

# THYROID DIET

## Quick Start Guide



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## GLUTEN FREE BASICS

Congratulations on taking the first step in your healing journey and going gluten free. 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 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 two 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, as 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.

### **Avoid**

All things containing wheat, barley, rye. Unfortunately harder than it sounds, as many processed foods contain some form of gluten/wheat as a stabilizing agent.

Always check labels on 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 two to three weeks, and healing within 6-8 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.



Goat dairy may be better tolerated in some cases. Camel milk is usually well tolerated.

## Soy

Many gluten free products, breads and cookies contain soy, which can be problematic for thyroid patients and worsen the autoimmune attack on the thyroid.

I believe that my thyroid condition became worse after eating soy containing gluten free products. My antibodies jumped! After 1 month off soy products, my anti-thyroid antibodies dropped from 800 to 380 IU/mL.

## Eating Out

Many restaurants have gluten free menus. But eating out can be hard as even GF restaurants can have contamination. Once exposed to a small amount of gluten, the person's body will react to it and person may have severe gastrointestinal symptoms. This may seem strange having had seemingly milder symptoms before, but when a body that make reactive cells to a food is no longer eating the food, the reactive cells build up and will result in a stronger reaction.

## Supplements

Some people with celiac may have profound damage to their intestinal villi and are not able to absorb certain nutrients. Nutrient supplementation will speed up the healing journey.

The following are especially important to thyroid health:

B12 (Methylcobalamin form works best), Folic Acid (Methylated form like Methylation Support), Ferritin/Iron (like 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.

A product called [Gluten/Dairy Digest](#) by Pure Encapsulations contains enzymes that can help digest gluten. I would not recommend eating a bowl of pasta after taking it, but would take it just in case of eating out at a restaurant and being nervous about contamination. I also incorporated the same types of specialized enzymes in Rootcology's [Broad Spectrum Enzymes](#), as part of an array of enzymes that provide comprehensive digestive support.

Be aware that not all supplements are created equally. Vitamin and supplement companies do not undergo the same scrutiny as do pharmaceutical products. This can result in ineffective and even dangerous products! I have spent a great deal of time researching and testing various supplement brands.

Pure Encapsulations is a pharmaceutical grade brand that has extremely tight quality control and manufacturing guidelines. Each product undergoes rigorous testing by a



third party laboratory to verify label claims, potency and purity. All the products sold by Pure Encapsulations are free of gluten, dairy, and additives that may impair absorption.

These supplements are normally only available through healthcare professionals, however the company has agreed to allow me to set up an E-Store.

I've also developed my own supplement brand, [Rootcology](#), to give you a trusted source of supplements that are safe and helpful for people with multiple sensitivities and chronic health conditions.

Rootcology is dedicated to creating innovative, bioavailable products that are made with the greatest care, and with the highest quality ingredients available.

I maintain a list of recommended supplements at the Pure Encapsulations E-Store and hope this information will help you in your journey! You can find more information on both of these brands and view my recommended supplements at [www.thyroidpharmacist.com/supplements](http://www.thyroidpharmacist.com/supplements).

### So what can you eat?

Meat, meat, all kinds of meat, all vegetables, all fruit, nuts, seeds, eggs...

I urge you to eat a nutrient dense diet...

Don't make the same mistake I did...

When I first went gluten free, I made the mistake of replacing my gluten filled junk food with GFJF (Gluten Free Junk Food). While a step up from eating gluten, GFJF won't get you very far on your healing journey.

I recommend using GF pancake mixes, cookies, cereals and breads only in the transition process if you have been eating the Standard American Diet. Most gluten free foods will spike up your blood sugar (taxing your adrenals which can weaken the thyroid) and may contain harmful ingredients like soy.

Nutrient dense diets like the Paleo, Body Ecology and Weston A Price diet are the best diets for humans.

Instead of...	Eat...
Pasta	Spaghetti squash
Cow Milk	Coconut milk
Butter	Coconut butter
Bread	Almond muffins



## **No more cereal, waffles, toast... then what do I eat for breakfast?**

### **DAY 1**

Bacon (6-8 slices)

Guacamole (avocado, garlic powder, tomatoes\*, onions)

Fermented cabbage

\*avoid if nightshade sensitivity

### **DAY 2**

1 package of grass fed ground beef or turkey

2 zucchinis

Carrots

Onions

Broccoli, cauliflower or other veggies you like

Stir fry until veggies and meat are cooked through for 10-15 minutes

Hint: Make big batch and freeze in breakfast size packages

### **DAY 3**

Coconut milk

Pea protein/hemp protein/chia seed protein as tolerated

Raw veggies as tolerated (lettuce, celery, carrots are usually easiest on the digestive system)

Lemon juice/lime juice

Avocado for extra fat

Put all ingredients in a blender and enjoy

### **DAY 4**

Put a small/med spaghetti or other squash in the slow cooker at bedtime

Add diced pieces of beef, chicken or pork

Add water and tablespoon of coconut oil

Allow to cook on low overnight

Wake up to great smells in the morning

Leftovers from dinner also work as breakfast & lunch for the next day

### **DAY 5**

Diced butternut squash

Ground beef/turkey/chicken

Stir fry for 10 minutes in coconut oil

Top with olive oil



Wishing you all the best on your journey.

If you found this short guide helpful, you may also like my books, *Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause*, *Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back*, *Hashimoto's Food Pharmacology: Nutrition Protocols and Healing Recipes to Take Charge of Your Thyroid Health*, *Adrenal Transformation Protocol*, and *IBS: Finding and Treating the Root Cause of Irritable Bowel Syndrome*. Please be sure to follow me on my [blog](#) and social pages, [Instagram](#), [Facebook](#), and [TikTok](#).



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