The CompleteThyroid Healing Guide

from Meredith at Root to Leaf Wellness

Symptoms:

- Overweight/ resistant weight loss
- Frequently cold
- Dry skin/skin conditions
- Elevated LDL
- Recurring GI problems (constipation, IBS)
- Frequently ill
- Depression
- Anxiety
- Fatigue
- Hair loss — head, and watch for outer third of eyebrow

What to test:

- TSH
- Free T4
- Total T3
- Free T3
- Reverse T3
- TPO & TBG Ab

Other helpful testing includes: RBC selenium, RBC Zinc, Vitamin A, Vitamin D, CMP, HbA1c, Iodine, Ferritin, Lipid Panel, Multi-sample Cortisol Test, Comprehensive Stool Test

THYROID ESSENTIALS:

KNOW YOUR NUTRIENT STATUS

Be aware what gaps you have and address them. Gaps come from medications you may be taking, less-than-optimal intake from diet, stress, and gut imbalance (and no, if you have no obvious digestive symptoms it does not mean you're free and clear).
Key nutrients: Zinc, Selenium, Vitamin A, Tyrosine, Iron, Iodine (be cautious with Iodine, especially if you're unsure whether you have an autoimmune activation)

FIND OUT IF YOU HAVE FOOD SENSITIVITIES

Food sensitivities are NOT the same as food allergies. You can become "sensitive" to any food - even healthy ones! Food sensitivities can be discovered through testing (you'll probably need a functional practitioner for this. There are DIY online like Everlywell, but many of these tests are prone to false negatives) or through a structured elimination diet.

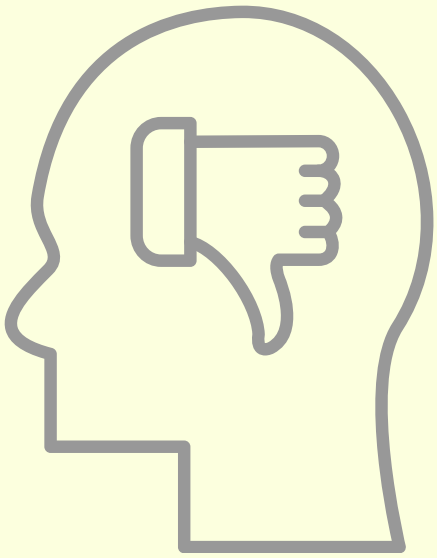
BALANCE BLOOD SUGAR WITH A LOW-GLYCEMIC DIET

Blood sugar swings worsen adrenal function, which affects thyroid metabolism. Avoid sugar and processed carbs; choose whole-food, nutrient-dense carbohydrates such as vegetables, legumes, and berries. Consume plentiful healthy fats such as wild fatty fish, avocados, olives & olive oil, coconut & coconut oil, nuts & seeds.

THINGS TO AVOID:

Gluten, especially if there is a chronic autoimmune diagnosis. Consider removing dairy foods and grains, as these foods may be cross-reactive to gluten.
Excess goitrogens like unfermented and non-organic soy; excessive consumption of raw cruciferous vegetables.
Seafood high in mercury; i.e. albacore tuna, swordfish & mercury amalgam fillings.
Too much Go-go-go & Do-do-do; Learn to lessen stress by saying 'no.'

But, there's more to the story...



What's on Your Mind? Thoughts and Thyroid

Do you often feel that you cannot voice what you need? Perhaps a voice inside says, "I never get to do what I want to do. When will it be my turn?" You may feel like giving up, or feel hopelessly stifled. Notice the thoughts you habitually think. Look at them objectively: just because you think a thought, doesn't make it true! It is important to take the time to uncover the fears behind the thoughts that you've grown accustomed to having, but don't try to do too much too fast: even just becoming aware of them is a powerful first step - we can't change what we can't see. You may want to use a journal to note down your negative or limiting thoughts. From there you can challenge them and/or replace them with new ones. I've noted some examples below.

Affirmations	I create a new life with new rules that totally support me. I move beyond old limitations and now allow myself to express freely and creatively.

OVERWHELMED?

Don't worry - I was too in the beginning! It feels like a lot of information; I understand. I sorted through it all on my own on my journey to recovery, but it would have been wonderful (and a much faster trip) if I'd had the support of a qualified and nurturing expert. Now I am that support and guide for my clients.

A great place to start is to join my free FB community: The Health Creators, where I share valuable information to help you sort out all the noise out there!

If you are interested in learning whether Functional Medicine Health Coaching is the right thing for you, I would love to get to know you and hear about your experience. Schedule any time for a no-strings chat.

Remember, whatever your health challenge or problems, they took months, if not years to manifest, so please be patient with your body and know that it is consistency of beneficial practices that is the true driver of health.
If you need more specific guidance on what you can do, book my free Functional Wellness Check. and let's find out what your body needs and what will fit perfectly
in your life.

Meredith is a Functional Medicine Practitioner & Health Coach who uses a truly holistic and highly individualized approach to get you to a place of reclaimed health and vibrancy. She works with her clients to achieve complete and lasting health so that they are free to give their gifts fully to those they love and the world at large. Meredith knows that given the appropriate knowledge and inspiration each of us has the POWER to cultivate our own best health. Some things you will find in her toolkit are functional medicine principles, nutrition expertise, mindset, meditation & mindfulness, movement, and many more.

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