combination of three amino acids are correlated with poor gut health and a compromised immune system. Those with autoimmune-related thyroid issues need to make sure they are getting enough of this to support their immune system. Since thyroid disease and gut health are strongly connected, L-glutamine may be beneficial to those with inflammatory bowel diseases and leaky gut.

Vitamin D: Low levels of this vitamin have been associated with autoimmune-related thyroid disease such as Hashimoto's thyroiditis and Grave's disease. Studies show that supplementation with vitamin D has a favorable effect on autoimmunity. Many people are already deficient in this vitamin, so it is important to make sure you have adequate levels by getting plenty of time in the sunlight (one of the best ways to get vitamin D) or eating more of certain mushrooms such as maitake. Of course, a vitamin D supplement is another great way to ensure you are getting enough of this beneficial vitamin.



Digestive enzymes: Digestive enzymes can help heal thyroid disease by healing the gut, and specifically leaky gut. Healing leaky gut can lead to less stress on the thyroid, less inflammation, and a reduced autoimmune response.

Final Notes on Thyroid Reset

Don't start a supplement routine without first knowing whether or not you are deficient in a certain vitamin or mineral. Vitamin or mineral deficiencies can be detected through bloodwork, so ask your doctor to perform labs to see what you may or may not need.

Another option is to purchase an at home test. You can also visit a lab to have them perform bloodwork. Either way you choose to find out, this will help you develop a more targeted supplement treatment.

A laser-focused protocol will involve implementing all key thyroid healing techniques in this book. Keep in mind that a combination of diet, a focus on healing leaky gut, avoidance of toxins and heavy metals, reduction of stress, exercise, self-exams, and the right herbs/supplements can reset the thyroid and help you feel whole again.

