



THYROID HEALTH RESOURCES

With the right support, you have the power to heal your thyroid. Healing your thyroid is possible with homeopathy, nutrition, diet and lifestyle changes. With the right team, the right education, and the right remedies you can support and nourish your thyroid back to optimal health. Here are some basics to get you started on your journey to thyroid health.

Thyroid health protocol

Reduce stress

- Level 1- easily accessible
 - Meditation
 - Breathing exercises
- Level 2 – small investment of time or money
 - Meditation class
 - Mindfulness class
 - Restorative yoga
- Level 3 – larger investment of time or money
 - Meditation retreat

Uncover food triggers and sensitivities

- Level 1- easily accessible
 - Eliminate foods known to trigger symptoms: rash, bloating, gas, diarrhea, brain fog
 - Short-term elimination diet to uncover triggers
- Level 2 – small investment of time or money
 - AIP diet
 - EverlyWell home test
- Level 3 – larger investment of time or money
 - Functional medicine consult

Eat what helps your thyroid/Avoid what hurts your thyroid

- Consume the nutrients your thyroid needs: iodine, protein, selenium, zinc, iron, vitamin D, vitamin A, omega-3 fatty acids, B vitamins
- Avoid foods that disrupt thyroid function and cause inflammation (in order of importance):
 - Remove gluten; zonulin leads to leaky gut, molecular mimicry problem
 - Remove sugar; highly inflammatory and no nutritional value
 - Remove dairy; molecular mimicry problem, highly inflammatory, antibiotics in dairy products, bovine growth hormone and unfriendly bacteria in non-organic dairy
 - Remove grains and legumes if you have an autoimmune disease; they damage intestinal cells, cause leaky gut, & feed unfriendly bacteria
 - Reduce caffeine to 16 oz coffee or 32 oz caffeinated tea.
 - Reduce alcohol to very occasional consumption (most beer contains gluten); highly inflammatory, can worsen gut infections
 - Avoid packaged foods; contain many additives and other ingredients that are not optimal for your health

Heal the gut

- Level 1- easily accessible
 - Add prebiotics, probiotics, fiber
 - Add digestive enzymes before meals
 - Hydrate optimally
- Level 2 – small investment of time or money
 - Consider your need for gut healing herbs, amino acids or supplements
- Level 3 – larger investment of time or money
 - Functional medicine consult
 - Labwork and treatment for gut dysbiosis

Detoxify

- Level 1- easily accessible
 - Epsom salt baths – 3-4 cups
 - Dry skin brushing
 - Eat organic foods as much as possible to avoid pesticides; EWG’s “Dirty Dozen”
 - Use fluoride-free toothpaste; interferes with the iodine receptors in your thyroid
 - Filter drinking water; especially for chlorine and fluoride
 - Reduce foods known to be high in heavy metals
 - HEPA filter for your home air quality
- Level 2 – small investment of time or money
 - Far-infrared sauna sessions
- Level 3 – larger investment of time or money
 - Remove mercury fillings from teeth with safe practice
 - Functional medicine consult
 - Labwork and treatment for heavy metal, mold, or endocrine disrupting chemical toxicity

Uncover and heal stealth infections

- Level 3 – larger investment of time or money
 - Functional medicine consult
 - Labwork and treatment for chronic, low-level viral or bacterial infections

Thyroid tests to ask for and their optimal levels:

- Thyroid stimulating hormone (TSH): 1-2 or lower
- Free T4: 1.1-1.5
- Free T3: 3.2-4.4
- Thyroid peroxidase antibodies (TPOAB): less than 9 (0 is optimal)
- Thyroglobulin antibodies (TGAB): less than 4 (0 is optimal)



Books

Aviva Romm, MD

The Adrenal Thyroid Revolution

Izabella Wentz, PharmD

Hashimoto's Thyroiditis; lifestyle interventions for finding and treating the root cause

Hashimoto's Protocol; a 90-day plan for reversing thyroid symptoms and getting your life back

www.thyroidpharmacist.com

Amy Myers, MD

The Thyroid Connection; why you feel tired, brain-fogged, and overweight

www.amymyersmd.com

Mark Hyman

The Ultra Thyroid Solution eBook

<https://fdocuments.us/document/the-ultra-thyroid-solution.html?page=1>

Podcast: [The Doctor's Pharmacy](#)

Susan Blum, MD

The Immune System Recovery Plan; a doctor's 4-step plan

(Especially if you have Hashimoto's or Graves – autoimmune thyroid conditions)

Websites

<https://www.ifm.org/news-insights/balancing-thyroid-hormones-naturally/>

<https://www.womenshealth.gov/a-z-topics/thyroid-disease>

<https://www.mayoclinic.org/diseases-conditions/hypothyroidism/symptoms-causes/syc-20350284>

<https://www.mayoclinic.org/diseases-conditions/hyperthyroidism/symptoms-causes/syc-20373659>

Functional Medicine Resource

Institute for Functional Medicine Practitioner Finder: IFM.org

Thyroid function self-test:

Take your basal body temperature in the morning before moving or getting out of bed. Reach over and just put it in your mouth and wait. Take your temperature for a week. If it averages below 97.6, it is likely you have a sluggish thyroid, and further testing is warranted.