

WorkBook

4 Weeks to Healing: Designing Your Hashimoto's Lifestyle

Module 2: The Hashimoto's Diet

The Diet we are going to adopt is the Autoimmune Paleo Diet.

This is not really a diet as much as a shift in the way you approach eating into something that better supports your healing.

All the details are in the Autoimmune Paleo Cookbook. Foods to eat, foods to avoid, etc. There are also great meal plans and shopping lists.

Diet Is The Key To Healing Autoimmune Disease

Diet has a huge impact on autoimmune disease.

And think about it practically. Where is your immune system? An estimated 70% is found in your digestive tract. We know this. And the reason there is so much found there is because this is where we most interact with our external environment.

Right? We evolved from hunter gatherers, from the plains of Africa and we ate things we could find. Stuff we picked off the ground, stuff we hunted and killed (some of it raw), stuff we picked off of trees.

Guess what else lives in those places? Bacteria, viruses, fungi and lots of them. So a lot of what goes down the hatch has these critters going along for the ride. So we had to have a defense for them or they would kill us and we would be no more.

So our digestive tract is our barrier from this contact with the world that

happens many times a day. Every time you eat or snack or nibble or nosh. You need protection.

Now, with autoimmune disease, one of the main things that happens is our immune system becomes overzealous.

For many reasons. We don't know exactly why, but we do know there's a lot of contributing factors.

There's exposure to a virus, I think over 85% of my patients have been exposed to Epstein Barr virus at some point in their life. There is environmental exposure like radiation or other environmental toxins. There's stress and there is definitely a genetic predisposition. And there's leaky gut or the breakdown of this intestinal barrier.

All those things and more create a perfect storm that causes us to lose self-tolerance. It's not just one thing.

And once this happens, our immune systems start attacking our own tissue. And guess what else we have found? Well, we now know that every autoimmune disease has one common denominator.

Leaky Gut Is the Common Denominator

And that is leaky gut. It is, in a simple sense, a breakdown of that intestinal barrier.

This is considered a precursor to all autoimmune disease.

So in order to develop autoimmune disease, a few things have to happen.

You have to have this genetic vulnerability, you have to have a trigger or usually several triggers and you have to have leaky gut.

And while there are lots of triggers and lots of genetic scenarios that can lead to autoimmune disease, leaky gut is the one common denominator.

And we know it is caused by diet and lifestyle. And if we heal it, we can dramatically alter the progression and the proliferation of autoimmune disease.

And that is our goal. That's what leads to remission.

So, let's take a look at the basic elements of the diet and address some of the issues around it.

Eat meat, poultry, fish and shellfish:

Animal foods are your best source of easily digested complete proteins and an important source of fats. And they are loaded with vitamins and minerals, some of which you can't get in plant foods.

Also, try and open our mind to eating different parts of the animal. The bones and bone broth is very healing for the gut. Organ meat is rich in certain amino acids like glycine. Think like our ancestors and indigenous people who wasted nothing and ate the whole animal.

Fat is really important. Because statin drugs are the most profitable substance ever made by man, I'm not exaggerating, we have been brain washed in automatically thinking fat is bad.

Its not, the sugar that gets converted into fat is a problem and this is the source of bad cholesterol.

Fat is not only not the enemy it is necessary for building hormones (thyroid hormone) and neurotransmitters (if you saw lost of these I your brain form,

you need fat) and your brain is 60% fat. Fat is needed to absorb fat soluble vitamins. Fat is where it's at, baby!

Eat vegetables and some fruit

This is not the all meat all the time version of Paleo. This is eat lots of vegetables and some fruit and have some meat and plenty of good fat, too.

Vegetables and fruit are essential sources of antioxidants, vitamins and minerals. The fiber in them is extremely important for regulating hunger hormones and for balancing the good bacteria in your gut.

There are 2 vegetables that are problems and those are legumes and nightshades. Nightshades include: tomatoes, white potatoes, eggplant and peppers. These are very inflammatory.

They have to be cut out for a period and maybe forever for some people. I still can't have tomatoes, much to my dismay.

Legumes are: anything in the pea family so green peas, all beans and alfalfa. Raw forms like sweet peas, snow peas, green peas sugar snap peas are usually fine if you have a healthy gut.

These can be eaten on occasion as we heal the gut.

Use quality fats for cooking:

We've talked about how important fat is. These include animal fat and coconut oil, olive oil, avocados, etc. Make your own. Cook bacon and save the fat, it's great for cooking.

Source the best ingredients you can:

This matters. Our environment is increasingly polluted, and farm raised animals are full of hormones and antibiotics (which kill the good bacteria in your gut) and lots of other nastiness because many of the animals are sick and are kept functional with excessive amounts of antibiotics.

Antibiotics are also used to make the animals grow faster and gain weight more quickly.

Grass fed, organic. Buy directly from a farmer near you if you can. Check out www.eatwild.org and www.azurestandard.com for bulk purchasing options to save money.

Eat as much variety as possible:

We are trying to heal, eating variety gives you more nutrients and different vitamins and minerals.

I have included a pdf of **Food Sources of Vitamins and Minerals** on the Module II page so you can look at foods you may not think of to get important nutrients.

I've also noted which are ok and which aren't during the first phase of the diet. ***Those that should be avoided are in bold italics.***

One more thing to understand: This approach has 2 phases:

1. The Elimination Phase:

This is the most extreme. Where you are strictest, where you need your commitment and your will. And this is the place where the major healing begins because this is where we really unwind the immune system

craziness.

In this part of the diet, you have to eliminate all legumes, nuts, seeds, nightshades, grains, eggs and dairy products.

It's not just gluten, its all grains.

The reason is simple, these foods are the most inflammatory and they do the most damage to our already damaged guts. Nuts, seeds and legumes all have lectins which are natural chemicals the plants produce and these can damage those enterocytes in the intestines.

We need to heal that barrier, so we need to stop everything that hurts it.

This should be done from 2 to 3 months or 60 to 90 days. This may also be a good time to introduce certain supplements that are targeted at healing certain specific areas.

2. The Reintroduction Phase

Here's where we reintroduce different foods like the legumes, the nuts, the seeds, etc.

The key here is to do everything one at a time for 3 days. We're looking for a response, either digestive or neurological.

It could be stomach upset or body or joint pain or changes in mood or brain fog or anything really.

We want to keep a journal to keep track.

Some other things to be aware of are:

Breakfast will never be the same.

You are going to have to readjust your normal concept of breakfast. You really need to start the day with a meal that will heal and give you the most nutrients.

A good protein, some good fat and some fruit or vegetables is ideal.

Really, it's simply lunch or dinner early.

If you are a smoothie-for-breakfast-person.

Do a vegetable based protein, my recommendation is pea protein, with avocado, some coconut oil, some fruit (maybe berries) and some coconut yogurt, some fresh veggies and you have a great breakfast smoothie.

Grow Your Own

A great source of pleasure and savings for me is my garden. We grow all our own cooking herbs, we grow lots of vegetables.

We have an orange tree, a peach tree and an avocado tree. Just thinking about it makes me feel good. J

Something about gardening just makes sense of everything. It's something that I never tire of doing and when you save your own seeds as well, it's a never ending cycle of joy.

Visit SLOLA.org to learn about saving seeds. This is an organization that I am part of and our mission is to save seeds and be a positive alternative to Monsanto.

Prepare Your House, Kitchen and Pantry for Success

You will have a much better chance of doing this successfully if your house is set up in such a way so that you have good stuff to reach for.

Don't keep junk food, soda, unhealthy snack foods in your house. Make sure you have plenty of vegetables, fruit and meat available, so when you're hungry you can eat.

If all of this seems too hard and too exhausting. Cook soups.

Soups are a great way to get tons of nutrition, all the fat, meat and vegetables, nicely broken down and easy to digest.

You can make one big batch of soup and eat it for days.

I love soup, all year round, but especially during the winter.

OK, this week's Action Steps

1. Take inventory of your kitchen and pantry. Give away, have someone else eat or throw away the foods you can't have.

Create space for your new meals that heal.

2. Check out the meal plans and shopping list in the Autoimmune Paleo Cookbook. Follow them. Use that list to go shopping and to set up your pantry.

3. Feel free to improvise, but stay within the context of the diet.

4. Make sure you have a scheduled a consultation with Marc. Also,

make sure you have filled out those forms and used the Module I Workbook as a key to summarize the main issues.

Send Marc the summary at marc@hashimotoshealing.com.

Also, start thinking about the diet in the context of the issues you discovered.

Here's an overview of the main issues and how the diet can be used to address them.

1. **Leaky gut.** We've already talked a good deal about this. And the entire diet is really helpful for this. Some things to pay special attention to are the bone broths, that is broth made from bones. You can use this as a basis for soups. It is very healing for the lining of the intestines.

Another thing that is important is the fermented vegetables and vegetables in general for nourishing the good species of bacteria. And a good probiotic supplement is a really good addition here.

2. Something else to be aware of is stomach issues, especially issues **involving too little stomach acid**. This can cause problems all down the line.

To boost stomach acid, some simple remedies include apple cider vinegar, lemon juice (either can be added to water) and fresh ginger or ginger tea. These things can all boost stomach acid levels and increase your ability to break down the food better and get better nutrient absorption.

3. **Gall bladder and liver issues:** Increasing stomach acid levels will actually help the gall bladder work better. Other things to incorporate are green leafy vegetables, the brasicca family that you now have permission

to eat.

One of the best things you can do for the liver is eat liver. Liver is one of the most concentrated sources of vitamin A, vitamin D, B12, copper, potassium, magnesium, phosphorous, manganese, and iron.

Other things to consider are dandelion, both the greens and the root. I grow these in my garden. Milk thistle is also great as is stinging nettle.

4. Blood sugar issues: Blood sugar issues are huge. Virtually everybody has some problem in this area.

We've got 2 types, remember?: hypoglycemia or too low blood sugar and insulin resistance, usually caused by too much sugar.

Again, the whole diet will really address these issues. So many of us are so sugar addicted. It's really bad.

We have to face this and get away from it. You can't just pretend it's ok and then start substituting honey and maple sugar and gluten free grains. You have to really acknowledge it's an addiction and treat it as such.

The substitutes for sugar are good protein and good fat. That should be your go to when you crave sugar.

And with hypoglycemia, you have to start the day with a good protein and good fat combination.

As we have seen, breakfast is a real challenge with this new lifestyle. Everything you ever thought of for breakfast, you can't eat for a while.

Breakfast is largely a commercial invention, anyway. All these breakfast cereals and pasteries and french toast and this stuff is all sugar.

It's popular because so many people are addicted to it and it's everywhere because addiction is great for profits.

It doesn't serve you. When you have sugar for breakfast you get a burst of energy and then you crash. For some people, their day never recovers. This is why they reach for that cup of coffee and hour later and another at 3:00 in the afternoon.

And it's wrecking their adrenals and their pancreas and their liver and their heart and eventually it destroys everything including their brains. Remember Type 3 diabetes? Alzheimer's induced by excess sugar.

Forget about this idea of some sweet thing for breakfast. You need meat and good fat. Bacon. Some meat patty and an avocado. Fish and avocado. You could even do a smoothie with plant protein and coconut oil.

Eat to heal yourself. Start seeing your diet for what it is. An opportunity to heal at every meal.

So start the day with a good protein and good fat. Eat frequently throughout the day and don't go too long between meals.

And for insulin resistance. We have to start having less sugar. Period.

The adrenals also benefit from blood sugar balance and from stress elimination. And next week we're going to really get into that.

Hey, What About the Thyroid and the Brain?

And what about the thyroid and the brain? Well, by calming the immune attack, by healing the gut, and balancing blood sugar we are already doing a ton for the both.

Remember the brain is 60% fat. So good fat is hugely important. Circulation is also really important for the brain, we're going to look at how to exercise properly in week 4.

The other thing that is critically important for the thyroid and brain are the things that reduce inflammation more directly.

Also, consider incorporating these:

1. **Turmeric** is a great anti-inflammatory. It reduces brain and thyroid inflammation. You can cook with it, there are great recipes in Mickey's book for turmeric tea and recipes where you use it as a spice. You can't get too much of that stuff.

2. **Glutathione** is another great anti-oxidant and anti-inflammatory. You can get this in a cream and rub it directly on your thyroid to reduce inflammation or in capsules. But you have to get the right form and that is

Also, we want to include foods that help use recycle and use make more of it, like cordyceps. **Cordyceps** is a wonderful Chinese herb, it's actually a fungus and it has a chocolaty taste.

3. **Vitamin D** is also an important anti-inflammatory and it really helps the regulate immune function, as well.

4. **Resveratrol** is another great anti-inflammatory and it works well with Turmeric to unwind the root causes of inflammation. It's also great for heart and blood vessel health. It can stimulate one part of the immune system, so for some this can cause a reaction.

5. **Bromelain** is an enzyme found in pineapple and it's really helpful for reducing inflammation in the thyroid too and elsewhere in the body.

Good stuff! Time to start putting it all in motion.

Bring on the healing!