

# HASHIMOTO'S DIET GUIDE



5 DIETS TO  
REDUCE  
INFLAMMATION  
AND  
AUTOIMMUNITY

Text

HOW TO TAKE ACTION  
TODAY

AN EBOOK

# Hashimoto's Diet Guide

## 5 Diets to Reduce Inflammation and Autoimmunity

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# **How to reduce your antibodies and autoimmunity with these 5 diets**

Ever feel like all you get is conflicting information about diet around the internet?

I do too... which is why I'm writing this post.

Today I want to talk about which Hashimoto's diet is best for naturally reducing your antibodies, inflammatory levels and for overall just making you feel better.

If you didn't already know - diet is an absolute critical change you **MUST** make if you want to get your Hashimoto's under control. In fact, I would go as far as to say that it is probably the most important part of your treatment plan.

Having said that, there are some nuances to making dietary changes that are specific to those with Hashimoto's.

I'm going to be going over several diets and how they impact symptoms and antibody levels. The data we are going to use is from Dr. Isabella Wentz who collected information on 2,232 Hashimoto's patients.

Unfortunately, there just isn't a lot of research money being spent on Hashimoto's because for the most part Doctors consider it just another form of hypothyroidism.

But this data is very actionable and can help you immediately.

Let's dive right in:

What you will learn in this post: Why diet is critical to healing Hashimoto's Why diet alone isn't enough List of diets and how they each impact Hashimoto's and antibody levels The recommendation that I give to my patients about diet What to do if you have Adrenal problems or Blood sugar issues