



Thyroid Symptom Hacker



Izabella Wentz, PharmD, FASCP

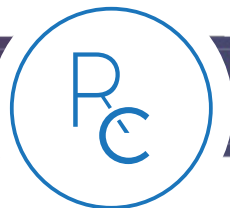
Have you ever found something that worked so well and was super easy and just wanted to shout it from the rooftops?

Over the last few years I've found a lot of simple remedies that have helped me and my clients dramatically improve symptoms in a short amount of time. These shortcuts usually are based on using vitamins, minerals and other supplements to quickly and effectively reduce symptoms.

While most of my work has focused on getting to the underlying root causes (which is not always a fast process), these hacks are meant to give you the relief from symptoms and a boost in energy, so that you can work on getting to the root cause of your condition.

I've seen on average, about an 80% improvement in symptoms with these simple strategies, in 80% of people with Hashimoto's.

I hope that you know that you don't need to suffer!



Overcome Anxiety	1
Eliminate Cramps	3
Resolve Muscle Wasting	4
How to Lose Weight	5
How to Gain Weight	8
Fatigue	10
Hair Loss	13



OVERCOME ANXIETY

Anxiety can be one of the most distressing symptoms of Hashimoto's but you do not need to suffer! A few simple hacks can help you be cool, calm and collected in no time!

1. Balance your blood sugar. Blood sugar swings can send us on an emotional roller coaster. The key to balancing your blood sugar is limiting your intake of carbohydrates and increasing your intake of proteins and fats and eating more frequent meals. Blood sugar balance is one of the strategies I recommend all of the time and this single strategy had created miracles in my practice. Please see page 2 for a chart on my rules for balancing blood sugar!
2. Caffeine is a stimulant that can make us feel edgy and anxious. Some people have a genetic polymorphism that leads to this reaction. In others, caffeine forces more glucose to be produced by the liver, sending them on a blood sugar roller coaster. Reduce (with a goal to completely eliminate) caffeine intake to reduce (and completely eliminate) your anxiety. Drink hot lemon water or herbal tea instead. Some people may also need to eliminate chocolate. I know, bummer, but wouldn't you rather be happy and calm?
3. Selenium reduces thyroid antibodies which have been correlated with anxiety! Many of my clients see big improvements in thyroid antibodies, hair loss and anxiety symptoms with taking Selenium! [Selenium methionine 200 mcg](#) is my recommended dose.
4. Magnesium - yes, this miracle supplement can help with anxiety too! I recommend the [Magnesium Citrate](#) version for this.
5. Yoga/deep breathing/adult coloring books/meditation/massage - whatever you can do to shut down your worried brain for even minutes a day will help you in the long term. See the box on page 7 for my stress reduction strategies!
6. Amino acid supplements can help with stabilizing your blood sugar, and will thus lessen your anxiety. I recommend [Amino NR](#) to be taken three times per day.
7. Advanced brain stuff - if you have a resistant case of anxiety, it may be time for you to consider advanced brain strategies like Neurofeedback (I like the Neuroptimal), or EMDR (Eye Movement Desensitization and Processing).
8. [Myo-inositol](#) has also been shown to help with mood disorders, including anxiety. It can encourage a healthy mood, emotional wellness and less stressful behaviors. Read my [article on myo-inositol](#) for more information about all of its potential benefits.

BLOOD SUGAR BALANCE

Here are a few additional blood sugar rules for eating:

Carbohydrates have a very quick burn rate. They are assimilated very quickly into our bodies, which causes a rapid and high spike in blood sugar. After eating carbohydrates we become hungry again after less than an hour.

Fat and protein have a slower burn rate. They become assimilated into our bodies more slowly and gradually and don't raise blood sugar levels as quickly. They also keep us full longer. Assuming enough calories eaten to feel full, a person will be hungry again two to three hours after eating protein, and four hours after eating fat.

Eating a low glycemic index diet helps with feeling fuller longer, improves cholesterol levels, blood sugar levels, improves cognitive performance, improves energy, and reduces acne. It also reduces your risk of developing diabetes, heart disease, some cancers, and promotes weight loss for those who are overweight. Many people have also found their moods improve after balancing their blood sugar.

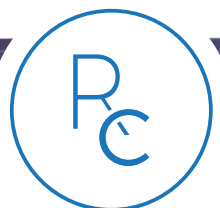
The following quick reference guide can make balancing your blood sugar much easier.

TYPE OF FOOD	UNTIL YOU ARE HUNGRY AGAIN
Protein	2 - 3 hours
Fat	4 hours
Carbohydrate	45 min - 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.

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.



ELIMINATE CRAMPS

Menstrual cramps, and most cramps for that matter, are usually due to magnesium deficiency. Magnesium deficiency can be due to increased need due to stress or weak adrenal function (adrenal hormones are created using magnesium). Reduced dietary intake of magnesium containing foods like green leafy veggies can also result in magnesium deficiency. In order to get to the root cause of menstrual cramps, you will likely need to address your adrenals and stress.

A quick and highly effective hack for menstrual cramps is to take a magnesium supplement starting 1-2 days prior to the onset of your period to prevent their onset, and treat them with a double dose of magnesium. I was having debilitating period cramps that left me barely functioning on the first and second day of my period, until I tried this hack. Within the first month of starting the magnesium, I found that my menstrual cramps improved by 99% - I was surprised, as in previous months - I was in so much pain! I took another dose of magnesium during the day, and found that the slight discomfort also went away.

For best results, and since Magnesium helps in so many other Hashi issues, I recommend taking it daily, at bedtime. Magnesium tends to have a calming effect, so it can help many people with Hashimoto's fall asleep. During the first few days of your period, you can also take a second dose during the day, especially if you feel crampy. Please note, excess magnesium can cause diarrhea, so mind your dose.

I recommend the Pure Encapsulations Brand Magnesium:

- [Magnesium Citrate](#) - for people who tend to be constipated, has a slight stool softening effect (1 tsp per day)
- [Magnesium Glycinate](#) - for people who have normal bowel movements or tend to have diarrhea, this formulation has less of an impact on loosening up stools. (1-4 per day)

Other ways to use magnesium:

- Epsom salt baths
- Topical magnesium spray

Other uses of magnesium in Hashimoto's:

- All kinds of cramping
- Anxiety
- Insomnia
- Constipation (esp. citrate form)
- Adrenal support
- Acid reflux, though in some cases it can make it worse, this seems to be a dose response



RESOLVE MUSCLE WASTING

This is unfortunately a common occurrence happening to many people with autoimmune disease. As the body fights to quench inflammation, it gets into a catabolic mode, where it begins to break itself down to keep fueling the adrenals to reduce the inflammation. Here are things you can do to:

1. Alkalize your body. When we're in a catabolic state, our body starts breaking itself down for fuel! As the body breaks down amino acids (such as your gut lining), you will have a harder time healing and rebuilding and this will also create an acidic environment in the body. Being too acidic also means you will not eliminate toxins properly. A simple hack is to drink more water, add sea salt to the mix, and take a [Magnesium Glycinate](#) supplement and potassium bicarbonate supplement at bedtime.
2. As the body is trying to repair itself, it begins to break itself down to fuel the stress response using amino acids, leading to a protein deficiency. Increase your intake of protein ([pea protein](#) or [beef protein](#) are my top choices for Hashimoto's patients), as well as amino acid blends. Aim for 1-1.2 grams of protein for 1 kg of current body weight. You can also take the [Amino Acid](#) supplement to help with this.
3. Reduce inflammation: take an omega-3 fatty acid supplement, turmeric and [digestive enzymes](#) with food, and [systemic enzymes](#) (3-5 capsules three times per day) on an empty stomach. This will help reduce the inflammation from within the body.
4. Reduce carbohydrate intake, and increase intake of fats and proteins to stabilize blood sugar. Blood sugar surges exacerbate the stress response. See the chart on page 2.
5. Support the gut with [glutamine](#) (5-15 grams per day) so that it can rebuild itself and help you absorb more of your food (glutamine is often depleted for fuel in this stress response) and [Betaine with Pepsin HCl](#) with protein containing meals so that you can break down your food for fuel.
6. Support the body with micronutrients that can aid the body's rebuilding process. [Nutrient 950](#) (Copper, iodine and iron-free), [Vitamin D](#) and [zinc](#) (30 mg per day).



HOW TO LOSE WEIGHT

Weight gain or an inability to lose weight is a frustrating symptom experienced by people with thyroid disease. Our thyroid drives our metabolism and this is partially the reason why people with Hashimoto's tend to have problems with excess weight... but there are other root causes too.

1. GET YOUR LATEST LAB VALUES

Get your latest lab values for TSH, Free T3 and Free T4 from your doctor. You may have been told that these numbers were "normal", but sometimes when these numbers are on the outskirts of normal, your metabolic rate may still be impaired, making it more difficult for you to burn calories.

Additionally, new guidelines have redefined the normal range for TSH to be below 3, however, not many labs have implemented this guideline. Your doctor may be using old ranges.

Most people report feeling well with a TSH between 0.5-2.0. Remember, thyroid medications are dosed in micrograms, (that is 1/1000 of a milligram), sometimes a teensy increase in the dose can make a world of difference. Talk to your doctor.

2. CONSIDER THE TYPE OF MEDICATION YOU ARE TAKING

Some report more weight loss with T4/T3 combinations (*Armour, Nature-Throid, compounded medications*) versus T4 medications (*Synthroid, Levoxyl, Tirosint*) alone. T4 is a precursor to T3, but some individuals do not convert T4 to T3 properly, and the T3 component is the metabolically active one. For more information, make sure to read my article on [which thyroid medications are best](#) and my [top 11 thyroid medication tips](#).

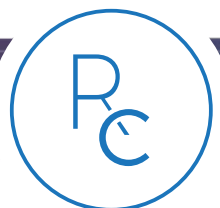
3. CONSIDER THE TYPE OF DIET YOU ARE EATING

The Standard American Diet (S.A.D.), full of sugar and simple carbohydrates, is perfectly designed to cause us to gain weight year after year. Even yogurts that are marketed as "healthy" contain the equivalent of 16 teaspoons of sugar!

I like to think about eating "real food". If it wasn't considered food 200 years ago, we probably shouldn't be eating it now!

Divorcing the S.A.D. is often a step that many of us must take to not just lose weight, but to also feel better and in some cases minimize or eliminate the immune system attack.

Some [Hashimoto's and hypothyroidism diets](#) that have been helpful include the Body Ecology Diet, the Paleo diet, the Virgin Diet, Autoimmune Paleo diet, GAPS diet, SCD diet, Weston A. Price Diet, or the Mediterranean diet.



These diets are meant as a starting point, you may need to modify these diets to fit your own individuality. People with Hashimoto's usually have multiple food intolerances, especially to gluten.

My advice is to eliminate sugar, processed foods of all kinds, gluten, dairy, corn, rice and other simple carbohydrates. Carbohydrates get stored in our bodies as fat. Instead, focus on eating lots of good meats and vegetables (preferably organic), and good fats like avocados, olive oil and coconut oil. Don't count calories, rather eat until you are satisfied. After an initial week or two of withdrawal, your body will start to thank you. You will start noticing symptoms like stomach aches, bloating, acid reflux and fatigue will subside. You will also start to lose weight without trying.

4. CONSIDER TAKING A PROBIOTIC OR EATING FERMENTED FOODS

New research is showing that people who are overweight have an imbalance of bacterial flora in their guts. The particular bacteria found in overweight people extract more calories from food than people who are normal weight! This means you could be eating the same amount of food as your skinny friends, and gaining more weight from it! [Probiotics and fermented foods](#) that contain beneficial bacteria may be helpful with balancing your bacterial flora.

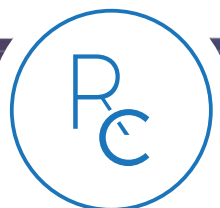
5. CHOOSE A PHYSICAL ACTIVITY

Choose a physical activity that you will enjoy and continue, such as walking, yoga, swimming, pilates, running, Zumba or P90X. Whatever you do, make sure you enjoy it.

6. CONSIDER YOUR STRESS RESPONSE

A common reason why people hit weight plateaus is due to adrenal stress. You can reset your adrenals with getting more rest, limiting caffeine intake, and the ABC's. ABC's stands for Adrenal Adaptogens, B Vitamins and Vitamin C. The supplement [Adrenal Support](#) (recommended dose: three per day) contains all three of these adrenal tonics that can balance out adrenals, whether they are over or underactive.

Please note, severe cases may require further intervention. You can get your adrenals tested with adrenal saliva tests. In some cases, stressed adrenals may actually lead to poor absorption of foods. You can order these tests through your doctor, or [through my patient lab portal](#).



7. RESET YOUR METABOLISM

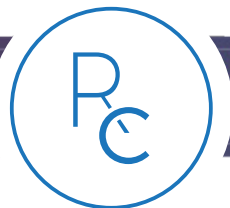
A lifetime of skipping meals and eating high carbohydrates coupled with genetic predisposition may have impaired your metabolic response hormones, such as leptin and others. You can reset your metabolism with proper nutrition (see blood sugar balancing on page 2) and supplements:

- **Tri-Metabolic Control™**; 2 capsules 30 minutes before meals (2-3 times daily)
- **L-Carnosine**; 500 mg twice daily 30 minutes before meals
- **Sereniten Plus**; 1 or 2 capsules twice daily without food. (Please note this supplement contains a casein-derived molecule that is further broken down and thus should not cause a reaction even in those who are dairy sensitive).

STRESS REDUCTION STRATEGIES

Some strategies to reduce stress include:

- Do your best to eliminate, simplify, delegate, automate.
- Be more resilient by being more flexible. Bruce Lee once said “Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind.”
- Do the things that you like.
- Orderliness and predictability are your friends. Plan your life that way when you can. Catch up on bills, checkbooks, and your long to-do lists. Keep your space neat and clean. Schedule times to clean the house and catch up on life, not just big events. Make sure you schedule downtime as well.
- Avoid burning the candle at both ends.
- Massage, acupuncture, meditation or tai chi may help get you relaxed.
- Avoid multitasking. Do one thing at a time and keep your full attention on it before you move on to the next task. Take a small break in between tasks.
- Start a journal, make your own list, be mindful of what makes you feel better and what makes you feel worse.



HOW TO GAIN WEIGHT

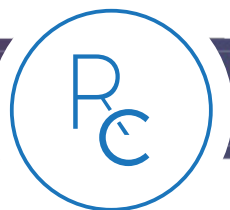
While most people with Hashimoto's will experience weight gain, every time I write a post on how to lose weight, I get numerous questions from readers that ask: "How do I gain weight with Hashimoto's? All of the autoimmune dieting has me losing too much weight!"

Let's explore some of the root causes and solutions:

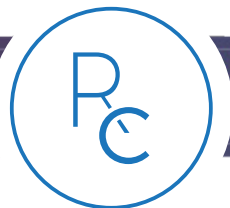
1. Food sensitivities cause inflammation in the gut, leading to a reduced absorption of food and nutrients, which leads to a reduced extraction of nutrients and calories.
2. Eating a nutrient dense diet that restricts some of the common reactive foods can be more filling, compared to a diet of simple carbohydrates, and may result in the person not getting adequate calories.
3. Gut infections, often the underlying root causes of autoimmunity, may lead to poor assimilation and absorption of foods, as well as leave us with a poor appetite.
4. An impaired cortisol production (advanced adrenal fatigue), can also lead to an inability to hold onto weight.

Here are a few interventions to try to help you GAIN weight!

1. Get a calorie counting app like Myfitnesspal on your phone, to help you keep track of your daily calories. Eating real food can be more filling than eating simple carbohydrates and you may not be getting enough calories. Use the app to figure out your target weight and the number of calories per day you need to get there.
2. Supplement after dinner with The Root Cause Building Smoothie: 1 avocado (300 calories), 1 cup coconut milk (150 calories), 1 banana (100 calories), 2 egg yolks (100 calories, if tolerated), 1 scoop of protein of [beef](#) or [pea protein](#) (60 calories). You can also add cooked sweet potatoes if you need more carbs.
3. Get tested for gut infections. Gut infections can prevent the digestion and assimilation of foods, leaving you underweight and malnourished. Even if you've come out negative on a previous test, it's always best to do two tests to reduce the rate of false negatives. My two favorite gut infection tests are the GI Effects Gastrointestinal Function Comprehensive Profile (One day collection)-METAMETRIX KIT for bacterial/fungal infections and the GI Pathogen Screen with H. pylori Antigen-BioHealth KIT for parasitic infections/H. pylori. You can order these tests through your doctor, or through [my patient lab portal](#).



4. In some people, stressed adrenals may actually lead to poor absorption of foods (usually a cortisol deficiency is responsible). You can reset your adrenals by getting more rest, limiting caffeine intake, and the ABC's. ABC's stands for Adrenal Adaptogens, B Vitamins and Vitamin C. The supplement [Adrenal Support](#) (recommended dose: three per day) contains all three of these adrenal tonics that can balance out adrenals whether they are over or underactive. Please note, severe cases may require further intervention. You can get your adrenals tested with an adrenal saliva tests. You can order these tests through your doctor, or through [my patient lab portal](#).
5. Be sure that you are not over medicated. Hyperthyroidism, whether due to Graves disease or excess thyroid hormone can lead to unwanted weight loss.
6. Work on reducing your antibodies with a [selenium supplement](#). A high titer of thyroid antibodies can lead to excess thyroid hormone levels in the blood. Here's a post on [Selenium and Hashimoto's](#) for your reference.
7. Stress reduction, when we're stressed we don't digest. Enough said! See the box on page 7 for my favorite stress reduction tips!
8. Add coconut oil in your beverages, this good fat can add extra calories into your day. Make sure the beverage isn't too hot though, you can burn your tongue that way [#thingsilearnedthehardway](#).
9. Avoid caffeine, it can make you less hungry and stress out your adrenals. When adrenals are very depleted, this can lead to an inability to hold on to weight.



FATIGUE

Fatigue was the most debilitating symptom I experienced due to Hashimoto's. I am so grateful to have my energy back and I want you to have yours back, too! Here are some of my strategies to address fatigue:

1. TSH

One major symptom of hypothyroidism is low energy. Make sure that your TSH is within the range of a healthy person without thyroid disease, not within the range of an elderly person or someone with subclinical thyroid disease.

In recent years, The National Academy of Clinical Biochemists indicated that 95% of individuals without thyroid disease have TSH concentrations below 2.5 $\mu\text{IU/mL}$, and a new normal reference range was defined by the American College of Clinical Endocrinologists to be between 0.3- 3.0 $\mu\text{IU/mL}$.

However, most labs have not adjusted that range in the reports they provide to physicians, and have kept ranges as lax as 0.2-8.0 $\mu\text{IU/mL}$. Most physicians only look for values outside of the "normal" reference range provided by the labs, and may not be familiar with the new guidelines. Thus many physicians may miss the patients who are showing an elevated TSH. This is one reason why patients should always ask their physicians for a copy of any lab results. Despite some lab tests stating that a TSH of 8, or 5 is "normal", most people feel best with a TSH between 0.5-2 $\mu\text{IU/mL}$.

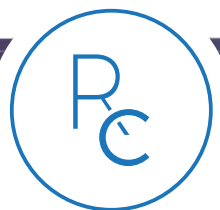
Read this article for more on TSH and how to talk to your doctor about [TSH and adjusting your thyroid medications](#).

2. LOW T3/HIGH REVERSE T3

T3 is our main "energy" hormone produced by the thyroid. When our cells see T3, they produce more energy. Reverse T3 is a molecule that looks like T3, but has slowing down effects. When cells see this molecule, they slow down energy production. Levothyroxine is the most commonly prescribed thyroid medication, but only contains T4, a precursor to T3, our main "energy" hormone. T4 is converted to T3 in the body, but in many people, due to stress, nutrient deficiencies and other factors, this doesn't always happen, and we can continue to feel exhausted despite normal T4 levels.

If you continue to be fatigued while on medications, you can have your doctor test your free T3 levels, (and reverse T3, although sometimes it's not necessary) and you may benefit from a T4/T3 combination medication, such as adding Cytomel to levothyroxine, or switching to Armour, Nature-Throid or compounded T4/T3.

For further information, you can read my article about [thyroid medications](#).



3. ANEMIA IS AN ENERGY THIEF

People often think of iron deficiency as anemia, but there are three types of nutrient deficiencies that can lead to anemia that are common in those with Hashimoto's; iron, B12, and folic acid. Your doctor will usually run a blood test to check for hemoglobin and hematocrit. While helpful for advanced cases of anemia, this test may miss some subtle cases of anemia that can make us exhausted. I recommend doing a test for ferritin, B12 levels, and folic acid. Always be sure to get a copy of your lab tests. As with the "normal" range for TSH, the "normal" lab values for B12, ferritin and folic acid are not often correct. For example, normal levels of B12 are between 200-900 pg/mL, yet levels under 350 are associated with neurological symptoms. If your levels are below 800, you may still benefit from a supplement. For B12, be sure to get a [methylcobalamin](#) version rather than a cyanocobalamin version of B12. The methylcobalamin absorbs better. You can read more about [thyroid and B12](#).

Normal ferritin levels for women are between 12 and 150 ng/mL. According to some experts, the optimal ferritin level for thyroid function is between 90-110 ng/mL. You can read more about [Hair Loss and Ferritin](#).

4. FOOD SENSITIVITIES

Food sensitivities are different from food allergies and eating a food that one is sensitive to may result in fatigue. People with Hashimoto's often present with gluten, dairy, soy, egg, corn and nut sensitivities. Undertaking an elimination diet or food sensitivity testing can give you a tremendous amount of your energy back. You can read more about [food sensitivities and Hashimoto's](#).

5. BLOOD SUGAR IMBALANCES

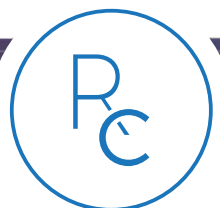
Blood sugar imbalances can wreak havoc on our energy levels as well as cause anxiety. Some people will test blood sugar when feeling tired and will note that it is low. Opt to eat more protein and fat with each meal rather than carbohydrates.

6. OPTIMIZE DIGESTION

The digestive process takes a lot of energy. As those of you who have read my book will know, poor gut function is always a factor with Hashimoto's and autoimmunity. Anything you can do to aid the process of digestion will help you get some energy back. My favorites? Green smoothies and digestive enzymes like [Betaine with Pepsin](#). I felt like Bradley Cooper in "Limitless" after I started taking Betaine with Pepsin. You can learn more about [Hashimoto's and Betaine with Pepsin](#) and try my [thyroid and green smoothie recipe](#).

7. CHECK YOUR VITAMIN D LEVELS AND FIND THE LIGHT IN YOUR LIFE

Low levels of vitamin D can be associated with fatigue, hypothyroidism and autoimmunity in general. Be sure to get enough Vitamin D through sunshine, foods or supplements. Your goal should be to get your Vitamin D levels between 60-80 ng/dl. This is especially true



for those who have a history of mono. The fighter cells that keep the mono virus active are dependent on Vitamin D! I like using [5000 IU of Vitamin D](#) (be sure to check your levels as it can build up), and I also recommend [blue light therapy boxes](#) in the winter to boost energy levels and mood. If you are someone that tends to feel better in the summer, and not so good in the winter, I'm talking to you! Read more about [thyroid and Vitamin D](#).

8. MTHFR GENE

Up to 50% of people have a gene variation that prevents them from properly converting synthetic folic acid. These individuals may benefit from increased green veggies and the activated form of folic acid, [methylfolate](#), as well as additional substances that aid with breaking down homocysteine. Read more about [MTHFR and Hashimoto's](#).

9. ADRENALS

Adrenal fatigue can make you feel like you are dragging yourself around the place, especially in the later phases of adrenal fatigue when our cortisol becomes depleted. Cortisol spikes in the morning to give us a natural jolt to get us out of bed. Those without sufficient cortisol levels may become dependent on caffeine like I did. Coffee may seem like it's helping, but only weakens the adrenals in the long term. Adrenal fatigue is one of the major reasons we feel exhausted despite taking thyroid medications.

Adrenals are no quick fix, and I have an entire long chapter dedicated to them in my book, [Hashimoto's: The Root Cause](#), as well as a whole adrenal protocol in [The Hashimoto's Protocol](#), but to get started on the right track, I recommend adaptogens like those found in [Rootcology's Adrenal Support](#), and adrenal saliva testing with your healthcare professional to determine an appropriate course of action.

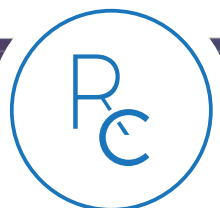
10. IS YOUR LIVER CONGESTED?

Some of us may be exhausted because we do not have the ability to process the toxins our body is dealing with. The toxins may be external such as molds, or internal, such an imbalance of gut bacteria or pathogens. The toxins saturate the liver enzymes and we feel exhausted. [N-Acetyl-Cysteine](#) is a supplement that supports the liver's detox capacities. I also have a whole chapter on detoxification in [Hashimoto's: The Root Cause](#), and liver support will be covered in great detail in [The Hashimoto's Protocol](#).

11. OPTIMIZE L-CARNITINE LEVELS

L-carnitine is an amino acid that is naturally produced in the body but may be decreased in hypothyroidism, potentially due to reduced synthesis of L-carnitine while we are in a hypothyroid state. L-carnitine supplementation may be useful in alleviating fatigue symptoms in hypothyroid patients, especially in those younger than 50 and those who have hypothyroidism due to a thyroidectomy.

I have personally seen people "awaken" with the use of L-carnitine. A dose of two capsules twice a day, or 2,000 mg of [L-carnitine](#) per day, is recommended. For more information, check out my [article on thyroid fatigue](#).



12. THIAMINE

Last but certainly not least on this list is the B vitamin thiamine (B1 to be precise). This vitamin can be deficient in people with Hashimoto's and adrenal fatigue. What's really exciting is that taking 600 mg per day can restore energy levels in as little as three days! I wrote about the thyroid and thiamine connection on my blog post a while back and I still get hugs from random people at conferences who have reported that thiamine has changed their lives! I recommend the [Benfomax from Pure Encapsulations](#) for best results. You can read more about the [thiamine and thyroid connection](#) on my website.

HAIR LOSS

1. One of the big root causes of hair loss is a deficiency in thyroid hormone. This could be because you're not getting a high enough dose of thyroid medications, or it could be because you're not getting the right kind of thyroid medication.

If you're on thyroid medications and experiencing hair loss, the general rule of thumb is to make sure you are on a T3 containing medication like WP Thyroid, Nature-Throid or Armour thyroid and that your TSH is between 0.5 and 2. Remember, while most thyroid medications contain the T4 hormone, it's the abundance and availability of T3 hormones that make nice hair! On paper, T4 medications convert to T3, but this doesn't always happen effectively in the body. Many people have reported finally getting their hair back after T3 levels were optimized.

2. Another common root cause of hair loss is iron deficiency anemia. Iron deficiency is one of the most common reasons for hair loss in premenopausal women. People with Hashimoto's often have poor levels of stomach acid, which is required to extract iron from foods. Be sure to check your ferritin levels. ferritin is the iron storage protein and is an early indicator of iron deficiency. When we have a lack of iron, our body pulls it from hair, and conserves it for more vital processes. You can check your ferritin levels with a blood test. The target goal for ferritin is between 90-110 ng/mL. If you are below that, you will need to eat more iron-containing foods (liver once per week, grass-fed beef) or take a [ferritin supplement](#). You can read more about [Hair Loss and Ferritin](#) (if levels have not increased with 3 months of supplementing, you need to look for root causes, please review the listing at the end of this guide for root cause resolution resources).
3. Your food- I first noticed the role of fats in hair when I was studying the effects of low fat and high fat diets on lab rats (this volunteer research assistant position sounded much better on paper!). I'll spare you the lab rat research stories for another time, but you should know that the rats fed a high fat diet had beautiful long and shiny rat hair. The low fat diet ones, not so much. This is because fatty acid deficiencies result in dry, dull, lifeless hair. Eating Omega-3 containing fish, taking an Omega-6 supplement like [Evening Primrose Oil](#) (4-8 per day) and even doing an olive oil hair mask at home can help bring back the shine to your hair.

4. Already optimized with your thyroid hormones? Consider supplementing with [biotin](#) (5000 mcg-10000 mcg per day) and zinc (30 mg per day) to support thyroid hormone conversion and hair growth.
5. Balance your blood sugar! Blood sugar swings brought on by eating too many carbohydrates and not enough quality proteins and fats can wreak havoc on your health and hair! Blood sugar swings encourage the conversion of T4 to reverse T3. Reverse T3 is an inactive hormone that blocks the body's utilization of T3, resulting in increased hair shedding.
6. Support your stress response and hormones. Stress can make you shed hair like crazy. I'm speaking from personal experience, as well as the experiences of hundreds of my clients. Stress less and consider stress hormone support with the [Adrenal Support](#).
7. Eliminate Demodex hair mites - sounds gross right? But there are tiny mites that may be responsible for your hair loss and may cause your hair to be more greasy. You can wash your hair with a sulfur and tea tree oil containing shampoo like Ovante's [Demodex](#) to kill the mites - just remember to let the shampoo sit on your scalp for 3-5 minutes to effectively kill the mites.

HELPFUL RESOURCES:

Books

- [Hashimoto's: The Root Cause](#) Book
- [The Hashimoto's Protocol](#) Book
- [The Antianxiety Food Solution](#) by Trudy Scott, CN
- [Period Repair Manual](#)

Supplements

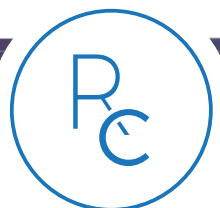
- www.thyroidpharmacist.com/supplements
- www.rootcology.com

Patient Directed Lab Testing

- <https://www.directlabs.com/thyroidrx/OrderTests>
- <https://www.ultalabtests.com/thyroidpharmacist>

Programs

- [Hashimoto's Self-Management Program](#)



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: The Root Cause*: My New York Times bestselling patient guide on how to overcome Hashimoto's.
- *Hashimoto's Protocol*: A guide filled with protocols to help you recover from Hashimoto's, no matter your root cause!
- *Hashimoto's Food Pharmacology*: Real food solutions for the busy non-chefs who want to reverse autoimmune thyroid disease.

Wishing you all the best on your journey!



Warmly,

Izabella Wentz, PharmD

Izabella Wentz, PharmD, FASCP

www.thyroidpharmacist.com

The medical information in on this eBook is provided as an educational resource only, and is not intended to be used or relied upon for any diagnostic or treatment purposes. This information should not be used as a substitute for professional diagnosis and treatment.

Please consult your health-care provider before making any health-care decisions or for guidance about a specific medical condition.