



*Dr. Ritamarie's*

**VITAL COMMUNITY**

VIBRANT IDEAS AND TOOLS FOR AWESOME LIVING

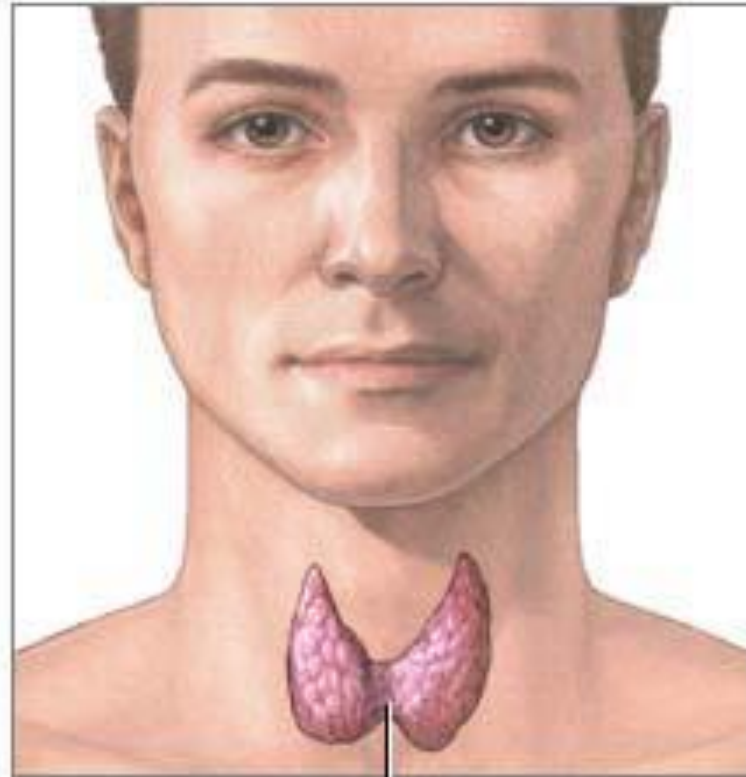
# Thyroid Health: Solving Your Energy Puzzle Through the Often Overlooked Clues Even Your Doctor May Not Know

*with*

***Dr. Ritamarie Loscalzo***

**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, [drritamarie.com](http://drritamarie.com), and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

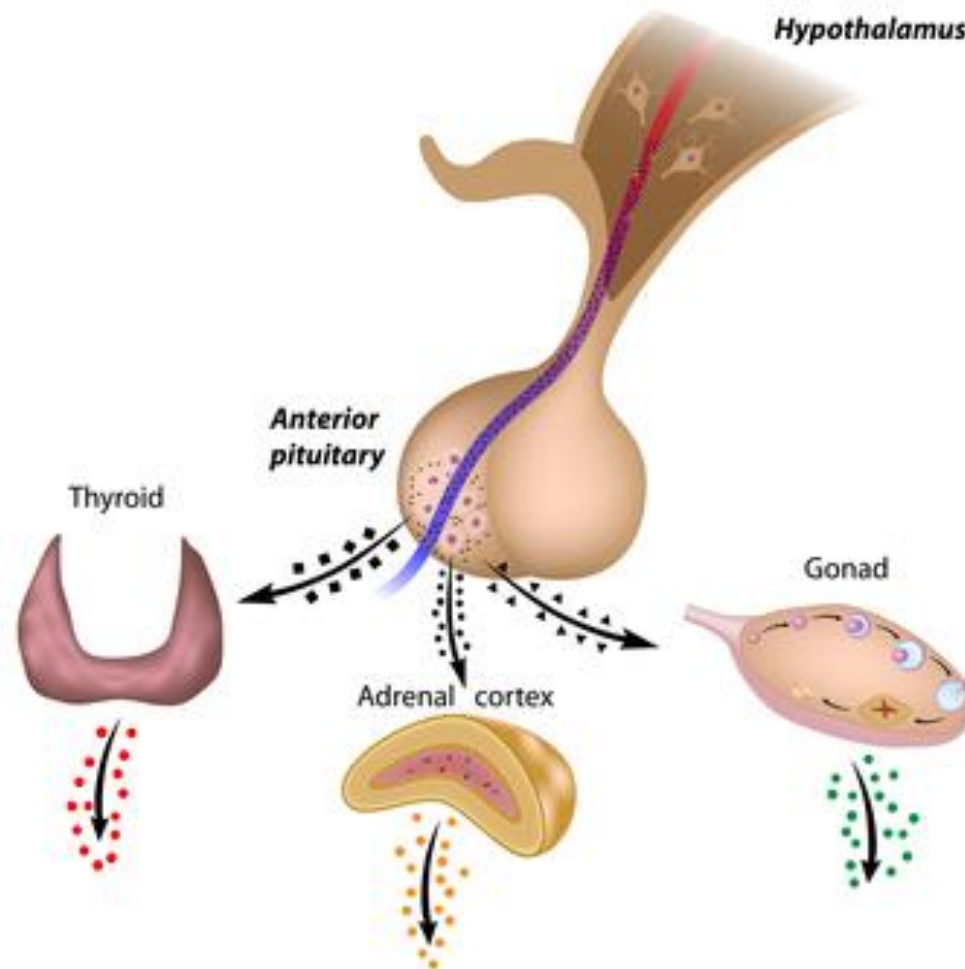
# So Why The Big Commotion Over Such a Small Gland?



Thyroid



# Hormones In Charge of Energy



GLUTEN INTOLERANCE  
DIET  
STRESS  
SMOKING  
NUTRIENT IMBALANCES  
RADIATION  
BLOOD SUGAR SWINGS  
ENVIRONMENTAL TOXINS

# Medications Affecting the Thyroid

- ✓ antibiotics
- ✓ antidepressants
- ✓ diabetic medication
- ✓ hypertensive medication
- ✓ pain medication
- ✓ antacids
- ✓ cholesterol lowering medications
- ✓ growth hormone modulators
- ✓ anti nausea medications
- ✓ diuretics
- ✓ amphetamines
- ✓ adderol
- ✓ anti-inflammatory
- ✓ arrhythmia medications
- ✓ hormone replacement
- ✓ steroids and androgens
- ✓ anti-addiction drugs
- ✓ arrhythmia meds
- ✓ psychoactive medications, i.e. lithium, thiorazine



# Symptoms of Low Thyroid

- ✓ Low energy
- ✓ Sluggish digestion
- ✓ Weight gain or inability to lose weight
- ✓ Dry skin, hair loss, brittle nails
- ✓ Low blood pressure
- ✓ Thinning hair
- ✓ Cold hands and feet
- ✓ Sensitivity to cold
- ✓ Low body temperature or always feeling chilled
- ✓ Constipation
- ✓ Frequent infections
- ✓ Hoarse voice
- ✓ Ringing in the ears
- ✓ Puffy eyes
- ✓ Joint aches
- ✓ Loss of libido
- ✓ Headaches, dizziness
- ✓ Insomnia
- ✓ Depression and/or mental dullness
- ✓ Elevated cholesterol



# Symptoms Of Excess Thyroid

- ✓ Feeling hot
- ✓ Increased appetite
- ✓ Weight loss without trying
- ✓ Fatigue at the end of the day
- ✓ Difficulty falling asleep
- ✓ Trembling of the hands
- ✓ A hard or irregular heartbeat (palpitations)
- ✓ Irritability,
- ✓ Increased bowel movements
- ✓ Light or absent menstrual periods
- ✓ Shortness of breath
- ✓ Chest pain
- ✓ Hair loss
- ✓ Muscle weakness



# Patterns of Thyroid Imbalance

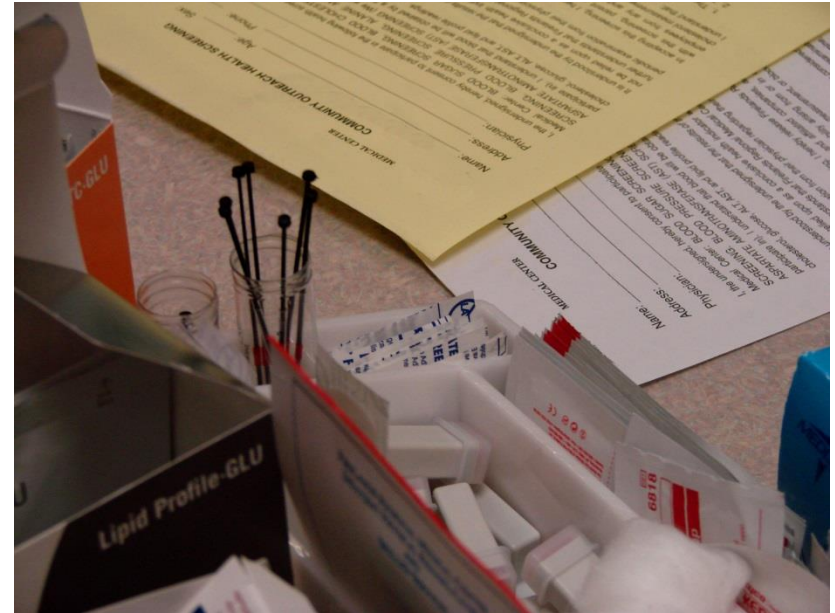
## Hypothyroid: 22 Patterns - 6 Primary

- ✓ Primary Hypothyroid
- ✓ Pituitary
- ✓ Autoimmune
- ✓ Thyroid Under Conversion
- ✓ Thyroid Over Conversion
- ✓ Increased Thyroid Binding Globulin
- ✓ Thyroid Resistance



# Thyroid Lab Analysis

- ✓ Total T-4 (Thyroxin)
- ✓ T-3 uptake
- ✓ TSH
- ✓ Free T4
- ✓ Free T3
- ✓ Thyroid Peroxidase Antibodies
- ✓ Antithyroglobulin Antibodies
- ✓ Free—Thyroxine Index
- ✓ Reverse T3



# Primary Hypothyroid Nutrition

- ✓ **Vitamins:** Vitamin A, Vitamin B, Vitamin D
- ✓ **Trace Minerals:** Iodine, Selenium, Zinc
- ✓ **Antioxidants:** Glutathione, SOD
- ✓ **Amino Acids:** Tyrosine, Phenylalanine
- ✓ **Herbs:** Ashwaganda, Guggulu
- ✓ **Foods:** Bladderwrack, Kelp (Digitata),  
Avoid Gluten



# Autoimmune Hypothyroid

## Causes:

- ✓ Leaky gut
- ✓ Food allergies
- ✓ Gluten and dairy
- ✓ Stress



## Nutritional Approaches:

- ✓ Balance blood sugar
- ✓ Repair gut
- ✓ Support adrenals
- ✓ Support T-regulatory cells
  - Vitamin D
  - Glutathione cream, precursors or Protandim
  - Essential fatty acids
- ✓ Balance T-cells - TH1 & TH2

# Gluten And Anti-Thyroid Antibodies

- ✓ Autoimmune reaction
- ✓ Hashimoto's Thyroiditis
- ✓ Anti-Thyroid antibodies
- ✓ 6 months gluten free can clear antibodies



# Autoimmune Hypothyroid

## T Helper 1: Cell Killers

- ✓ Astragalus
- ✓ Echinacea
- ✓ Mushroom
- ✓ Licorice
- ✓ Lemon balm



## T Helper 2: Antibodies

- ✓ Caffeine
- ✓ Green tea extract
- ✓ Grape seed
- ✓ Pine bark
- ✓ White willow bark
- ✓ Lycopene
- ✓ Resveretrol
- ✓ Pycnogenol

## Both:

- ✓ Probiotics
- ✓ Vitamin A
- ✓ Vitamin E
- ✓ Boswelia
- ✓ Enzymes
- ✓ Turmeric





# Pituitary Hypothyroidism

## Causes:

- Stress: adrenal
- Post partum
- Shut down from over medication
- Neurotransmitter imbalances: especially dopamine and serotonin



## Nutritional Support:

- Sage Leaf
- L-Arginine
- Zinc
- Magnesium
- Manganese
- Phosphatidyl Serine
- Antioxidants
- B Vitamins



# Thyroid Underconversion Nutrition

- ✓ Antioxidants
- ✓ Zinc
- ✓ Selenium
- ✓ Guggulu
- ✓ Phosphatidyl Serine 2000 mg/day



# Thyroid Over Conversion & Decreased TBG

## Over Conversion from T4 to T3:

- Causes Receptor Burnout

## Causes:

- Increased Testosterone
- Insulin Resistance / Diabetes
- PCOS



## Nutritional Support:

- Insulin Resistance Diet
- Detoxification Program for Liver
- Selenium
- Guggulu
- Antioxidants
- Phosphatidyl Serine 2000 mg/day

# Increased Thyroid Binding Globulin

## Causes:

- Oral Contraceptives
- Estrogen

## Nutritional Support:

- MSM, Tri-Methyl Glycine
- Choline
- Beet
- Betaine HCl
- Vitamin c
- Taurine
- Liver Detox Support
- Phosphatidyl Choline



# Thyroid Resistance

## Causes:

- ✓ Cortisol
- ✓ Homocysteine

## Nutritional Support:

- ✓ Adrenal Support
- ✓ Stress Management
- ✓ B Vitamins



# Thyroid Nourishing Diet



- ✓ **Gluten-free**
- ✓ Green leafy vegetables
- ✓ **Omega-3 fats:** raw seeds, algae
- ✓ Low-glycemic fruits
- ✓ **Sea vegetables:** kelp, bladderwrack, dulse, nori, more
- ✓ **Coconut**
- ✓ Garlic and onions
- ✓ **Omega-3 rich foods:** hemp seeds, chia seeds, flax seeds, algae and deep ocean fish
- ✓ **Probiotic and prebiotic rich foods:** kefir, rejuvelac, sauerkraut, coconut yogurt, seed yogurt, Jerusalem artichoke, chicory
- ✓ **Eliminate dietary stressors:** caffeine, alcohol, sugar, refined foods

# Healing Elixir Base Recipe

## Ingredients:

- ✓ **Liquid base:** herbal tea, nut or seed milk, fresh juice or water – 2 cups
- ✓ **Fat source:** nut butter, avocado, *Chia Gel*, soaked nuts, seeds, coconut
- ✓ **Herbs:** several teaspoons to several tablespoons
- ✓ **Flavorings:** essential oils, extracts, carob, vanilla, raw cacao
- ✓ **Sweetener:** stevia, *Lakanto*, erythritol, zylitol or honey if your blood sugars tolerate
- ✓ **Salt:** sea salt or kelp powder

## Directions:

- ✓ If you're using a tea base, boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
- ✓ Put water, fat, herbs, flavorings, sweetener and salt in blender.
- ✓ Blend until smooth, then adjust flavorings and sweeteners to taste.



# Thyroid Support Elixir

- ✓ 2 teaspoons nettle leaf plus 16 ounces purified water
- ✓ 4 large Brazil nuts
- ✓ 1 tablespoon raw organic walnuts
- ✓ 1 tablespoon hemp seeds
- ✓ 1 tablespoon coconut butter (*Artisana*) OR  
2 tablespoons dried coconut
- ✓ ½ teaspoon kelp powder
- ✓ ½ teaspoon bladderwrack powder
- ✓ ½ teaspoon coleus powder (optional)
- ✓ 1/2 teaspoon Shilajit powder
- ✓ 1/2 teaspoon Cordyceps Mushroom powder
- ✓ 1/2 teaspoon Ashwaganda powder
- ✓ 2 tablespoons raw carob powder or raw cacao powder
- ✓ 1/4 teaspoon stevia green leaf powder, or 6-8 drops your choice  
flavored liquid *Sweet Leaf Stevia*, or 1 teaspoon *Zero* or *Lakanto*





# Thyroid Nourishing Breakfast

- ✓ Start your day with greens: low carb, moderate protein and fat breakfast and an omega-3 fat source
  - Green smoothie
  - Green juice
  - Green powder
  - Protein powder
  - Chia pudding
  - Hemp milk shake
  - Dehydrated grain-free bread with flax/coconut butter
- ✓ Add 1/4 - 1/2 teaspoon kelp or bladderwrack to smoothies and chia porridge



# Most Important Nutrients For The Thyroid Gland

✓ Iodine \*\*\*

✓ Selenium

✓ Vitamin A

✓ Vitamin D3

✓ Vitamin B2



✓ Vitamin B6

✓ Vitamin B12

✓ Bioflavonoids

✓ Zinc

✓ Iron

\*\*\* *Most Important nutrient for the thyroid*

# Fresh Air and Sunshine



# Ozone Filters



# Shower Filter



# Exercise



# Drink Purified Water





# Use Only Unrefined, Whole Sea Salt



# Eat Fresh, Raw Fruits and Vegetables



**Maintenance:** 3-5 grams of sea vegetables per day or about 1 ounce per week

**Thyroid Challenged:** 5-10 grams daily (2 ounces per week)

Ideally, 2 parts brown algae (kelp, bladderwrack, sargassum, hijiki) to 1 part red seaweed (dulse, nori, Irish moss) for at least 60 days.

# Sea Vegetables



# Thyroid Resources and Books

- ✓ *Why Do I Still Have Thyroid Symptoms When My Lab Tests are Normal?*  
– Dr. Datis Kharrazian, DHSc, DC, MS
- ✓ *Overcoming Thyroid Disorders*  
– David Brownstein, M.D.
- ✓ *Thyroid Power: 10 Steps to Total Health*  
– Richard L. Shames, M.D., and Karilee Halo Shames, R.N., PhD
- ✓ *Iodine: Why You Need It and Why You Can't Live Without It*  
– David Brownstein, M.D.

