



Consideration for Patients with Thyroid Disease, Thyroid Swelling, or Thyroid Inflammation

1. **Dietary changes:** remove all gluten, avoid sugar, processed foods, and casein (dairy products)

Gluten free references:

- <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/gluten-free-diet/art-20048530>
- <https://celiac.org/>

Leaky gut references:

- The Energy Paradox by Dr. Steven Gundry
- The Autoimmune Solution by Amy Myers
- Hashimoto's Protocol by Izabella Wentz

Podcasts:

- The Doctor's Farmacy by Dr. Mark Hyman
- The School of Greatness by Lewis Howes

2. **Exercise:** 30 minutes of exercise at least 5 days a week

- Examples: walking, biking, running, swimming

3. **Sleep:** developing proper sleep hygiene is crucial. Vital brain and gut healing happens while you sleep. A minimum of 7-8 hours of sleep per night is recommended.

- Studies show that sleep deprived individuals burn 55% fewer calories and lose 55% less weight
- Reference: <https://www.sleepfoundation.org/sleep-hygiene>

4. **Lower stress levels:** decreasing stress levels and can help your body heal and lower the inflammation

- Meditation, yoga, deep breathing, exercise
- Reference:

<https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety#1.-Get-more-physical-activity>

- If you take thyroid medication, ensure you are taking it properly for optimal absorption:
 - Empty stomach, without other medications/supplements, at least 30 minutes prior to eating or drinking anything except water.

Modern Endocrine Supplement Recommendations

- Vitamin D:** goal level is > 60. Vitamin D is essential for several functions: immune support, improves balance and muscle performance, maintains muscle and bone mass, reduces risk of cancer (by promoting cell death in mutated cells), cuts off blood supply to mutated cells, promotes healthy hair and nails, and is needed for healthy thyroid function.
 - Vitamin D needs something fatty to bind to for optimal absorption such as fish oil, peanut butter, egg, or avocado. Think healthy fats!
 - Regular dosing: ADK 5 with Ortho Max
 - o Which contains K2 500mcg, Vitamin A 1,500mcg, and D3 5,000iu
 - if level is < 40 = start BioTe ADK 10 with Ortho Max
 - o which contains K2 500mcg, Vitamin A 1,500mcg, and D3 10,000iu
- Vitamin B12:** goal level is > 650. Vitamin B12 is essential for several functions: build immune cells, produces energy for cellular function, controls gene expression, processes chemicals/toxins helping to reduce toxic load, builds neurotransmitters (dopamine, serotonin, epinephrine), processes and metabolizes hormones, synthesis of DNA, and produces a protective coating on nerves.

Dosing

 - Vitamin B12 5,000mcg OR BioTe Methyl Factors
 - o Methyl Factors: not everyone can methylate their vitamins appropriately. Methylation is a crucial process that allows the body to regulate cardiovascular, reproductive, neurological, and detoxification systems. Methyl Factors provide the body with the nutrients needed to carry out this process efficiently.
- Ortho Max:** maintains normal inflammatory balance, supports cognitive function, cardiovascular health, and blood sugar metabolism.

Other Recommendations

- Turmeric/curcumin:** reduces inflammation and can decrease chance of Hashimoto's patients needing thyroid medication replacement.
 - Selenium:** reduced levels can lead to a decreased conversion of T4 -> T3 and worsening of iodine deficiencies. Replacing a deficiency can lower TPO (Hashimoto's antibodies)
 - Iodine:** needed in deficient patients only to help promote the production of T4 and T3
 - Zinc:** needed for optimal activity of thyroid hormone and deficiencies can lead to lower levels for T3
 - Iron:** ferritin levels < 70 can suppress thyroid hormones and worsen hypothyroidism
- **Detox Organics:** provides a variety of detox protein powder and supplements
 - o <https://detoxorganics.com/>
 - o Want 10% off your order? Use "cassiesmithmd10"