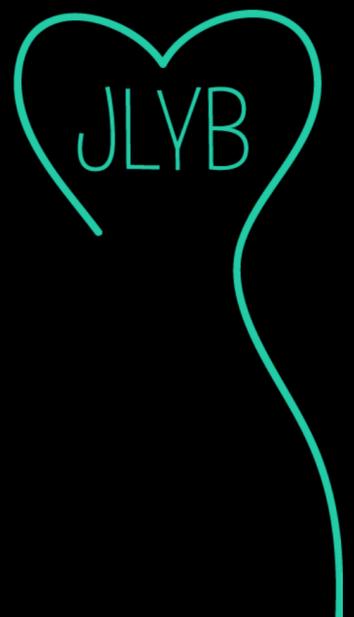


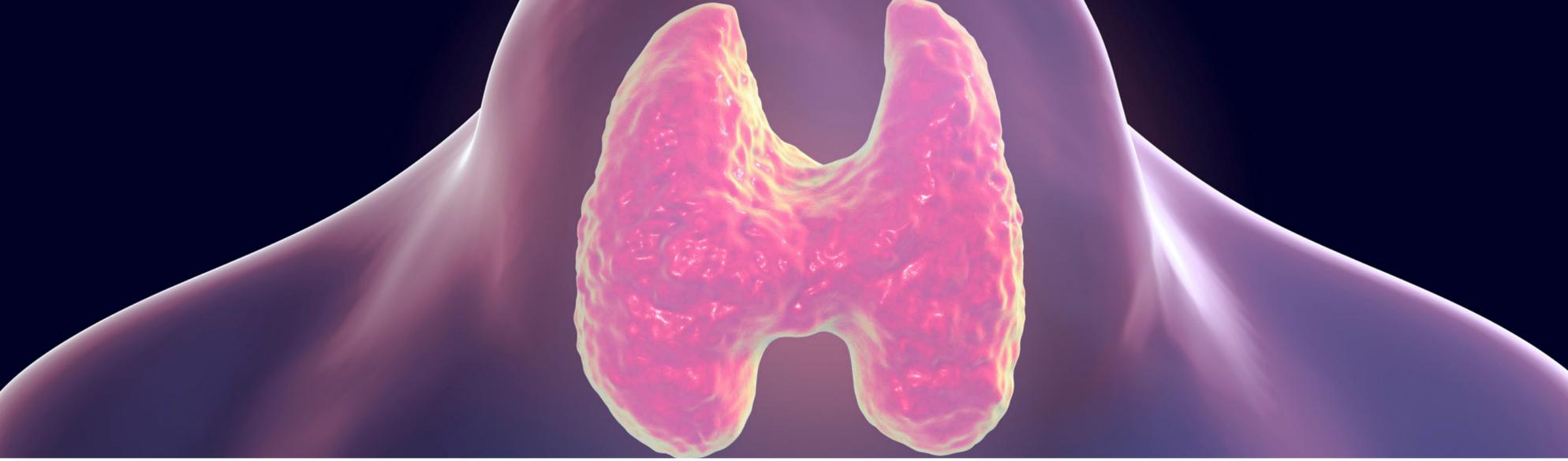
Hypothyroidism



The Keys to Living Symptom Free



JAMIE GILLIAM



Your Thyroid

Your thyroid's job is to make and convert thyroid hormones, which are secreted into your blood and then carried to every tissue in your body. Thyroid hormones help your body use energy, stay warm and keep your brain, heart, muscles, and other organs working as they should.

When you have hypothyroidism, your thyroid doesn't produce enough or convert enough thyroid hormones. Basically, every process within your body slows down, which causes a slew of symptoms.

It is also important to understand that your other hormones, liver function, gut health, vitamin levels and mineral levels are related to your thyroid function and vice versa. It is never just your thyroid when you have hypothyroidism. However, most western doctors only treat the thyroid when a patient has hypothyroidism, and usually only prescribe T4 medication. This is why so many hypothyroidism patients never feel good and suffer from an array of symptoms.

The good news, you don't have to suffer. You can feel amazing with hypothyroidism. In some cases, hypothyroidism can even be reversed (depending on the root cause).

Symptoms of hypothyroidism or that your medication and treatment isn't working.

Fatigue
Lethargy
Low endurance
Slow speech
Slow thinking
Poor memory
Poor concentration
Depression
Nervousness
Anxiety
Worrying
Easy emotional upset
Obsessive thinking
Low motivation
Dizziness
Sensation of cold
Cold skin
Decreased sweating
Heat intolerance
Non-restful sleep
Insomnia
Thick tongue
Swelling of face
Sparse eyebrows
Low basal activity level
Low basal temperature
Slow resting pulse rate
Hair loss

Swelling of eyelids
Dry mucous membranes
Constipation
Weight gain
Paleness of lips
Shortness of breath
Swelling
Dry, thick, scaling skin
Dry Skin
Hoarseness
Loss of appetite
Prolonged menstrual
bleeding
Heavy menstrual
bleeding
Painful menstruation
Low sex drive
Impotence
Hearing loss
Rapid heart rate
Pounding heartbeat
Slow pulse rate
Pain in front of the chest
Poor vision
Emotional instability
Choking sensation
Dry, coarse, brittle hair

Symptoms of hypothyroidism or that your medication and treatment isn't working.

Paleness of skin
Puffy skin
Puffy face or eyelids
Swelling of ankles
Coarse skin
Brittle or thin nails
Dry ridges down nails
Difficulty swallowing
Weakness
Muscle pain
Joint pain
Numbness or tingling
Protrusion of eyeballs
Brain fog
Cardiac enlargement
Fluid around heart



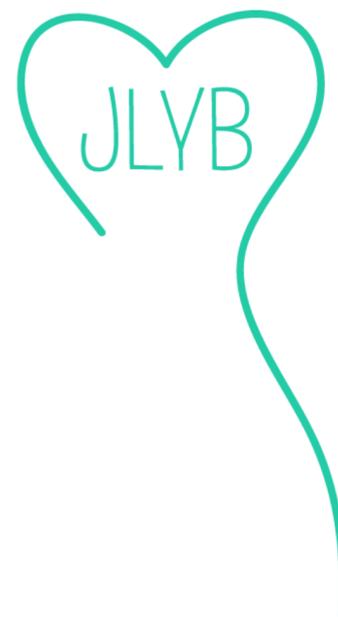
Many hypothyroidism patients suffer from a multitude of symptoms, even when on medication. It is important to track your symptoms regularly, get full thyroid panels every time you get labs, check your other hormones and vitamin/mineral levels. Symptoms are a sign your body is not functioning properly.

What to do?

Literally every cell in your body depends on proper thyroid function. When you take the necessary steps to help your thyroid function properly and for your medication to work properly, you will feel 100% better in your overall health and well being. Mentally, emotionally and physically....you will feel like a new person.

So....what can you do?

- **Get the correct labs to understand how your body is functioning**
- **Understand the difference between what western medicine declares as "normal" labs and what your labs need to be for you to feel your best**
- **Medication, vitamins, minerals, supplements and hormone replacement should be based on your individual labs and how you feel**
- **Understand how your medication works**
- **Understand how to take your medication**
- **Understand which foods to avoid/limit**
- **Understand which types of exercise are best for you**

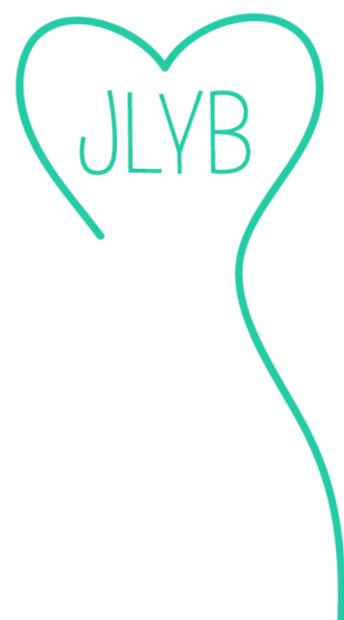


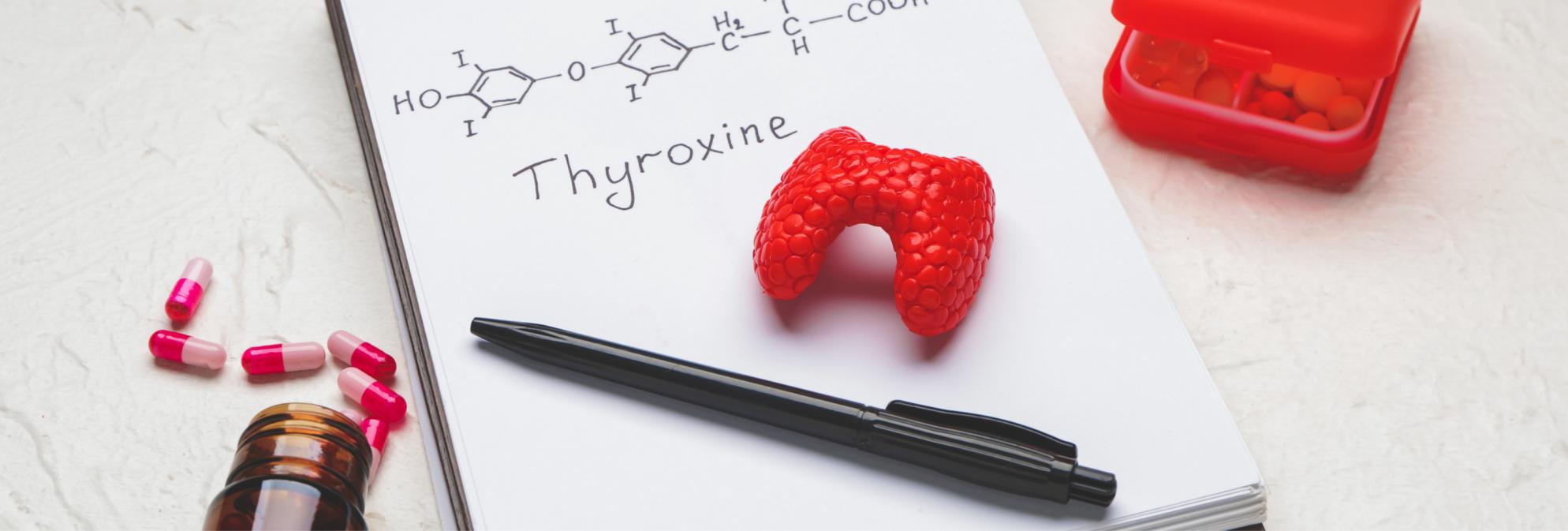


Foods and Beverages to Avoid/Limit

Many people with hypothyroidism, Hashimoto's, and those who have undergone a partial or total thyroidectomy experience an autoimmune response to certain foods and derivatives. The following are foods to avoid. It can be difficult to avoid certain foods/beverages altogether. If you cannot completely avoid, limit as much as possible. There are so many alternatives available. You want to feel your best and give your body the best opportunity to thrive.

- Dairy
- Gluten
- Soy
- Raw Cruciferous Veggies (simply cook or steam)
- Almonds, Cashews, Peanuts, Walnuts, Macadamias
- Added Sugars
- Simple Starches
- Artificial Ingredients
- Processed Foods
- Fatty Foods
- Alcohol
- Caffeine

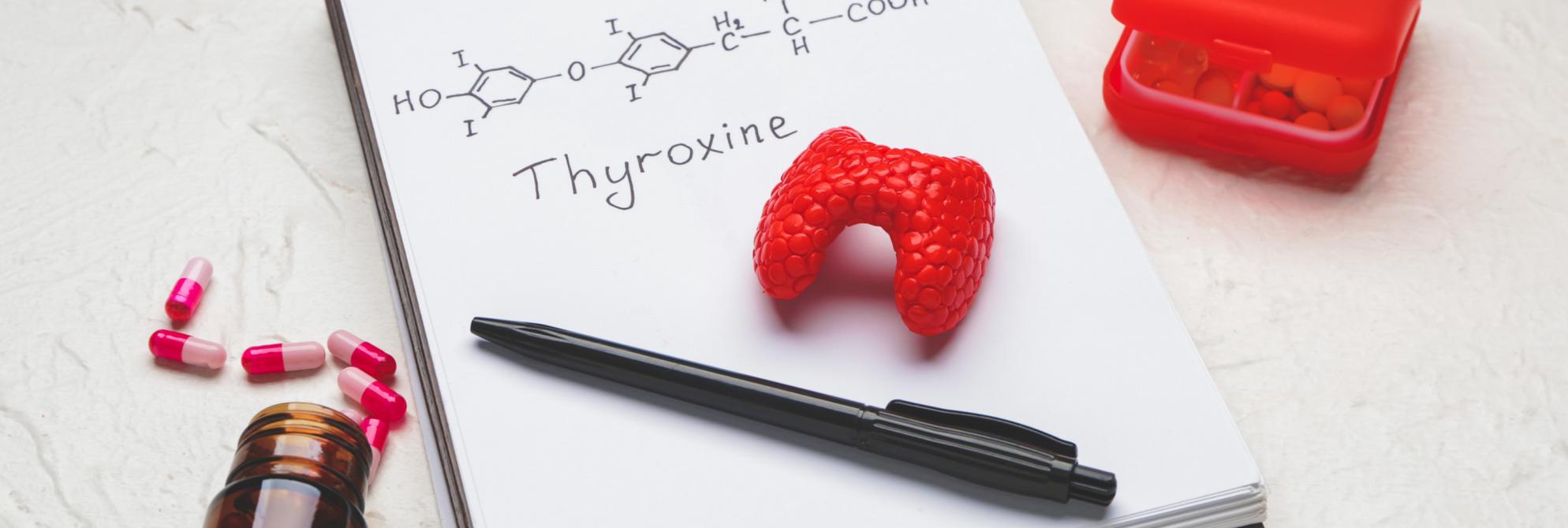




If you are taking medication for thyroid function:

I was astonished when I had my thyroid removed and was prescribed medication without any guidance from my doctor about managing my medication and my health. He simply wrote a prescription and I picked it up from the pharmacy. The only directions provided to me were to take my pills with a full glass of water. Taking into consideration the foods and beverages to avoid/limit that I mentioned above, here are some important tips for ensuring your thyroid medication can be absorbed and work properly:

- Take at the same time every day (if on daily doses)
- Take on an empty stomach with a full glass of water
- Allow an hour before eating/drinking (besides water)
- If you must drink caffeine, limit it and wait at least an hour after you take your medication



- Iron supplements, calcium, antacids and proton pump inhibitors can interfere with absorption of your thyroid medication. Take these supplements and medications at least 4 hours after your thyroid medication. As a general rule of thumb, if you are unsure about a medication or supplement interfering with absorption, take it at least 4 hours after your thyroid medication.
- Estrogen hormone therapy, high fiber diets, high soy diets, anti-depressants, anti-anxiety medications and many other medications can impact absorption of t4 thyroid medications regardless of when you take your medication. You may need higher medication dosing than the standard dosing (dosing is typically determined by weight and then adjusted based on labs every 6-8 weeks until labs are optimal).
- Testing your thyroid function (with a full thyroid panel) every 6-8 weeks until the correct dosing is determined based on how your body absorbs medication is so important to determine the right dosing for your individual needs.

LIFESTYLE



Lifestyle Tips For Optimal Thyroid Hormone Function:

Mental and Emotional Health

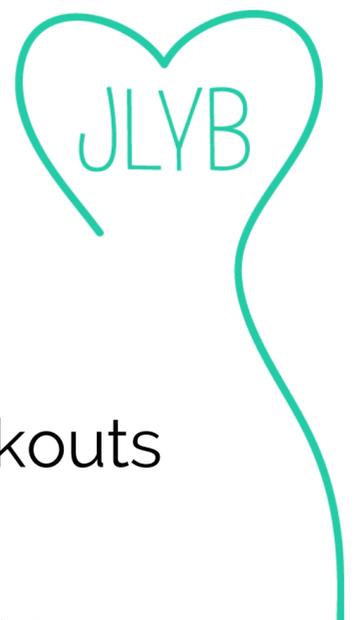
- daily journaling/meditation/prayer
- schedule date nights with your partner
- regular intimacy with your partner
- get adequate sleep in a relaxing environment

Nutrition

- avoid/limit foods and beverages mentioned above
- minimum 1/2 gallon of water daily
- whole foods diet with high protein, moderate fat, complex carbohydrates (enjoy foods you love 20-30% of your daily/weekly caloric goals)
- supplement as needed (based on labs and symptoms) to ensure adequate vitamins, minerals, etc.

Movement

- 10,000 steps per day
- limit high intensity workouts
- opt for moderate intensity conditioning workouts
- resistance/strength training 2-3x per week
- foam roll for restoration, relaxation, recovery





Give yourself time.

Your body and YOU need your patience. This may be a ton of information for you to digest all at once. Take a deep breath and just take it one step at a time.

As you implement changes to your lifestyle, give yourself and your body time to adjust. It can take up to 6-8 weeks to really notice changes in your symptoms. Be sure to journal how you feel each day to track changes. Often we change slowly over time and forget just how much progress we have made.

For more information about my 12-week hormone reboot program or to book a consult call, go to <https://www.justloveyourbod.com>

Just Love Your Bod!

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