

4 Weeks to Healing: Designing Your Hashimoto's Lifestyle

MODULE I:

WELCOME & UNDERSTANDING WHAT YOU'RE UP AGAINST

Welcome! And congratulations for having the commitment to yourself to join us in this program!

Commitment is Our Theme

Someone shared with me that they were going to make "commitment" the theme of 2014. I think that's great and I invite all of us to do the same and to bring that spirit and enthusiasm into these 4 weeks.

We will use this as a platform to launch us into a new way of looking at Hashimoto's and the challenges we face.

And it is my hope that you will change the way you see these challenges and see them for the opportunities that they also are.

The struggles and difficulties that you face offer you a unique opportunity. And they really can provide the perfect circumstances for major transformation.

Because you really have no other choice.

You can't afford to do nothing and since you are here, I believe you want answers and you want direction.

You'll get both, but it's up to you to apply that commitment to put that into action.

Remission is Our Goal

And remission is our goal.

However, Hashimoto's is one hell of an opponent. It really is.

As I shared in my webinar, I think the reason a lot of people don't have success in getting it into remission is that this requires a certain level of commitment.

I notice that I often talk with people who say, yeah, I was following the diet and I made some of those changes in my life and I felt great then...I don't know... I just didn't stick with it.

Here's the thing. There's too much at stake not to stick with this.

This is a progressive disease and where it progresses is not a place you ever want to be. Trust me. We're going to really look at this in this first module.

So, let's focus on doing everything we can to use this opportunity for learning, for growth and for positive personal transformation.

There Might Be Obstacles

And, just so you know. You might get triggered. You might run up against some resistance, some personal "gremlins" that tell you can't do this or that, and some obstacles.

And when that happens, remember some of the biggest breakthroughs happen after the biggest breakdowns.

And also, let's all agree to support one another through this. To make this process one in which we make a pact to hold each other up and not tear anyone down.

Let's create a healing intention for the group. I invite you to leave gossip and judgment at the door and let's work together towards everyone's highest good.

Our Focus Will Be Lifestyle Interventions

Our focus is going to be, pretty much exclusively, on things we can do in our day to day lives to help us successfully reach our goal (remission).

And the things that have the greatest impact are the things we do on a daily basis.

What we eat, how we deal with stress, what exercises we do, how we think and feel.

This is going to be our focus. Not supplements, not which thyroid hormone is the best, not whether or not you should try LDN or synthetic or desiccated thyroid hormone. Not which combination of Vitamin D, selenium, magnesium and valerian you should be taking.

Those things are issues that need addressing, but that's not what we're going to cover here.

Because, at the end of the day, lifestyle interventions are, by far, the most effective tools we have.

And, ironically, they are often the most neglected.

Let's Give This Some Context

Ok, so let's start with some context.

I first want to discuss what Hashimoto's really is and while I don't want to scare you, I do want you to really understand what is at stake.

I keep saying there is a lot at stake and some people just look at me like I'm an idiot.

That may be true, but not about this. J

This is an autoimmune disease and that is serious business.

I've actually had people say to me, "What's the big deal? You can't die from it."

Actually, autoimmune disease is the one of the top 10 leading causes of death in female children and women in all age groups up to 64 years of age.

And the numbers are higher than other major diseases: the NIH (National Institute of Health) thinks that up to 23.5 million Americans have autoimmune disease. 9 million have cancer, 22 million have heart disease.

In the US, thyroid autoimmune disease is the most common of all autoimmune disorders, affecting 7 – 8% of the U.S. population. By some estimates, autoimmune disease accounts for approximately 90% of all hypothyroid disorders and these are mostly due to Hashimoto's.

Autoimmune Disease Has No Cure

One thing that is important to understand about autoimmune disease is that it is incurable. The condition can go into remission, but it never goes away. Unfortunately, some healthcare practitioners and patients believe this remission is a cure.

Let me put it to you simply: Anyone who tells you that they can cure your autoimmune disease is either a liar, a con artist or they don't understand what is going on.

To date, there is no "off switch" to the autoimmune process. Once you have crossed over into autoimmunity you cannot turn back. You can learn to manage it effectively, you can calm the attack, but you can never reverse the loss of self-tolerance.

The immune system doesn't work that way. Once something has been labeled as a bad guy by the immune system, you can't miraculously change that.

Once You Have an Autoimmune Disease, Its Easy to Get Another

This is true of all autoimmune diseases. We are composed of tissue made of proteins. These proteins have specific amino acid sequences.

There are only a finite number of amino acids, so there are many places where sequences from one tissue to another have the same sequences.

If your immune system identifies one protein as a bad guy, it's not hard for it to mistake another that looks pretty similar. And this is also a natural process, part of the job of your immune system is to get rid of old dead cells.

Let's take a look at Hashimoto's as an example:

According to a study from the UK, 14.3 % of Hashimoto's patients had another autoimmune diseases, with rheumatoid arthritis being the most common.

Here's a list of other common autoimmune diseases that this population could have:

- Rheumatoid arthritis — an autoimmune disease that affects the lining of your joints
- Addison's disease — an autoimmune disease that affects the adrenal glands, which make hormones that help your body respond to stress and regulate your blood pressure and water and salt balance
- Type 1 diabetes — an autoimmune disease that causes blood sugar levels to be too high
- Graves' disease — an autoimmune disease that causes the thyroid to make too much thyroid hormone
- Pernicious anemia — an autoimmune disease that keeps your body from absorbing vitamin B12 and making enough healthy red blood cells
- Lupus — an autoimmune disease that can damage many parts of the body, such as the joints, skin, blood vessels, and other organs
- Vitiligo — an autoimmune disease that destroys the cells that give your skin its color

Autoimmune Disease is a Progressive Disease

According to Dr. Datis Kharrazian, DC, autoimmune disease is a progressive disease that goes through 3 stages. While these are not recognized by the general medical community, they are very useful clinically.

As I stated above, autoimmune disease is not officially recognized until close to 70 to 90% of the target tissue is destroyed.

Wouldn't it be better to have some other way to identify these diseases before they destroy the target tissue?

YES!

3 Stages of Autoimmune Disease

Stage 1: Silent Autoimmunity

In this stage, the body has lost tolerance to its own tissue, but there are no symptoms yet and it doesn't really affect the way that the system functions.

This stage can, however, be identified by lab tests that show elevated antibodies.

People can stay in this stage for years. This is the best place to begin some sort of treatment because your odds of getting good results are highest.

Stage 2: Autoimmune Reactivity

In this stage, the destruction of the target tissue has begun. There are elevated antibodies and some symptoms.

However, the destruction is not significant enough to actually be labeled autoimmune disease because 70 to 90% of the target tissue has not yet been destroyed.

This stage is where a lot of Hashimoto's patients are. They may or may not have been placed on thyroid replacement hormone and that may or may not have normalized their thyroid lab results. However, the destructive autoimmune process is active and is progressing.

This is a very important stage for treating the immune dysfunction because you have a greater chance to slow or stop the destruction of that tissue and slow the progression to other autoimmune diseases.

Stage 3: Autoimmune Disease

This is the stage where Western medicine finally acknowledges that this is an autoimmune disease. And it takes this long because you need significant destruction of tissue in order to see the destruction with an MRI or ultrasound.

Other findings include elevated antibodies, serious and significant symptoms, lab results, and special studies that all confirm a loss of function.

Unfortunately, this is really late in the game. With Hashimoto's, this is the stage where the thyroid is almost completely destroyed.

Most people don't reach this stage before they have been given thyroid replacement hormone because the symptoms have already become so serious that they will have sought out a doctor to help them before they got here.

We Want to Slow or Stop the Progression

Our immediate and forever goal is to slow or stop the progression. Progression to later steps and/or progression to other parts of our bodies.

Slowing or stopping the progression is your daily mission.

This is the crux of everything. This is your *raison d'être*, as the French would say, your reason for being.

This is what remission means.

Everything we are going to cover in this program is going to, in some way, lead back to that goal.

We must be single minded in this.

And some critical pieces to achieving this goal are: saving our brains from neurodegeneration, balancing blood sugar, doing everything we can to minimize or eliminate stress, and calming the immune system.

What We're Going to Cover

So, here's what we're going to cover:

Module I

In Module I, the first week of this program, you'll learn how to figure out which of your systems are compromised.

I'm going to give you self diagnosis worksheets that will help you do this accurately and take out a lot of the guess work.

And these include assessments for all the major systems of your body and for your brain.

We can't develop a strategy for getting you better if we don't know what we need to fix.

So, your homework for this week is going to be filling out some pretty extensive forms with lots of questions and then we're going to analyze that information and make sense of it.

And I'm going to provide you some background and insights on how to do that. Also, everyone will have an opportunity to work with me personally to go over this and together we're going to identify the big issues and then brainstorm on solutions.

Module II

In Module II, we're going to cover the diet.

You're going to get a free copy of Mickey Trescott's Autoimmune Paleo Cookbook. It has everything to eat and to avoid, has wonderful and delicious recipes.

What we're going to look at is how it helps us achieve our goal, which is?

Slowing or stopping the progression of the autoimmunity.

We're also going to look at how to use it for some of the specific health issues that we identify in our assessment.

I have also put together a pretty complete list of food sources of vitamins and minerals. We'll look at what's often deficient in Hashimoto's and how to supplement ***with food***.

Module III

In Module III, you'll discover some great techniques for overcoming, not just managing stress.

If you're managing stress, you already losing the battle.

And you'll learn how to do this with kids and a family. And even with a stressful job.

Many of us have maxed out our "stress cards".

We have to start putting relaxation back into our accounts. Seriously.

We will also look at how this is crucial for achieving our goal. Stress is a major, major trigger of autoimmunity.

I'm not a gambling man, but I will wager my last dime that each and every one of you had some major stressful event that preceded the initiation or the expression of your autoimmunity.

It's true of everyone I speak to, it is true of my own experience with Hashimoto's. The importance of this cannot be overemphasized.

Module IV

In Module 4, we'll cover exercise.

This is something that can be very beneficial for your brain, for stress and for blood sugar balance and calming your immune system.

You will learn 2 types of exercises.

I'll teach you how to do high intensity properly with Hashimoto's so you can get all the benefits without wiping yourself out.

And you'll also learn some awesome qi gong exercises.

Simple gentle movements. They're relaxing, but really helpful for increasing blood flow and for strengthening and healing your internal organs.

OK, we have a ton to cover.

Let's Get Started! Job 1: The Brain

First thing we're going to look at is the brain.

Several of the most common symptoms of Hashimoto's are brain related.

Some of these are obvious such as brain fog and memory loss, others are less so, like depression, anxiety, constipation and neurological disorders which can resemble or develop into Alzheimer's and Parkinson's disease.

Regardless of how obvious they are, all these brain related symptoms are a sign of degeneration of the brain. This is not a good thing.

And the people who are the most sick, for whom this has progressed to the worst places, are those whose brains have been irreparably damaged.

These are the people who can't work, can't function, can't get out of bed, can't remember things, and can't care for themselves.

And also, guess what else has often progressed to their brains?

Autoimmunity. One of the most common places for additional autoimmunity for people with Hashimoto's is brain and nervous system autoimmunity.

This is the first place that we need to build a firewall. We need our brains, people!

ACTION STEPS FOR WEEK ONE:

- 1. Fill Out Brain Health and Nutritional Assessment Form (See below).**
- 2. Make note of areas where there are lots of 2s and 3s.**
- 3. Fill Out the Metabolic Assessment Form**
- 4. Make note of areas where there are lots of 2s and 3s.**
- 5. Notice the overlapping areas in the 2 assessment forms. For example, blood sugar issues, gut issues, gall bladder issues, etc.**

Highlight these.

- 6. Share your findings with Marc when you have your consultation. And share them with your accountability partner.**
- 7. Make a priority list of areas that need attention. Make sure you are clear on what these are because we will focus on what to do about these areas in subsequent weeks.**
- 8. Breath. Smile. Take a break. Great job!**

Self Assessment: Part I

I have provided you with a **Brain Health and Nutritional Assessment Form**.
Click on this link to access this form.

This is your first homework. Fill out this form. You'll notice it has lots of questions and sections.

IMPORTANT INSTRUCTIONS: Fill out the form first, before you read the explanation of what each section means.

This way, you don't bias your answers.

In the video, I'll share what a healthy brain needs and how Hashimoto's can negatively impact things.

NO PEEKING! FILL OUT THE FORM FIRST.

After you do that, you can go to the next page. J

Here's what the different sections are looking at: (Look for clusters of "2"s and "3"s).

Section 1: Brain Circulation: How is blood flow to your brain?

Section 2: Sugar Metabolism: Is your hypoglycemia affecting your brain?

Section 3: Peripheral Utilization of Sugars: Is insulin resistance and inflammation affecting the brain?

Section 4: Stress and the Brain: How is stress affecting your brain?

Section 5: Essential Fatty Acids: Your brain needs good fats and oils, is it getting them? Gall bladder connection

Section 6: Brain-Gut Axis: There is a big connection between the brain and the gut. Brain stem, cerebellum.

Section 7: Brain-Immune Axis: Brain inflammation due to immune flare-ups in the brain.

Section 8: Gluten Digestion: Are gluten or cross reactors messing with your brain?

Section 9: Intestinal Barrier: Leaky gut often means leaky brain.

Neurotransmitters: Deficiencies in each can cause these feelings and issues

Section 10: Serotonin: Sadness, rage, loss of enjoyment in things

Section 11: Dopamine: Self destructive thoughts, isolation, anger and irritability

Section 12: Acetylcholine: Memory issues, slow recall, difficulty calculating

Section 13: Catecholamines: Mental alertness and clarity, ADD, ADHD

Section 14: GABA: Anxiety, panic, restlessness

Take a look at your answers. Wherever there are clusters of 2s and 3s make note of these. These are issues that need to be addressed.

Make note of them. We want to work on these areas.

Self Assessment: Part II

The next thing we want to look at are the other systems of your body, including your thyroid.

Hashimoto's is so much more than a thyroid problem. It is an all over your body problem.

Let's figure out where else we have issues. This way we know what we need to fix.

In the video, I'll be discussing some important areas of dysfunction including the gut, the stomach, the liver and gall bladder, the adrenals, blood sugar balance and more.

You have also been provided a **Metabolic Assessment Form**.

Click on this link to access this form.

This is your second bit of homework. Fill out this form. You'll notice it also has lots of questions and categories.

IMPORTANT INSTRUCTIONS: Fill out the form first, before you read the explanation of what each category means.

This way, you don't bias your answers.

NO PEEKING! FILL OUT THE FORM FIRST.

Once you have done that you may go to the next page. J

Here's what the different categories are looking at: (Look for clusters of "2"s and "3"s).

Category I: Large Intestines: Looking for leaky gut, constipation, and other symptoms.

Category II: Intestinal Integrity: Looking for leaky gut

Category III: Chemical Tolerance: Loss of chemical tolerance is a reflection of the degree of loss of self tolerance and an important indicator of progression

Category IV: Stomach: Too little acid

Category V: Stomach: Too much acid

Sometimes these are mixed.

Category VI: Small Intestines: Looking for leaky gut, poor motility and other symptoms.

Category VII: Gall bladder: Trouble with digesting and assimilating fat? Gall stones?

Category VIII: Liver Detoxification: 60% of thyroid hormone conversion happens in the liver

Category IX: Blood Sugar Balance: Hypoglycemia

Category X: Blood Sugar Balance: Insulin Resistance

You could have both sugar problems. Life is not a textbook.

Category XI: Adrenals: Hypo (Adrenal Fatigue)

Category XII: Adrenals: Hypo (Adrenal Exhaustion)

Category XIII: Electrolyte and pH Balance: Malabsorption?

Category XIV: Thyroid: Hypothyroid symptoms

Category XV: Thyroid: Hyperthyroid symptoms

Look at these in the context of your blood test results. Normal results and lots of symptoms, the problem is not in your thyroid.

Category XVI: Pituitary: Hypo

Category XVII: Pituitary: Hyper

Category XVII: Prostate Issues: For the boys

Category XIX: Andropause: For the older boys

Category XX: Menstrual Issues: For the ladies

Category XXI: Menopausal Issues: I'm not going to say it, for the ladies J

Take a look at your answers. Wherever there are clusters of 2s and 3s make note of these.

These are issues that need to be addressed.

Make note of them. We want to work on these areas.

ACTION STEPS FOR WEEK ONE:

- 1. Fill Out Brain Health and Nutritional Assessment Form.**
- 2. Look at the key above. Make note of areas where there are lots of 2s and 3s.**
- 3. Fill Out the Metabolic Assessment Form**
- 4. Look at the key above. Make note of areas where there are lots of 2s and 3s.**
- 5. Notice the overlapping areas in the 2 assessment forms. For example, blood sugar issues, gut issues, gall bladder issues, etc.**

Highlight these.

- 6. Share your findings with Marc when you have your consultation. And share them with your accountability partner.**
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