



Hacking Food: Hashimoto's Diet Guide eBook

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About the Author



Dr. Izabella Wentz, PharmD, FASCP is a pharmacist who has dedicated herself to addressing the root causes of autoimmune thyroid disease after being diagnosed with Hashimoto's Thyroiditis in 2009.

She is the author of the New York Times best-selling patient guide *Hashimoto's Thyroiditis Lifestyle Interventions for Finding and Treating the Root Cause* and is an ardent champion of incorporating lifestyle change and functional medicine into the treatment of autoimmune disease.

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INTRODUCTION TO HEALING DIETS



Introduction to Healing Diets

People always ask, which healing diet works best?

This question is very complicated, and unfortunately, nutrition is the only science where multiple answers can be both correct and wrong.

In other words, there is more than one way to skin a cat, and one person's medicine may be another person's poison.

We are all different, and although we may have the same condition, different interventions may be required for each of us to heal.

Multiple diets have been reported to reverse Hashimoto's and/or other autoimmune conditions, including a gluten-free diet, iodine-free diet, Feingold diet, Specific Carbohydrate Diet, GAPS diet, the Paleo diet, Autoimmune Paleo diet, soy-free diet, dairy-free diet, low-FODMAP diet, rotation diet, the Body Ecology Diet, vegetable juicing and elemental diets.

The connecting thread behind these diverse diets is that they all remove various reactive foods. Most of the diets also include animal proteins, are more nutrient dense than the Standard American Diet, and remove processed foods.

While vegan and vegetarian diets have been reported to be extremely helpful with autoimmune and chronic conditions, I have not been able to find reports of people recovering from Hashimoto's by following a vegan diet. Even devout vegans who are nutritionally conscious still struggle with low body temperatures, hypothyroidism and Hashimoto's.

Additionally, many former vegans have reported improvement of Hashimoto's symptoms after transitioning to a Paleo diet. Based on this, I believe that animal proteins must play an important role in re-building the health of people with Hashimoto's.

That said, while meats and fats are important for healing, eating them exclusively will produce an acidic environment in the body; hindering healing, and thus the diet should be balanced with plenty of nutrient rich vegetables (suggested ratio may be 20% meat: 80% veggie).

I've found that the gluten-free, dairy-free and soy-free is an excellent diet to start. Some people can reverse Hashimoto's within 90 days of starting this diet!



In those who have already been gluten, dairy and soy-free, however, advanced measure may need to be undertaken.

I have found the following two diets especially helpful with clients

1. Paleo diet
2. Autoimmune Paleo diet

Over the last few years I have tweaked these diets with a Root Cause and Hashimoto's twist.

You'll find the templates for both of these diets in this eBook.

The diets are meant to be a starting point for you and should be tailored to your response. Your needs may also change as time goes on, or as you get rid of infections or balance your intestinal flora. Just because one diet worked for someone, does not mean it will work as well for you.

Some may need to further refine their diet by doing food sensitivity testing or an elimination diet. As a side note, I've seen the elimination diet work wonders for eliminating various (sometimes strange) symptoms!

Food sensitivity testing can also work wonders. Some people may be reactive to "healthy" foods like chard, apples, garlic, and strawberries.

Please note that diets are meant to be a starting point to your healing journey and that each diet should be tailored to your own body.

Here's the bottom line, listen to your body, and not a dietary theory. Don't force yourself to eat foods that don't agree with you because someone else thinks they are healthful. Dietary theories are meant to be a starting point, your body will give you further directions.





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WHICH DIET SHOULD YOU IMPLEMENT?



Which Healing Diet Should You Implement Next?

| IF... | THEN... |
|--|--|
| You don't know which one to do and are just starting | Do the diet that will be the easiest for you to implement, just take action! |
| You're losing foods | Consider functional medicine gut testing ASAP and working with your functional medicine doctor to clear infections. (We also cover this topic in the Hashimoto's Protocol book and the Hacking Hashimoto's Self Management Course) |
| You have multiple autoimmune conditions | Root Cause Autoimmune |
| Gluten-free | Move to gluten-free, dairy-free, soy-free |
| Move to gluten-free, dairy-free, soy-free | Move to Root Cause Paleo |
| Root Cause Paleo | Move to Root Cause Autoimmune |
| Root Cause Autoimmune | Consider gut testing, food sensitivity testing, the Hacking Hashimoto's Course and Hashimoto's Protocol book |
| If you have not had food sensitivity testing or have strange reactions | Elimination diet |





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USUAL SUSPECTS CHEAT SHEET



| SYMPTOMS | COMMON ROOT CAUSES | TRY THIS |
|------------------------|--|--|
| Anxiety | Tea, coffee, sugar, carbohydrates, gluten, dairy, caffeine, chocolate, | Selenium, balancing blood sugar, probiotics, fermented foods |
| Asthma | Dairy, gluten, eggs, nuts, mold, yeast | NAC, lung machine, indoor air purifier, salt therapy |
| Acne | Gluten, dairy, eggs, nuts, toxins | Tanning, organic skin care, sweating, zinc, fish oil |
| Pain | Gluten, dairy, grains, nightshades | Low level laser therapy, Epsom salt baths, acupuncture, chiropractic |
| IBS | Gluten, dairy, grains | Super high dose probiotics, digestive enzymes, parasite cleanse |
| Fatigue | Poor digestion, gluten, dairy, meat | Betaine with Pepsin by Rootcology, smoothies, lemon water |
| GERD | Gluten, dairy, eggs | Betaine with Pepsin by Rootcology, H. pylori treatment |
| Gallbladder Issues | Egg, pork, onion, poultry, milk, coffee, orange, corn, nuts, tomatoes | Digestion GB by Pure Encapsulations |
| Migraines | Gluten, dairy, eggs, yeast, corn, sugar, citrus, coffee, tea, chocolate, beef | Magnesium supplement, Epsom salt baths |
| Depression | Gluten, dairy, grains, soy, nuts/seeds | Blue light during the day, probiotics, fermented foods, fish oil |
| Trouble losing weight | Carbohydrates, gluten, dairy, processed foods, low calorie | Rest more, test adrenals, probiotics, less exercise, more calories (real food), multivitamin |
| Trouble gaining weight | Not eating enough calories, not absorbing foods due to gut infections or impaired adrenals | Support adrenals, gut testing, weight gain, smoothies, eat more carbs |





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ROOT CAUSE PALEO GUIDELINES



Root Cause Paleo Guidelines

Food Families Excluded:

- Dairy
- Grains
- Legumes (except green beans and pea protein)
- Sugar
- Seaweed (due to immune stimulating properties, iodine)
- Caffeine
- Capsaicin containing peppers (chili pepper, red chilli flakes, cayenne pepper)

Foods Included:

- All meats
- All vegetables
- All fruit
- Eggs
- Nuts
- Seeds
- Nightshades (except cayenne pepper)
- Black pepper (piper nigrum)
- Bell peppers
- Rootcology Paleo Protein and Rootcology AI Paleo Protein smoothies
- Rootcology Pea Protein smoothies (pea protein)
- Smoothies (hydrolyzed beef protein)

Clarification on peppers:

My version of Paleo allows all nightshades (except spicy pepper vegetables that produce capsaicin: cayenne pepper, chile peppers, spicy peppers, red pepper flakes, etc.). Spicy peppers cause leaky gut independently of being nightshades. The leaky gut is caused by capsaicin.

The bell peppers, which are also nightshades, but are not spicy, and do not produce capsaicin, thus they are included on Paleo.

Black pepper, the spice, is not related to the vegetable peppers and does not produce capsaicin. It's also not a nightshade. It just has the same name. Thus it is allowed on Paleo.

For clarification of pepper (piper nigrum) vs. bell peppers vs. capsaicin producing peppers:

https://en.wikipedia.org/wiki/Bell_pepper



Root Cause Paleo Sample Recipes

Breakfast: The Root Cause Healing Smoothie

Ingredients

- 1 scoop beef protein
- 2 egg yolks
- 2 teaspoons chia seeds
- 1 cup coconut milk
- 2 tablespoons collagen
- Boost: 1 tablespoon glutamine powder

Directions

- Blend in a high powered blender like the Vitamix

Lunch: Ceviche

Ingredients

- 1/2 lb shrimp (cooked or raw, unfrozen)
- 1/2 lb scallops (cooked or raw, unfrozen)
- 6 limes (juiced)
- 2 lemons (juiced)
- 1 orange (peeled and cubed)
- 1 avocado (cut into small pieces)
- 1 cup tomato (diced without seeds)
- 1/2 cup raw onion (diced small)
- 1/8 cup cilantro
- 1/4 teaspoon salt

Directions

- Mix all ingredients together in a glass bowl and let marinate in the fridge overnight (this “cooks” the fish in the juices)



Dinner: Paleo Meatloaf

Ingredients

- 2 pounds ground pork, turkey or beef (or a mix of two or more)
- 1 cup gluten-free tomato sauce
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon sea salt
- 1 teaspoon minced garlic
- 1 teaspoon cumin
- 1/2 teaspoon pepper
- 1 large head cauliflower
- 3 large carrots, peeled and chopped
- 1 large sweet potato, peeled and chopped
- 3 large beets, peeled and chopped
- 3 tablespoons coconut oil

Directions

- Add all to a mixer and mix until uniform throughout
- Coat chopped carrots, sweet potato and beets in coconut oil and place on large baking tray
- Bake meatloaf and vegetables at 350 degrees F for 1 hour
- Top of with mashed cauliflower
- Serve with roasted vegetables

Dessert: Nutty Fruit Cake

Ingredients

- 1 cup walnuts
- 1 cup almonds
- 1 cup golden raisins
- 1 cup mixed dried tropical fruit
- 1/2 cup raisins
- 2/3 cup coconut oil
- 1/3 cup orange juice
- 1 cup coconut sugar
- 1/5 cup almond flour
- 3/4 teaspoons baking soda

Directions

- Preheat the oven to 325 degrees F
- Combine all ingredients thoroughly and place on a lined baking tray
- Bake for 1 1/2 hours, checking at 1 hour (see if toothpick comes out clean)





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ROOT CAUSE AUTOIMMUNE GUIDELINES



Root Cause Autoimmune Guidelines

Food Families Excluded:

- Dairy
- Eggs
- Grains
- Legumes
- Nightshades
- Nuts
- Seeds
- Sugar
- Seaweed
- Caffeine

Foods Included:

- Poultry
- Fish
- Shellfish
- Lamb/Beef/Venison
- Vegetables
- Coconut
- Olive oil
- Fruit
- Rootcology AI Paleo Protein (unflavored)

Autoimmune Guidelines:

- Low glycemic index. Limit fruits to 1-2 servings per day
- Include 6-8 servings of veggies per day
- Mediterranean inspired: 80% vegetables, 20% meat/fish
- Sauces, dips and broths
- Fat rich (olive oil, coconut oil, duck fat, avocados are some of the "super foods" of this diet)



Root Cause Autoimmune Sample Recipes

Breakfast: Stir Fry

Ingredients

- 1 pound grass fed ground beef or turkey
- 2 medium zucchinis
- 2 medium carrots
- 1 large onion, chopped
- 1 cup broccoli, chopped

Directions

- Stir fry until veggies and meat are cooked through for 10-15 minutes
- Hint: Make big batch and freeze in breakfast size packages

Lunch: The SAM Salad

Ingredients

- 1 cooked salmon filet
- 1 medium ripe mango
- 1 medium ripe avocado
- 1/4 cup olive oil
- 2 cups greens of your choice

Directions

- Chop salmon, mango and avocado. Toss with mayo and serve over a bed of your favorite greens



Dinner: Kotlety

Many of you know that I'm originally from Poland. Fried, tenderized, breaded chicken "Kotlety" was my favorite comfort food growing up. I adjusted the recipe to make it gluten-free – still delicious!

Ingredients

- 4 thin chicken breasts (option: tenderized)
- 1 cup of olive oil
- 1/2 cup finely shredded unsweetened coconut
- 3 medium carrots, peeled
- 2 medium parsnips, peeled and chopped

Directions

- Tenderize each chicken breast with a meat tenderizing hammer until the breasts are 1/3 of an inch thick
- Place the breasts into an olive oil marinade. Let soak for 1-24 hours
- Coat each side of chicken breast in shredded coconut
- Bake at 400 degrees F for a total of 40 minutes, flipping the chicken after 20 minutes
- Serve with baked root veggies

Dessert: Pink Watermelon Jello

Gelatin has amazing gut healing properties. Blended with fruit juice this can be a hydrating, gut healing dessert

Ingredients

- 5 teaspoons unflavored gelatin (I use Great Lakes)
- 2 cups watermelon juice (run seeded chunks through a juicer or puree in a blender)
- 1 1/2 cups white grape juice
- 1 teaspoon shredded lemon peel
- 1 1/2 cup chopped fruit like grapes, peaches, pears

Directions

- Heat up watermelon in saucepan
- Add gelatin
- Stir until dissolved
- Stir in grape juice, lemon peel and chopped fruit and pour into a mold
- Refrigerate for 8 hours





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ELIMINATION DIET GUIDELINES



Elimination Diet Guidelines

The elimination diet is the gold standard for identifying food sensitivities. It works better than trying a recommended dietary approach and even food sensitivity testing. The elimination diet can work as a stand-alone method or in sympathy with food sensitivity testing.

Going through an elimination diet will help you figure out your own individual food triggers and your specific response to each trigger food.

In contrast to other diets that simply exclude common problematic foods, an elimination diet is done to determine what particular food intolerances the individual may have.

When we eat the foods that our body is sensitive to on a daily basis, it is very difficult to connect the foods with the symptoms we are having. For example, people who have a dairy sensitivity but continue to eat dairy multiple times a day might be tired, have joint pain, congestion, bloating and acid reflux on daily basis, but won't be able to pin-point the symptom to the foods.

This is because every time we eat this food, the body becomes depleted in its ability to protect itself from the antigenic food, and the reactions become less specific and more chronic. If the food continues to be given, the body will become sensitive to more and more things.

Once the sensitizing food is eliminated for a few days to a few weeks, the person should generally feel better and experience less bloating, less reflux, normal bowel movements, more energy, etc.

When the person is exposed to the food again, the body will actually produce a stronger, more specific reaction, allowing the person to recognize which particular food is problematic to him/her.

Some symptoms that may occur when one is exposed to a sensitizing food include gastrointestinal symptoms like diarrhea, bloating, acid reflux, burning, gas, or cramping. Respiratory, muscular and skin symptoms may be seen as well.

Please consult the *Common Food Sensitivity Symptom Chart* on the next page for some of the symptoms that may be experienced.



Common Food Sensitivity Symptoms

| SYSTEM | SYMPTOMS |
|------------------|--|
| Respiratory | Postnasal drip, congestion, cough, asthma symptoms |
| Gastrointestinal | Constipation, diarrhea, cramping, bloating, nausea, gas, acid reflux, burning, burping |
| Cardiovascular | Increased pulse, palpitations |
| Skin | Acne, eczema, itchiness |
| Muscular | Joint aches, pain, swelling, tingling, numbness |
| Mental | Headache, dizziness, brain fog, anxiety, depression, fatigue, insomnia |



Overview

During the elimination diet you will eliminate the most common problematic foods for three weeks. You will then add the foods in, one at a time, every 4 days, looking out for food sensitivity symptoms and writing down your reaction to each food. Please note, the reaction may appear anywhere from immediately after, to up to 3 days after consuming the food.

| Eliminate Most Problematic Foods | Reintroduction Schedule |
|----------------------------------|-------------------------|
| 1. Gluten | 1. Beef |
| 2. Dairy | 2. Pork |
| 3. Soy | 3. Citrus |
| 4. Nightshades | 4. Nightshades |
| 5. Eggs | 5. Eggs |
| 6. Grains | 6. Seeds (one by one) |
| 7. Nuts | 7. Nuts (one by one) |
| 8. Seeds | 8. Grains |
| 9. Beef | 9. Soy |
| 10. Pork | 10. Dairy |
| 11. Citrus | 11. Gluten |

Eliminate Problematic Foods x 3 Weeks



Reintroduce Problematic Foods Every 4 Days



FOOD INTRODUCTION JOURNAL

| Date | Food Introduced | My Symptoms |
|---------|-----------------|------------------------------------|
| 9/28/15 | Dairy | Joint pain, tingling, stomach pain |
| 9/31/15 | Eggs | Gas, bloating |
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FOOD INTRODUCTION JOURNAL

| Date | Food Introduced | My Symptoms |
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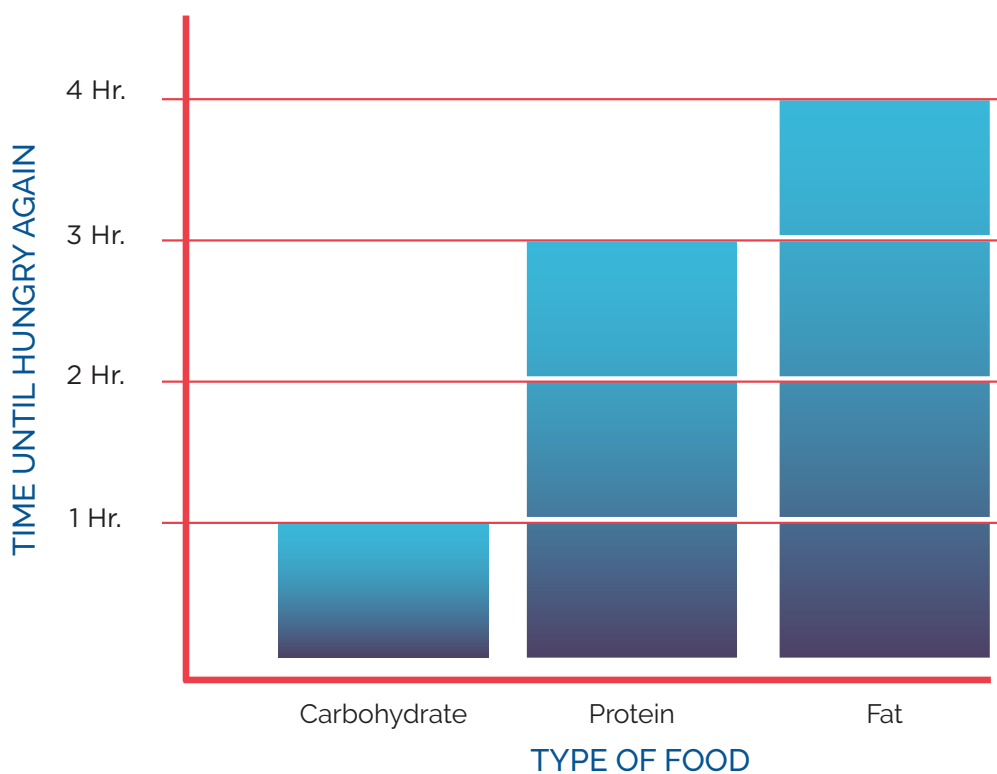


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BLOOD SUGAR BALANCING TIPS



The following quick reference guide can make balancing your blood sugar much easier.



| TYPE OF FOOD | TIME UNTIL YOU ARE HUNGRY AGAIN |
|--------------|---------------------------------|
| Protein | 2 - 3 hours |
| Fat | 4 hours |
| Carbohydrate | 45 minutes - 1 hour |



Balancing Blood Sugar Rules

1. Include fat/protein with every meal: eggs, nuts, seeds, fish, meat.
2. Eat every two to three hours at first. Snacks are great!
3. No sweets before bed.
4. Avoid fruit juice.
5. Limit caffeine.
6. Avoid all grains and dairy, soy, corn, and yeast.
7. Eat breakfast within one hour of waking.
8. Include snacks rich in protein/fat every two to three hours.
9. No fasting.
10. Cut out foods with a glycemic index above 55.
11. Never skip breakfast.
12. Always combine carbohydrates with fat or protein.
Never exceed a 2:1 ratio of carb to protein.

Snacks

Some good snacks to consider may include: nuts, seeds, boiled eggs, homemade jerky, and protein shakes. Note: You may find that you are intolerant to some of these when you do the elimination diet, so do not invest in Costco-sized jugs just yet.

Rethink Your Breakfast

Typical SAD Breakfast:

Bagel with cream cheese + orange juice + coffee with sugar

Happy Breakfast:

Eggs and Bacon + herbal tea with stevia + avocado

Start journaling your symptoms, and keep up as you begin to balance your blood sugar. You should notice that you will become calmer and will feel better within a week or so!





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BATCH COOKING TIPS



Batch Cooking

The secret to successful batch cooking is to assess your kitchen space and tools, and to use each one efficiently. If done correctly, this batch cook should take under two hours (not including waiting for stew and baked veggies)

You will make a shopping list and ensure you have enough fridge/freezer space.

This scenario uses the following tools/space:

| MEAL | RECIPE | USED |
|-----------|--------------------|-------------------------------------|
| Breakfast | Hash | Wok with lid |
| Lunch | Jar Salad | Counter space, grill, sauce pan |
| Dinner | Yummy Stew | Slow Cooker |
| Side | Baked Root Veggies | Oven, roasting pan |
| Bonus | Bone Broth | Stovetop, stock pan or freezer meal |

Breakfast Hash

Ingredients

- 3 pounds ground beef (may use turkey if eliminating red meat)
- 1 medium onion, chopped
- 3 pounds of butternut squash, diced
- 1 pound of kale or spinach
- 1 tablespoon coconut oil/beef tallow

Directions

- Using coconut oil or beef tallow, stir-fry onions, and then add butternut squash and ground meat. Cook for 7-10 minutes until meat is browned and squash is cooked through.
- Add kale/spinach at the end. Cover the wok and let it steam.



The Jar Salad

You can make a healthy lunch for the entire workweek in one sitting. The key to jar salads staying fresh is in how you stack the food. Place hard foods at the bottom, softer foods on top. Meats/eggs/avocados should be kept separate and added right before eating. Dressing can be added to the bottom, as it will not affect the hard ingredients.

How to stack from bottom:

- Dressing: 1 tablespoon olive oil/juice of one lemon
- Cucumber, chopped
- Green pepper, chopped (use chopped celery, broccoli if AIP)
- Red onion, chopped
- Black olives
- Cherry tomatoes (use cooked beets if AIP)
- Lettuce

Directions

- Bring along an avocado and grilled meat, salmon (or boiled eggs If Paleo)
- Start with 5 mason jars, fill them all from bottom to top, cover with lid
- Jars will keep for 5-7 days if stacked as described

Yummy Chicken Stew

Ingredients

- 1 cut up organic chicken + 4 chicken legs
- 6 large carrots
- 2 cups Brussels sprouts
- 4 small beets
- 1/2 medium onion
- 2 tablespoons duck fat (or coconut oil)
- 1 tablespoon each of thyme, oregano, garlic
- 1 teaspoon sea salt
- 1 teaspoon apple cider vinegar
- Top off with liquid

Directions

- Place all ingredients in a slow cooker before work. Cook on low for 8 hours- 10 hours. Congratulations, you just made food for 3-5 days while at work. Bonus, the liquid can be used as bone broth.



Root Veggie Bake

Ingredients

- 5-6 cups of chopped root veggies (parsnips, turnips, sweet potatoes, daikon radish, beets, black radish, carrots are some options)
- 1 diced apple (optional)
- 1/4 cup olive oil, duck fat, ghee or your oil of choice
- 1/2 teaspoon thyme
- 1/2 teaspoon basil
- 1/2 teaspoon sea salt
- For drizzle: 2 tablespoons extra virgin olive oil

Directions

- Mix all ingredients, place into a Dutch oven or a baking dish with a cover, and bake at 350 degrees F for 2 hours
- May drizzle with olive oil if desired

Extra Bone Broth

Ingredients

- 2 or more pounds beef, chicken or turkey bones
- 3 stalks of celery
- 10 large carrots
- 1 onion
- 1 teaspoon apple cider vinegar
- Sea salt to taste

Directions

- Option 1: Add ingredients to soup pot and top off with water. Turn on heat until boiling, then simmer for 1-2 hours

OR

- Option 2: Place all ingredients in Ziploc bag, put in fridge/freezer. When ready, add to slow cooker topping off with water and cook on low for 8 hours.



Dear Reader,

I hope that you have found this guide helpful.

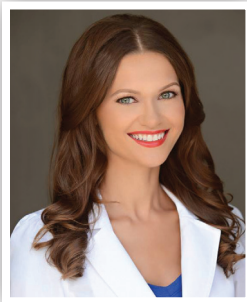
I'm passionate about teaching patients and clinicians how to overcome and reverse Hashimoto's! I've dedicated the last 6+ years to research on the subject. The more I learn, the more I share.

You can sign up to get the *Depletions and Digestion* chapter of my book, a free thyroid diet guide and recipes at www.thyroidpharmacist.com/gift

If you found this short guide helpful, you may also be interested in my other Hashimoto's resources:

- *Hashimoto's Root Cause*: My New York Times bestselling patient guide on how to overcome Hashimoto's. www.thyroidpharmacist.com/book
- *Hashimoto's Protocol*: A guide filled with protocols to help you recover from Hashimoto's, no matter your root cause! www.thyroidpharmacist.com/protocol

Wishing you all the best on your journey!



Warmly,

Izabella Wentz, PharmD

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Disclaimer: None of the statements in the Hashimoto's Self-Management Program have been evaluated by the FDA, or any other government body.

The opinions expressed, while based on scientific research and experience, are the personal opinions of Izabella Wentz and may not adhere to current practices.

The guidelines in this program are not meant to replace your physician's advice, your personal beliefs or your own common sense.

If you have a medical emergency, please call 911.

