

- THE -
Thyroid
FACTOR

- YOUR -
24 HOUR
THYROID
ACTIVATION KIT

MAIN MANUAL

Thyroid Product

THYROID BASICS

The Thyroid is a butterfly shaped gland that sits below the Adam's Apple. The thyroid secretes several hormones into the bloodstream that contribute to energy production including the metabolic rate, the brain and the heart. When the thyroid does not produce enough hormones, it is called "hypothyroidism."

Many doctors and alternative health care practitioners believe that hypothyroidism in its beginning stages (if the blood tests show that the body is producing some thyroid hormone and the symptoms are slight) can be treated with dietary and lifestyle changes before medication is given. (1)

It is estimated that 30% of women have undiagnosed low thyroid issues. (4)The Wall Street Journal recently shared an article by Melinda Beck that stated that finally the treatments are being recognized that are not just given by endocrinologists as safe, and that According to the American Thyroid

Association an estimated 20 Million Americans suffer from hypothyroidism. This is sometimes overlooked as women get older or start to experience weight gain and hormonal disturbances.

Iodine is an essential component of thyroid health. Although some doctors advise taking iodine supplements, iodine is not recommended for someone that is diagnosed with hypothyroidism, or Hashimoto's. You can use iodized table salt, if you live in places or eat foods that are low in iodine .(2)(4)

A physical exam by your doctor can detect if there are palpable nodules on the thyroid or even tumors. Most people don't have them but still have notable thyroid issues and symptoms.

SYMPTOMS

Symptoms can range from person to person, however the most common symptoms are fatigue, weight gain and bloating, depression, brain fog and forgetfulness, hair

loss, loss of libido, poor sleep, chronic inflammation, and the inability to regulate body temperature, dry skin, constipation, menstrual irregularities, joint and muscle pain.

MEDICAL TESTS FOR THYROID

A TSH test measures the thyroid stimulating hormone. This comes from the pituitary gland that tells the body if it needs more hormones or not.

A Free T3 Test measures triiodothyronine, or T3, the active thyroid hormone. Low levels of this hormone indicate hypothyroidism.

A Free T4 Test measures thyroxine, or T4 that is in the blood stream that can be converted to T3 in the tissue. Low levels indicate hypothyroidism.

The Autoimmune Disorder known as Hashimoto's Autoimmune Thyroiditis, is when TPOAb, or thyroglobulin antibodies are present.

According to the American Thyroid Association, an estimated 20 million Americans **have** some form of **thyroid** disease. Up to 60 percent of those with **thyroid** disease are unaware of their condition. Women are five to eight times more likely than men to **have thyroid** problems.(5)

(1) (2) (3) <https://www.niddk.nih.gov/health-information/health-topics/>

[endocrine/hypothyroidism/Pages/factsheet.aspx#eating](https://ods.od.nih.gov/factsheets/Iodine-Consumer/)

(4) <https://ods.od.nih.gov/factsheets/Iodine-Consumer/>

(5) <http://www.thyroid.org/hypothyroidism/>

Current Supplements on the market (Kenny you might be interested in these)

This first one literally has nearly all of the ingredients that I take separately for my thyroid, with the exception of Iodine.

I would personally NOT put iodine in your supplement down the road is there is a LOT of

controversial info that it could make symptoms worse..but that's up to you obviously, most people can get their iodine from foods and iodized table salt.

<https://healthythyro.com/3-best-thyroid-supplements-year/>

<http://www.womenshealthnetwork.com/thyroid-health/thyroid-relief-3plus.aspx?id=1&campaignno=thyroid&adgroup=ag26supplements&keywords=natural+supplement+for+thyroid&gclid=CPjLnf-h3cwCFQyNaQoduC4Jrg>

Dr Axe Thyroid Diet - Dr. Axe is a great source of info!

<http://draxe.com/hypothyroidism-diet-natural-treatment/>

Thyroid boosting foods

Iodine is an essential mineral for thyroid hormones to be produced.

Although some doctors say that you should supplement with iodine, or eat foods that contain high amounts of it (kelp, dulse, and seaweed) these foods have been shown to worsen hypothyroid symptoms.

Instead get adequate amounts of iodine from foods that contain small amounts if you are not using iodized table salt.

Tyrosine is an amino acid needed in the body to boost thyroid efficiency. This comes mainly from adequate amounts of protein combined with iodine.

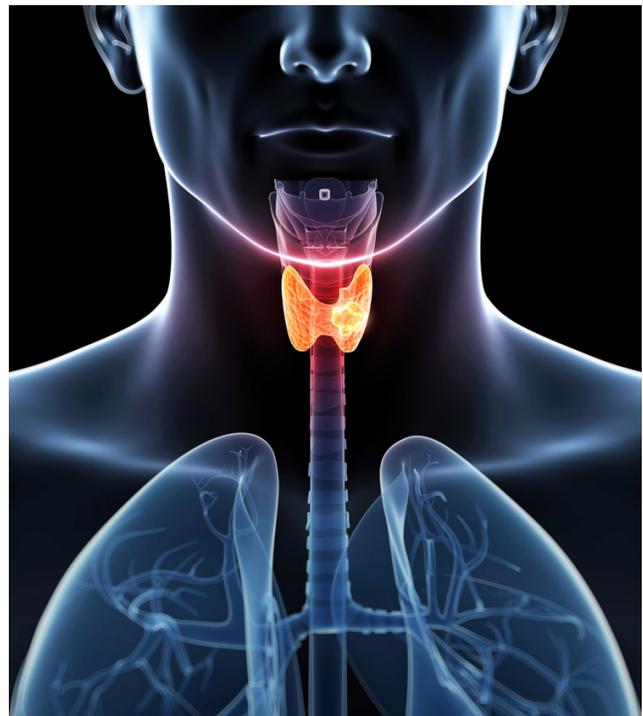
Since one of the issues with thyroid disorder is involved in tissue and muscle wasting, it is important to eat adequate protein that also contains small to moderate amounts of iodine.(1)

This can come from the following:

- Milk
- Fish
- Shrimp
- Free range chicken
- Free range Eggs
- Turkey
- Grass Fed Beef
- Fish
- Whey Based (not Isolate or Soy) Protein Powder

The above foods also contain small amounts of iodine. Most people that do not use iodized salt are deficient. Packaged and canned foods although having high sodium content, do not use iodized salt in their preparation.

Iodized salt is key in thyroid production



and although it has been reported that supplementing with iodine capsules in addition to thyroid medication can be too much for Hypothyroid and Hashimoto's Autoimmune sufferers.

Get your iodine from foods and/or table salt.

Other Thyroid Friendly Foods include:

- Beans
- Almonds
- Walnuts
- Rice
- Flaxseed Oil and ground flaxseed
- Raw Organic Cold Pressed Coconut Oil
- Olive Oil

Foods to avoid

Foods or substances that interfere with

the body's ability to produce iodine are called "goitrogens". These are present in cruciferous vegetables when eaten raw as in kale, cauliflower, brussel sprouts and cabbage. (Please note that these foods have so many properties that are beneficial, you should add them to your diet as they are fine if eaten cooked for everyone)

- ▶ Soy

Thyroid "killers"

Thiocyanates are sulfur producing foods that make it harder for the thyroid to do its job. Below is a list of foods that should be limited, or avoided if you are battling thyroid issues.

- Cruciferous Vegetables
- Corn
- Lima Beans

(these compounds are killed if the foods are cooked)

Supplements/Herbs/Spices (cites)

- Probiotics
- Digestive Enzymes
- B Complex
- Fish Oil
- Biotin

Flaxseed and Flaxseed Oil (a soluble fiber)
- For Constipation and heart health. (3)

Iodized Salt - It is recommended that you get 150 mcg per day of this thyroid stimulating mineral. However, if you use Kosher, or Sea Salt in cooking, you are missing this. (2)

B-Vitamins - B vitamins are key in nerve production

Fish Oil - 2-3 grams of Fish Oil is recommended daily for weight management and hormone balancing, inflammation, thyroid health and overall health and wellness. Low thyroid sufferers experience chronic inflammation, and the high Omega 3 content in fish oil has been shown to alleviate some of these symptoms. (4)

Selenium- Selenium deficiency (which is common in low thyroid sufferers) contributes to a lack of the antioxidant known as glutathione. This is one of the most powerful of all antioxidants, and a severe lack of this can aggravate low thyroid symptoms. Selenium deficiency can cause a weakening of the immune system and has been shown in test subjects when compared to a placebo to reduce the antibodies and heighten the quality of life. (5)

(1) (2) <http://ods.od.nih.gov/factsheets/Iodine-HealthProfessional/#h3>

(3) <https://nccih.nih.gov/health/flaxseed/ataglance.htm>

(4) <http://umm.edu/health/medical/altmed/condition/hypothyroidism>

(5) <http://www.ncbi.nlm.nih.gov/pubmed/11932302>



24 HOUR THYROID DETOX JUMPSTART

Can't seem to lose weight despite all your best efforts and suspect or have been diagnosed with low thyroid levels? Maybe your doctor has tested you and says your levels are "normal." Maybe you just can't seem to find what works because you are just too tired to keep looking and just want to cry.

Before you hit up another doctor, are you aware that possibly your body is too "toxic" to lose weight, and your "internal systems" and lifestyle might be holding you back from having the energy and the body you feel good in? AND, Certain foods, lifestyle habits and things that you ARE in control of can make the difference between the weight just sitting there, or even worse, creeping up on your belly, hips, thighs and back.

You will be amazed at how great you can feel by adding simple steps in ONE DAY that will get you on the road to renewal and weight loss, energy and feeling better than you have felt in years!

All you need is a 24 hour "jumpstart" to boost your thyroid and prepare your body to get rid of that sluggish metabolism that is holding you back from the body you admire on others!

Endocrinologists are taking way too long to get on the "wellness bandwagon" and women (and some men) are feeling misunderstood and hopeless when it comes to what they look and feel like with low thyroid symptoms.

Don't think that just because it says "Dr." in front of a name that they care, or that

they will understand what you are feeling. A good "health care practitioner should work WITH you and not just hand you medication, or say "it's all in your head!"

You are the one that has the future ahead of you and only you can start by taking simple daily steps to get you on the right path to weight loss, energy, great sleep, a healthy sex life, and more...so that you can look forward to the future, and know that you are on the path to the fittest, leanest and most vital body ever!

It's time for you to take control of your health back. Even if you do end up needing medication (which hypothyroid sufferers usually do) you can still keep your meds at a low level and optimize your thyroid function before it takes control of YOUR body.

Let's take a look at the thyroid basics.

Low thyroid or Hypothyroid is a condition that affects more women than men with symptoms ranging from weight gain and constipation, to foggy brain, digestion issues and irritability. Diet and Nutrition is the best way to keep your body and all of it's systems working in prime order, and your body is most likely loaded with a "toxic buildup" that is contributing to medical and overall well-ness issues that keep weight on and thyroid struggling to produce the proper hormones.

Before you go to a doctor for medicine, try changing your diet and lifestyle. The Harvard Medical School states that many women are being medicated unnecessarily before trying to take charge of their borderline thyroid disorders with a nutrient dense whole food diet. (1)

Here is a 24 Hour “kickstart” plan that will get your body, your thyroid and your internal systems ready for weight loss and lifelong extreme energy so that you can have a flatter belly with less internal stress by tomorrow morning!

Foods to avoid that completely that suppress thyroid, digestion and energy levels and cause weight gain and bloat.

- Sugar
- Dairy
- Alcohol
- Trans Fats
- Gluten - Wheat, Barley, Rye, Spelt and Oats
- Pre-made and/or Packaged foods
- Caffeine
- Diet or Sugar Free Drinks, Juices and Soda's



24 HOUR THYROID JUMPSTART

PREPARE your body by naturally by detoxifying and speeding up your metabolism

while energizing every cell in your body so that your thyroid works at optimal levels

And weight loss seems easy!

1. Every morning, drink a glass of pure filtered water with the juice of one organic lemon and a Teaspoon of fresh organic ground ginger. (or make it into a tea). Ginger and lemon have natural detoxifying and energizing properties and aide in digestion. Put a glass of this on your nightstand at night before bed. This has been practiced in India for centuries to prepare the body's energy and digestive system for the day.(incorporate this at the end of the night as well and drink this in tea form.)
2. Take a digestive enzyme with every meal and snack. Hypothyroid sufferers have lowered digestive enzymes and that contributes to constipation and bloating. Women are more likely to suffer from gastrointestinal issue than men and bloating and constipation are symptoms of gut issues stemming from thyroid

disorders and overall stress. (3)

3. Eat a breakfast of 3-4 eggs cooked in grass fed butter, with 3 strips of nitrate free bacon, or a detoxifying protein smoothie made with grass fed/non GMO protein powder. Mix into a blender with 1/2 cup purified water, and 1/2 cup almond or coconut milk, 1 scoop protein powder (I use vanilla) 1 Tablespoon of ground organic flaxseed, 1/4 cup mixed cherries, raspberries and blackberries. The protein and healthy fats will keep you full. This is also a great snack or lunch.
4. Choose organic and grass fed protein, fats, fruits and vegetables for each meal and snack. Best options are free range chicken and grass fed beef, grass fed butter, avocados, olive and coconut oils, berries, spinach, leafy greens, black, and red beans, and brown rice.
5. Mentally calm and prepare your body for the day. Stress is not good for anyone. If you have or suspect low thyroid issues, positive self talk is mandatory to regulate stress. You can make a huge difference if you believe that you can, and put mindful health into daily practice.
6. Take a probiotic after your breakfast. Preferably one with a minimum of 30 billion CFU's. Probiotics keep your intestinal flora fighting the bad bacteria daily so that the good "bugs" can fight for better overall health(2), digestion, immune system and weight loss. It used to be said, you are what you eat, now it is said that you are what you absorb. Gut health is key if you suspect or have been diagnosed with a thyroid disorder.
7. Drink 8, eight oz. glasses of purified water throughout the day.
8. Engage in some form of exercise using the entire body as in yoga, or body-weight exercise for 7-30 minutes. Do not do any cardio or extreme exercise as this puts a strain on the system and creates stress. (your body is already exhausted internally and you don't want to create any more damage"
9. Before bedtime, turn off ALL tech devices and darken your room so that you can get and stay into a deep sleep. A minimum of 7 hours is what is recommended. Remember that your body only repairs and replenishes while you are sleeping. Brain fog, weight loss, irritability and hormones and thyroid levels are all affected when you don't get the proper amount of sleep.
10. Take a Selenium supplement with dinner,

or better yet eat a single Brazil nut every night. You can also get adequate amounts of selenium from sunflower seeds, and pasture raised eggs. Selenium deficiency is prominent in autoimmune sufferers and even a slight lack of this can contribute to symptoms that fall into the low thyroid list. (4)

11. Drink Ginger Tea before bedtime. You can brew your own from shaved organic ginger root, and add in some raw honey. This powerful ancient superfood contains magnesium, zinc and potassium, all powerful herbs for digestion and immune function. This is a great way to end the day, and set the body up for natural cleansing to wake up energized and refreshed. Chamomile can be added or mix the two for a calming bedtime tea.
12. Another bedtime ritual is to keep the blood sugar stable so you don't wake up hungry in the middle of the night (common if you don't sleep well!) by eating a blood sugar regulating snack before bed. A tablespoon of 1/2 almond or cashew butter, and 1/2 coconut oil is a great "sweet tooth" snack.
13. Most women have cold feet and hands that have thyroid disorders and that

contributes to waking at night and grabbing a snack that ends up adding to the weight gain issue. Sleep with light socks on to keep feet warm and you most likely will get into a deep sleep.

14. Keep your room a sanctuary for sleep. Better to keep television watching for another room. Calm your brain with either meditation, yoga stretching, or a good paperback (not a tech device) with a dark room. Lack of sleep turns off your fat burning hormones and turns on your hunger hormones. If you wake up not fully rested you can be sure you will be grabbing the wrong foods and snacks throughout the day that will sabotage your wellness and weight loss goals.

(1) <http://www.health.harvard.edu/blog/for-borderline-underactive-thyroid-drug-therapy-isnt-always-necessary-201310096740>

(2) <http://patients.gi.org/topics/probiotics-for-the-treatment-of-adult-gastrointestinal-disorders/>

(3) <http://patients.gi.org/topics/common-gi-problems-in-women/>

(4) <http://www.ncbi.nlm.nih.gov/pubmed/11932302>