

HORMONE RESET PROGRAM

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Thyroid Cliffnotes (Part 2)

Solutions to Hypothyroidism

- ❖ Give up gluten—this can help the thyroid normalize.
- ❖ Get your vitamin D levels checked. The test to do this is the 25(OH)D or 25-hydroxyvitamin D test. Your levels should be between **52 – 90 ng/mL** (130 – 225 nmol/L). Track this over time with your physician or nutritionist, as you may need to change dosage depending on levels.
- ❖ Fill in your nutritional gaps. A good multivitamin will provide the minerals you need in proper amounts, including:
 - Copper
 - Zinc
 - Selenium
 - Iron
 - Vitamin A
- ❖ Don't have too much fish to avoid mercury toxicity. Take fish oil pills instead to get your omega-3s.
- ❖ Be aware of “goitrogens”, foods which affect the thyroid:
 - Brassica family (cabbage, broccoli, cauliflower, kale, etc.)
 - Steam these to lower the goitrogenic effect
 - Soy—if you have low thyroid function, avoid soy
 - Soy is eaten differently in East Asia (including the starting age), so effects are different.
- ❖ **No** botanicals have had proven efficacy in humans, so there is no need to take any.
- ❖ If you take replacement thyroid hormones, take the lowest dose for the shortest time.
 - It's like shoe shopping—you might not get it right on the first try.
 - **You must see a doctor to get these prescribed!**