



# HYPOTHYROIDISM

The thyroid, a small but important organ at the base of the neck, releases hormones that are involved in almost every body system including metabolism, endocrine, cardiovascular, neurological, and immune function. That's why, if your thyroid isn't working well, you'll feel diverse symptoms including dry skin, hair loss, cold hands and feet, mental fog, weight gain, constipation, irregular menstruation, painful or stiff muscles, and depression. The primary causes of an under functioning thyroid include autoimmunity, blood sugar imbalance, inflammation, high stress, nutrient deficiencies, and poor digestive health. Key ways to address hypothyroidism and to find relief from symptoms involve eating a nutrient-rich, gut-friendly, anti-inflammatory diet and incorporating lifestyle changes such as daily movement and stress-management.

## AVOID THESE FOODS

### Inflammatory foods to reduce:

- **Refined Vegetable Oils:** soybean, canola, Mazola, corn, sunflower, safflower, grapeseed, etc. \*hidden in packaged foods
- **Highly processed Foods:** fast food, salad dressings, chips, crackers, frozen meals, nut butters, sauces, seasonings, candy, etc.
- **Refined Sugar:** sweetened drinks, pastries, ice cream, sweetened yogurt and oatmeal, artificial sugar, agave, corn syrup, etc.
- **Gluten (Wheat, Barley, Rye):** white or whole wheat bread, flour tortilla, pasta, pastries, pancakes, cookies, and often hidden in sauces/seasonings as a thickener.

*\*Read ingredient labels on packaged foods to determine if it is a healthy choice. Only choose products with ingredients you recognize and trust.*

## THERAPEUTIC FOODS

### Eat a balanced meal/snack every 3-4 hours.

Balanced: Protein + Healthy Fat + Fiber-rich Carb

### Eat 2-3 cups of non-starchy vegetables daily

**Colorful (antioxidant-rich) plants:** berries, dark greens, turmeric, herbs, spices, cacao, green tea

**Anti-inflammatory fats:** olive oil, avocado oil, avocado, nuts, seeds, salmon, sardines, anchovies

**Iodine-rich foods:** seaweed (nori, kelp sprinkles, furikake), fish, oysters, plain Greek yogurt

**Selenium-rich foods:** Brazil nuts (1-2 per day), fish, chicken, turkey, shrimp, plain cottage cheese

**Fiber (Prebiotics):** whole fruit, non-starchy veggies, root veggies, nuts, seeds, beans, gluten-free whole grains, green plantains, etc.

**Fermented foods (Probiotics):** plain greek yogurt or kefir, kimchi, sauerkraut

## LIFESTYLE HABITS



Incorporate low-impact movement for 30min daily: walk, yoga, weight lifting, Pilates.



Practice daily stress management such as deep breathing, meditation, journaling, therapy, etc.



Sleep for 7-9hrs every night and get a few minutes of sunlight each morning.



Reduce toxin exposure by reducing plastic use, harsh chemicals, and teflon cooking pans.