

Ideas for Helping the Thyroid Without Medication

My feeling is that these tips will probably work better if lab results come back within normal ranges but there are symptoms of low thyroid function. Ideally, before starting, one would have lab results showing the following:

- TSH
- Free T3
- Free T4
- Reverse T3
- Ferritin levels
- Thyroid antibodies
- Complete blood count
- Saliva testing for adrenal function (“Adrenal Stress Index” from DiagnosTechs Labs is an excellent test)

Dr. Wilson¹ believes that you should allow plenty of time for healing to take place. Figure out how many years you have had symptoms and allow 2 months of healing per year, plus an extra 2 months. Do not give up on treatment until allowing at least that much time. This time factor will probably cause the most trouble with the plan, since it’s so much easier to medicate than to wait for healing, especially when you’re desperate to start feeling better.

It would be ideal to follow people who try these treatments and to document each thing they try, so that we could help others more objectively. If we don’t document what we do, we will never be able to prove that our methods are effective. I think that following body temperature, blood pressure and pulse is probably the most accurate way to document improvement, although I doubt it will be effective for *every* person, since there are a limited number of other things that can cause body temperature, blood pressure, and pulse to have variations. However, for the majority of people, monitoring these three things would be very helpful. Finally, tracking weight weekly would be helpful, since being over or underweight is a common symptom of thyroid and other hormonal imbalances.

Place a checkmark by the things you will be able to do.

- Body temperature: We need to check basal body temperature (taken before getting out of bed in the morning, after having been in bed for at least 4 hours), then body temperature every three hours after. Also, body temperature needs to be checked at any time one feels symptoms (with the specific symptom noted) *and* probably a few times when one feels really well. A daytime *average* of 98.6 is the healthiest for proper thyroid function.²
- Pulse: Ideal is between 70 and 80 (resting heart rate). Lower indicates slower metabolism (lowered hormone function). Higher than 100 (sustained rate) indicates hyperthyroidism.
- Blood pressure: Should rise when standing. 120/80 is ideal for average blood pressure.

¹ <http://wilsonstemperaturesyndrome.com>

² See <http://www.wilsonstemperaturesyndrome.com/eBook/Chapters/02Temp.cfm> for a very good explanation.

Name _____

Date _____ to _____

Temperature by Time:

(note time)	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Basal (waking)							
3 hrs. later							
6 hrs. later							
9 hrs. later							

Temperature by Symptoms:

Date:	Time:	Temp:	Symptom:

Pulse:

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Waking							
4 p.m.							
Bedtime							

Blood Pressure:

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Before rising in a.m.							
Immediately after standing							
4 p.m.							
Bedtime							

Weight this week: _____

Stresses experienced that affected symptoms and/or body temperature:

Place a checkmark by the things you will be able to do.

Lifestyle changes:

- Rest – It is extremely important to be in bed no later than 10 p.m. each night, sleeping in as close to complete darkness as possible, and to sleep until naturally awakened in the morning. It is also extremely important to have one day of rest out of each seven.
- Eat meals on a schedule – This is important so that the body can correct its internal clock and the rate at which it releases hormones. Eat within ½ hour of waking and to wait at least 4 hours before eating again (proven to normalize insulin levels³). See below for the content of these meals.
- Avoid fluoride and chlorine.

Food:⁴

- Restrict carbohydrate intake to 6 grams of *slow-acting* carbs at breakfast, 12 grams at lunch, and 12 grams at supper, 12 grams for snacks. Slow-acting carbs are usually vegetables. Read labels and check cookbooks for amounts of carbs in the food you eat.
- Absolutely necessary fats: coconut oil (min. 2 tablespoons daily)⁵, high-vitamin cod liver oil⁶, butter (ideally from grass-fed cows), extra-virgin olive oil, plenty of saturated fats in whole milk and eggs.
- Lacto-fermented foods – because of high vitamin C content, which is healing to adrenal and thyroid glands
- Fish sauce⁷ -- nourishes the thyroid with iodine and flavors foods nicely (example: Thai Kitchen Premium Fish Sauce)
- Celtic Sea Salt⁸ -- nourishes the thyroid with iodine and trace minerals, supports adrenal function
- Easy to digest foods – lacto-fermented foods, soaking grains, gelatin-rich broths⁹

To avoid:

- No soy!!
- No trans fats or hydrogenated oils – interfere with enzymes that help hormone production
- Sugar and caffeine, processed (white) salt – exhaust adrenal reserves
- Processed foods, pasteurized milk products, excess carbohydrates, refined carbohydrates (such as fruit juices and even natural sugars such as maple sugar and honey) – exhaust adrenal reserves
- Eat in moderation: broccoli, Brussels sprouts, cabbage (unfermented or raw), kale, mustard greens, peaches, pears, radishes, spinach, and turnips –interfere with thyroid production if eaten in excess

Supplements:¹⁰

- L-Tyrosine – 500 mg twice daily, on empty stomach (do not take with milk). Take with 50 mg vitamin B6 and 100 mg vitamin C for better absorption.¹¹
- Vitamin B complex (3 times daily with meals), plus extra vitamin B2 (50 mg twice daily) and vitamin B12 (1000-2000 mcg, 3 times daily, on empty stomach).
- Vitamin C – 8000 mg daily or more (to bowel tolerance)
- Magnesium – to bowel tolerance (a good brand is “Natural Magnesium Calm” by Nutraceuticals Sciences Institute)¹²

³ Bernstein, Richard K., M.D., *Dr. Bernstein's Diabetes Solution*, revised edition (New York: Little, Brown and Co., 2003), ch. 11.

⁴ Enig, Mary and Sally Fallon, *Eat Fat, Lose Fat* (New York: Hudson Street Press, 2005).

⁵ Source: <http://www.4radiantlife.com/> (888-593-8333) or <http://www.coconutoil-online.com/>

⁶ Source: http://www.gardenoflife.com/detail_cod_liver.shtml (561-748-2477) (has a good taste and is one of least expensive of the high-vitamin oils)

⁷ Source and further information: http://www.panix.com/~clay/cookbook/bin/show_ingredient.cgi?fish-sauce

⁸ Source: <http://www.4radiantlife.com/> (888-593-8333)

⁹ See recipes in Fallon, Sally, *Nourishing Traditions, 2nd Edition* (Washington, D.C.: New Trends Publishing, 1999), pp. 80-125.

¹⁰ Balch, James F. and Phyllis A. Balch, *Prescription for Nutritional Healing, 3rd Edition* (New York: Avery, 2000), pp. 451-453. Also see <http://www.drLOWE.com/nutrition/supplementlist/nutritionlist.htm> (many supplements listed are supplied in the above diet plan).

¹¹ <http://www.bronsonvitamins.com> (800-294-5507) or <http://iherb.com/> are good sources for supplements.

¹² <http://www.vitacost.com/NSI-Natural-Magnesium-Calm> (800-381-0759) (raspberry flavor is good)

- ❑ Selenium (if pregnant, do not exceed 40 mcg daily)
- ❑ Enzymes with meals – “Daily Essential Enzymes” (2/meal) and “Pancreatin 8X” (1/meal)¹³
- ❑ Homeopathic remedy *Calcarea carbonica* may help by increasing thyroid function.
- ❑ Herbs: *Vitex*, dong quai, nettle, any herbs that cleanse the liver and kidneys (a good choice is Master Gland, by Nature’s Sunshine¹⁴)

¹³ by Source Naturals, Source: <http://www.iherb.com> or <http://www.sourcenaturals.com/retailers/online.html>

¹⁴ Source: http://www.natureshealthypeople.com/natures_sunshine_herbs_products/mastergland.html (800-223-8225)

Diet Diary

Name _____

Week of _____ to _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast (note <i>foods</i> , <i>time</i> and <i>grams</i> of carbs consumed)							
Lunch (note <i>foods</i> , <i>time</i> and <i>grams</i> of carbs consumed)							
Supper (note <i>foods</i> , <i>time</i> and <i>grams</i> of carbs consumed)							
Snack (note <i>foods</i> , <i>time</i> and <i>grams</i> of carbs consumed)							

Did you eat the following today?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coconut Oil							
Cod Liver Oil							
Butter							
Olive Oil							
Whole Milk ¹⁵							
Eggs							
Fish Sauce							
Celtic Sea Salt							
Fermented Foods							
Soaked Grains ¹⁶							
Gelatin-rich broths							
Soy							
Trans fats							
Hydrogenated Oils							
Sugar							
Caffeine							
White Salt							

¹⁵ Not pasteurized!

¹⁶ Other acceptable grains include sourdough and sprouted wheat. Remember not to exceed the carbohydrate limits per meal.

Name _____
Week of _____ to _____

Supplements Taken Daily:

Time(s):	Supplement:	Amount:

Other comments: