



HELP TO HEAL YOUR THYROID NATURALLY

Congratulations on wanting to find out more about helping yourself to heal your Thyroid naturally.

The first step in your healing journey is to get rid of the foods that cause inflammation and other issues in the gut that can affect the production and conversion of Thyroid Hormones.

That means you are going Gluten, Dairy, Soy, Added Sugars & Omega 6 fatty acids

You will not regret it.

Why go gluten free?

There is a strong connection between gluten reactions and the thyroid. Some people will be able to completely put their conditions into remission by going gluten free, while others may need to dig a bit deeper.

The majority (88% of people with thyroid conditions, in my experience) will feel exponentially better!

Celiac disease (Gluten Allergy) often co-occurs with other autoimmune disorders, including lupus, Addison's disease, and Hashimoto's.

The gluten free diet is always recommended for people with celiac disease, but most doctors ignore the importance of the gluten free diet in Hashimoto's and other types of autoimmune conditions.

New research suggests that everyone with an autoimmune condition has **gluten sensitivity** that is not always Celiac mediated.

Everyone with Hashimoto's should eliminate gluten for at least three weeks to see if they see an improvement in symptoms.

So what is Celiac disease, gluten sensitivity, and how does it relate to Hashimoto's?

Celiac disease is an autoimmune condition, where eating gluten, a protein found in wheat, barley and rye causes the body to attack the lining of the small intestine.

The attack on the intestines destroys the villi, which are delicate hair-like



projections that cover the intestines and help to digest and absorb nutrients from food.

This damage of the villi causes the person with celiac/gluten intolerance to become malnourished, no matter how much food he or she eats, because the body is not able to absorb the nutrients from the food that is consumed. The villi also contain enzymes that help us digest our food.

Celiac disease has been called the "great imitator" as people with celiac disease will often have many symptoms that mimic those of other diseases, and the symptoms may vary from person to person.

Some people may have terrible diarrhea, others constipation, nausea, vomiting, acid reflux, weight loss, easy bruising, anemia, depression, hair loss, infertility.

This is why Celiac disease goes undiagnosed for so long, it is often mistaken for other issues. Left undetected, people with celiac are more likely to develop intestinal cancer.

Testing

The tests for celiac disease are also not perfect. The blood-screening test is very often negative in all but the most advanced cases. Additionally, traditional tests do not pick up gluten sensitivity, a newly described condition that can also contribute to autoimmunity.

This is why eliminating gluten and other wheat containing products for at least three weeks, watching for improvement, and if unsure reintroducing to check for reactions, is the best and cheapest approach for most people.

The damage to the intestinal lining also causes increased intestinal permeability. This intestinal permeability "leaky gut", allows food particles to enter into the bloodstream where they are recognized as foreign substances by the immune system, and the body launches an immune attack every time those food are eaten.

This can make eating extremely difficult and unpleasant, causing symptoms that may include diarrhea, heart- burn, upset stomach, pain, nerve tingling... the intestinal permeability has been linked to other autoimmune conditions, and people with celiac disease are at risk of developing those as well... especially if



they don't change their diet.

A gluten free diet is necessary to heal the intestines and symptom resolution can be seen within 6 months to 2 year of following a strict gluten free diet. But healing takes time. and even a small amount of gluten can be a huge set-back. Other foods may also need to be eliminated during the healing process (**sugar, soy, alcohol, caffeine, raw nuts especially cashews and seeds**)

Avoid

All things containing wheat, barley, rye. This means being fastidious at reading labels as many processed foods contain some form of gluten/wheat as a stabilizing agent.

Always check labels on everything, soy sauce, salad dressings, marinades, all BBQ sauces, soups, etc.

Gluten must be completely avoided for healing and relief of symptoms, there is no such thing as partially gluten free.

Improvement

May be seen within a few days for celiac patients, three months to two years for full healing. In those with gluten intolerance, improvement should be seen in 3-4 weeks, and healing within 8-12 weeks.

There is some preliminary evidence that celiac, which is more severe, is permanent, while gluten intolerance may be reversible.

Dairy

Some people may develop a secondary dairy intolerance due to the 'gluten-induced' damage to the gut.

If not experiencing full relief from the gluten free diet, dairy avoidance may be



indicated for 3-6 months.

Many people regain ability to tolerate dairy after 6 months, however some will need to avoid it indefinitely.

Soy

Avoid packaged gluten free products, breads and cookies contain soy, which can be problematic for thyroid issues and worsen an autoimmune attack on the thyroid.

Eating Out

Many restaurants have gluten free menus. Ask or simply stick to fish, lean meats, poultry & eggs, fresh veggies and fruits and you can't go wrong!

Stress

I often find people with thyroid issues try so hard to lose the weight and boost metabolism by going 'all in' with exercise, usually way too much of the wrong type of exercise, which actually creates stress internally and that affects your thyroid, as of course does the stress created by daily life.

Its also really common for folks to be restricting calories and following fad diets that also create stress, in attempt to get the weight to shift.

Managing stress and blood sugar levels are crucial to helping your thyroid to function more efficiently.

Liver function, bile production, a healthy microbiome and the optimal ratio of good and bad bacteria in the gut all need to play a part in helping your thyroid function as well as possible.



Supplements

The following are especially important to thyroid health:

B12 (Methylcobalamin form works best), Folic Acid (Methylated), Ferritin/Iron (Opti-Ferrin), Selenium and Vitamin D supplements are often necessary.

Supplements should be free of artificial additives, gluten and dairy. Even small amounts can be detrimental and interfere with absorption and deter healing

Adaptogenic herbs like Ashwaganda, Rhodiola and Shisandra are also a great addition to your supplements again ensure they are organic and free of additives.

Doing it alone is possible and do-able, as long as you implement the steps strategically and don't try to overwhelm yourself with changing everything overnight!

Doing it with the help and guidance of a health coach will always make it faster and easier to implement.

Whichever route you choose you will improve your health if you follow this little guide and makes those changes to your diet & lifestyle.

Yours in Health

Vicky xx