



HYPOTHYROID

Nutritional Support Protocol

Work-Up Recommendations:

1. Perform basic thyroid blood work to rule in / rule out significant central axis thyroid dysfunction (Total and free T4 and T3, TSH, and thyroid antibodies).
2. Perform basal temperature assessment at baseline and to monitor response to therapy.
3. Monitor signs/symptoms of coldness, fatigue, dry hair and skin, hair loss, weight gain, constipation, swelling, etc. for improvement with therapy.
4. Adequately address adrenal and HPA axis dysfunction and cortisol imbalances through nutrition (Adrenotone, CatecholaCalm, PS, etc.).
5. Consider stool analysis for pathogens, such as *Yesinia enterocolitica*, if thyroid antibodies are elevated.
6. Consider food allergy detection and elimination (ALCAT, ELISA, elimination diet) in cases of autoimmune thyroiditis.
7. Rule-out mercury and other heavy metal toxicity via provoked urine studies or hair analysis.
8. Consider HRT with a combination T4 & T3 medication protocol (Naturethyroid, Armour, Synthroid-Cytomel combination therapy, etc.) if patient is refractive to more conservative treatment.

Dietary Recommendations:

1. Avoid iodine-suppressing foods like cabbage, brussels sprouts, broccoli, cauliflower and soy.
2. Choose lean, clean quality protein at each meal such as chicken breast, turkey breast, lean beef, fish (especially salmon and sardines), eggs and whey protein.
3. Emphasize omega 3 fatty acids (salmon, mackerel, herring, sardines) and omega 9 fats (olive oil, olives, almonds, hazelnuts, avocados, macadamia oil and coconut oil).
4. Consume 5-9 servings of vegetables/fruits every day, or add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
5. Substitute complex carbohydrates (non-starchy vegetables and whole grains) for refined and simple carbohydrates. Eliminate refined carbohydrates from the diet (this includes bread, cereal or pasta made with white flour, white rice, white potatoes, sugar, corn syrup, honey and candy).
6. Avoid caffeine, colas, alcohol and smoking. Drink at least 64 ounces of filtered, bottled or nonchlorinated water every day. In addition, drink 2-3 cups of naturally decaffeinated green tea daily.
7. Do not take iron at the same time with thyroid medication.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

Thyroid Synergy:	1 capsule with each meal, 3 per day
Adrenotone:	1 capsule with each meal, 3 per day
GLA 240:	1 gel cap with each meal, 3 per day
Detox Antiox:	2 capsules daily with meals
Phosphatidylserine:	2 capsules with breakfast and dinner, 4 per day
Iodine Synergy:	1-2 tablets per day (If testing supports need)

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