Discover 8 Thyroid Diet Secrets to Immediately Regain Energy and Melt the Pounds Away That Took Me 5 Years to Learn

You downloaded this document because you, or someone you care about and love, is struggling with hypo- or hyperthyroidism, Hashimoto’s or Graves’ Disease. This means always feeling extremely tired (“thyroid-tired” is different from the “tired” most people know), depressed, experiencing anxiety attacks, brain fog, heart palpitations, inability to lose or gain weight no matter what and... so much more. Oh, and have I mentioned the digestive issues, miscarriages and difficulty getting pregnant?

You probably also believe that what you eat matters. You have a notion that food could be your medicine; you just need help to know what helps and what does not.

A few points I want you to know before I pop the secrets:

1). It’s personal

I cured my thyroid and so can you.

If you have not watched my story, I recommend doing so <My Story Video>. It feels overly simplistic to say it, but honestly, there were three critical things that cured my Graves’ and Hashimoto’s. One: Quality Food. Two: Water. Three: Stress Reduction. Everything else was a boost or an aid. I still cannot believe it took me 5 years to figure it out. So you don't have to.

2). Step-By-Step System

Let me lay down my thyroid diet R-A-B Step-By-Step System; R=Remove, A=Add and B=Balance; which generates awesome results for my clients.

1: REMOVE: what is toxic in your food, body and life so the ongoing inflammation in your system is reduced

2. ADD: food and habits that boost and nourish your body

3. BALANCE: achieved from food and lifestyle choices according to your preferences, ethnic background and spirit; because everyone is different and no one solution fits all.

Here is just one thing to remember: 95% of hypo- and hyperthyroidism cases are caused by your autoimmune system attacking your own thyroid. It's important to know this as the protocol recommendations are largely designed to decrease the inflammation in your body that is caused by a confused and malfunctioning autoimmune system. Confused? That's OK, it's a lot of new information, just keep reading.
3). Be realistic and holistic

Not one thing, food, pill, vitamin or mineral alone will cure your thyroid. Approach your healing from a holistic perspective; just like wheels of a car that need to be aligned and balanced for the car to run well; one misaligned wheel throws the whole car off balance. Your body is the same.

So, here come my 8 Diet Secrets.

These are critical 8 things (but not the only ones) that will impact your thyroid:

#1 GET OFF GLUTEN

- Gluten is a protein found in bread, pasta, cookies, cakes and pizza. Grains that contain gluten are wheat, rye, spelt, kamut, barley and couscous.
- It’s not certain why but gluten creates a havoc in the gut (where the immune system lives) by creating a “leaky gut” and a weak immune system, but it does.
- It is believed that 90% of people with hypothyroidism and hyperthyroidism have a problem with gluten. I have seen consistent weight loss, boost of energy, less depression and lifting of foggy brain in my get-off-gluten clients.
- It’s totally understandable that you are freaking out and thinking “I can never do that, I need my bread!”. Fair enough and I hear ya. All I’m saying is:
  - do it gradually; start by making smoothies for breakfast rather than doing bagels and toasts
  - find good substitutes; so many are now available in health stores, such as rice breads, quinoa pasta, rice crackers; all yummy
  - focus on the potential benefits; weight loss, less depression, no bloating, more energy, clarity of thought, less anxiety attacks.

Go on, try it for two weeks and see how you feel.

#2 GET ENOUGH OF VITAMIN D

- Very often people with thyroid conditions are found to have severely low vitamin D levels
- What most people do not know is that vitamin D is a … hormone and it’s tightly connected to your thyroid hormones
- Here is a link to my article how to self-test for vitamin D deficiency, or simply run it in your next blood test
- During summer, get 20 minutes of sun with no sun block
- You can’t overdose on vitamin D
- Be generous with food like salmon, oysters and sardines. Take fish or cod liver oils as supplements. Always pick vitamin D3 supplements
- I’m not a fan of vitamin D-fortified food and drinks as they provide synthetic and doses that are too low when you have an autoimmune disease.
#3 GOITEROUS FOOD

Goiter is a substance that slows down your thyroid. If you have hypothyroidism: limit them. If you are hyper: go for them. This is how to go about it:

<table>
<thead>
<tr>
<th>Highly goitrous (hyper: good to eat, hypo: no more than one serving per week)</th>
<th>Somewhat goitrous (hyper: good to eat, hypo: no more than 3-4 servings per week)</th>
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<tbody>
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<td>• bok choy</td>
<td>• bamboo shoots</td>
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<td>• broccoli</td>
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<td>• Brussels’ sprouts</td>
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<td>• mustard</td>
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<td>• mustard greens</td>
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<td>• radishes</td>
<td>• sweet potatoes</td>
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<td>• rutabagas</td>
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<tr>
<td>• soy *</td>
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<td>• soy milk *</td>
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<td>• soybean oil *</td>
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<td>• soy lecithin * (often used as a filler in vegetarian food)</td>
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<td>• tofu *</td>
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</tbody>
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* soy elevates estrogen, advised to avoid it all together for both hypo and hyper.

Here is the good news for people with hypothyroidism, though! Goitrous food loses its potency when cooked, steamed, grilled or fermented. It’s best to limit them nevertheless to 2-4 servings per week until you feel better. Read on.

#4 ADD FERMENTED FOOD

- Fermented food greatly improves your digestion and a healthy gut is critical in your thyroid’s health (both in hypo and hyper)
- Your inactive thyroid hormone (called T4) gets converted to the active hormone (T3) in your gut and liver. T3 is directly responsible for your metabolism (weight and energy), brain (depression and anxiety), digestion and more.
- Fermented food provides a bacterial flora that creates a healthy gut; this means optimal T4 to T3 conversion that could mean more energy, weight loss, less anxiety and depression.
- Examples of fermented food, most can be found at your health store:
  - Sauerkraut (pick properly fermented, not in vinegar)
  - Tempeh (fermented soy, looks like a dense cake)
  - Miso (fermented soy in paste form)
  - Kim chee (Korean fermented veggies)
  - Yoghurt (this is my recipe to make your own yoghurt)
• Kefir (has different bacteria than yoghurt, also super beneficial)
• Curious how to incorporate fermented food into your diet? Read this article.

#5 GET ENOUGH IRON

• It’s said that 60% of people with thyroid conditions are iron deficient. It’s best to get a blood test to know for sure but typical symptoms include anemia, cracking of corners of the mouth, inflamed tongue, dizziness, hair loss, brittle nails, fragile bones, sensitivity to cold, depression and confusion.
• Be generous with food rich in iron: liver (of any animal) and organs, beef, chicken, fish, clams, eggs as well as spinach, lentils and butter beans.
• If you use supplements, never overdose; always consume iron with vitamin C and E and never together with calcium-rich food or calcium supplements.
• Look up this recipe; it helped me overcome years of liver aversion; Chicken Livers Magda’ Style and get some serious iron doping. This is a guaranteed turn-around recipe for any liver hater!

#6 FIND OUT WHAT FOOD SENSITIVIES YOU MIGHT HAVE

• It is believed that as much as 70% of our current population has some form of food sensitivities (different from allergies) and the main culprits are:
  o gluten (as mention in #1 above)
  o soy
  o dairy
  o eggs
  o yeast
  o fructose
  o nuts
• How do you know if you have it? Eliminate one food culprit at a time for 2 weeks, see if you feel any better, then re-introduce it in large amount after the 2 weeks. If symptoms (such as bloating, headaches, fatigue, foggy brain, eczema, acne, etc) come back, you know the culprit.
• It’s **critical** to cut out the culprit(s) as it aggravates your immune system.

#7 AVOID SOY

• You must be confused about soy as so much has been said about this little bean. Well, if you have a thyroid condition, it’s likely that your hormonal health overall is compromised. It’s best to avoid soy as it elevates the estrogen levels.
• Food to avoid: tofu, soymilk, soy lecithin (used as fillers in f.eg veggie burgers), and soy oil.
• Start reading product labels; you will be surprised where soy is hiding.
• Fermented soy like miso and tempeh are OK though. Always pick non-GMO (non-genetically modified) and MSG-free miso and tempeh.

#8 BUT LOVE OTHER PROTEINS

• If you are bummed about soy, don’t despair; there are so many other proteins to pick from. Key sources are, of course, meat, eggs, dairy but also nuts, beans, lentils and grains.
• I highly recommend getting a high-protein breakfast rather than loading on carbs (like bagel, toast, orange juice): this way you prevent a sugar crash later in the day and stabilize your sugar levels for the day (and life)
• Stable sugar levels are vital in thyroid health; if you are hypoglycemic or suffer from insulin resistance, this needs to be fixed before you see any improvement in your thyroid.
• So, how much proteins do you need daily? 46g for women and 54g for men.
• To give you an idea:
  o 1 cup of milk has 8 grams of protein
  o A 3-ounce piece of meat has about 21 grams of protein
  o One serving of salmon is 21 grams of protein
  o 1 cup of dry beans has about 16 grams of protein
  o An 8-ounce container of yogurt has about 11 grams of protein

But wait, I have more. TWO more BONUS DIET TIPS!

BONUS SECRET #9: DETOX TWICE PER YEAR

• As mentioned earlier, your liver and gut are responsible for converting the inactive T4 (which is for e.g. Synthroid) to the active T3 that powers up your body.
• This is why a healthy gut and liver are critical in thyroid health. Unfortunately today, most of us are very toxic. Detoxing twice a year brings a lot of relief to the gut and liver.
• It’s best to detox in spring and autumn.
• Do one liquids-only detox and one gentle detox of cooked veggies and juices.
• Always consult your holistic practitioner before starting; people with hypoglycemia or insulin resistance should be very careful.

BONUS SECRET #10: EAT LOCAL, EAT ORGANIC

• You probably heard the “eat local” mantra many times but never really understood WHY. It’s pretty simple; produce grown in a 500-mile radius
has enzymes that boost your immune system. And when you have Hashimoto’s or Graves’ you need that badly! Exotic food like mangos, papayas (if you live in the US) are tasty but will not give you an immunity boost.

- Organic is NOT a fad. Pesticides, synthetic fertilizers, hormones, growth hormones create toxicity that compromises your thyroid.
- Organic does not have to be that much more expensive you if are getting it straight from the farms – Google and check out the CSA (community-supported agriculture) spots in your area.
- If you were to make choices, here are the priorities:
  - Top choice: local and organic
  - Second choice: organic and non-local
  - Third choice: local and non-organic
  - Should not be a choice: non-local and non-organic

By now you probably have a dozen questions like

- How do I get started with a detox?
- What if I’m a vegetarian?
- What about iodine in my diet?
- Can I do a blood test rather than the Elimination Diet?
- Where can I find local organic food at better prices?

Thyroid health is complex and it’s perfectly normal to be overwhelmed at this point. I’ve been there so I understand. Don’t worry; I’m here to help. If you’ve been struggling with your own thyroid crisis and nothing you’ve tried works, I am here to empower you with the right knowledge, action plans and point you to the right resources to regain your thyroid health.

Go ahead and schedule a **FREE 30-min Thyroid Breakthrough Session** with me to develop your healing roadmap to lost that weight, kick depression, fatigue and anxiety goodbye forever.

Don’t hesitate to call **646.580.0121** or email Magdalena@ThyroidDietCoach.com to book your first session. You can also check my availability and book a spot using the [online calendar](#).

You can work with me in a couple of ways:

**A. THRIVING THYROID Coaching** for a 3-6 months period.

Read more on [VIP 1-on-1 Coaching](#) or [Group Coaching](#)

A highly personalized at-your-own-pace nutritional coaching investment to free you from hypothyroid symptoms in the fastest way possible, giving you life-long self-help tools; complete with detoxing plans, meal plans, cooking class, food shopping tour, blood test interpretation, doctor pre-screening, herbal and supplement support based on your nutritional deficiencies, as well as distressing and meditation techniques, plus much more.
B. Download the **FIRE UP MY THYROID Home Study Program** or join the next upcoming LIVE TELESEMINAR at [www.FireUpMyThyroid.com](http://www.FireUpMyThyroid.com)

A Home Study Program or LIVE teleseminar (via phone) series designed to teach in 4 simple steps how to fire up your thyroid by understanding the gland, picking the right doctor, nourishing and detoxing your body with food, supplements and emotions. Dial in to 4 calls (once a week) consisting of a 40-minute talk + a 30-minute open Q&A, packed with information, tools and resources. Also get 4 Action Lists to get instant results, complete session notes, recordings and forum access where you will meet me and your other tribe members to create a closer community bond and support.

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Here are a few more FREEBIES for you:

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<th><img src="facebook.png" alt="Facebook" /></th>
<th>Connect on my <a href="http://Facebook">Facebook</a> page and get daily thyroid bits</th>
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<tbody>
<tr>
<td><img src="twitter.png" alt="Twitter" /></td>
<td>Follow me on Twitter <a href="https://Twitter">@CureMyThyroid</a></td>
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<tr>
<td><img src="meetup.png" alt="Meetup" /></td>
<td>Join a support group in NYC at <a href="http://Meetup">Meetup</a> that gets together monthly.</td>
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I cured my thyroid. So can you.