

13 TIPS for THYROID SUPPORT

1. Eat PFC Balanced. The combination of quality protein, at least 2 tablespoons of healthy fats, and nutrient-dense carbohydrates (mainly vegetables and fruits) at every single meal and snack helps to calm inflammation, thereby keeping your thyroid in check. Impaired thyroid function can cause inflammation. This can take over your body and inhibit the conversion of T4 to T3, and this makes your cells less responsive to thyroid hormones. Eating in PFC balance keeps your blood sugar levels stable which prevents further inflammation from occurring, and the healthy fats you consume also help to heal existing inflammation.

2. Avoid gluten. The link between gluten and thyroid dysfunction is that the composition of thyroid hormone receptors are very similar to gluten. If the body thinks gluten is a toxin, it can confuse the thyroid for a toxin, thus producing antibodies that cause it to attack itself. If you follow my recommended eating plan, PFC is naturally gluten free.

3. Manage stress. Stress is a significant offender of the thyroid. High stress levels will produce excess cortisol, which can inhibit thyroid stimulating hormone (TSH) and T4 and lead to inflammation which wreaks havoc on thyroid health. Find healthy ways to manage stress in your life.

4. Use iodized salt. The thyroid gland uses iodine to produce thyroid hormones and iodine deficiency is a common reason for impaired thyroid function. This is especially important because many doctors recommend consuming no more than 1500mg of sodium/day. This can easily make us iodine deficient since that's a major source! Plus, when you eliminate processed food from your diet and eat more PFC-balanced, you will be consuming a lot less salt than you were in your pre-PFC days. Sprinkle iodized salt liberally on your food at meals.

5. Balance your hormones. Hormonal imbalance can be a reason for thyroid dysfunction, and can also make healing the thyroid more difficult. Excessive estrogen and progesterone can bind to thyroid hormones, preventing them from being used by the body. This is why hypothyroidism is common around pregnancy and menopause, due to hormonal imbalance. I recommend three key supplements, Estro Bal Redefined, Estro Bal Protein Redefined and Menopause Redefined which promote healthy estrogen balance.

6. Exercise less. Surprising? Maybe, and also important. As previously mentioned, stress matters and the stress put onto the body from excessive and/or extreme exercise can negatively affect the thyroid by promoting further inflammation. Focus on low intensity exercise while you are working at healing your thyroid.

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7. Skip Soy. Soy can negatively affect your thyroid because the isoflavones in soy interfere with production of T3 and T4, which is necessary for a well functioning thyroid. I've also come to the conclusion that soy can lead to hypothyroidism based on my experience working with clients with low thyroid function. Regardless, it's just not worth consuming soy, especially since soy can also cause a host of other problems.

8. Heal your gut! Poor gut health can contribute to thyroid disease, and a thyroid hormone dysfunction can wreak havoc on your gut health, too. Gut healing supplements are an important part of the healing process and should not be overlooked. I recommend Probiotic Redefined, Glutacaps Redefined and Fish Oil Redefined supplements. Probiotic Redefined replenishes your good bacteria and crowds out the bad. Glutacaps Redefined provides L-Glutamine which plays a vital role in rebuilding, healing and maintaining the structural lining of your digestive tract, promoting nutrient absorption while reducing inflammation. Fish Oil Redefined provides a high dose of omega 3 fatty acids, which target inflammation and reduce it.

10. Eat enough protein. Tyrosine is an amino acid from animal protein that helps support your thyroid by encouraging the production of thyroid hormones. It helps reduce the inflammation that can block your thyroid from working properly. Be sure to not only eat protein at your meals, but also include 1-2 ounces at snacks so you are supporting your thyroid function all day long. I recommend using a specific protein powder called Estro Bal Protein Redefined which features key nutrients that are important for the thyroid, along with high quality protein.

9. Supplement to support your thyroid.

I recommend Thyroid Pro and Thyroid Complex supplements along with Vitamin D Redefined and the three gut health supplements outlined in number 12. Thyroid Pro & Thyroid Complex feature key nutrients like Zinc, L-Tyrosine and Selenium which promote and support healthy thyroid function by helping with the conversion of T4 to the more active form, T3, which is what's necessary in keeping the thyroid operating efficiently. We've seen the greatest improvement in our clients' thyroid function when taken together. Vitamin D is important because many of the contributing factors to a low functioning thyroid also reduce the body's ability to absorb vitamin D. In someone whose thyroid function is impaired, it can take more of the supplement to get the same effect. My general recommendation is one tablet of Vitamin D Redefined every day, but it's best to get your level checked and base your dose on your number.

11. Check for food sensitivities, intolerances and allergies. It can go both ways; a thyroid imbalance can cause food sensitivities, and conversely, consuming foods your body is sensitive to can contribute to impaired thyroid function because of the inflammatory response it triggers. If you have a sensitivity, allergy, or intolerance, your body will spend its energy fighting the offending food item. This makes your thyroid work overtime, which negatively affects the rest of your body—as you may very well know. Allergy testing isn't always the best answer, as many of the tests we have access to aren't very accurate. The best test is eliminating a food for at least 3-4 weeks (preferably 6-12) and then adding it back in while paying attention to what happens to your body. The top five most common foods people are sensitive to are gluten, dairy, eggs, soy and nuts. When you remove these foods and systematically bring them back into your lifestyle, it helps to decipher which foods are problematic and which are safe. I recommend working with a Dietitian Coach who can help guide you in the process of pinpointing food sensitivities. (Besides gluten, we find dairy to be a common sensitivity—more than 70% of the world's population is dairy intolerant.)

12. Avoid fluoride. It is an endocrine disruptor and can prevent absorption of iodine, thus suppressing thyroid function. Invest in a water filter!

13. Get support. You aren't expected to do this alone! Join one of our flagship nutrition and weight loss programs to get insider access to our team and community for support!

Remember, quality counts!

Be sure you're not taking any ol' supplements as they can cause more harm than good if they aren't high quality (the opposite of what we're trying to achieve!).

for weight loss programs visit redefinedweightloss.com
for high quality supplements visit redefinedvitamins.com