

# Hashimotos/Hypothyroid Help for Clients

*By Riannan with excerpts from Hashimoto's Protocol*

1. **Remove Potentially Triggering Foods**
2. **Add Supportive Foods**
3. **Reduce Toxic Exposure**
4. **Support Detox Pathways**

1. Remove Potentially Triggering Foods: Gluten (wheat, barley, rye), dairy, sugar, soy, caffeine, and alcohol.  
71% of people on gluten free diet 1 year noticed lower markers of hypothyroidism, normalizing thyroid antibodies, remission in symptoms (*Hashimotos Protocol – Isabella Wentz*)

Dairy replacements: coconut milk, almond milk, cashew milk (watch for added fillers, seed oils)

Protein Powder: Pea and hydrolyzed beef protein OK- Rootcology AI Paleo Protein

Cheese: Cashew & other nut cheeses or omit completely

Sugar: Stevia, Monk Fruit & occasional Truvia or Boca Sweet (from pumpkin)

Caffeine – Eliminated temporarily – replace with hot lemon water (first thing in morning), Maca latte with coconut milk, green juice, turmeric tea, mint tea (mint also suppresses Sibo), Dandy Blends, Purified water mixed with fruit for a spa water feel

→ **GUT HEALING takes time! A Minimum of 3-4 Months** on a new program including probiotics and prebiotics is required to “feel” a difference! Do NOT give up on yourself. Work these things out and these supporting foods in as well.

2. Add Supportive Foods – 3-4 per week

1. Hot lemon water – recommended first thing in AM with thyroid medication because the acidity from lemon will aid in digestion.



## 2. THE ROOT CAUSE GREEN SMOOTHIE:

- 1 cup mixed baby greens
- 2 large carrots
- 1 ripe avocado
- 1 stick celery
- 1 cucumber
- 1 bunch basil leaves
- 1 cup coconut milk
- 1 scoop pea protein powder
- Sea salt to taste

→can skip avocado and add 1 tablespoon of chia seeds, can add juice of one lemon to make it more tropical, can add berries or ½ banana for taste

BLEND with a cup of ice cubes to make it cold and nice milky consistency.



3. Beets – rich in phytonutrients, antioxidant properties and support detoxification. Great for those with MTHFR gene with folate and betatine which breaks down mocysteine. Aim for 1-2 servings each week
4. Cruciferous veggies- cabbage, broccoli, cauliflower, kale and turnips. Cooked does not produce a goitrogenic effect. (Myth that you can't have these) Also ok for Hypothyroid but must cook or ferment. Broccoli sprouts for detoxifying excess Estrogen.
5. Cilantro- Natural chelator which helps to bind toxins and excrete them from the body. Put in salads, avocados, green juices, smoothies and salsas.
6. Fiber – natural fiber in fruits and veggies ok – be careful with supplements such as inulin, fructooligosaccharide (FOS) or psyllium supplements – these can aggravate intestinal permeability and SIBO.
7. Sprouts and seedlings – contain natural enzymes that break toxins apart. Also helps in clearing endocrine disruptors from water. Broccoli sprouts also effective in detoxification of airborne pollutants (great for people in big cities). Radish seedlings shown to remove up to 88% of BPA as well.

8. Green Juices and Chlorophyll – full of healing nutrients, make yourself (not purchased premade kinds) for easily digestible and accessible. These consist mostly of vegetables with some fruits like green apple for flavor.

**DETOXIFYING GREEN JUICE:**

- 6-7 baby carrots
- 1 Granny smith apple
- 3-4 stalks of celery
- 1 small cucumber
- 3 cups finely chopped kale (organic only)
- 1 peeled lime
- Sea salt to taste
- Also add 1-2 tbsps of coconut oil or 1 avocado

9. Fermented Foods: filled with probiotics that support gut and detox pathways. Fermented coconut yogurt, fermented coconut water, and fermented cabbage. Be sure to only pick the kind that is stored in the fridge. Not to be used when dealing with candida flair ups.

10. Turmeric – Curcumin the active ingredient in turmeric is great for detoxifying various metals and toxins. Also great for tea. Has anti-inflammatory, antibacterial and also antiviral properties. Combining Curcumin with piperine, an alkaloid found in pepper will keep it in the body longer → why you will see supplements with turmeric and black pepper. Recommended Turmeric Tea twice a week and Tandori chicken multiple times a week (see recipes)

**TURMERIC TEA:**

- 1 teaspoon turmeric
- 1 teaspoon ginger
- Pinch of pepper
- Pinch of cinnamon
- Juice of 1 lemon
- Sweetner to taste (stevia, monkfruit)
- 1 cup hot filtered water



### **Tandoori Chicken:**

- 1 teaspoon curry
  - 1 teaspoon turmeric
  - 1 teaspoon paprika (skip if you are nightshade sensitive)
  - 1 teaspoon garlic powder
  - ½ teaspoon pepper
  - 1 teaspoon sea salt
  - 2 cups coconut milk
  - 1 whole chicken, cut up or 8 chicken drumsticks
- Add all ingredients to slow cooker and cook on medium for 8 hours

11. Berries: full of antioxidants and less likely to spike blood sugar as opposed to other fruits. Blueberries are a rich source of myo-inositol, a nutrient that has been shown to improve thyroid function and blood sugar. Can also include blackberries, raspberries, strawberries, boysenberries, currants and gooseberries. Buy Organic only. ½ cup to 1 cup berries a day.



### Step 3: Reduce Toxin Exposure

Green your kitchen – change up cookware, food storage containers, utensils and more. Ditch the Teflon, stainless steel and plastic cooking utensils for less toxic options for cooking: glass baking dishes, ceramic- coated pots and pans and cast iron skillets. These cast iron skillets are also great for low ferritin levels- helping to get daily dose of iron. Use wood utensils to cook, stir and stir fry instead of plastic coated or metal utensils Chloride free parchment paper for replacement for aluminum foil in baking, grilling and steaming.

Replace plastic food storage containers with glass. If you use any plastic make sure it's BPA free. The ZIPLOC brand IS BPA free. Yay!

Avoid use of antibacterial products or only use for disinfecting purposes such as an alcohol hand rub or rinse product that does not list triclosan or any fragrance in the ingredients. Green your water – removing chemicals such as fluoride and chlorine are a must. You will NEED to get a reverse osmosis system at some point. If you have to drink bottled water look for the brands: Aquafina, Calistoga, and Dasani. These were the least amounts of <0.1 ppm of fluoride. Be sure and periodically check [www.fluoridealert.org/content/bottled-water/](http://www.fluoridealert.org/content/bottled-water/) as companies change practices without warning.

You can get a fluoride filter as well.



#### Step 4: Support Detox Pathways

Avoid alcohol, caffeine, pesticides, and chemicals is a great way to kick start the detoxification process. However, sometimes additional interventions may be required to help the body process a toxic backlog. Here are some activities and supplements you can add to the protocol to further boost detoxification.

**Sweating:** Sweating is an excellent way to lower your body's toxic burden. People with hypothyroidism usually have a lower body temperature, they often need to make an extra effort to sweat.

- **Exercise**
- **Hot Yoga**
- **Sauna – Infrared, Infrared sauna blanket, sauna at gym**
- **Hot baths**

These can help get rid of toxins at a quicker rate. Don't overdo it.

2-3x a week for Infrared saunas preferably two times during the ON cycle and take 2 Gut Clear or Bind beforehand.

Be sure to drink lots of water with electrolytes as well.

Toxins live inside our fat cells and we need nutrients like B2, B3, B5, B6 & B12 Folate, Glutathione and flavonoids to get them out and turn them into use.

Poor bile flow has been associated with hypothyroidism and may lead to recirculation of toxins as well as fat malabsorption, deficiencies in fatty acids and the vitamins A,D, E and K, and retention of toxins. Impairments in bile flow can be caused by removal of the gallbladder, pancreatic deficiency, a congested liver, SIBO and gallstones.

Additional Gallbladder support using oxbile and a mixture of these ingredients: L-methionine, taurine, inositol, choline, milk thistle, dandelion, artichoke, beets, beta-carotene can all support the liver to ensure proper absorption of essential fats and vitamins as well as the elimination of toxins.

You will need to add in Bile Push in Module 7 for the Body Phase – 3 months in Dr. Pompa's program.

**Methylation will be impaired if you have the MTHFR gene mutation – >can test with 23 and Me**

Glutathione deficiency has been implicated with a higher level of thyroid antibodies. (Found in our Cell Clear Dr Pompa Supplements to help) NAC which turns into glutathione not only helps reduce thyroid antibodies by neutralizing hydrogen peroxide, but also helps heal intestinal permeability and aids with detoxification.

### **Recommended for healing:**

**Amino Acids** – Pure Aminos, Glutamine, Glutathione, etc.

**Curcumin** – found in Inflamm R4 Dr Pompa Supplement and cooking with turmeric

**Herbs** – Dandelion, Quercetin, Milk thistle (can do teas too)

**Methylation support Supplements** – Dr Pompa's Mito methylator or activated B6, activated folate, and B12 as methylcobalamin and trimethylglycine which breaks down homocysteine

**Magnesium** – required for livers detoxification pathways. Deficiency is common and may affect as many as 70% of population. Symptoms: trouble falling asleep, muscle twitching and cramps, PMS, restless leg syndrome, palpitations, poor mood, irritability, anxiety, headaches and migraines, acid reflux, sensitivity to loud noises and constipation.

Magnesium Citrate & Glycinate are recommended. Magnesium citrate has more stool softening properties and tends to be more calming than the glycinate, so something to consider based on your bowel function and may be appropriate for people with anxiety.

Doses: Magnesium Citrate at 400mg morning or afternoon, or Magnesium Glycinate at 100mg at bedtime

Magnesium becomes depleted as toxins begin to leave the body. That could make you feel worse during detoxification. Magnesium requirements may increase.

**Detox support Therapies: During Body Phase, do 1-2 of these per ON cycle**

Castor Oil Packs, Bile Push, Dry Brushing – if no dry brush then thick Salt scrub all over body before showers on mostly dry skin for 5 minutes getting good circulation in all areas especially moving up on legs and towards heart for arms like you would a dry brush (I have a good brand to recommend)

Lymphatic Massage at a spa or have in home person come over, Epsom Salt Bath, Lymphatic drainage tapping and rubbing neck & lymph node areas,

If you can find...Infrared Sauna or Infrared sauna blanket (Higher Dose)

Not recommended for IBS: Coffee Enema but can be great for later in the program

*In Portal-* → See videos in Resource Library under Detox and Alternative Therapies for Castor Oil Pack and Lymphatic techniques and Module 7 Detox Support Therapies for Bile Push & Coffee Enema

