Welcome to part three of Thyroid Revive and Thrive. This is called Protecting Your Thyroid From Harm. There are a number of objectives in doing this presentation. One is that there are so many things that get in the way of thyroid function that are not presented to you when you go to your typical MD or endocrinologist to get help with a thyroid problem. Typically it's just do some tests, here's some medication, go on your way. There's so much you can do to protect your thyroid from going down that route and that means not just if you don't have a thyroid problem.

If you already have a thyroid problem you can protect your thyroid and actually help to start to repair the process. It's really important, I think, that we pay attention to these things because we've kind of grown up in a medical society where we're used to go to the doctor, get something to take as opposed to get some things to do. That's where the real, true healing happens is when we focus on what we can do to protect the thyroid and then to support it. This conversation is about protecting your thyroid, and part four is going to be about how to enhance the functioning of your thyroid, but protecting it is going to enhance it indirectly, so I just need you to know that.

Also, because a lot of people are having trouble with getting labs done, either because they live out of the country, they live in a place where there's no direct access to blood testing, like in this country several states like New York and Rhode Island and I can't remember some of the others but there's several where there's some laws about that, so you can't directly go to direct labs and get your lab tests done. It's really a good practice to learn everything you can about how to protect your thyroid and support your thyroid and we can do some clinical guessing. It's hard to do clinical guessing on your own if you don't have the information. I'm here to provide you with some basic background information so that you can say, "Well, I think if I do this it's certainly going to protect my thyroid from harm," and then when we go into part four, here's some of the things that you can do to actually support your thyroid, even if you don't have the lab tests.

There are certain things like specific, maybe supplements or herbs or stuff that you want to make sure you know what you're doing with but for the most part you can get a lot, a lot, of help even without the labs. That said, I think it's super important to get the labs because then we know exactly what's going on and we are going to hone in much more quickly.
A lot of doctors are in the old-fashioned mentality of, "This is what I learned in medical school, which is test the TSH. If it's below five or 5.5, then the person is fine. Treat their symptoms, like something for depression, something for constipation, something for skin, et cetera. Then if it is above the five, the TSH, then I'm going to just give them some Synthroid or levothyroxine or some other form of synthetic T4."

That's the traditional approach. "If it's below 0.5 then I'm going to be looking for possible signs of Grave's disease and looking for antibodies to that and then radiating the thyroid and then putting them on synthetic T4." It's kind of an archaic way to approach thyroid. It comes from a place of not really digging in to how it works. In our last presentation we talked a lot about how it works. I went into a lot of detail and I err on the side of more detail. You don't have to learn it all and memorize it all but I feel like when you understand the complexities of how it works then you're going to understand better the importance of doing things to protect it and to support it.

Let's just go ahead and get started. This information is definitely not intended to replace a one-on-one relationship with a qualified health professional and I'm not giving you medical advice, so I want to make sure that you're aware of that. If you have a diagnosed thyroid condition and you're on medication or under the care of a doctor please make sure you discuss this with the doctor and get concurrence.

If you find that your doctor is not open to doing anything but giving you synthetic T4 and hoping for the best then it might be a good time to start shopping for a different doctor, one who is more open. I'm happy to report that there are a lot more doctors, MDs, that are trained in how to really look at it and those are the ones you need to find. This is not medical advice. This is just sharing from my experience, my knowledge, and my deep passion for helping people to get help, for helping people to get this support they need in making changes. It breaks my heart when I hear somebody say, "I've been on Synthroid for the last 15 years and I've never gotten better. The numbers on paper look better. My TSH looks better, but that's it. I don't feel any better and the doctor doesn't get this." That's why we're here, is to help you really and truly support your thyroid using diet and lifestyle and attitudes and all the rest.

As a review, the program at a glance, we started out teaching you about the assessments and helping you to ... If you have access to the labs, by all means please get them. A lot of you have and a lot of you have uploaded them to me. I'm excited. We're going to go through them. We had thyroid assessment but in addition to the labs there are other signs. If you can't do the labs but you took the temperature assessment and found that your temperatures were low, if you did the checklist and you found that you have a lot of those symptoms of low thyroid function, then assume you do and pay close attention to the things that I'm going to be teaching you in the next three sections of this program.
The next part, we went into how it works and what can go wrong. We started to look at some labs. We had a lot of them there. I shared with you a chart to map out your findings on. We're going to use that a lot more as we go through and read more labs. The third part is protecting your thyroid from harm. That's where we are today. I'm going to give you a lot of tips and things that I want you to start doing right away, whether or not you've gotten your labs tested yet or whether or not your labs are even coming back abnormal. Maybe they're showing up perfectly normal but you still have symptoms. We're going to protect your thyroid and we're going to talk more about how you can help your receptors to be more receptive to the thyroid hormone that you're producing.

In part four we'll go really in detail about specific foods, specific herbs, and specific nutrients for thyroid support and share with you how you can use a chart that I'm providing to determine, based on labs and based on symptoms and based on what we think is going on, which particular herbs, nutrients, and foods would be the best place for you to start, knowing that there's biochemical individuality and that there's tweaking and personalizing that needs to be done to make it all work well for you. It's a starting point but that's why you're here in a program with the coaching, with the support, and with your accountability journals that you can be filling in as you go along, progress journals, accountability journals, whatever you want to call them. I like to refer to them as progress journals. Those progress journals will help you to report back to us about where you are, where you're getting stuck, and where you need the most help.

You also have access to the Facebook group where you can post questions and comments there and get support. Then you have access to those spots in the calls where we're going to be doing things like reading labs. Finally, in part five, that's where we pull it all together, where you create this plan, you create the time length after which you're going to start to reevaluate, and you just put in place what's going to keep your thyroid healthy and how you're going to do the checks and balances along the way.

This is just a little collage of some of things that impact your thyroid function: specific foods in your diet and deficiencies in your diet and excesses in your diet, various medications, we have a list, gluten intolerance can be a major effect on damaging and hurting thyroid function, stress can affect the thyroid function in many ways, smoking for sure ... We know that smoking is dangerous for lots of things ... specific nutrient imbalances, specific minerals like selenium and magnesium and iodine and iron and zinc and so many more, exposure to radiation, which is why when you go to get any kind of x-ray on your body, whether they're doing your foot or your arm, I recommend you get a thyroid shield because it's so very sensitive to radiation. Even if it's a body part that's far away, just the ambient radiation in the room can be a problem. Blood sugar swings are hugely impactful to the thyroid, then environmental toxins.
The thyroid gland is very delicate tissue and it's very sensitive to imbalances here. That's what we're here to do so that you can basically clean up your act and help support your thyroid. As you've seen if you've been on any kind of thyroid medication, or you've seen maybe relatives who have, just taking medication doesn't solve the problem. You've got to get to the root cause, and that's what today's presentation is about, is getting rid of those things.

What is problematic in the diet? Tap water, far and away, at the top of the list. It's surprising to me how many people are still drinking tap water. I don't mean that you're drinking tap water every so often when you're out to dinner or you're at someone's home, but I mean on a regular basis. Tap water is loaded with chlorine, fluoride ... and those are both halide minerals, which are in the same family as iodine, which is critical for thyroid function and they actually interrupt the function of the iodine. They actually displace the iodine off receptors when they're there in excess ... fluoride, chlorine, medication residues. It's amazing what we can find in tap water. They've found residues of various and sundry medications, your neighbor's Prozac, your cousin's who lives down the street antibiotic residues. Lots of different medication residues do get into the ground water and they get recycled back into the tap water because there’s not an effective filtering system for making sure that we get clean, toxin-free water.

I'm just going to preach this out the wazoo. You've got to get good water. If you don't have a filter system on your water find someplace where you can purchase filtered water and bring in preferably glass bottles to fill it up. You can start with something like a Brita filter but, quite frankly, they don't filter out everything but it's better than tap water so it's a good starting point. Those of you who are in our energy recharge coaching yearlong program, we have a whole module on water and various and sundry filtration systems. Google is a great source. You can just sit down and Google it. You definitely need to have filtering going on with your water.

Second, pesticides. We know that our food supply is tainted. We know that Monsanto is out to be the number one supplier of seeds in the world. They are loading the decks. They're teaching the farmers how to use pesticides to get rid of insects and creating a reliance on pesticides and herbicides and other -cides and the word "-cide" actually means "killing". Things that kill the pests can also damage you. The thyroid is particularly sensitive to a variety of pesticides. Eating organically grown food as much as possible, growing your own as much as possible, and where not possible to get everything organic, take a look at The Dirty Dozen and The Clean 15, just type that into Google.

It's a government publication and it's the stuff that they've been testing and finding out which are the foods, which are the crops, that are highest in pesticide residue so that you avoid them, unless you can get organic, and which are the ones that are lowest. Dirty Dozen, Clean 15, they're constantly updating that. You can't rely on last year's chart.
You need to go do a Google search, find it, and make sure that when you go shopping that you're keeping this in mind to keep your pesticide residues down to a minimum. No one is going to be able to avoid pesticides 100%, it's just not possible, but we keep it down to a minimum.

Preservatives, the BHT, the various and sundry kinds of things that are added to the food to keep it fresh longer. We do not need to eat food that can live indefinitely. Can the preservatives because they're disrupting your thyroid. If you are buying any foods that have labels ... and quite frankly I think most of the food you eat shouldn't have labels. It should be fresh and whole but if you are eating packaged things and there are some that are good, read them carefully and make sure that they do not contain a plethora of preservatives that are going to affect and damage your thyroid.

Same to do with artificial colors and flavors. A lot of places will say artificial red dye number three or blue lake number five or various kinds of artificial colors and the artificial flavoring. Why do I need to add artificial flavoring to something? Do I want to take something that is unpleasant and unpalatable and add artificial flavor to cover it up? Chemicals, they get into the system. They get into your bloodstream and they can damage your thyroid, amongst other delicate tissues in your body, but we're focusing on thyroid right here.

GMOs, genetically modified organisms. What are those? We are now decided that we can muck with nature and that Mother Nature, God, whatever you want to call the source of all that is, is wrong and creates organisms and creates plants and creates animals that are just not right and we're going to fix them. Monsanto, king of the world is trying to be, has decided that they have used genetic alteration to modify plants with genes from other plants, to modify plants with genes from animals, and to create these new species of foods that are not familiar to our bodies. They don't come out in nature. Already we're seeing a lot of problems with them. Who knows what kind of problems we're going to continue to see if this insistence on using them and not labeling them continues.

They have an effect on the thyroid gland. They allow the farmers to use a whole bunch of herbicides, like RoundUp, on the plants to kill the weeds around it but the plants are genetically modified so that they don't die. The result of that is, they build up high levels of these herbicides, very high levels of the herbicides. Guess who they hurt? Us, especially areas that are so delicate like the thyroid and especially in delicate people like infants and older people and people who are ill. I believe that we need to fight for getting GMO labeling to be in place so we can choose whether we eat these or not and, from a standpoint of health, choose not to use them and eat them.
Irradiated food. This was big for a while instead of having to use pesticides and various things to keep it steady. It was like, "Wait a minute. Once you've processed that food there's a limited shelf life. Why don't we irradiate that shelf life so that no respectable bugs will grow there and these foods will last indefinitely?" A lot of the spices that you're getting are irradiated unless they're labeled "organically grown". Disruptive to the thyroid, which is very sensitive to radiation.

Then we have bromine and fluoride. Bromine is very prevalent in our water, in our baked goods. It's not so much in the water. It's in hot tub water in a lot of places instead of chlorine. It's in processed baked goods, bromated flour, very common. It's in some hard plastics ... If you're using those and you're giving kids toys to play with and they're putting them in their mouth, the bromine can get in the system ... citrus flavored soda, and so much more. You can do a search on where bromine is found so you make sure that you avoid it. What it does is it binds to the iodine receptors and blocks iodine, which means that the thyroid can't make as much hormone. There are ways to test it and we'll be talking more about those tests maybe later today, we'll see.

Fluoride. It's found in toothpaste and it's also found in urban drinking water because it's been found that fluoride is supposed to protect the teeth. In fact, it doesn't do that great a job. It actually causes them to get thicker but they're more brittle. It's actually not as good as people think it is. Again, like bromine, it disrupts. In addition to tap water for drinking you want to consider filtering the water that you bathe and shower in. There's a couple of ways you can do that. One, you can get a whole house filter on the outside of your house that filters all the water coming in so that your drinking water as well as your bathing water and your clean-up water gets filtered, or you can get filters for the various places: filters for the water you drink, filters for the baths, the tubs. Usually those are shower filters. If you have small children and you're bathing them you want to make sure that you fill the tub from the shower.

One of the reasons I opted to go for the whole house filter years ago is I had very small children when we moved into this house. I had a five-year-old and a one-year-old. I bathed them. They don't take showers at that age. I figured if I put a shower filter on all of our showers, and we have three in the house, I would have to change those individual filters out every six months and I'd have to bathe my kids by turning on the shower, which can be very messy. I opted for a whole house filter.

If you live in a smaller house, you don't have small children, you don't like to take baths, you don't care about those, the shower filters are very economical, 50, 60 bucks, you change them every six months to a year depending on the number of people in your household using them. There's usually indicators that will tell.
It's really a good thing to do because when you're breathing in chlorine you're actually breathing in more than if you're drinking it because it's hot water and it's a vapor and it's going right into the lungs. Gets into the bloodstream directly through the lungs and you end up with thyroid disruptors. All of these things are super important to be paying attention to.

Let's talk about pesticide risks. These are the risks of having problems with the thyroid. These are some studies. There's a link at the bottom from the Journal of epidemiology from 2010. Aldrin, DDT, and Lindane are three different pesticides. DDT we no longer use although there are still remnants of it in some of the soils. It increases the risk of thyroid problems 1.2 times. Fungus killers, 1.4-fold risk. Chlordane, which is an organochlorine, 1.3-fold risk. Benomyl, Maneb, and Mancozeb ... I'm not sure exactly where those come from or where they're used, but they're used on crops ... tripled and doubled the risk, as well as the herb killer Paraquat nearly doubled the risk.

You don't know, when you buy a food that doesn't say it's organically grown it doesn't say, "Grown with pesticides and here's full disclosure of what's in it." You have no idea when you buy a food that's not certified organically grown what the pesticides are. Again, going back to checking against The Clean 15 and The Dirty Dozen and using those when you're shopping for foods and making choices about things that are not organically grown.

Let's look at some nutrient imbalances that can affect your thyroid and how you can come about these nutrient imbalances and then how you can fix these nutrient imbalances. These are very common imbalances. I would say that mineral imbalances are one of the most common imbalances I see for a number of reasons. One, the soils have been depleted by using all these pesticides and herbicides and things and not giving back the way organic farmers do and give back and really replenish the nutrients in the soil. Number two, so many people have disrupted stomach acid and digestion and when the digestion is impaired you can't absorb your minerals real well. For example, with stomach acid, if you don't have the right amount of stomach acid you can't absorb protein and minerals very well.

So many people have problems where they have heartburn and regurgitation. The doctors put them on antacid medications. For the most part regurgitation and burning in the stomach is usually not a result of high stomach acid. It's more often a result of low stomach acid, which loosens the sphincter between the stomach and the esophagus and allows those contents to drip up into the esophagus, which isn't protected in the same way by heavy duty mucous membrane, and then you get that burning feeling, which is awful. When you take an antacid, whether it's an over-the-counter like Tums or Nexium or it's a prescription antacid ... I don't remember anymore which ones of those are prescription and which ones are over-the-counter because the drug lobbyists allowed a lot of the ones that used to have to be prescribed to be available now over-the-counter, I think Prilosec and some of those others.
If you're taking any kind of antacid, that's going to lower your stomach acid and it's going to impair the absorption of these nutrients.

The other thing that's problematic is that if you've read somewhere that Tums is a good source of calcium, so you're taking Tums for calcium because it's cheaper than the good quality ones, then what you're doing is impairing your absorption of calcium. It's got a kind of calcium that's alkaline form which isn't a good one to be able to be absorbed effectively, and you're interrupting your absorption of all your other minerals and your protein. It's a prescription for disaster to turn to Tums for calcium, for sure, and it's very much against good physiology and thyroid help to be taking antacid medications unless it's really clear that you are producing too much. Then what you really want to do is get to the heart of, why are you producing too much. Band-Aid medicine is great for short-term symptom relief and it's really poor, bad track record, and creates a lot of other problems for more chronic issues.

Your thyroid is very sensitive. It needs iodine, which is a vital part of the thyroid hormone, as we saw in our last presentation. Selenium and riboflavin are important ... riboflavin is vitamin B2 ... for converting your iodine and thyroxine, which is the two components that form thyroid hormone, to pull them together and make thyroid hormone. Selenium is also important for converting the inactive T4 to the active T3. A lot of doctors who are putting people on Synthroid or Levothyroxine or some other form of synthetic T4 and not balancing that with giving the person T3, if this person is deficient in these nutrients they're not going to be able to convert the T4 to T3. For a lot of people, as we saw as we looked at the way that the labs look, we see that some people have perfectly normal TSH. They have perfectly normal T4, but their T3 is abysmally low. T3 is what the cells need. If you don't have enough T3 you're going to have symptoms of thyroid function even if the lab tests look normal.

Vitamin A regulates the production of TSH, which is the pituitary hormone that then stimulates the thyroid. Vitamin D3 and bioflavonoids, too, protect you against thyroid cancer. Vitamin D3 is also important for gut barrier function for the intestinal permeability and also for blood-brain barrier function. Vitamin D is super, super important for protection and for help with autoimmune type thyroid, especially. Zinc is needed for your hypothalamus and pituitary stimulation for the thyroid function. Iron is important because TPO, thyroid peroxidase, is an iron-containing enzyme. We talked about that last week. It's one of the enzymes that help us to make the thyroid hormone. Actually, the iron is important to initiate the first two steps in thyroid hormone synthesis. If we have low iron, if you're anemic, your thyroid is not going to function real well. Finally, vitamin B12 deficiency is associated with decreased levels of an enzyme that activates thyroid hormone.

All of these nutrients, if you have any one or more of these nutrient imbalances, then you're going to have problems with thyroid function, even if you go on medication which is one of the reasons why going on medication is not the whole answer.
It might be the answer in some cases that you need it, either temporarily or permanently, depending on how much damage has been done, but it's not the medication in isolation, it's that medication with the rest of the support. My favorite topic: gluten intolerance. The thyroid doesn't like gluten. When you have intolerance to gluten, which is very common, by the way, it attacks the thyroid. It creates anti-thyroid antibodies. Remember we talked about thyroid peroxidase and antithyroglobulin. The antibodies to gluten can cross-react with the thyroid tissue.

One of the things that I find is if someone has thyroid symptoms and they have antibodies that are known to be there, you absolutely have to go off gluten. I take it to the point where if someone is working with me and they're not willing to go off gluten I'm going to tell them I can't help. It's not going to help you because there's going to be consistently an attack. It's very common in Hashimoto's, which is a form of thyroiditis, an inflammation of the thyroid caused by autoimmune disease. When you have gluten intolerance you get inflammation. Here's the rub on gluten intolerance. A lot of people say, "I don't have gluten intolerance. I can eat gluten and I don't get diarrhea. I can eat gluten and I feel fine." There's a lot of hidden things that are going on that you don't even know when you eat gluten, that it's having a problem.

Actually, a lot of studies show that with gluten intolerance the first symptoms actually occur in your brain rather than in your gut. If you're feeling tired after eating, if you're feeling like this feeling of brain fog, if your memory is failing, you're just not feeling right, you feel cranky, irritable, depressed, it could be related to gluten. Any time I'm working with someone who has any sort of inflammatory condition or any sort of hormonal issue we start with getting them off of gluten. Some people might be able to tolerate it, although many of the experts say that they don't really think anybody can tolerate the kind of gluten in the wheat that we have right now. For those of you who don't know what gluten is, gluten is a protein that's found in wheat and barley and rye and spelt and kamut. It's a protein that needs to be broken down. A lot of times we don't have the right mechanisms to break it down.

Also, some of the breakdown products of gluten are actually opiates, opiate receptors in the brain. Some people have this addictive relationship with gluten. If you want to get your thyroid cleared go off the gluten to start, because if you get on one of these lab calls with me and I say, "What are you doing?" "This isn't working and that's not working." "Are you gluten-free?" If you say "no" or "most of the time" then that's what I'm going to give you to do. Once you're gluten-free then I can say, "Okay, let's look at some other things," not like we're going to do it sequentially but if the things that we're giving you are not working and you're gluten intolerant we're going to either look for hidden sources of gluten, we're going to look for other kinds of food intolerances that create this kind of reaction, we're going to look for other sources of inflammation, we're going to look for a lot of other things, but this is a place where I think everybody needs to start.
If you're going through this program and you've been suffering for a long time with thyroid problems, you've been on Synthroid for many years and it's not helping and you're not 100% gluten-free, you need to do it for at least six months, at least six months. The thing I just need to reinforce with the autoimmune thyroid, when you're doing ... Excuse me. I'm going to need to take some water. With autoimmune thyroid sometimes the antibodies don't show on one test. Sometimes they're erratic and they're up and they're down. You may need to catch it on several tests. Sometimes they don't show at all but people have ended up with cysts on their thyroid. In people who really clearly look like they have autoimmune thyroid and it's not showing up on the tests, I'll frequently have them go get a thyroid ultrasound to see if there's nodules. If you have cysts on your thyroid most likely you have an autoimmune process going on even if you don't have elevated antibodies.

Stress, stress, stress. I cannot stress this enough, how impactful stress is on the thyroid. We know we're all there trying to juggle 15 things at a time and a lot of things are falling off your plate and there's just a lot of stress. Even if you don't have it in your own life, if you watch TV they're trying to create stress for you. Stress sells. When you're in a stress mode you produce a hormone called cortisol. Cortisol damages your thyroid receptors so even if your lab tests look perfectly normal you could be in a state that's called thyroid resistance and you're not going to have good thyroid function. You're going to seem like you have low thyroid even though your lab tests are normal and your doctor tells you it's all in your head and offers you some Prozac and maybe some laxatives for your constipation and some kind of cream to put on your skin for your dry skin. You get the message. It could be thyroid receptor sensitivity.

More and more, science is starting to recognize that a lot of different hormone receptors get resistant. The most commonly known resistance is insulin resistance, which is a precursor to type II diabetes. People understand that. Doctors get that, even though they don't really have the best tools for dealing with it early on. You can have thyroid resistance. You can have estrogen resistance. You can have progesterone resistance, testosterone resistance. Your cells develop a resistance to things when they're either damaged or they're exposed to too much of a particular hormone for a length of time. Excess cortisol damages the thyroid receptors and causes thyroid resistance. Insufficient cortisol lowers the receptor sensitivity. It's kind of a Goldilocks principle. You have to have just the right amount of cortisol. If you're in adrenal fatigue or you're in adrenal excitement, alarm, you can have problems with your thyroid, so it's really important that we look at those things.

Excess cortisol decreases T4 to T3 conversion. In addition to deficiencies of selenium causing that problem, excess cortisol decreases that. Think about it. Every time you're getting stressed out and just stewing and yelling and screaming and retelling the stories of the near miss in the car, you're having an impact on your thyroid. The bottom line is that can create extra cholesterol, extra weight around the hips and the waist and depression and fatigue and all those symptoms that we are here because we want to get rid of.
That's why one of the very early things I teach in this program is my transforming stress system. You got to get that stress under control. If you have some other transforming stress system that you like, maybe you have a specific type of meditation or yoga, do it, but do it. That's the thing. Don't just think about doing it or say, "I'm going to do it tomorrow when I have time."

The reason I teach the HeartMath techniques is that you can do it in 30-second to two-minute increments multiple times throughout the day. The more you do it, the more your body gets comfortable doing it, and the more you are able to restore your thyroid function in addition to the function of so many other things in your body, it's not funny. Sometimes just doing that makes a huge difference in the numbers. There's also something, cortisol and corticotropin-releasing hormone. Cortisol itself inhibits TSH, which inhibits the pituitary from stimulating the thyroid, but also this other hormone called corticotropin-releasing hormone which comes from the hypothalamus and it's one that stimulates the adrenals to produce more cortisol. Whenever you're in a stressed state, this is why.

Cortisol is also needed to sensitize those thyroid receptors. In addition to the cortisol damaging them at too high a level, a certain amount is needed for them to become sensitive. It's really important that we get the right amount of cortisol in order to keep the thyroid in its active form and to keep the receptors healthy. Really take to heart, I repeat this in action steps in every section of this program, make sure that you're doing the transforming stress system or something of your own that really does bring your stress levels down.

Blood sugar swings. So many people have blood sugar swings and many of them don't even realize they're having blood sugar swings. A lot of people have blood sugar swings and they recognize it as that feeling of just so intense hunger and then irritability if a meal is skipped and just feeling really sluggish after eating and between meals. That's a sign of blood sugar imbalance but there's so many other signs of blood sugar imbalance. You can have that extra belly fat around your waist that won't go away. That could be blood sugar imbalance. You could have brain fog and attention problems, memory problems. That could be blood sugar swings. Then that exhaustion can be blood sugar swings.

How do we know if we have blood sugar swings if we're not getting the overt signs of irritability and crankiness and all that? A good old blood sugar meter. We teach this in our blood sugar balancing program. If you don't get your blood sugars under control your thyroid is not going to work properly. In this program in the next module you'll be getting a really cool recipe guide. All of the recipes in there are designed to keep good blood sugar regulation. If you're not keeping good blood sugar regulation even on those foods then it's time to get a blood sugar meter and start testing. That's a subject of a different program.
Blood sugar imbalances weaken, not just your thyroid, but your adrenals, your hormones all throughout the body, your detoxification pathways, your lungs, your brain, your gut. Blood sugar swings need to be managed in order to get your thyroid working properly. Like I said, we're giving you a recipe guide that you can follow and just stick to the recipes there. If you've been in my CAFE program for adrenals or you've been in the B4 Be Gone program for blood sugar balance you can use those recipes. The ones in this program have additional added herbs and nutrients in the recipes that are just specific for the thyroid.

Smoking. Hopefully none of you smokes but I frequently run into people who have just quit smoking or are struggling to quit smoking. Just give you some ammunition if you have family members that are struggling with smoking. Heavy smokers will have reduced T3 and T4 levels in their serum. They will also have reduced thyrotropin, which is the thyroid releasing hormone in the hypothalamus, which means the thyroid isn't going to get stimulated. They have an increased risk of goiter, which is a swelling of the thyroid, which can impact swallowing and speaking.

They have an increased risk of thyroid cancer, an increased incidence of hyperthyroid autoimmune thyroid disease, which is Grave's disease, which is the people that you go, "I'd much rather have that than Hashimoto's," and yes, until you're in those person's shoes where the heart is racing and they're all jittery and they can't sit still. That's a sign of hyperthyroid. Then also with smoking you get an increased incidence of problems with the eyes associated with the thyroid. Smoking is a no-no, avoiding secondhand smoke too, by the way. Maybe you don't smoke but if family member smokes and you stand around while they're smoking cigarettes, make a point to protect yourself.

Protect yourself by staying away from secondhand smoke. Let those people that you know and love that you want to be with them but you're not going to be with them as long as they're smoking. I used to do that with my family. I'd go visit them and there were several smokers in the group. Inevitably they all lit up at a different time. Every time one lit up I said, "Excuse me, I'm going outside. Excuse me, I'm going outside." Then, finally, my mom made this decision that anybody that smoked had to do it all at the same time so I could leave and not have to be gone most of the time. Then she made the decision that everybody that wanted to smoke had to go outside and smoke so we weren't polluting the air, because it's pretty miserable to come back in from outside into a smoke-filled room. Protect yourself. Do not be afraid of hurting people's feelings by telling them that you won't be around them when they smoke. You're actually doing them some good because maybe you'll get them to think about it and get them to smoke less.

Some of the environmental toxins, we've talked about this before in terms of the food supply, but these are things to avoid: bromine, like I said before, is in processed baked goods, some hard plastics, citrus flavored sodas.
Just look up where the sources of bromine are and avoid them. If you eat mostly whole foods that don't have packages on them, that come as Mother Nature designed them, then you're not going to run into this problem, but there are times when you're traveling or you need convenience. You need to learn to read the labels. Fluoride. It's found in toothpastes, but also urban drinking water, because we're trying to protect our teeth. Chlorine is found in drinking water. It's also found in other places as well like bleaches when you're washing clothing. If you walk into rooms where people are sanitizing surfaces you might get a whiff of chlorine in the air.

Bisphenol-A is found in plastics and also dental amalgams. If you've got a mouthful of dental amalgams that can be affecting your thyroid. There's not a whole lot we can do with the dental stuff. There's no perfect things to fill the teeth so the idea is to keep our bodies strong and healthy so that our teeth don't break down but there are genetics that play into the strength of the teeth and the early upbringing and deficiencies that you had early on while the teeth were developing. You may not be able to completely reverse having poor teeth, but the dental amalgams is an issue so you might want to talk to the dentist and research some of that if you do have a lot of amalgams in your mouth and if you want to look into getting them removed.

Triclosan, antibacterial hand-washing soaps. I have to laugh because I was just at an airport and at the airport they're talking about, "In an effort to prevent the spread of colds and flus ... " Hey, we're in the summer. It's not even cold and flu season ... "We've installed hand sanitizer stations throughout the airport. Please use them." You see this at the entrances to a lot of stores. Don't use antibacterial washing soaps. Triclosan is awful and there's a lot of alternatives you can use. You can use Thieves which is a nice herbal combination of essential oils. You can just really wash them well. There's a lot of things you can do. There's natural antibacterial stuff that's made with herbs that naturally repel bacteria. This triclosan is awful and the ones that are all located at the supermarket entrances and the airports are loaded with it. Simple steps that you can take. You may think it's just a small thing but all of this adds up. It's like this bucket and there's just so much your thyroid can stand before it overflows and you have dysfunction, and you don't really know what that level is.

Radioactive iodine, nuclear fallout. We've had a number of nuclear accidents over the last decade. Those things that get into the air, the radioactive iodine gets into the air and it doesn't break down very quickly. Also if you've had any contrast imaging, like for example that they've injected to look at your thyroid or some of the GI series and all, they use radioactive iodine so that they could trace it through the body. Every now and then that may need to happen if you're looking to see if something has gone wrong, but to do that on a regular basis, willy-nilly ... Always ask, "Is this really necessary?"

Some other things, radioactive iodine, how does that work? It binds to the receptors and displaces your real iodine and then it increases your risk of thyroid cancer.
While thyroid cancer is one of the cancers that has a decent track record as far as conventional treatment, it is definitely not something you want to risk. Some cancers are deadly. If you get them there's no way that you're going to be out of it. With thyroid there's a reasonable survival rate but it's still not something you want to risk getting.

X-rays, just standard x-rays, go to sprain your ankle and they go, "Let's make sure it's not broken." Willy-nilly x-ray, extra, extra x-rays will cause problems with the thyroid and even, like I said, if you're getting a toe x-rayed go ahead and put the thyroid shield on. CAT scans for sure. It's a huge amount of radiation because they're doing progressive, successive x-rays throughout the body in different sections or sometimes a full scan. You get exposed to a lot of radiation. Really be careful and wear your thyroid protection and minimize the amount of x-rays that you need to get. One of the ways is teeth. When I would bring my kids in to get a dental evaluation every year they want to do the full panorama x-ray. I'm like, "Why? You're not going to do it on my kids. They don't need it. Unless they're having some issues I don't need it. I don't want it. I don't want them exposed to that year after year."

Let's just do some summary stuff here. How do we care and feed your thyroid? We talked about drinking purified water. You need to be eating lots of fresh fruits and vegetables. I believe that each meal should contain a plate that is 75% fresh, whole foods, fresh fruits and vegetables. The other 25% may vary for you from meal to meal or from person to person. Grow your own. It's really great and you can actually fertilize your vegetables with seaweeds or grow them in seawater. If you do a Google search on that you'll find out a lot more information about that. Eat sea vegetables regularly.

In some cases there's controversy there because excess iodine, which is contained in the sea vegetables, can actually trigger autoimmune thyroid or make it worse. Actually it doesn't trigger it. It makes it worse if you have it already, but insufficient iodine doesn't allow you to make enough thyroid hormone so it's a matter of really testing and seeing where you're at. Now, if you have an autoimmune thyroid condition, before you supplement with sea vegetables or iodine go ahead and get an iodine load test. We'll talk about that in a little while.

Eat lots of greens because they're full of antioxidants and various vitamins and minerals that are going to protect your thyroid. Avoid gluten. We've already talked about that. Of course minimize the thyroid inhibitors as we've talked about. Avoid the pesticides, the synthetic colorings, the flavorings, and the environmental toxins. Eat as much of the food as you can certified organically grown, home grown, neighbor grown, local farmer's market grown, to avoid the exposures, super important. You go to your doctors and they're not telling you this stuff.

Let's take a look at some of the medications that affect the thyroid. This is super important to be aware of.
Remember, we talked earlier, if you're drinking tap water you may not be taking medications but you're getting your neighbor's medications, antibiotics, antidepressants, diabetic medications. A lot of people are on that stuff. Metformin and other things, to help lower blood sugars. Hypertensive medications, a lot of people are on those. Pain medications. A lot of people are just, "I have a pain. Let me take some ibuprofen. Let me go the doctor and get a stronger pain medication."

Antacids, very common, very, very common. Cholesterol lowering medications. We know there's an epidemic there. Growth hormone modulators, maybe not so much but they're getting more and more popular these days as we see that good levels of growth hormone can stimulate weight loss. Anti-nausea, people who take Dramamine and things like that. Diuretics, amphetamines. Adderall is at an epidemic levels, Adderall and Ritalin for kids who have ADD and are just put on this medication without really getting to the root cause. Anti-inflammatories are common. Anti-arrythmias, maybe not so common but they are definitely there. Hormone replacement therapy in some cases because excess testosterone and excess estrogen will create a problem with the thyroid, will create a problem with the thyroid binding globulin.

Estrogen will cause you to have too much of this thyroid binding globulin, which means that your thyroid hormone is there but it's tied up and not able to be used. Testosterone tends to cause decrease in the thyroid binding globulin. Then you have not enough and then your receptors get really burned out because there's too much free thyroid hormone circulating. Steroids, androgens, a lot of weight people are doing that. A lot of sports characters are doing that. Anti-addiction drugs, some of those. Psychoactive medications like lithium and Thorazine. There is a list on the module here that you can print out and just go through and do a check. If you're on a specific medication and you're not sure if there's an alternative check with your doctor.

How do we protect our thyroid? You spend a lot of time outdoors, getting the sunshine. Vitamin D is super important and certainly fresh air compared to indoor air. Even if you live in a polluted city it's found that the air outside is cleaner than the air inside. That's kind of scary if you're living in L.A. in the middle of the smog. Fresh and air and sunshine daily if possible, at least four times a week. Ozone filters. These can be very helpful. You can install those in your home and help to really filter the air and keep the air clean with the outgassing of materials from the various products in your home. For sure shower filters. You just look up "shower filters". A lot of the local hardware stores these days are carrying them, probably even Walmart and Target are carrying them these days. Shower filters are super important to take out the chlorine and the fluoride.

Exercise. We need to be exercising regularly, not too much, but not too little. Best exercise is outdoors, moving outdoors. Go for a walk. Go for a jog. Go for a hike.
Weightlifting is important too. There are some specific T-Tapp exercises that you can do that are really helpful for thyroid function. If you don't know what those are, go to ttapp.com or do a Google search for "ttapp thyroid" and you can see some of the exercise that Teresa Tapp has developed to help support good thyroid function and circulation in that area. Of course, drinking purified water. This is a reverse osmosis unit with a pre and two post, or two pre's and one post, I forget which, but it has pre-filters and post-filters. It filters the water before it goes into the reverse osmosis, and then filters it again coming out.

The different filters will filter for different types of stuff. You can see why this is much more sophisticated than a Brita filter or one of the others that sit on the counter top and you pour things through. It does take a lot more to really, fully filter the water. A lot of people will say, "Filtered water, then you take out all the minerals." I believe that the minerals need to come from our food. If you are concerned and you're taking out the minerals in the water then you could always add back some mineral drops to your water or just take some extra minerals as a supplement. Only unrefined, whole sea salt because when you use refined sea salt, doesn't have iodine, it might be, it might have iodine. It might be iodized but it doesn't have the rest of the plethora of minerals that you need and it creates imbalances between sodium and potassium.

Fresh, raw fruits and vegetables. I can't emphasis this enough. If I look around and see what people eat, they don't eat enough. I watch what people put on their plates. The majority of what they put on their plates are either the meat or the starches and a little bit of vegetables. We need to shift that ratio if you want to have healthy thyroid function. You need to eat as fresh as you can and fill your plate. Seventy-five percent of that plate needs to be your fresh, raw fruits and vegetables. If you have issues with blood sugar stick to the low glycemic fruits or stick to vegetables at meals.

Then, enjoying sea vegetables. There's so many of them. Again, if you have Hashimoto's, if you have the antibodies already there, make sure you do an iodine load test to see if you really need the iodine. If you don't then maintenance dose is fine. Three to five grams of vegetables per day or about an ounce a week, that's a good maintenance with somebody with thyroid problems that are in maintenance, or if you just want to prevent it. In the thyroid challenged person, five to 10 grams a day, two ounces a week. These can be loaded with minerals. They're so delicious. They're so, so yummy when you make them right. Ideally, two parts brown algae, like kelp and bladderwrack and sargassum and hijiki ... You can look all these up and find them. A lot of them you can find at your local health food store ... then one part the red seaweed like dulse and nori and Irish moss. Do that for at least 60 days. Again, watch it if you have very high antibody levels. Test, check to make sure that you don't have a problem with iodine, but most people don't. Most people don't.
Let's just start with the action steps. These action steps are repeated on your page and they're also in the downloadable .PDF that you can print. Continue our complete previous steps. We got to make sure. Now you might have started late or you might just not have done all of this. If you're going to do lab testing get them ordered so that before the end of the program you can get help with interpreting them. Do your assessments, and the assessments are, there's a temperature assessment and then there's a questionnaire. Get an idea of whether you have problems with your thyroid and what level it's at so that after you apply the action steps you can go back and do them again and see whether you're on track, whether you need to be doing more.

You want to fill in your lab tracking chart and upload if you want your labs reviewed on a call. The thyroid tracking sheet is very simple. We've shown it to you before. It just has a list of all the possible thyroid levels and then I've told you which ones are the most important to do. Sign up for the Transforming Stress System if you haven't already. I haven't that everybody has signed up for it. I would notice that in my inbox. Sign up for it or at least download all those .MP3s that we've created for you, or download the transcripts. The best bet is to just get it coming to your inbox once a day and just be reminded, be reminded, be reminded until you have a habit.

Review your medications that affect thyroid list and if you're on any discuss alternatives with your doctor. Start making thyroid supporting foods. We gave you a little presentation and a recipe guide right at the beginning of the program, that you can get started on that. In the next part we're going to be giving you the full-blown thyroid support recipe guide. Then, complete your progress journals at the end of each module. This gives us a sense of where you are in the program but it also gives you a sense of it. You get to go, "Oh yeah, I didn't do that yet. Oh yeah, let me go do that." It's a reminder. It's an accountability and it allows you to monitor your progress. I want you to look at the factors that negatively affect thyroid and make a plan. There is a handout on your web page that describes this.

I want you to optimize your hydration and start drinking only filtered water or mostly filtered water. Support your adrenals through lifestyle habits, foods, and stress reduction. The Stress Transformation System is a good part, but on this page I've given you a list and actually access to a presentation and some recipes that will support your adrenals. Adjust your meal and sleep timing so that you're spacing your meals out more and your sleep is happening, you're getting plenty of sleep. Replace table salt with unrefined sea salt and/or sea vegetables. You don't have to use salt. You can use sea vegetables in place of salt. It's very yummy. Exercise at least four days a week. We have a fitness video library that we've given you access to if you need help with that. If you're already on an exercise plan just get consistent with it.
This concludes our part three presentation, *How Do You Protect Your Thyroid From Harm?* I want you to go through this action step list and then mark off which of these things you’re going to get started with right away, and just get started. Your thyroid needs to be protected. It’s a delicate gland. It’s not going to respond just by you taking some medications or even taking some herbs. You need to protect it. You need to put the diet and lifestyle things in place. In our next segment on part four we’re going to go into a lot more detail about the specific nutrients, the specific herbs, but I always like to get you to stop hurting part of your body, and then support it because you can’t just keep hitting yourself over the head with a hammer but taking Advil as a solution to your headaches. You have to stop hitting yourself over the head with the hammer. The things I’ve taught you today are, how do you stop hitting your thyroid over the head with a hammer?