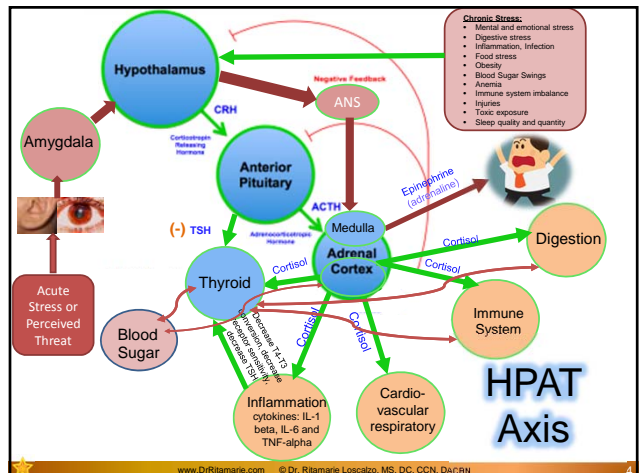




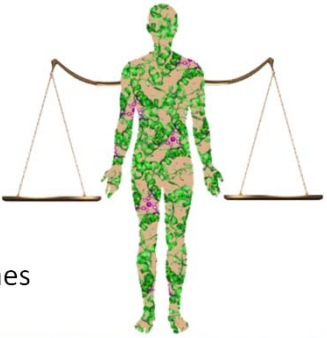
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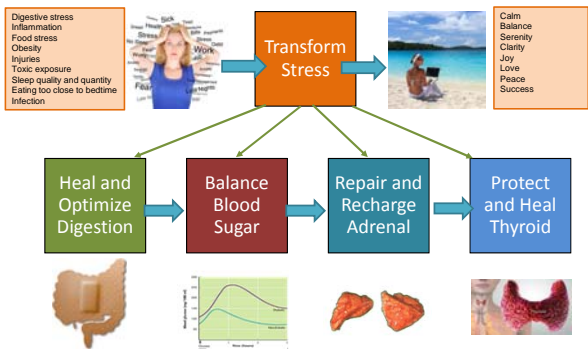
### Tools to Balance HPAT Axis

- Nutrients
- Foods
- Stress
- Environment
- Digestion
- Sleep
- Other Hormones



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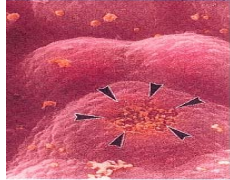
### Order Matters!



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### Digestive Balance The 4 R Program


- 1. Remove** the irritants: foods, toxins, organisms
- 2. Replace** what's missing: enzymes, nutrients
- 3. Repair** the damage
- 4. Reinoculate** with friendly bacteria



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### Elimination Diet

- ✓ Common allergens
  - Gluten
  - Dairy
  - Egg
  - Peanuts
  - Corn
  - Soy
- ✓ Known allergens
- ✓ Frequently eaten foods
- ✓ "Trigger" foods (cravings)
- ✓ Foods that irritate the delicate digestive lining
- ✓ Known intolerances – don't digest well



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### 5 Key Steps to Restore Sugar Balance

<b>Increase</b>	• Insulin sensitivity
<b>Decrease</b>	• Insulin need
<b>Reduce</b>	• Inflammation
<b>Optimize</b>	• Fat burning and lean mass building
<b>Minimize</b>	• The impact of “candy bar eating” effects of stress

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### Actions That Rebalance Adrenals


- ✓ Chill Out
- ✓ De-Stress Activities
- ✓ Hormone Reset Actions
- ✓ Movement
- ✓ Sleep
- ✓ Diet
- ✓ Nutrients
- ✓ Herbs
- ✓ Bio-identical Hormones



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### Lifestyle Support of the Thyroid Gland

- ✓ **Drink purified water:** avoid halides, fluoride, chlorine, bromine
- ✓ **Grow your own vegetables:** fertilize with seaweeds or grow in sea water
- ✓ **Minimize thyroid inhibitors:** avoid pesticides, synthetic colorings and flavorings, and environmental toxins
- ✓ **Adhere to an alkaline diet**
- ✓ **Balance estrogen levels:** high estrogen increases thyroid-binding globulin
- ✓ **Massage thyroid**
- ✓ **Exercise:** rebounder, T-Tapp



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### Thyroid Nourishing Diet



- ✓ **Gluten-free**
- ✓ **Green leafy vegetables**
- ✓ **Sea vegetables:** kelp, bladderwrack, dulse, nori, more
- ✓ **Garlic and onions**
- ✓ **Low-glycemic fruits**
- ✓ **Coconut**
- ✓ **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 - improves T3 production
- ✓ **Eliminate dietary stressors:** caffeine, alcohol, sugar, refined foods

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## Overview of Thyroid Nutrition

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



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13

## Key Thyroid Herbs

- ✓ **Ashwagandha:** stimulates T3 and T4 synthesis and increase antioxidants, including SOD
- ✓ **Guggulu:** supports thyroid function through its role in conversion of T4 to T3 in the liver
- ✓ **Rosemary:** contains carnosic acid that supports pituitary-thyroid signaling
- ✓ **Coleus Forskohlii:** supports the production and release of thyroid hormones
- ✓ **Mushrooms:** regulates the immune system, controls inflammation
- ✓ **He Shou Wu:** overall endocrine balance



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14

## 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



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15

## Pituitary/Hypothalamus 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
- Phosphatidylserine
- Antioxidants
- B Vitamins

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16

## Thyroid Under Conversion & Increased TBG

**Under Conversion from T4 to T3:**

- Causes Hypo type symptoms

**Causes:**

- Deficiency 5'deiodinase cofactors
- Gut Dysbiosis
- Elevated Cytokines
- Elevated Cortisol
- Elevated Estrogen

**Nutritional Support:**

- Insulin Resistance Diet
- Healing Leaky Gut, Dysbiosis
- Detoxification Program for Liver
- Iron
- Iodine
- Selenium
- Guggulu
- Anti-inflammatories, EFAs
- Antioxidants
- Phosphatidylserine 2000 mg/day

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## 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
- Phosphatidylserine 2000 mg/day



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## Increased Thyroid-Binding Globulin

**Causes:**

- Oral Contraceptives
- Estrogen

**Nutritional Support:**

- MSM, Trimethylglycine
- Choline
- Beet
- Betaine HCl
- Vitamin C
- Taurine
- Liver Detox Support
- Phosphatidylcholine



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## 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



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## Thyroid Resistance

**Causes:**

- ✓ Cortisol
- ✓ Homocysteine
- ✓ Inflammation
- ✓ Deficiency of Vitamin A

**Nutritional Support:**

- ✓ Adrenal Support
- ✓ Stress Management
- ✓ B Vitamins (methyl)
- ✓ Vitamin A
- ✓ Anti-inflammatories



## Kitchen Wisdom for HPAT Hormone Balancing





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25

### Hormone Nourishing Meal Ideas

- ✓ **Large veggie salad** with omega-3 rich salad dressing and seed toppings
- ✓ Green blender soups
- ✓ **Wraps using green leaves** and nori sea vegetable, filled with greens, sprouts, and sauerkraut, and topped with an omega-3 rich dressing or spread
- ✓ Steamed vegetables
- ✓ **“Big Bowl”** – filled with steamed and/or raw veggies and a blended vegetable sauce, made from the steam water, vegetables, and a fat to thicken: chia seed, avocado, tahini, nut butter, coconut, or raw nuts or seeds



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26

### Foods That Disrupt HPAT

- ✓ Charred meat: heterocyclic amines
- ✓ Processed high glycemic foods: flour, sugar, grains
- ✓ Chemical-laden foods
- ✓ Foods in cans and plastic
- ✓ Hydrogenated and oxidized fats
- ✓ Caffeine
- ✓ Dairy
- ✓ Gluten
- ✓ Excess alcohol



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27

### Foods That Support HPAT

- ✓ Coconut oil
- ✓ Omega-3 fats
- ✓ Brassicas
- ✓ Sea vegetables
- ✓ Brazil nuts
- ✓ Cumin
- ✓ Pomegranate
- ✓ **Adaptogenic herbs:** ashwagandha, eleuthero, medicinal mushrooms
- ✓ Probiotic foods: yogurt, kimchi, kefir



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28

### Step-By-Step to Phenomenal Results

- V**alues and goals – connect to what matters most
- A**sk the right questions to assess where they are now, *what brought them here*, and what's getting in the way
- L**abs and exams to determine the current state of health and identify imbalances
- O**rder of correction protocols needs to be decided in advance
- R**estore balance with diet, lifestyle, and supplementation
- R**eassess and adjust at regular intervals to make sure you are on the right track

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30