



Dear Bethel...
PERSONALIZED HEALTH COACHING



SUPPORTING HYPOTHYROIDISM

Dear Bethel,

I was recently diagnosed with hypothyroidism and I am wondering if there are any nutritional strategies I can use to support my thyroid naturally, in addition to the medication I am on?

Thanks! —Zoe

Dear Zoe,

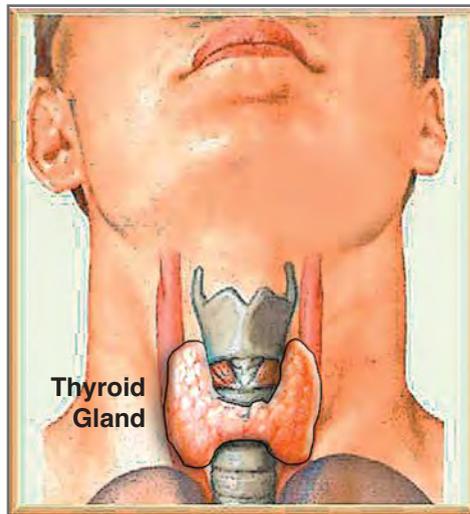
YES! There are numerous things you can do to naturally support thyroid function. Let's start with the foods you can eat that will provide optimal support for your thyroid AND help reduce unpleasant symptoms.

#1—OPTIMAL PROTEIN

- Optimal amounts of protein provide the building blocks for cell repair and detoxification, and help you burn fat, even with hypothyroidism. Aim to get between .65 and 1 gram of protein per pound of body weight daily.
- Clean animal proteins provide thyroid-essential nutrients like selenium, iron, zinc, tyrosine, vitamins D & B12. Some of the best options include: lean, grass-fed beef, bison, lamb, pork chops or tenderloin, chicken, turkey, halibut, trout, sardines, shrimp, and scallops.
- Pea protein is a great option for adding to smoothies because it's easy to digest and helps balance blood sugar.

#2—CRUCIFEROUS VEGGIES & SPROUTS

- Cruciferous veggies, such as broccoli, cauliflower, and kale, are important for supporting detoxification and for their ability to help convert inactive T4 to active T3 thyroid hormone. Some people raise concerns about the "goitrogenic" properties of crucifers, but simply cooking or fermenting them will neutralize those goitrogens.
- Sprouts are amazing detoxifiers! Broccoli sprouts are especially rich in sulforaphane, which aids detoxification in the liver, where much of the T4 to T3 conversion happens.



#3—DARK LEAFY GREENS

- Dark leafy greens provide important phytonutrients and fiber that feeds the good bacteria in your gut and helps keep BMs regular. (This is important because some of the T4 to T3 conversion happens in the gut, too!)
- Bitter-tasting greens also stimulate the release of stomach acid, which aids in the digestion and absorption of protein and vitamin B12—both important factors in energy levels and thyroid health.
- In addition, greens are a great source of magnesium, which is critical for detoxification and thyroid function.

#4—COLORFUL VEGGIES

- Try to include as wide a variety of colorful vegetables as you possibly can. This will help to build a diversity of flora in your gut. Make sure you are getting plenty of powerhouse phytonutrients into your system.
- Eat veggies from as many families as your body will allow you to. Leafy veggies, root veggies, squashes, cucumbers, crucifers, and legumes, like peas and green beans, if you tolerate them. If raw veggies irritate your system, then eat them steamed or well cooked.

#5—RESISTANT STARCH FOODS

- Resistant starch helps to create nice, even, blood-sugar levels for sustained energy, and it also feeds important strains of beneficial bacteria in the gut.
- Foods rich in resistant starch include: cold-cooked potatoes and rice, oats, green bananas, plantains, sweet potatoes, peas, beans and legumes, like lentils or split peas. The cooking water from beans is also a good source.
- If you are sensitive to nightshades or are eating the Paleo Diet or the Autoimmune Protocol (AIP), try adding green-banana flour or organic bananas WITH the peel to your smoothies.

#6—LOW GLYCEMIC LOAD FRUITS

- Fruit can be a rich source of fiber and phytonutrients, and should be included in moderate amounts.

- To keep blood sugar and energy levels stable, focus on fruits with a low glycemic load. Some of the lowest-GI fruits are: lemons, limes, grapefruits, berries, apricots, nectarines, pears, peaches, plums, and apples.
- Blueberries are especially good because they contain myo-inositol, which supports thyroid function and balanced blood-sugar levels. Myo-inositol has been shown to reduce Thyroid Stimulating Hormones and symptoms of hypothyroidism!



#7—MUSHROOMS

- Mushrooms are an excellent sources of selenium and vitamin D, and also contain iron and zinc, all of which are on the top-10 list of nutrients for thyroid health! Some of the best varieties include: shitake, crimini, portabella, and white mushrooms. Mushrooms are best eaten when cooked to destroy the small amounts of toxins they contain and to release their nutrients.

I'll share more next time. Until then, focus on regularly including the foods I shared here, and see if you notice any difference! ■

BETHEL WAGNER received her training from the Institute for Integrative Nutrition, where she studied a variety of dietary theories and practical-lifestyle-coaching methods. With her knowledge, she helps exhausted moms with hypothyroidism increase their energy, boost their mood and release weight so they can zoom through their days with energy to spare. She is currently offering her **Thriving Thyroid Course** as well as a **28-Day Thyroid, Metabolism & Energy Jumpstart**. Call (406) 479-3242 for details and registration.



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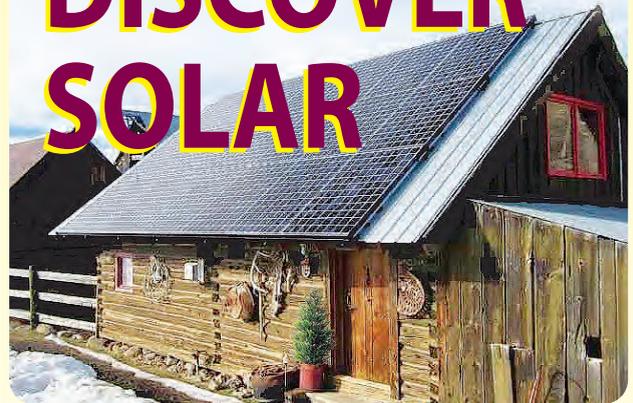
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