

LOVE YOUR BODY BACK TO HEALTH.

THE RADICAL
TLC
SOLUTION



JEN WITTMAN CHHC, AADP

HOME HEALING PROGRAM

Your simple, 6-week self-care strategy to turn around thyroid, autoimmune and inflammatory disease.

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TABLE OF CONTENTS

INTRODUCTION

Intention of this program	1.
What I expect from you	3.
What you can expect from me	4.
Medical Disclaimer	10.
MY STORY	10.
Creating New Habits	13.

STEP-BY-STEP ACTION PLANS

Week 1 Healing Plan—Track Yourself and Know Your Stats	17.
Week 2 Healing Plan—Fix Your Food	27.
Radical Kitchen Love	31.
The Super Simple TLC Thyroid & Autoimmune Diet Strategy	39.
Week 3 Healing Plan—Catching Zzzzz's	42.
Week 4 Healing Plan—Daily Detox	46.
Week 5 Healing Plan—Fitness Matchmaker	53.
Week 6 Healing Plan—Reduce Stress & Become a Time Management Ninja	58.

PUTTING IT ALL TOGETHER

Building Your Healing Plan	68.
A big thanks!	71.

INTRODUCTION

INTENTION OF THIS PROGRAM

Welcome! I'm so incredibly excited that you've decided to take control of your health and wellbeing, and this program is the first step. I designed this program to empower you to take your health back into your own hands to be a guide for creating your own unique healing program.

But most of all, I created this program to meet you! Thyroid and autoimmune disease can be very isolating, and people who have never been through it don't know what it's like to look normal and feel awful all the time. This program is meant to create community and give a safe space to discuss challenges, overcome obstacles and share our successes.

I designed this program so that you can do it at your own pace. Depending on how quickly you decide to adopt these new diet and lifestyle habits, you could be relieving symptoms in as little as a few days.

However, this course contains a lot of information, and with our busy lives, learning and incorporating something new can seem overwhelming. I've carefully chosen the remedies I know to be the most successful to cut down on overwhelm. There are loads of other remedies out there that you may have learned about – I've included only the ones I've found to be most effective – still there's a ton of info here. Take your time. Do what feels right to you. Explore at your own pace.

You'll see that the program is set up with one new habit to try each day, but even if you incorporate just one new habit per week, you'll be set on a path toward more energy, vitality and joy in no time.

I want you to enjoy this journey! Because it's all about rediscovering a healthy relationship with your body. Start with the habits and skills that resonate with you, the ones that will be the easiest to incorporate into your life, and get started. There is no one way to do this. Go at your own pace. You can finish this program in a matter of days, weeks or months. Do what feels right to you.

Please remember, each of us has unique food and lifestyle needs. Some of what I'm sharing with you might apply to you and some might not. Perhaps all of these suggestions apply to you. Everyone is starting from a different level, looking for help through a different lens. The important thing is to respect your body. Listen to its signals. Let it guide you to the areas where you need extra support.



When I first started on my journey, I admitted to my doctor that I felt guilty when I didn't do everything perfectly to support my healing. He advised me to surrender into healing and to trust my body—that it knows what to do to get better. He just said to support the body without trying to control everything, so that I could relax and give the body the space it would need to heal. Once I did that, I started to heal really quickly.

I am giving you permission to follow this program in the way that works best for you. If you want to read the material from beginning to end, you will gain a comprehensive understanding of your condition, symptoms, and role in reversing them. This program has a lot to chew on so reading and incorporating one chapter at a time is great too. What matters is that you TAKE ACTION, and know that you have a compassionate community to lean on.

I have designed the course to help you adopt diet and lifestyle habits in the way I think they might be most effective. We start by sifting through the superficial stressors in our lives, clearing those away so we can make space for a new healthy and vibrant life.

You can apply any of my suggestions in any order though, so if you prefer to jump around and read up on the parts that are most important to you right now, you have my full blessing.

This is your life, your recovery, and your program; make it work for you.

 Jen

WHAT I EXPECT FROM YOU

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”—Buddha

I know this is a frightening time for you. Your body seems to have betrayed you, the medical establishment you’ve been taught to rely on often has no answers, and you feel totally alone.

First of all: You’re not crazy, and you’re not alone. I’ll be with you every step of the way.

But you’re also not a victim. You are a strong, intelligent person, and if you’ve found this program, I hope that you’ve also made the choice and the commitment to healing.

I truly believe you can vastly improve your health by following the plan I set forth in this program. But here’s the catch, my dear: you have to do the work to get there.

Some people find it easier to stay sick, as hard as that is to say. Sometimes, being sick can be a convenient excuse for not showing up fully in our lives, or not moving past a difficult period in our history. Are you hiding from healing by being a victim or choosing to stay unwell by not doing the things you know will make you better?

Healing is a process and opportunity for growth. And, in order to grow, you have to let go of the thing you are attached to that is stopping you. In other words, you have to let go of that fear, hesitation or insecurity that is holding you back. Digging deep and being honest with yourself is what will allow that to happen.

When healing a disease, we can be faced with the fear of lacking excuses. If we’re healed, we won’t have the excuse of why we “can’t” do this or that. We won’t HAVE to focus so much time and energy to caring for ourselves which means we have more time to think about what we’re not getting out of life or coming face-to-face with what makes us unhappy. It can be scary to think about what we really want out of life and if our needs are actually being met.

Be honest with yourself: are any of the above a reason you are holding yourself back from healing? If so, you’ll need to address those blocks before you can move forward.

I want you to commit to:

- honoring yourself and your body throughout this process
- knowing that you deserve to feel normal again
- accepting help from others so that you can heal
- doing the work necessary to make healing happen
- and knowing that this is your time for TLC!

It will totally *feel* like magic once your symptoms start disappearing and you start getting back to your old self, but I don't actually have a magic wand to make you all better. (I wish I did!!) You have to commit to getting well, right here, right now. Make that commitment in your heart, and I will be with you every step of the way to show you how to make it happen! Read the quote at the top of this page again. Now, are you ready to love you? Let's get started.

A Contract With Myself

I hereby commit to my healing journey, which will be unique and like no one else's. I pledge to honor my body and my spirit throughout the process, ask for and accept the help I need from others to help me heal, and show up fully to do the work necessary to make healing happen.

----- Signed ----- Date

Read the contract with yourself aloud, really! Hearing it has a profound effect. Saying it to someone you love will make it even more powerful.

WHAT YOU CAN EXPECT FROM ME

I'm here to provide you with the TLC you need and deserve. I promise you honest, well researched and proven tips toward healing. Think of me as your virtual health detective to help you find what works for you.

And, most importantly, I hope you'll consider me a friend and partner in this journey. I take this work very personally, and there's nothing I hope for more than to help you succeed and be well!

YOU'VE GOT TO LET LOVE RULE. THE IMPORTANCE OF SELF-LOVE IN HEALING

The first and most important step to healing is practicing self-love. It may sound hokey if you're used to taking care of everyone but yourself, but that, my dear friend, is likely how you got here. It's time for a change; remember that you can't take care of anyone until you take care of yourself.

Everything you do throughout this program is a gift you're giving to yourself and your family and friends. Once you stop living under the pressure and pain of thyroid disease, won't you be able to be your greatest self? So do this for you and do this for everyone you love—Treat yo'self! [Let this video be your guide.](#)

LOVING YOURSELF MEANS LETTING OTHERS IN

It takes a village when it comes to healing, literally. And, you need people on your team. You've already got one member of your team—that's me! But your friends and family are your most important allies in healing. For people like us, asking for help can be hard, and it might require that you get vulnerable but it's important to do. You have to let people in, explain how this disease causes you suffering, talk about your plan to heal and ask them to be part of your healing team—to hold you accountable to your commitment to creating new habits that will help you heal and ask them not to tempt you or sabotage your efforts by undermining this goal. By letting people in, you will get more support than you can imagine and that boost will help you make it across the finish line even quicker—it's a victory for everyone!

If you're having trouble finding the words to let people into this world of thyroid or autoimmune dysfunction, please use this letter to help your friends and family have a better understanding. They want to help, they just might not know how.

Dear _____,

As you may know, I have been dealing with [insert your diagnosis here]. It's a disorder that attacks my thyroid—but more than that, it attacks every aspect of my life. It is an invisible disease; most of the time, other people can't see my symptoms, but they're always there, and they're very real.

Every system in our bodies is influenced by our thyroid, and so this disease can cause a whole range of symptoms. It can cause insomnia, or make me want to sleep all day. It can cause me to gain weight and be unable to lose it, no matter what I do. It can suck all the energy I have right out of me, and leave me dealing with intense pain or a deep ache all over. It can even make me feel anxious or depressed.

And those are just *some* of the symptoms. The list goes on and on.

Because it affects every part of my body, it's very hard to diagnose and even harder to treat. I know that it's also hard for anyone who isn't me to understand what I'm going through. It may have seemed like I was complaining in the past, or making a mountain out of a molehill, but what I have is a real and serious disease, and it's not going away without a fight.

The good news is that I have decided to take control. I'm making a lot of lifestyle changes that can help me heal, and I need your help—I hope you will be a part of my healing team. First of all, I just need your understanding and support. If you want to know more about my disease, I would be happy to tell you.

Second, if I ask you for some help, I need you to understand that it's because I'm doing everything in my power to heal myself, not because I'm lazy or malingering. If you can't help, that's OK! Just the understanding will be huge.

It means so much to me to have your support right now.

{SIGNED, YOU}

DON'T FORGET: YOUR HEALTH IS YOUR WEALTH

It's also time to think outside the HMO/PPO box when it comes to your health. The kind of health care that is the most impactful and long-term often comes from a team effort. Some practitioners on your health team will be covered by insurance—and that's a great thing. Other extremely talented, complementary, functional and integrative physicians, practitioners, coaches and experts will not be covered by the health insurance companies' wee little umbrella. But that doesn't mean they should be left out of your health care.

When we take preventive measures to protect our health and stay energized and fulfilled, we don't need to seek traditional medical care as often. We have to invest in our health—whether that means paying out of pocket for services, treatments, supplements or self-care like massage, fitness classes, Reiki, etc. The great thing is that you get to choose how to invest in your health so you get the best, most efficient health care which, in the end, will pay you back by preventing or eliminating disease as well as cutting down on health care costs now and down the road.

WHAT YOUR DOCTOR DOESN'T KNOW CAN HURT YOU

"If you think you can or you think you can't, you're right."—Henry Ford

I saw this quote seared into a park bench when visiting Florida when I was in my teens... eons ago. It's had a huge impact on my life and informed my reactions to life's challenges and opportunities over the years. But never did I live this quote so deeply as when I was diagnosed with Hashimoto's and told that it could be reversed and my body would come back into balance once I gave it the support it needs.

I've got to say, I'm fed up with doctors telling people that thyroid and autoimmune disease is incurable. Just because a doctor doesn't know how to cure it, doesn't mean it's incurable.

The problem isn't necessarily just with your particular doctor; it's with the system as a whole. Doctors aren't trained to prevent or reverse disease; they are trained to "treat" disease with medication or surgery. Did you know that in American medical schools, doctors aren't always required to learn about nutrition? Taking a nutrition course in medical school is usually an elective so many doctors don't even know the first place to start when it comes to advising on a healing diet for disease.

Some of my patients feel a sense of loyalty to doctors they've seen for many years; some are worried about disagreeing with a doctor because we've all been socially conditioned to see doctors as authority figures. But no single doctor is the ultimate authority in anything. You don't owe anything to a doctor who isn't serving you. You do owe it to yourself to find someone who can and will help you. (For more information to help you decide if you've found the right partner in your doctor, see the **Thyroid Love 101 book**.)

The important thing to know is that your doctor may be unintentionally setting you up for failure....and I want to undo that messaging. Our bodies have an innate wisdom to heal themselves often times in ways science can't explain yet. What's most important to know is that you have to begin loving your body again and working with it as a partner in healing. You have to trust that it knows what to do to heal itself...if only you'll give it a chance.

When you stop fighting your body and start loving it more through proper nourishment and lifestyle habits, you give yourself the space and support you need to heal. If you really want to reverse disease, eliminate symptoms, and start feeling normal again, you have to come from a place of "CAN" heal instead of can't. That may require a leap of faith but I'm here to take that leap with you. Will you join me?

CHECK YOUR ATTITUDE

Just in case there's a little voice in the back of your mind whispering that all this "body wisdom" and "heal yourself" talk is a little woo-woo, remember that the power of the mind in relation to healing is a proven fact.

Just believing that a treatment will work has incredible—and proven—benefits. It's called the placebo effect. And no, I'm not saying that what we're going to be doing here is the equivalent of sugar pills! What I'm saying is that Western medical science has documented the power of belief in healing over and over again.

How do you get your mind in tip-top shape for healing? Lisa Rankin, MD is a leading alternative medicine practitioner, and she suggests six steps to get yourself in the mindset for healing:

1. Believe you can heal yourself. Really believe it.
2. Find the right support. That can include doctors, alternative medicine practitioners, and friends and family.
3. Listen to your body and your intuition. No one knows your body better than you do—no one! So whether it's advice from your doctor or something mentioned in this book, if it doesn't feel right, don't do it!

4. Diagnose the root causes of your illness. We're going to go through this step-by-step in the next section, but it's important to remember that your thyroid disease isn't just about your thyroid. It's about your body as a whole.
5. Write your own prescription. This doesn't mean medicine necessarily or even supplements, but rather a lifestyle prescription. We'll talk about this more in the next section.
6. Surrender attachment to a particular outcome. This is the part where I remind you that I can't guarantee the kinds of results you'll get. You might follow every action step in this book to the letter and still not see the results you hoped for. Why? We don't know. What I do know is that whatever happens, it's not your fault. Focus on the journey, not the destination.

HOW CAN A HEALTH COACH HELP YOU?

Imagine if you had the energy to do the things you wanted to do. Imagine if you were able to keep your weight to a healthy level without giving it much thought. Imagine if you had a partner advocating for you at the doctor, finding recipes that nourish you and fit in your schedule or help you get through a panic attack. What would life be like if you had all those things? Take a moment to write 10 ways your life would change by answering the questions above.

A health coach doesn't operate under the same strictures and demands as a primary care doctor. We can set our own schedules, spend as much time with a patient as needed, and can brainstorm and implement solutions that go way beyond prescription drugs and procedures. For chronic, lifestyle-related diseases (like thyroid disorders) a health coach can be much more effective at helping you develop specific regimens and goals that work with your life.

Lifestyle changes can be difficult to achieve. (We all know we should eat better and exercise, right?? But how many of us just do it?) Traditional doctors often don't have the time or the bandwidth to truly partner with patients in achieving those changes just because of the way our medical system is set up.

Just like you might hire a personal trainer to help you navigate your new gym or reach a particular fitness goal, you can hire a health coach to help you navigate a complicated medical diagnosis and reach your health goals.

If you're interested in learning more about working with me one-on-one, [click here to schedule a discovery session](#) so that we can get to know each other better.

MEDICAL DISCLAIMER

I need to tell you right up front that I am not a doctor. I'm providing the health information in this program as an informational resource only; nothing in this program should be relied upon for diagnostic or treatment purposes. This information is also not intended to be patient education, and doesn't create any patient-physician relationship between us. Most importantly, this program is not a substitute for professional diagnosis and treatment.

You should always speak with your healthcare provider before making any decisions about your specific medical condition. Definitely don't wean yourself off any medications without your doctor's supervision. And here's the really legal bit: I expressly disclaim responsibility, and shall have no liability, for any damages, loss, injury, or liability whatsoever suffered as a result of your reliance on the information contained in this program. I do not endorse specifically any test, treatment, or procedure mentioned in this program. These are just suggestions of what has worked for me and my clients in the past.

In short, nothing in this program is to be considered medical advice.

Cool?

MY STORY

My thyroid story starts off like so many others' out there. I spent three years feeling decimated. I had what seemed to be an all-systems breakdown of my body. My body temperature was all over the place. I was having allergic reactions to all sorts of food. I was sleeping too much and then too little; always exhausted. My hair was falling out. My skin was really dry. The list went on and on.

I described the litany of symptoms to a parade of doctors, but every one of them chalked it all up to stress or being a new mom. I insisted that something was off, so the doctors ran some standard blood tests. NORMAL. Ultrasounds were performed. NORMAL. (I started to dread the word NORMAL.)

But I didn't feel normal. I was scared. I didn't know what to do. I hoped they were right, that this was all due to stress. So I waited and worked on managing my stress. Nothing. No change. I still felt terrible.

"Oh well," I thought. "This must be what motherhood feels like. This must be what my new normal is..."

MY ENERGY

I first realized something wasn't right after I gave birth. I know that having a newborn is exhausting at the best of times, but the level of fatigue I was feeling was off the charts. Everyone was telling me that it was normal, that every new mom was tired. But I could feel in my bones that something wasn't right.

How come all the other new moms I knew were happily and easily going out into the world with their babies? Yes, they were tired and told tales of long sleepless nights, but they were invigorated by new motherhood, their precious newborns and happy to show off the fruits of their labor. I, on the other hand was not. Getting up and getting ready for the day felt like an insurmountable task. I could literally only put the minimum effort to keeping myself and my beautiful new child alive. I managed to dress myself and feed the baby. That's it. (Luckily, I didn't have to cook for him yet. Thank goodness our bodies supply their first months of nourishment or this kid would have starved.)

MY NAILS

I should have known something was really up when I began noticing deep ridges and what looked like pin holes throughout my nail beds. I already knew a lot about nutrition and physiology and thought this could be a warning that I was malnourished somehow. All the doctors I saw blew it off. They said it was because I was nursing and the baby was getting all that he needed from me and leaving me a little depleted. No one suggested that I should support myself through a better diet or supplements or anything. I was just supposed to blow this off as another "symptom" of new motherhood.

MY HAIR

While I was pregnant, I started losing more hair in the shower than before. I had heard that during pregnancy my nails and hair would grow stronger. This did not happen to me. I'd asked all my different doctors about it and everyone said that it was due to the hormone shifts in pregnancy; not to worry. Of course, it didn't get better after my son was born, either...

MY STOMACH

On top of everything else, I was having terrible stomach issues. I ended up in the emergency room twice for intense digestive attacks that turned into panic attacks where I nearly passed out from hyperventilation and severe dehydration. At each hospital visit they "checked" my thyroid and I was in the "normal" ranges. I was fine they said. Probably just the flu or food poisoning.

The girl who disliked hospitals so much that I gave birth at home was begging her husband to take her to the ER, my temperature would swing from one end of the thermometer to the other on a whim, and I was suddenly showing symptoms of being allergic to foods I never had problems with before.

But I was “fine.”

I really didn't know what to do or where to turn. I had been to 12 doctors, many of them specialists. I'd had ultrasounds of all my organs, two hospital visits and was even misdiagnosed by a doctor who herself had Hashimoto's disease!

FINALLY: A DIAGNOSIS

Because all my symptoms were ignored during pregnancy, my son was born with some digestive troubles. We spent his first two years going to doctors, trying to figure it all out. Finally, we were referred to an integrative doctor. After just meeting my husband, son and I and speaking with us for 5 minutes about my son's health, he asked my husband and son to leave the room. He leaned over his desk and said, “What's going on with you?”

I had never met him before, but he saw my suffering right away. I broke down in tears and described my symptoms to him and he said, “I know what this is but let's give you a blood test to prove it.”

Sure enough, he knew what it was. I had Hashimoto's Thyroiditis; a disease which volleys you back and forth between symptoms of hyperthyroidism and hypothyroidism. What a relief—we finally knew what was going on and it had a name! Now, what were we going to do about it?

MAKING A PLAN

I learned very quickly that the standard medical community believes there is no cure for Hashimoto's. The belief is that one will be on medication for life or have to have the thyroid removed. This is the reason most doctors don't perform the full thyroid panel in the blood test. Regardless of the outcome, the treatment method is the same. Life-long medication.

Luckily, this new doctor had a different take. There was hope. My body could heal itself and he would help guide me on this path. I wasn't alone. I wasn't crazy. I WAS going to get better.

After working diligently to heal myself without medication, I have reversed the disease. I thank my lucky stars every day that the doctor persuaded me to trust that my body knew how to heal itself. That's a big leap of faith to take, I know! But, it felt like the best option to me and it has been proven with my ability to reverse symptoms and my antibodies.

Now, I share my story and my knowledge with you, other thyroid sufferers, to empower, inspire and support you in your healing process.

Thank you for honoring yourself and taking this pivotal step toward healing.

Our journey begins now. Let's get started! Warmly, Jen

CREATING NEW HABITS

The next section is going to challenge you—I'm not going to lie! There is a lot of information and there are a lot of small changes that I'm going to ask you to make that will add up to big change in your life.

All these little steps will add up to BIG, important changes in your life and health. But if you've ever tried to change an old habit or start a new one before, you know that it can be easier said than done.

I've tried to make it as simple for you as possible by breaking everything down into just ONE new thing to try per day. But you can't just do each thing once! (Oh, if only!!) Each day, you'll be adding a new step to your self-love and healing routine.

Breaking new habits down into small steps is a great start to making them easier to stick to, and here are some other suggestions for making it even easier.

- **Create a "trigger" for each new habit.** For example, I talk about in the next section how I set alarms on my phone to act as a reminder and a trigger for lots of my habits, but anything can be a trigger. For example, turning on the shower to warm up can be your trigger for your morning dry brushing.
- **Think smaller than small.** Researcher BJ Fogg has dedicated his career to figuring out how to help people create new habits, and one thing he says is to break things down into the smallest possible steps. (He has a cool website to help you do this called [TinyHabits.com](https://www.tinyhabits.com) and it's totally free.) So, for example, if you find you're having a hard time tracking what you eat, make the goal smaller and try tracking just one meal. Still too hard? Try writing down just one thing you ate. Over time, just sticking to that tiny habit will make the bigger habit easier.

- **Bring on a buddy.** We've already talked a little bit about building your health team, and we'll talk more about it in the next section, but having an accountability buddy can be extremely useful. Ask a friend to text or email you once a day to see how you did—not to pass judgement, but to support you on your journey.
- **Remove temptation.** I go through this more in the Patry Pro Guide, but when you're trying to give up something, getting it totally out of your life for a while is the way to go.
- **Embrace imperfection.** I think one of the biggest reasons people give up on new habits is because they have an all-or-nothing mentality. "Because I ate that cookie, I've totally blown my diet, so I should just eat all of them." Or, "Because I missed one day of recording my temperatures and symptoms, I should just give up because now my data's no good." Let it go, honey! None of us are perfect. Every time you fall of whatever wagon, get up and get back on as soon as possible. Perfection isn't the goal; consistently trying is.
- **Reward yourself!** I've built in reward days every week—don't skip them! It's important to reward all your hard work.

Step-By-Step Action Plans

YOUR SIMPLE, 6-WEEK STRATEGY TO TURN AROUND THYROID, AUTOIMMUNE & INFLAMMATORY DISEASE.

When I was writing this book, and I reflected on what this journey has been about for me personally, I realized that this has been about learning to fall in love with myself again. The common thread connecting myself and my clients are that we are people who nurture everyone else in our lives but we aren't great about nurturing ourselves. We're often Type-A people who need to control and do everything ourselves with little help from others... But, we're the first people called when someone needs love, support, friendship, and so on.

All that is great, except somewhere along the way, we've forgotten that we're worthy and deserving of the same love we show others. And when you are diagnosed with a thyroid disorder, it gets worse... Your body turns on you, you feel and/or get fat, you don't like yourself, your mind, your body, the way you feel, your energy level, your inability to do what others do (to feel normal), etc.

Hypothyroidism/Hashimoto's can take you on a journey to self-loathing and that's where I bottomed out before I picked myself up and decided I was determined to heal. What I learned was that I had to love myself and my body again. That we couldn't be at war with each other. I had to love my thyroid, respect it and give it compassionate care in order to heal. I had to work with my body again and show it love through proper nourishment and self-care.

I want to help you make that same journey back to loving yourself with this step-by-step plan. By just taking 1 small step each day, you can set yourself up for optimal healing. I want to make it as easy as possible for you, so I've outlined exactly what steps you need to take to start healing yourself today.

Are you ready? Let's get started!

You can feel normal again.

Eliminate symptoms in 6 weeks with The Radical TLC Solution. Start feeling better today. Click the link, to access the entire [Home Healing Program](#).