HOW TO HEAL YOUR HASHIMOTO’S DISEASE NATURALLY
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Have you been feeling unmotivated, unusually fatigued or sad? Have you gained weight recently, even though your lifestyle and dietary habits haven’t changed? If you identify with these discomforts, it is important to know they are common symptoms associated with Hashimoto’s disease, and it doesn’t have to be that way!

This disease is completely treatable! With this guide, you will learn everything you need to do to improve your condition, and heal your thyroid in a natural way. If you’d like to learn more about how diet can impact your Hashimoto’s Disease and over 300 healthy recipes, visit the 131 Method.

What do you need? Enough motivation to change your life, and achieve a state of total well-being in your health. In this article you will find details of all the changes you need to make in your diet plan. These include recommended foods, supplements that give you an extra boost, and lifestyle habits to help you achieve the desired goal. This is your chance to reverse your Hashimoto’s disease naturally, so don’t miss it.
WHAT CAUSES HASHIMOTO’S DISEASE?

Hashimoto’s disease, also known as Hashimoto’s thyroiditis, is an autoimmune disorder that affects the thyroid gland. Your immune system produces defensive proteins called antibodies, which under normal conditions, should act against bacteria, viruses or foreign substances. In this thyroid disorder, antibodies mistakenly attack the tissues of your own body, with special emphasis on the tissues of the thyroid gland.

HOW MIGHT HASHIMOTO’S DISEASE AFFECT ME?

Did you know that more than 12% of the population in the United States will develop a thyroid condition during their lifetime? With that being said, understanding the implications of such a condition is just as important as finding a solution. The thyroid gland is a small butterfly-shaped gland located in the front of your neck. Despite its small size, the thyroid gland, produces two hormones that play a crucial role in the proper functioning of your body’s organs and other involuntary systems. These thyroid hormones, known as T4 and T3, control the way
your body processes and uses energy, the way your heart beats, the control of your body’s temperature, and even the mood in which you wake up each morning.

You must be wondering: how does Hashimoto’s disease affect the thyroid? The anti-thyroid antibodies associated with hypothyroidism gradually destroy the tissues of the thyroid gland, impairing its functions and reducing its ability to create those healthy T4 and T3 hormones. Consequently, the body is unable to properly create and use energy, leading to a slowing down of the metabolism and many bodily functions.

The development of Hashimoto’s disease tends to go unnoticed during its early stages. Symptoms are stealth, so you don’t know what’s around the corner. When the disease begins to show signs, you may experience one or more of the following symptoms:

- Weight gain
- Fatigue
- Problems tolerating cold
- Depression
- Hair loss
A slowed heart rate
Irregular menstrual periods or trouble getting pregnant
Constipation or abdominal bloating
Memory problems

In addition to these physical symptoms, Hashimoto’s disease could progress to long-term health complications if left untreated. However, you don’t have to worry, because by following all the tips contained in this guide, you will be able to treat your Hashimoto’s disease in an effective and natural way.

THE MOST COMMON CULPRITS THAT CAN DAMAGE THYROID FUNCTION

An improperly functioning immune system is not the only cause of Hashimoto’s disease, certain external factors may act as triggers too, making some people more susceptible than others. The most prevalent culprits of thyroid damage include the following:
**Chronic emotional stress:** Cortisol is a hormone produced by the adrenal glands during stressful events, and is most commonly identified with improper thyroid function. Emotional stress causes an increase in cortisol, and subsequently, a decrease in the production of thyroid hormones. Stressors, both mental and physical, can lead to symptoms that trigger hypothyroidism.

**Nutrient deficiencies:** To produce the thyroid hormones, a number of crucial nutrients are needed. Having a diverse diet allows you to gain vital nutrients like iodine, zinc, magnesium and vitamin B12. A dietary intake that lacks diversity, affects the production of thyroid hormones. Inside the 131 Method, you can learn more about nutrition, nutrient deficiencies and how the foods you eat can improve your health!

**Food allergies or food sensitivities:** Food allergies and sensitivities are a result of the immune system’s reaction to certain substances found in food. Anytime the immune system is activated in a negative way, a secondary unwanted event can potentially occur: the creation of antibodies that attack the thyroid gland. Due to this, Hashimoto’s disease may begin to develop, or worsen for those already affected. The most common food triggers
being, gluten and casein (from dairy), due to their molecular structure which closely resembles that of the thyroid tissue. Learn more about a revolutionary at home gut health test called Viome.

**Sedentary lifestyle:** Several studies have found regular exercise to be associated with an increased distinction in antibody function, thus preventing them from attacking your body’s healthy tissues. Therefore, it has been suggested that exercise might benefit those who suffer from an autoimmune condition, such as Hashimoto’s thyroiditis.

**Too much caffeine:** A small cup of coffee does not cause major problems. But when consumed in large quantities, it can have harmful consequences. The most significant effect is an increase in the speed of metabolism, an even regulated by the thyroid gland. This overstimulation can exceed the thyroid’s limit of functionality, leading to a shutdown of its operations. This compensatory action seeks to prevent the production of thyroid hormones that further accelerate metabolism, leading to an impending decline in thyroid function.
HOW TO REVERSE YOUR THYROID DISORDERS AND HASHIMOTO’S DISEASE NATURALLY

It is often assumed that medical treatments are the only solutions to health problems. Although medications may ease your symptoms, the underlying problem is still there. When it comes to Hashimoto’s disease, strong scientific evidence suggests that taking a natural approach to treat your condition is equally, if not more, effective. Perhaps your doctor has made you believe that Hashimoto’s disease is something you will suffer with for the rest of your life, or that the functioning of your thyroid gland cannot be improved, understand that this is not true. You can naturally lower your anti-thyroid antibodies, and improve your thyroid health by applying the following to nourish your body back to health.

- **Remove Immunizing-Foods From Your Diet**

Scientific evidence confirms that digestive imbalances are the root cause of many thyroid diseases. In addition to absorbing healthy nutrients found in food, the small-intestine also absorb invasive toxins and microbes that irritate your bowels, and cause an immune response within your body.
Understanding which foods prompt an autoimmune response, and removing them from your diet, can lessen the production of antibodies that damage your thyroid. Take control of a leaky gut, and treat your Hashimoto’s naturally.

- **Eliminate gluten**

Gluten is a protein found in wheat flour, quinoa, grains, and some oats. In those who are gluten-sensitive, its consumption over time can cause chronic bowel inflammation. This prompts an immune system response and increases the susceptibility to develop an autoimmune disease, such as Hashimotos.

If you have Hashimoto’s disease, implementing a gluten free diet can prove to be life-changing. It is recommended that you eliminate foods that contain gluten over a 90 day period of time, so that your body and mind adapt to the change. After this, you should be prepared to follow a totally gluten-free diet.
Avoid refined carbohydrates

Refined carbohydrates are diet saboteurs you’ve probably heard of: white bread, white rice, packaged breakfast cereals, pizza, candies, etc. When eaten in moderation, they shouldn’t be harmful. However, when you have a thyroid disorder, their consumption may elevate your symptoms.

Refined carbohydrates elevate blood glucose enormously. In response, your body experiences an increased production of the hormones: insulin, cortisol, and adrenaline. As a consequence, you face developing a higher risk of having complications associated with Hashimoto’s disease.

Cut excessive added sugars

Added sugars such as agave syrup or honey contain a high fructose content, which gives them the sweet flavor associated with glucose. As a response, your body releases insulin to digest glucose that is not there. The long term and excessive release of insulin can alter the hormonal balance of your body and worsen your hypothyroidism. To prevent this side effect, avoid adding extra sweeteners to your meals.
Add Gut-Healing-Foods

Consuming foods that help eliminate intestinal inflammation and restore your natural bowel microbial flora, plays an important role in preserving the integrity of the digestive tract, and maintains the correct functioning of the immune system.

Just as there are foods that cause leaky gut, others help to remove intestinal damage and restore a healthy gut balance. The most important gut-healing foods include the following:

Natural foods

Natural food refers to whole, unprocessed foods. Fast food contains large amounts of refined carbohydrates and other chemicals that are absorbed by your intestines as toxins. In response, your immune system is stimulated and overproduces antibodies to fight these foreign substances. If this persists, an uncontrolled response can occur, and antibodies start to attack the thyroid tissues. This damages thyroid cells, and leads to the thyroid’s compromised ability to produce T4 and T3 hormones.
Healthy fats
The type of fat you eat matters when working to manage your Hashimoto’s disease. It’s recommended that you eat healthy, unprocessed fats while eliminating processed vegetable oils from your diet. Healthy fats have been shown to provide antioxidants, improve metabolism, increase energy, and promote the proper functioning of the thyroid gland.

Recommended healthy fats include: avocado, coconut oil, nuts, seeds, olives and almond butter.

Wild-caught fish
Fish qualify as being wild-caught when they are harvested from their natural habitats. These habitats can be rivers, oceans, or lakes. Unlike farm-raised fish, wild-caught fish are high in omega-3 fatty acids which contain anti-inflammatory properties essential for balancing hormones, including those produced by the thyroid. As a result, omega-3 fatty acids aid in the improved functioning of the thyroid gland.
Probiotic enriched-foods

Probiotics are a form of healthy bacteria found in your bowels. Responsible for many intestinal functions, the role of probiotics range from the absorption of nutrients to the health of your immune system.

Consuming probiotics is excellent for good digestion, and is also associated with other health benefits. According to several studies, probiotics help to protect against allergies, strengthen the immune system, fight fatigue and help to heal a leaky gut. All of these benefits have a direct impact on boosting your immune system, and in turn, prevent your body from producing antibodies that attack the thyroid. You can get probiotics from food sources such as: yogurt, apple cider vinegar, pickles, olives, sauerkraut and other fermented foods.

Bone broth

Bone broth is one of the best foods to improve your thyroid. The gelatin contained in broth helps to heal a leaky gut, and block intestinal toxins from entering your bloodstream and stimulating your immune system. In addition, bone broth contains iodine, an essential micronutrient necessary for the synthesis of thyroid hormones.
ESSENTIAL SUPPLEMENTS FOR YOUR THYROID

Supplements provide nutritional support for the thyroid gland. In addition, there are certain supplements - nutrients or herbs - that can help fight the underlying causes of thyroid disorders. In this way, autoimmune reactions can be reduced, and your body can effectively control stress, anti-thyroid antibodies, and regulate intestinal inflammation.

Below you’ll find the most beneficial supplements.

- **Vitamin D3**

Studies show that people with hypothyroidism tend to have low vitamin D levels. Vitamin D is essential in the production of thyroid hormones and modulating of the immune system. In many cases, vitamin D, is involved in hundreds of your body’s vital functions.

The best way to get enough vitamin D is to spend 25 minutes in the sun each day, keeping most of your skin exposed to the sunlight (always with the proper broad spectrum SPF). If your lifestyle prevents you from daily sun exposure, you can supplement with a standard adult dose of 2000 units per day of vitamin D.
ESSENTIAL SUPPLEMENTS

☐ Selenium
Your body is capable of turning selenium into a very powerful antioxidant called glutathione, which helps to protect your thyroid from inflammatory processes. In addition, studies have shown that selenium plays an important role in reducing anti-thyroid antibodies. This mineral has also been linked to reducing the risk of developing postpartum thyroiditis during pregnancy and beyond.

A dose of 200 micrograms per day (be careful not to exceed this amount) is recommended and has been shown to provide all of the above benefits.

☐ Ashwagandha
Ashwagandha is a well-studied herb that has shown the ability to increase circulating levels of thyroid hormones, which are at critically low levels when you suffer from hypothyroidism. In addition, it has been proven to reduce adrenal disorders, leading to a greater ability to cope with stress and avoid cortisol interferences with your thyroid.

The optimal recommended dose is 6000 milligrams per day, usually divided into three doses of 2000 mg each. This supplement is not safe during pregnancy.
Zinc

Zinc is a mineral involved in the process of thyroid hormone synthesis, especially in the conversion of T4 to T3. It also improves communication between your nervous system and thyroid gland, in order to properly send out signals indicating that it is necessary to produce thyroid hormones.

A dose of 30 milligrams a day is enough to obtain these benefits. In addition, it is suggested to take it with a meal to avoid the annoying side effect of nausea.

ADOPT HEALING-THYROID LIFESTYLE HABITS

Lifestyle habits can improve your body’s ability to fight thyroid disorders, and therefore, help reduce the immune systems imbalance which causes Hashimoto’s thyroiditis.

Take time for yourself

Stress and anxiety are enemies to your health, especially when you suffer from a thyroid disorder. According to scientific studies, it has been found that anti-stress interventions have shown a positive therapeutic effect on diseases related to the immune system.
Taking time for yourself is important for managing stress and anxiety symptoms. Try practicing meditation for a couple of minutes a day, encouraging yourself to attend a yoga class, reading spiritual books, or simply spending more time outdoors.

- **Start exercising**
  Regular exercise plays a vital role in your hypothyroidism management plan. Developing an active lifestyle helps to speed up metabolism, fight fatigue and decrease weight gain. There is no perfect exercise regimen; it is recommended that you only do the activities you like so that you stay motivated. In addition, it is important not to exceed the intensity of your training beyond moderate levels. Doing so, stresses your thyroid and can have an adverse effect.

- **Avoid endocrine disruptors**
  An endocrine disruptor is a chemical with the ability to mimic the functions of your hormones and interfere with your thyroid gland functions. These chemicals can be found in heavy metals, pesticides, plastic, and even in personal care or cleaning products.
Consider replacing those cleaning chemicals with natural products that contain substances such as lavender or lemon. In addition, it’s a good idea to store food in ceramic or glass containers, rather than plastics.

☐ **Stop smoking and moderate your alcohol-consumption**

Large amounts of alcohol and smoking have negative health consequences. The toxins found in these substances can directly impair the proper functioning of the thyroid gland.
ACTION PLAN

If you follow each of the natural recommendations found in this article, you will notice a big difference in your thyroid disorder symptoms and gradually notice how your body returns to being back on track.

1. Take a good look at the common culprits that are damaging to the thyroid. Which of them are in your life? Check the items you are ready to address and make changes to immediately!

- Chronic emotional stress
- Nutrient deficiencies
- Food allergies or food sensitivities
- Sedentary lifestyle
- Too much caffeine

2. Look at the list of leaky gut triggering foods and check off which foods you can begin to remove today:

- Gluten
- Refined carbohydrates
- Added sugars
3. Look at the list of gut-healing foods, and check off which foods you can begin adding into your diet immediately. Inside the 131 Method there are hundreds of delicious gut healing recipes!

- Whole, unprocessed foods such as fresh fruits and vegetables, organic meat, nuts, seeds, eggs, and grass fed meat.

- Healthy fats such as avocado, macadamia nuts, almonds, seeds, olives, coconuts, coconut oil, almond butter, whole eggs, grass fed meat.

- Wild-caught fish such as tuna, salmon, mackerel, sardines, and mahi-mahi.

- Probiotic rich foods such as yogurt, apple cider vinegar, pickles, olives, sauerkraut and other fermented foods.

- Bone broths; especially those made from made from organic, grass fed animals!
4. Review the recommended supplements and talk to your doctor about beginning a new supplement regimen to support your thyroid health.

- Adopt one of the following lifestyle habits right away, or, if you’re a go-getter, start to adopt all 4.
- Take time for yourself, you deserve it!
- Start exercising, find a method that works for you!
- Avoid endocrine disruptors.
- Stop smoking and moderate your alcohol-consumption.
If you want to learn more about how food can impact your health, your thyroid, your weight, and which foods you should be eating to look and feel your best, then the 131 Method is for you.

The 131 Method can help you to stop dieting and to finally understand how your unique body works. Our proven system can help you balance your hormones, ignite your metabolism, and break through stubborn weight loss resistance. Plus, our team of 131 Registered Dietitians are here to help you along the way. Join us today!
RESOURCES:
