

LOVE YOUR BODY BACK TO HEALTH.

THE RADICAL
TLC
SOLUTION



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SYMPTOM RELIEF PLAYBOOK

Feel better, faster. Your guide to symptom control and complementary healing techniques.

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INTRODUCTION



Thyroid disorders are associated with more than 300 different symptoms. Some of them are actually polar opposites—you might have insomnia, like I did, or sleep way too much. I couldn't possibly address every possible symptom in this book, but in creating it, I surveyed the TLC community and my clients and took everything you told me you needed relief from and put it on this list. It's pretty dang comprehensive and definitely covers the biggest, most challenging, and most common symptoms.

While I want to help you eliminate symptoms, the truth is the symptoms will never go away if you don't address the root cause. This guide is intended to help you

address symptoms when they crop up, but I urge you to consider [The Radical TLC Solution—Home Healing Program](#) that will help you reverse disease and eliminate symptoms long term (if you don't already have it).

As you reverse thyroid and autoimmune disease by using the techniques in [The Radical TLC Solution—Home Healing Program](#), these symptoms will go away. The main thing to do is to fix your diet, reduce stress and heal the gut. With this three-pronged approach, not only will many symptoms start to vanish but thyroid, autoimmune and inflammatory disease will be reversed.

And, just to be clear, this is not medical advice. These are suggestions that have been successful for me and my clients, but you should always check with your physician or an experienced holistic healthcare practitioner before trying new supplements or remedies. Supplements are potent and should be taken under supervision.

Also, you'll notice that I have included links to certain products through my Amazon store and other resources for your convenience and ease of locating the products. You may be able to find many of these items at your local grocery store, health food store or pharmacy. Oftentimes, Amazon will offer the best pricing, but check locally first.

Are you ready to take back your health from debilitating thyroid, autoimmune and inflammatory symptoms? Then let's get started!

FATIGUE

Being totally wiped and entirely exhausted every day sucks. I know how it feels not to even want to lift your head off your pillow to do something that you know in the end will make you feel better. However, we must. The more we do to support our bodies, the better we will feel. That good energy compounds and after a few weeks or months, you won't even remember what it felt like to live in a state of thick fatigue because it will have vanished.

TECHNIQUES FOR GIVING FATIGUE THE BOOT:

1. Dry Brushing

With all the fatigue and fog that can come with thyroid and autoimmune disorders, dry brushing is a welcome treatment. Before I was diagnosed, I drank gallons of coffee to keep my energy up. Now that I know it's best to skip the coffee, I dry brush first thing in the morning. It only takes me 5 minutes! The stimulation from my skin being brushed wakes me up in such a refreshing way that I now look forward to the brush instead of a Cup of Joe. It's a pretty amazing experience and here are some of its benefits:

- Assists body's lymphatic system to release toxins
- Exfoliates the skin
- Promotes cell regeneration
- Can improve cellulite (I'm still waiting to see those results! ;-)
- Leaves you feeling energized and invigorated (no need for the coffee!)

This is how the Chopra Center suggests you [dry brush](#).

To learn more about the benefits of dry brushing and how it can help you detox, check out [The Radical TLC Solution—Home Healing Program](#).

2. Rebounding

You probably tried rebounding when you were a kid—without even knowing it! Rebounding is basically just bouncing on a trampoline or rebounder. It's low-impact aerobic exercise that can jump-start your metabolism (pun intended!)—oh, and P.S. It's pretty fun!

Rebounding is gentle enough for people who suffer from thyroid disorders and other chronic fatigue disorders, but it's powerful enough to get your blood pumping and your body working. Plus, it helps your body detoxify by sweating out the toxins. You can find an [affordable rebounder here](#). I like this one because it can fold up and be stored almost anywhere.

3. 5-minute walk outside

This is cheap and easy and works every time. Pair it with music that gets you pumped up or makes you want to dance and you'll be out of the fog in no time.

You'll find more inexpensive and thyroid-friendly exercise options in [The Radical TLC Solution—Home Healing Program](#).

INSOMNIA

Fatigue and insomnia are good ol' boys as you well know, and I wish they weren't such great friends. Insomnia not only robs you and your body of crucial healing time, it makes you bat s*** crazy! You can't think or function the next day and you feel like you're living outside of your body. It's awful, so let's make sure it stops happening from now on.

Holy Basil

Also known as tulsi, this is a potent adaptogenic remedy that helps if you have a hard time falling asleep. It's been a fixture in Ayurvedic medicine for centuries. My clients LOVE this remedy. I, however, am very sensitive to it. While the bottle I have says to take 2 droppers full in a small glass of water, I can take about 5 drops and fully pass out. So, go easy with this remedy and see what level works best for you. If you find you wake up ultra groggy from this one, back off on the number of drops or try a different remedy. However, I would say almost every one of my clients swears by this remedy for their sleeping struggles when I mention it to them. There is also some evidence (from animal tests only) that it can help relieve stress and lower cortisol levels. You can find Holy Basil at most health food stores, homeopathic pharmacies, Whole Foods or [here online](#).

Peter Gillham's Natural Calm

This is a pretty well-known remedy for sleep and relaxation. You can find it almost anywhere. (I once saw it in a gas station!) Peter Gillham's Natural Calm uses the power of magnesium which so many people are lacking in nutritionally. This is another one that can be potent, so test out what works best for you. When I used to take it, I'd have to take it earlier in the evening so that I didn't wake up exhausted the next day. Others I know take a much higher amount than I do and wake up refreshed and ready to go. So, try it out and see what works for your unique body. You can find Peter Gillham's Calm at most health food stores, homeopathic pharmacies, Whole Foods, and [online here](#) or [here](#).

Coffea Cruda 30 C

Got a racing mind that keeps you from sleeping or keeps you awake in the middle of the night? Coffea Cruda is a great remedy to take. It's a natural homeopathic remedy that you can find at most health food stores, homeopathic pharmacies, Whole Foods or [here online](#). Take five little pellets under your tongue at or before bedtime and drift off to sleep. No monkey mind, no problem!

Valerian

Valerian has been used as a folk remedy for insomnia and other disorders since the time of the ancient Greeks and Romans. While I've heard good things about Valerian root as a sleep aid, I have never tried it and have read that it can increase sedative effects of depressants like alcohol. I wanted to include this note as more of a caution. You can find Valerian Root tea at most health food stores, homeopathic pharmacies, Whole Foods or [here online](#).

Kava

I've never used this tea but have clients who swear by it. It is a folk remedy for anxiety from the South Pacific. Since it's a tea, it's enjoyable to take and a soothing tonic in the evening. Give it a whirl and let me know how you like it. However, there is growing evidence for the potential of liver toxicity, so don't take this if you have any liver problems. You can find Kava tea at most health food stores, homeopathic pharmacies, Whole Foods or [here online](#).

Rescue Remedy

You can get this at most pharmacies and many grocery stores. Bach Flower Remedies are a line of "flower essence" mixtures that are supposed to work on a vibrational level in your body. The Rescue Remedy is a simple spray using a Bach flower essence combination to help relieve stress and induce a sleepy state. It's great for travel. I also used this a lot for myself and my son when he was a newborn. It calmed us both down. Because these are an extreme dilution of flower essences, they are safe for practically anyone. You can find Rescue Remedy at most health food stores, conventional pharmacies, homeopathic pharmacies, Whole Foods or [here online](#).

Traditional Medicinals Nighty Night Tea

What I love about it—tastes good, comforting, gently relaxes you so you can fall asleep. Made of passionflower. You can find Nighty Night Tea at most health food stores, homeopathic pharmacies, and Whole Foods. I don't recommend buying this one online as it is more pricy on Amazon, but if you want to see what the box looks like, you can check it out [here](#).

Emotional Freedom Technique (EFT)

[EFT or tapping](#) as its sometimes known, involves gently tapping on an acupressure point while mentally repeating an affirming phrase. For insomnia relief, it's important to try to root out the cause of your insomnia, and try to pinpoint what thoughts or feelings are keeping you awake, and then address them.

Repeating "choice" statements can be particularly helpful, such as, "Even though I'm worried about (feel responsible for, am enraged about... etc.) _____, I choose to be calm and relaxed." Or, "Even though these thoughts seem to be important, I choose to know they will still be there when I wake up."

Hypnotherapy & Self-hypnosis

Hypnotherapy has been shown in several scientific studies to help ease insomnia, because it puts the patient in a state of increased responsiveness that can be useful in altering behavior. Some have suggested that hypnosis, like meditation, is beneficial for insomnia because it directs anxiety away from the act of falling asleep.

But you don't have to visit a hypnotherapist to use hypnosis. Self-hypnosis is all about putting yourself into a hyper-relaxed state, and then visualizing being even more relaxed.

Start by tensing and then releasing each part of the body, starting with your toes and working all the way up the body. Next, to simulate the physical steps the body takes to ready for sleep, take a deep breath, hold it, and then slowly exhale; swallow; and roll your closed eyes upward under your eyelids.

Finally, concentrate on your breathing, and on every exhale, mentally repeat the words deep, restful, sleep one at a time.

There are also guided self-hypnosis books and audios. I have never heard a man's voice drop so low, and between that and the images, [this video from Dr. Oz](#) worked for me!

Acupuncture

Being stuck with lots of little needles sound like a good way to get to sleep?! Well, it could be. Several studies have shown that acupuncture can provide measurable relief for insomnia and anxiety sufferers. Acupuncture is based on the traditional Chinese medicine theory of meridians, or invisible lines along your body that channel vital energy and, when blocked, cause illness. The key seems to be finding a qualified practitioner you can trust (you're not going to relax as well with someone you don't like!), and giving the practice more than one session to take effect.

Acupressure

Acupressure follows the same theories as acupuncture, but is performed without the needles. As with massage and acupuncture, the goal is to relieve tension and clear blocked energy flows. The nice thing about acupressure, however, is that you can do it yourself while getting ready for or lying in bed. Check out this [wonderful video](#) that demonstrates self-acupressure for insomnia relief.

Aromatherapy

While aromatherapy can't cure insomnia, there's lots of anecdotal and folk wisdom that shows the benefits of certain calming and relaxing smells, usually from essential oils, in treating insomnia.

One simple way to try aromatherapy is to add a drop of essential oil to a cotton ball or tissue and place it near your pillow before you go to sleep. Roman chamomile oil, lavender oil, and clary sage are all good choices. For an insomnia blend, combine 2 parts Roman chamomile, 1 part clary sage, and 1 part bergamot, then use 1 or 2 drops of the mixture on a cotton ball to promote sleep.

You can also use your favorite oils to make a bed linen spray to mist your sheets and pillow before bedtime. Combine 30–40 drops of oil or an oil blend with 1.5 ounces of pure water and 1.5 ounces of vodka or other high-proof alcohol, and shake well before spraying.

You can even add your favorite scents to your evening bath—which I recommend as one step toward healing in [The Radical TLC Solution—Home Healing Program](#).

One note: you should avoid stimulating scents (i.e. cypress, rosemary, grapefruit, lemon, peppermint) before bedtime, as they could make your insomnia worse.

DEPRESSION

Have you ever been “in the mood” for a particular food? Craved sugar, fat, or salt when you were feeling blue? Then you'd probably agree that our mood can affect the foods we choose to eat.

But the opposite is true, too. Some foods—like carbs, chocolate, and others—contain compounds that definitely affect our moods and our brain chemistry. Plus, there's more and more scientific evidence that our gut flora and our brains are totally linked—that when you have a “gut feeling” it's really those billions of bacteria talking to you. Wild, right? But scientifically supported.

Which means that, when we're not taking care of our gut, we're not taking care of our brains and moods. We've got to heal our leaky guts in order to truly heal from depression. Luckily, what's good for your gut is also good for your thyroid.

AT HOME REMEDIES FOR DEPRESSION:

- 1. Heal the gut**—I go into this in WAY more detail in [The Radical TLC Solution—Home Healing Program](#).
- 2. Limit or eliminate sugar**—We've all experienced a sugar crash; consuming too much sugar causes massive swings in blood sugar levels which can lead to fatigue, irritability, dizziness, insomnia, depression and crying spells. Beyond that initial high and low, however, sugar can also exacerbate depression by using up mood-enhancing B vitamins and chromium in the blood and cause inflammation, which is linked to higher rates of depression.
- 3. Use light therapy**—Seasonal Affective Disorder (SAD) is a common symptom of thyroid dysfunction, but bright light therapy has been shown in small clinical trials to be just as effective as antidepressant medications for combatting depression. [Northern Light Technologies](#) is a good company for light therapy.
- 4. Exercise**—Moderate exercise can help alleviate depression by regulating brain chemicals norepinephrine and serotonin. You don't even have to work hard enough to get a "runner's high" to achieve the benefits.
- 5. Keep a mood diary**—Keeping a mood diary is less about tracking when you're feeling bad as it is about remembering that good days do happen. This could also be a form of a gratitude journal. Try writing down at least one good thing about every day, and look back over your entries when things seem hard.
- 6. Try supplements**—Several natural supplements have been shown to have positive effects on mood. The most well-known is probably St. John's Wort, but others including SAMe, saffron, B complex vitamins, and fish oil have shown mood stabilizing benefits. Always talk to your doctor before adding supplements; St. John's Wort in particular is known to interact with some medications.
- 7. Yoga and meditation**—Mindful practices like yoga and meditation are both simple, low-risk tools for improving mood and, in particular, helping to prevent a relapse into depression.

ANXIETY

PANIC ATTACKS / NERVOUSNESS

HEART PALPITATIONS / STRESS

Prior to becoming hypothyroid, I could handle any stress...every stress really. Whatever came my way, I was able to deflect, like Wonder Woman with her magic bracelets.

Then I had my baby. After that, everything changed. I remember lying on the bed wanting to crawl out of my skin. As I stared up at the ceiling, waves of panic overtook me...but I wasn't sure why. I thought this was just hormones and the intense sleep deprivation of new motherhood.

Eventually, I learned it was my thyroid—powerful and completely out-of-whack.

As we now know, the adrenals, thyroid and our gut are inextricably linked. So it's a chicken and egg scenario as to whether a malfunctioning thyroid affects your adrenals or if your adrenals are taxed and that affects your thyroid.

Stress begets stress—this is why even when you're trying to be a "normal" person, you may have trouble managing your emotions and reactions to situations. When your thyroid and adrenals are out-of-whack, it creates a recipe for panic soup—and that's not tasty.

TRY THESE METHODS TO CALM A PANIC ATTACK OR ANXIETY:

1. Breathe

You knew this one would be first! But it's true, you've got to stop yourself and start breathing. If you do one thing, it's this...take a moment to breathe. Panic attacks can be accompanied by hyperventilation.

I love [Dr. Weil's Breathing Technique](#). I use it whenever I can remember to but if I don't remember, I always go to my standby—taking a deep breath for 5 counts, holding for 3 counts and exhaling for as long as I can. Then I repeat. Deep breathing changes things on a physiological level.

If you can't slow your breathing down, it's time to get the ol' paper bag out to slow your breathing. Hold it over your mouth and progressively start slowing your breath so you can begin deep breathing. You'll want to do this for several minutes until you notice yourself calming down and coming back to earth.

2. Support your adrenals with food

There are many things you can do to support your adrenals through diet (which I go into in more detail in [The Radical TLC Solution—Home Healing Program](#)), but here are the big ones:

- A. Stabilize your blood sugar:
 - a. Eat starchy vegetables instead of grains and glutinous foods like pasta and bread.
 - b. Eat a spoonful of coconut oil, coconut butter or a handful of nuts (that have been soaked) to keep blood sugar level.
 - c. Minimize your sugar intake to fruits and starchy vegetables and eliminate sodas, processed snacks, high-fructose corn syrup, refined sugars and sugar substitutes

- B. Avoid stimulants such as coffee and chocolate (I know, not fun but I promise it will help!).

- C. Avoid alcohol (again, not a super fun suggestion but alcohol can actually put additional stress on the adrenals and affect your mood—not in the fun, party kind of way!).

- D. Add eggs, soaked nuts, seeds, dark leafy greens (like chard) and organ meats to your diet (if these foods are well tolerated).

3. Flex your muscles

A wonderful technique for easing yourself during a high-stress time or panic attack is to use progressive muscle relaxation. This not only helps you concentrate so you can slow your breathing, it diverts your attention from the trigger and helps your muscles relax. What you do is go from head to toe, starting with the muscles in your face, then on to your arms, hands, stomach, yo' booty, thighs, calves and feet. You'll tense each muscle group for 10 seconds and then release.

4. Smile, laugh and have fun

If you're at home when you start freaking out, I highly recommend throwing on your favorite funny movie. The act of cueing up the movie will require focus that will help you calm down. The laughter that comes from it will release happy hormones to help you get out of your head and back in your smile. If that doesn't work, call your inappropriate friend or colleague and have them dish out something funny—you know they will.

5. Try Holy Basil

Holy Basil, or tulsi as it is also known, is a plant used in Ayurvedic medicine as an adaptogen to modulate the stress response and support the adrenals. You can find tinctures of Holy Basil at health food stores, homeopathic pharmacies and some grocery stores including Whole Foods. Holy Basil is a potent herb so you'll want to try a few drops in a small glass of water first to see how it goes and use up to the maximum amount suggested on the bottle if it is well tolerated. I use it for stress and as a sleep aid when necessary.

Panax ginseng, Siberian ginseng and Ashwagandha can be used as well but should be taken only under the supervision of an experienced herbalist or trained practitioner.

6. Write it out!

One of the best things I ever did to help reverse this godforsaken disease is to learn how to write. One of the most impactful recommendations by my darling osteopath was to use journaling to get out of my head. When anxiety creeps in, start writing. You can grab any ol' piece of paper, keep a "panic diary" or use your journal. Acknowledge your anxiety and write out how you are feeling, what you are afraid of what you believe is triggering the stress. If nothing comes to mind, check out [Rory's Write To Be You blog](#) archives which are full of simple writing prompts. I go through them whenever something stressful is living in my body which needs to get out. So grab your pen—you're going to thank me for this.

7. Push the "panic button" on your stereo.

Turn that bad boy on—it's time to sing and dance out the crazy talk in your head! Now this can go two ways—you can put on your favorite relaxation playlist or you can put on those songs that make you wanna belt it out and shake your booty. Either way, you'll be doing yourself a great favor. Music has been shown time and time again to positively affect moods and reduce stress. You'll know when the mood is ripe to choose this option to chill.

8. Use aromatherapy

Fragrances can have a physiological effect on our moods. Burning incense, lighting a candle or using calming essential oils like lavender or chamomile or grounding essential oils that are spicy and earthy can calm our bodies (slowing heart rate, lowering blood pressure and relaxing muscles). You can mix some lavender drops (or other essential oils) and water and spray on a handkerchief. Lie down and place the handkerchief over your eyes as you rest and focus on your breath. It's a winning combination.

9. Calgon, take me away! (us old folks remember that)

This is my go-to get over it panic attack remedy. Pour 2 cups of Epsom Salts in a warm bath and get in. This will raise magnesium levels in your body and will have a calming effect on your mind by relaxing the nervous system, lowering cortisol levels and reducing the excitability of the brain. It works EVERY time! And hey, throw a little of that lavender oil in there for some extra relax in your remedy.

10. Take a virtual vacation.

Using guided imagery can be extremely effective in putting the kibosh on panic. Just think of a place or situation in which you feel completely at peace and relaxed. Close your eyes and imagine this place in detail. What does it look like? Who's with you (if anyone?) What are the sights, sounds and scents surrounding you? Paint a vivid picture in your mind and focus on it. When you notice your breathing and your body relaxing, you can open your eyes.

Don't let your desire to reduce stress actually create more stress to you and your nervous system. The best thing you can do is to relax about it all. Be aware but be relaxed. You have your tools now. When stress arises, talk to it, give it a little wave and let it pass you by.

WEIGHT LOSS

One of the most frustrating parts of thyroid disease—especially for us ladies!—is the inability to lose weight. It's important to understand what stands between you and long-term weight loss. Let's take a brief look at the five major players and culprits that could be keeping you from a mirror-friendly figure.

SUGAR

You will not believe how fast the weight can come off when you limit your sugar intake. This doesn't mean you can't ever eat anything sweet again, it just means you can help your body recalibrate your taste buds to enjoy more of the foods that nourish you and less of the sugary foods that leave you heavy and inflamed. Even if you only eat "natural" sugars from fruit, honey, agave nectar, you could be ingesting an enormous amount per day. Fruits definitely have some health benefits as does raw honey but by eliminating sugar from your diet for a short period of time, you let your body learn to regulate your blood sugar levels, get a better sense of when you're actually hungry, increase your immune system's ability to fight off illness and ward off Candida infections.

Although I tailor sugar detox plans for some of my clients, I heartily recommend Diane Sanfilippo's [21-Day Sugar Detox](#) or Sarah Wilson's [I Quit Sugar](#) program. They work!

If you don't want to purchase yet another program and are looking for a less expensive, DIY method, I recommend getting *Get The Sugar Out* at the library.

INSULIN RESISTANCE

Another downside to too much sugar is insulin resistance. It is a signal that your body is not processing sugar well and that some of your cells do not have the ability to respond to insulin—a key factor in how glucose gets stored as fat.

Basically, insulin allows the cells to open and take in glucose to store as fat. This fat is then converted into the energy the body needs to function properly. When cells don't open the door to allow glucose in, your body is signaled to create more insulin to help prop that door open.

Now your body has too much insulin in the blood and it has nowhere to go. So glucose has no option but to sit on your front stoop (your abdomen and organs) as fat until your cells decide to open the door...which won't happen if the blood sugar imbalance cycle continues. This makes it hard for your body to burn fat as fuel for energy. It's busy burning the sugar in your body but not the pesky fat sitting around your waist.

[Chris Kresser](#) and [Dr. Mark Hyman](#) provide some of the best and most thorough info out there on insulin resistance. I encourage you to peruse their sites.

GRAINS

When you're struggling with thyroid disease, eating grains can put unnecessary strain on your digestive system, inflame your system and create an endless cycle of weight gain.

I really dig this food pyramid and the info on grains and weight loss. There is a lot of serious, scientific research and resources on this topic but I love this simple, easy to understand graphic and explanation. I also love this recipe and this other recipe too for a grain-free pizza crust—yum, yum.

STRESS & CORTISOL

We've talked about how stress releases cortisol, but how does that affect your ability to lose weight? Well, cortisol sets off a cycle of releasing glucose from your tissues. This, in turn, signals your body to store fat—not cool!

When you're chronically stressed, you're releasing a steady stream of cortisol into the system. This makes your body think it needs to protect itself so it directs the body to store fat in your abdomen (good lord!) and around your organs. Also, when cortisol signals the body to release glucose, your insulin levels will begin to rise. After repeating this cycle over-and-over again, you could develop insulin resistance.

LEPTIN RESISTANCE

Leptin is a powerful hormone which tells your brain what to do—it signals whether you should be hungry or not, need to eat to produce more fat or if it's time to maintain and repair the body.

Like insulin resistance, leptin resistance occurs when there is too much continuous exposure to leptin itself. This happens when you eat a diet high in sugar, grains and processed foods. When all that sugar gets metabolized in your fat cells, the fat will release a surge in leptin...and the cycle continues. Sugar—again! This is why following an anti-inflammatory, low-sugar, low-grain/unrefined carb diet is important for overall health and weight loss.

TAKE AN HONEST AND LOVING LOOK AT YOUR DIET

After taking a thorough health history and reviewing blood work, one of the first things I do with my [Thyroid Loving Care](#) clients, is perform a diet assessment and have them complete a food journal. Looking at all of these factors paints a pretty clear picture of what might be stalling weight loss and exacerbating symptoms. Without knowing your unique set of symptoms, there are some basic things that all thyroid sufferers can do to help keep the pounds at bay.

TAKE THE PALEO PLUNGE

A Paleo or Paleo-like diet seems to be the most successful in helping my clients lose weight by far. There are other diets I have used to repair the body and balance hormones, but the Paleo diet is very effective at helping a person balance blood sugar and reverse insulin and leptin resistance as well. It's also quite delicious and easy to do!

What works best for me for general weight loss and overall health are meals consisting of 75%–80% vegetables (a mixture of cooked, raw and fermented),

10-15% protein, 10% high quality fats (from olives, avocados, butter from pastured cows, coconut oil or olive oil) and a small portion of nuts/seeds or even rice.

This is a Paleo-like diet and it's also quite Mediterranean. There are a lot of different ways to do Paleo and different opinions on what constitutes a Paleo diet, so I try to use balance and common sense as my guide. My body knows if it needs some grains and I honor my body's natural intuition. You can too!

Here are just some additional resources for adopting a Paleo or Paleo-like lifestyle. There are loads and loads of fabulous websites out there on Paleo/Grain-free/GAPS living. Type in any of those search terms and you're sure to find many more.

ONLINE RESOURCES FOR PALEO, PRIMAL & GAPS RECIPES	
<u>Deliciously Organic</u> <u>Organic Spark</u> <u>Mark's Daily Apple</u> <u>Paleo Diet Lifestyle</u> <u>Off The Grain</u> <u>Against All Grain</u> <u>NomNom Paleo</u>	<u>Paleo Plan</u> <u>Paleo Mom</u> <u>Gluten-free Goddess</u> <u>Elana's Pantry</u> <u>Autoimmune Paleo</u> <u>Paleo Non Paleo</u> <u>My Paleo Lunch Box</u>

Also check out [The Radical TLC Solution—Home Healing Program](#) and [The Thyroid & Autoimmune Meal Plan + Cookbook](#) for a complete guide and meal plan.

DE-STRESS ON A DAILY BASIS

This is one of the most overlooked methods for weight loss. When you're stressed, you are sending a continuous stream of cortisol into the body which as we learned above, is a major no-no for weight loss. It's imperative that you build in time for you to just breathe and relax each and every day. Your body deserves it and you do too!

ADRENAL FATIGUE

Adrenal fatigue generally develops over a period of years usually due to chronic stress and poor eating habits. Stress to our body comes in many forms. It can appear due to a traumatic event, every day unhappiness, an assault of environmental toxins or a poor diet.

Beyond the obvious daily stressors in our lives, the adrenal glands pump out more stress hormones when your blood sugar isn't regulated, your gut is leaky, you have food sensitivities (such as gluten), toxins and infections are present, or you are inflamed and under an autoimmune attack. When it comes to your thyroid and your adrenal glands, you can't look at one without the other, and adrenal stress could possibly be the most important component.

In response to chronic stress, our system creates a constant secretion of cortisol, which can weaken the adrenal glands and eventually lead to adrenal fatigue.

Adrenal fatigue creates a host of symptoms such as fatigue, headaches, insomnia, mood swings, sugar and caffeine cravings, irritability and dizziness. It also affects how your hormones are used by your cells, reduces the conversion of T4 to T3, weakens immune barriers, causes hormonal imbalances, promotes the autoimmune response and disrupts the interactions between the hypothalamus, pituitary and adrenal glands. This affects how you react to stress or trauma, your temperature, digestion, immune system, mood, libido and energy. In fact, weak adrenal glands can mimic symptoms of thyroid disease—whether you actually have thyroid disease or not.

You can support your adrenal glands by making sure you're getting enough B12, betatine, folate, selenium and sulphur.

When the adrenal glands are weakened, the body is put in a destructive state where it begins to break down. Since the thyroid gland controls the metabolism of the body, the gland will slow itself down in order to hinder this destruction. As a result, a hypothyroid condition will usually manifest in the body. The disheartening part is that it doesn't take a severe case of adrenal fatigue to wreak havoc on the thyroid gland.

Often times, the initial adrenal fatigue is what actually caused your thyroid to malfunction. If you don't address adrenal fatigue, that limits your opportunity of restoring the health of your thyroid. This is why cutting out coffee and caffeine is crucial to healing your thyroid.

By starting with a cup of coffee in the morning, you are setting yourself up for a roller coaster of highs and lows throughout the day. From the first sip, the caffeine in coffee enters your bloodstream through the lining of your mouth, throat, and stomach. It begins to affect the central nervous and stimulates your adrenal glands to produce adrenalin. This puts your body in a "fight-or-flight" mode. When you're in a "fight-or-flight" state, you're taxing your adrenals, you're actually in a

perpetual state of alert. This actually puts your body in a state of stress. For thyroid sufferers especially, even having one cup of coffee in the morning can have long-term consequences for your adrenal health and the body's ability to repair itself. If you don't know, here's why adrenal health is crucial to thyroid healing.

Can't give up the flavor of your morning Joe? Try one of my two favorites [Dandy Blend](#) & [Bueno Coffee Supplement](#). Their aroma and flavor are much like coffee. Dandy Blend also has the added benefit of being a liver cleanser and gluten-free. You can drink it iced or hot and turn it into a black coffee, cappuccino or even a chai latte. It's a staple at our house. These products are a little hard to find so I just order them online. Want a decadent "coffee" treat? Mix 1 tbsp of Dandy Blend, hot water, coconut milk (to your liking) and stir. Sometimes I add cinnamon, nutmeg or vanilla bean to make it a warm, comforting blend.

In addition to managing stress, healing the gut and eliminating caffeine, I highly recommend a supplement called, [Power Adapt](#). It's a blend of herbal extracts that support and maximize the benefits of physical exercise and encourage healthy endocrine function.

As with any supplement, you should not add this to your regimen without supervision by a health coach, naturopath or practitioner knowledgeable in supplement formulas.

LEAKY GUT

Leaky gut is this silent yet not so silent annoyance that really takes a toll on the body and it takes time to heal. This is the place in your healing journey that needs a lot of extra TLC. Honor your gut, listen to what it's telling you. If you feel yucky after eating certain types of food (like gluten, grains, cheese or alcohol), you'll do yourself a world of good to eliminate them and allow your body to heal.

I go over exactly how to heal leaky gut in [The Radical TLC Solution—Home Healing Program](#), but here are some additional tools:

PROBIOTICS

- [Bio-Kult](#)—As recommended in the GAPS diet, Bio-Kult is a great, dairy-free way to encourage healthy gut bacteria. It contains 14 strains of live bacteria to help repopulate your gut with the good guys.
- [Cocobiotic](#)—Another non-dairy probiotic, Cocobiotic is a naturally-fermented drink made from wild, young, green coconuts and probiotics to support healthy digestion.

GUT REPAIR

- [GI Revive™](#) is a supplement available in capsules and powder that supports gastrointestinal health and function and helps heal leaky gut. I've enjoyed using it here and there when I need extra support (like during travel).
- [Green Magma Barley Grass](#)—Barley grass is extremely high in organic sodium, which is severely lacking in the Standard American Diet (SAD). When the body doesn't have enough organic sodium, it uses bile from the liver to get it, which makes the bile more and more acidic, and can actually eat holes in our gut lining. Ingesting more organic sodium helps balance your gut.
- [Betaine HCL + Pepsin](#)—If you frequently suffer from heartburn, it might not just be the foods you eat, but an underlying problem of poor digestive enzyme activity. These supplements can help increase stomach acid and enzyme activity. One caveat, though: you don't want to supplement with HCL for so long that your body doesn't rely on itself to produce stomach acid. This is a great jump start as you begin healing the gut but you should tapering off use as your gut is repaired. This is another supplement that I recommend you take only under the supervision of a knowledgeable practitioner.
- **Elimination Diet**—At the beginning of healing the leaky gut, it is a great idea to do an elimination diet. Foods like legumes, nightshades, eggs, dairy, soy, caffeine, gluten, alcohol and more could be exacerbating the leaky gut condition. In [The Radical TLC Solution: Home Healing Program](#), I provide a simple cheat sheet for making quick nourishing meals. I like to start there first so that you're not overwhelmed by positive dietary changes. After you follow [Thyroid & Autoimmune Meal Plan + Cookbook](#) for a few weeks, it's a good idea to take it a step further and do an elimination diet. I am also particularly fond of Chris Kresser's elimination diet in [Your Personal Paleo Code](#).

LIVER/GALLBLADDER CONGESTION & GUT DETOX

- [The Colorado Cleanse](#) is a pretty amazing, two-week Ayurvedic detox program. It's a food and supportive herb-based cleanse. My husband and I shed loads of fat when we did the cleanse, my gut health improved and I had more energy than I can remember when I was on it. However, at the time, I didn't know I had some liver congestion so my detox pathways weren't functioning well enough to handle this level of detoxification. So, although I looked and felt my best, my

autoantibodies (TPO levels) went up for a period of time as I wasn't clearing the toxins from my body as fast as the cleanse was releasing them. I was able to reverse my autoantibodies again after the cleanse. If you're on medication, you should have a consult with Dr. John Douillard, creator of [The Colorado Cleanse](#), to make sure it is the right fit for you.

- **Coffee Enemas**—I have yet to try this. In fact, Over two years ago, I bought a coffee enema kit (which is still staring at me in my cupboard) because I had heard so many wonderful things from former Hashimoto's and thyroid sufferers about what a powerful healing treatment coffee enemas were. The research supports this for sure and it's definitely a technique to consider. At the time I purchased the coffee enema kit, I was EXTREMELY sensitive to caffeine and could only imagine that a direct line to caffeine would not be best for me however, if I ever need this as a solution, I wouldn't hesitate to try it. I've had clients who have done these several times to great success. It also is great for your liver and gallbladder. You may also be able to find a professional colon hydrotherapist in your area who performs coffee enemas if you'd prefer not to do it at home. To order a coffee enema kit, I highly recommend working with [Kim Schuette and her team from Biodynamic Wellness](#).

INFERTILITY

I likely started having a thyroid problem just prior to becoming pregnant. Although I was healthy and all my blood work was in "normal" ranges, I had undergone quite a bit of stress for the five years prior to getting pregnant between my semi-truck accident and the subsequent legal battle to have my medical bills paid.

After all, this devastating accident robbed me of my career and left me unable to work in my trained field for several years. There was a hefty amount of financial pressure and insecurity hanging over our heads. Our wedding plans and baby-making plans were also postponed due to the accident.

By the time I was physically ready to have a baby, my body had lived on a heavy diet of cortisol and adrenaline for 5 years, a heaping of hormone madness with birth control pills for 15 years and ingestion of serious environmental toxins from living right next to LAX for 10 years. It was a recipe for thyroid dysfunction for sure, and one of the first signs should have been that I was not getting pregnant as quickly as I'd liked.

As I was not diagnosed yet, we have no idea if my challenges were due to my thyroid or not, but what I have since learned is that there is a major connection between thyroid, autoimmunity and fertility... and many of the things you would do to heal one will heal the others.

The connection between thyroid, autoimmunity and fertility challenges are complicated, but important. Scientific studies have found that women can't get and/or maintain a pregnancy at higher TSH levels. There's also been found a connection between thyroid antibody levels and infertility, so it's important to have your antibodies checked if you are trying to get pregnant.

WHAT I DID TO GET MY BABY MADE

1. Read and followed, [Take Control of Your Fertility](#), which helps you to understand your body's fertility signs and use them to predict fertility.
2. Eliminated gluten and started a nourishing meal plan such as [Nourishing Traditions](#). There's some evidence to suggest that a subset of women with otherwise unexplained infertility may have their fertility affected by gluten. Check out [The Radical TLC Solution—Home Healing Program](#) and [The Thyroid & Autoimmune Meal Plan + Cookbook](#) for a complete guide and meal plan.
3. **Eliminate Soy**—The phytoestrogens in soy can knock out of whack the delicate hormonal balance our bodies need to conceive.
4. **Reduced Stress**—There's lots of anecdotal evidence that stress is an enemy to fertility. It's definitely an enemy of your thyroid, so it's a good idea to reduce stress regardless.

Stay tuned for my upcoming guides—Radical Baby Love: How to care for yourself and your new baby with supreme ease and ultimate health, and a fertility and pregnancy guide for women with thyroid, autoimmune and inflammatory disease.

CHOLESTEROL

One of the things that really threw me for a loop when I was dealing with Hashimoto's was the fluctuation in my cholesterol levels. I had always had "great" cholesterol but then everything was going haywire. My doctor explained to me that my cholesterol levels were fluctuating in response to my hormonal needs and that once I reversed thyroid disease, my levels would return to normal. He was right and here's why:

When the thyroid slows down, it reduces the body's ability to process cholesterol. Even mildly depressed thyroid levels can lead to high cholesterol. Overactive thyroid can actually cause you to have too little good cholesterol. Either one is unhealthy!

I highly recommend [Chris Kresser's High Cholesterol Program](#) for support in this area.

BRAIN FOG

Brain fog just refers to that cloudy feeling you get when you cannot concentrate, have feelings of confusion, or lack of mental clarity. Originally, my doctors told me I had "pregnancy brain," but it lasted long after I was done being pregnant!

Bowel toxicity is one major cause of brain fog, and can be caused by pesticides, too much sugar, and other poor eating habits. (Leaky gut, anyone?)

WHAT YOU CAN DO CLEAR YOUR MIND:

- 1. Eliminate gluten**—Some scientists believe that people can have a reaction to gluten in the brain. If you are sensitive to gluten at all, your intestines may also have been damaged to the point that you aren't getting all the essential nutrients from your food, which are needed for brain health.
- 2. Heal the gut**—Check out [The Radical TLC Solution—Home Healing Program](#) and [The Thyroid & Autoimmune Meal Plan + Cookbook](#) for a complete guide and meal plan.
- 3. Oxygenate that noggin' with some exercise**—Physical activity provides much needed oxygen and blood flow to the brain. It stimulates the expression of hundreds of protective genes, and creates Brain-Derived Neurotrophic Factor (BDNF), which is necessary to grow new neurons and help them survive. BDNF also protects your mature neurons from damage from stress, environmental toxins, and even traumatic brain injury.

Aerobic exercise has been shown to increase brain volume and to improve memory, concentration and executive function (complex thought and planning ability).

Being sedentary, on the other hand, destroys your brain's vascular network, which is why Alzheimer's disease is now being called "type 3 diabetes" by some researchers.

CONSTIPATION

Constipation is a common symptom among thyroid sufferers. Like everything thyroid related, it's part of a vicious cycle. Constipation can also cause high estrogen levels and decrease the amount of thyroid hormones in your body. On the opposite end, low thyroid can actually cause constipation and increase inflammation and malabsorption in the intestines.

Here are some simple remedies for relieving constipation (although it's best to heal the leaky gut for long-term relief—but you already know that!). You can find all of these at health food stores, natural pharmacies, Whole Foods or online.

1. [Lily of The Desert Whole Leaf Aloe Vera Juice](#) (make sure it's whole leaf). Take a shot of aloe vera juice 2–3 times/day.
2. [Peter Gillham's Magnesium](#)—follow the package instructions and tweak to fit your needs.
3. [Green Magma Barley Gras](#)s—take 1 tbsp in the morning and evening in a small glass of water (5 oz.).

VITAMIN D DEFICIENCY

Vitamin D is closely linked with autoimmune disorders (like Hashimoto's) because it plays an important role in regulating the immune system. But fixing a vitamin D deficiency is not as easy as just taking a pill.

Not all Vitamin D supplements are created equally. Frequently, I have clients who come to me with dangerously low levels of Vitamin D but they are confused because their doctor has put them on an expensive mega-dose vitamin D pill which is supposed to be helping them raise their levels. One thing that's important to understand about Vitamin D supplements is that the bio-availability—the amount of a substance that actually enters your blood—of a supplement is extremely important.

If you have a leaky gut or sluggish liver and your body is unable to absorb nutrients properly, it won't matter what mega dose you take, you'll literally be pissing money away. There is only one type/brand of Vitamin D that works across the board which I have seen with myself and all of my clients. It's cheap, bio-available and it works! You can find it at some homeopathic pharmacies and here online. Take 3-4 drops in a shot glass of water in the morning for 2–3 months and check your Vitamin D levels again. Optimal range is 50–70.

LOW LIBIDO

THE PLEASURE PRINCIPLE: HORMONES & HEALING

Ooooh, I know this is a topic many of you will want to skip over. Maybe you feel like there's nothing "wrong" in this department. Maybe you feel guilty or ashamed of experiencing pleasure during sex.

But we were built to be sexual creatures. Whatever your beliefs, we were created to experience pleasure during sex and our bodies respond powerfully and positively to that biological urge and satisfaction.

I hope by providing this information I can empower you to understand that you deserve this pleasure; God designed us this way and that we need to do it for our health.

(And I hope you all just gave a hip-hip hooray!)

STRESS AND YOUR SEX DRIVE

Testosterone, that most manly of hormones, is responsible for a lot of our libido—makes a funny sort of sense, right?—and your adrenal gland is responsible for a bulk of your testosterone production. When you have adrenal fatigue or chronic stress, you have lower testosterone output, which could result in a lower sex drive. Plus, elevated cortisol levels have been shown to lower sex drive.

Combine that with the fact that thyroid dysfunction can have a negative effect on your libido, and you've got a cocktail for "Not tonight, honey."

Beyond the regular stress reduction techniques (see anxiety section), you can try simple things like taking Maca. A root native to Peru, it's long been associated with higher energy, stamina, and increased libido. Try [this powder](#) in your smoothie. Start with 1 tbsp at first and see how your body resonates with it.

AN ORGASM A DAY KEEPS THE DOCTOR AWAY

I've got to admit, I blushed when the doctor who diagnosed me said if I wanted to heal, I'd need to start having more orgasms. Uhm, we hadn't talked about sex. He didn't know how much or how little I was having but he didn't seem to care. He just wanted to let me in on this little secret to healing. So I researched it and discovered that orgasms are crucial to healthy living.

I took my prescription home to my hubby. I'm not sure who was happier—him or me—but we had committed to do everything we could to help me heal. So off we went! ;-)

But why is an orgasm so powerful? Here are a few reasons to have more sex:

- 1. Improves circulation to your organs in the pelvic cavity.** This helps deliver all the necessary nutrients to your organs and regulate your menstrual cycle. In fact, women who are celibate or who have sex infrequently are more likely to have abnormal menstrual cycles than women who have sex at least once a week.
- 2. Energizes your hypothalamus and increases fertility.** Your hypothalamus gland is responsible for regulating your appetite, body temperature, emotions and the pituitary gland.
- 3. Helps your body detox** by giving you an overall lymphatic massage, which also helps improve digestion and mood.
- 4. Keeps your estrogen at healthy levels.** An important part of your hormone balance.
- 5. Relaxes you by kicking up endorphins** and kicking out cortisol.
- 6. Gives DHEA a healthy boost.** DHEA hormone is important for healthy brain function, immune system and healthy skin.
- 7. Keeps you looking young.** Seriously! Scientific studies show that having sex three times a week can make you look up to 10 years younger!
- 8. Boosts immunity.** It can help you fight off colds and flu up to 20% more.
- 9. Elevates pain thresholds** which can help cure migraines and other kinds of chronic pain.
- 10. Gives you a hit of oxytocin,** the love hormone, which is linked to successful relationships, passion, intuition, and social skills.

Now, you don't want to be missing out on all these benefits, do you?? If you are, it's time to investigate the causes. Many of the same root causes and symptoms of thyroid problems (including stress, adrenal fatigue, and general fatigue) can be causes of libido loss, so by treating your thyroid issues, you will hopefully also be treating your sex life to a boost!

WHAT IS ANORGASMA?

Anorgasma is the inability to achieve orgasm. For many years it was classified as a psychological disorder, but more recent studies have shown that it can also be linked to medical issues.

What you need to know is the inability to orgasm is common. If you're having challenges with this, you are not alone and there's nothing to be ashamed of. But, it is an indication that there could be an imbalance in the body especially for women with thyroid disorders.

The good news is you can get your "O" back. Many of the treatments for anorgasms—including blood sugar and hormone regulation—dovetail nicely with the treatments we've been discussing for thyroid disorders in general, so it could be that you see an improvement as your body heals. Other treatments include therapy with a psychologist, hypnosis, and medications, devices or supplements to increase blood flow. Be sure to also talk about it with your doctor, as some medications and other medical issues can disrupt your libido and ability to orgasm.

SEX BEGETS SEX

The more you have it, the more you'll want it. It revs up your sex drive to start having sex. I know it's hard when you don't have energy and especially if you have kids... And it's even harder when your body is busy battling thyroid, autoimmune or inflammatory disease. I know it doesn't seem romantic or spontaneous to be "scheduling" it in, but you have to start somewhere.

- Schedule sex to build anticipation. Just like you might anticipate a reservation at the hot new restaurant in town or tickets for a show.
- Schedule dates just to be intimate. If it's been a while, schedule time just to spend together cuddling, touching or massaging one another to rebuild your intimacy.
- Schedule sex for times when you both have plenty of energy. If you're always tired after work, the old dinner and a movie standby probably won't work. Try mornings or mid-day.
- Unusual times work, too, and can make things more fun. Kids at soccer practice for an hour? Awesome. You both have to shower every day, right? Save water! Shower together.
- Remember that babysitters, family members, and play dates exist for a reason.
- Worried about your kids walking in on you? Set clear bedroom boundaries and knocking policies. But it doesn't have to be a big secret, either. If kids are curious, you can say, "Mommy and daddy are loving each other." Love is a verb, remember!
- Add your dates to your both of your calendars and set reminders. No excuses!

If you're still not convinced, don't take my word for it; this [series of videos](#) goes into more of the research and science behind why orgasms are good for you.

And hey, if you don't have a partner, you can do it alone! Remember: it's for your health!

HAIR LOSS

Hair loss may be one of the most painful and embarrassing symptoms of thyroid disorder for women. It's just not socially acceptable and it's hard to cope with emotionally.

Your individual hair follicles grow and rest at different times, and that cycle is all controlled by your hormones. And—here's a big shocker!—when your thyroid hormones are off, it can have very noticeable effects on your hair. In fact, hair loss is a very common symptom of thyroid disease. Too much thyroid hormone can cause your hair to become very fine and thin; too little can make it fall out—not just on your head, but all over your body.

The underlying things you need to heal to reduce hair loss are:

1. getting hormones in check
2. leaky gut
3. iron levels

THERE ARE OTHER SIMPLE THINGS YOU CAN DO TO HELP, AS WELL:

- 1. Scalp stimulation**—Scalp massages help stimulate the hair follicles to increase hair growth! Take any natural oil—olive, coconut, almond—add a few drops of [lavender](#) or [rosemary essential oil](#) to it, and massage gently into your scalp. Put on a shower cap and leave it on for an hour, then shampoo your hair. Follow this remedy once a week. It smells great and is very relaxing! Your locks will seem thicker and stronger than ever. You can also try this [rosemary lavender hair rinse recipe](#).
- 2. Boar's Hair Brush**—My clients with advanced hair loss find that brushing with a boar's hair brush is very helpful to reducing hair loss. Here's why: Pure boar bristles are designed to brush hair without causing damage, stimulate the blood flow to the scalp, and draw nutrients up into the hair follicles. They also help distribute natural sebum consistently through your hair. Use a [wide-tooth comb](#) when hair is wet, and the [boar bristle brush](#) when hair is dry.

3. Go easy on your hair—It's important to be kind to the hair you do have! Use the cool and low settings on your hair dryer and don't use flat irons or curling irons too much. Keep your hair color within two shades of your natural color—because more change equals more chemicals. Go as natural as possible with your hair to keep it strong and healthy.

MIGRAINES

I used to get migraines all the time (pre-Hashimoto's) and I never put two and two together when it came to what was triggering my migraines (now I know, it was my diet).

HERE ARE SOME FOOD TRIGGERS TO BE AWARE OF AND TEST OUT FOR YOURSELF:

- Tyramine or phenylethylamine, two amino acids found in chocolate, aged or fermented cheese (including cheddar, blue, Brie, and all hard and "moldy" cheeses), soy foods, nuts, citrus fruits, and vinegar. Tyramine levels increase over time, so avoid leftovers.
- Alcohol
- Nitrites—in cured meats, deli meats, jerky, and less commonly in foods that have been pickled, smoked, or canned
- Tannins—in tea, red-skinned fruits and juices, and wine, primarily
- Sulfites—in dried fruits, wine, and other processed foods
- Food additives—including monosodium glutamate (MSG), yeast extract, hydrolyzed or autolyzed yeast, hydrolyzed vegetable protein (HVP), hydrolyzed plant protein (HPP), sodium caseinate, and kombu extract
- Aspartame
- Caffeine

You'll notice a similar theme with long-term symptom relief of migraines and reversing thyroid/autoimmune/inflammatory diseases—eliminate gluten and dairy, heal the gut, reduce stress and take care of yourself. For short-term, acute migraine care, these remedies tend to do the trick.

- Feverfew—as a supplement, tea, or even eaten raw
- Butterbur—a supplement
- Magnesium

- B vitamins
- Omega-3s
- Peppermint—sniff essential oil, put a drop on your temples, or drink peppermint tea
- Massage—massage your own scalp or temples or get a full body massage
- Meditation
- Hydration—drink lots of water
- Regular exercise

CHILLS

I can remember the absolute visceral desire to throw myself into a warm bath prior to being diagnosed with thyroid disease. I had no idea why I had these intense chills but I felt frozen to the core and all I wanted to do was make it stop. Intuitively, I would fling myself into a bath of warm water and wait for the chills to pass. Honestly, the whole episode would freak me out.

This was one of the symptoms that had my doctors shrugging their shoulders. None of them saw the connection between my chills and thyroid disease as my thyroid was “normal.” Unfortunately, I can’t find anything in the research that tells me why thyroid dysfunction causes the chills...only that it does and that it’s a common symptom of the disease. Here’s what I’ve found to work best when the chills ramp up.

- 1. A Warm Bath**—this is my #1 go-to for chills. It’s simple, relaxing and easy to do. While you’re at it, dump in some Epsom salts. The magnesium will relax the muscles and help the shivering.
- 2. Heating Pads/Hot Water bottles**—don’t have a bathtub? Put on your comfiest, coziest clothes, some wooly socks and crawl into bed with a soothing hot water bottle. This will heat you up quickly and gives you a great excuse to rest!

VERTIGO

Vertigo is the absolute worse and is cropping up more and more often among the clients that come to me for support. Here’s what I have them do when they report vertigo and these techniques can work as quickly as a few short hours to a couple of days.

- 1. Eliminate Dairy**—for some of my clients, just taking this one small step completely eliminates their vertigo. I suggest this often and it has worked every time.
- 2. Acupuncture**—I have had great success with helping my clients with their vertigo just by suggesting acupuncture. Most times, their vertigo disappears after the first session or within a few sessions. It's also great as an acute remedy if you can get in with your acupuncturist right away and oftentimes it is covered by insurance!
- 3. Cranio-sacral Therapy**—a very gentle therapy that involves very light pressure on the cranial bones and the sacrum.
- 4. Epsom Salt Baths or Peter Gillham's Natural Calm**—vertigo can be caused or exacerbated by a magnesium deficiency. Just another reason to hop in those Epsom Salt baths or supplement your diet with magnesium.

ACHY JOINTS & MUSCLES

Several different types of joint and muscle pain and problems are associated with thyroid disease. Unfortunately, achiness, cramps, muscle weakness or stiffness, tendonitis, carpal tunnel and tarsal tunnel are all common side effects of thyroid disorders.

The good news is that many of these problems resolve themselves as you treat and heal your thyroid.

IN THE MEAN TIME:

- 1. Exercise**—Even though this seems like the last thing you want to do when you're feeling achy and stiff, light exercise is very important to relieving your symptoms. Yoga, Pilates, rebounding and light weight training can all help improve your stiffness and pain. Aquatic exercise is great for people dealing with serious joint issues. And heating up your muscles—either with a hot shower, sauna, or hot exercise like hot yoga—can also help.
- 2. Epsom Salt Baths**—A well-known remedy for sore muscles, Epsom salts baths are also great for relaxation and helping to detox your body.
- 3. Anti-inflammatory Foods**—Foods rich in anti-inflammatory properties like ginger, pineapple, curcumin, tart cherries; studies have shown that these foods are sometimes as effective in mitigating joint and muscle pain as prescription medications.

IRREGULAR PERIODS

As if periods weren't enough "fun" to deal with in the first place, irregular ones can make them maddening. This catch-all term can include changes in the length of time between your periods, changes in the quantity of blood loss and the length of your period itself. Thyroid disease is a common culprit of irregular periods, but so are IUDs, certain medications, excessive exercise, stress and PCOS.

WHATEVER YOUR PARTICULAR IRREGULARITY, YOU CAN FOLLOW THESE GUIDELINES TO TRY TO GET BACK ON TRACK:

1. Address your hormones—get your hormones tested to see what is out of balance.
2. Consider natural birth control instead of the pill.
3. Manage your weight—weight plays a big role in your hormonal health and in ovulation. If your thyroid has affected your weight, getting back to a healthy weight could fix the period problem as well.
4. Get checked for PCOS—thyroid dysfunction's annoying friend. Polycystic Ovary Syndrome is particularly troubling in women who are overweight.
5. Eliminate soy from your diet—Those phytoestrogens aren't doing you any favors, and could be working to further unbalance your hormones.

ACNE, DRY SKIN, SCALP & BRITTLE FINGERNAILS

Your skin, scalp and fingernails tell a lot about your health. If I've said it once, I've said it a million times (and literally, I have said it a million times), whether it's nutrient malabsorption, eczema or dry skin, healing the leaky gut is going to be key to long-term reversal of these symptoms. As I'm sure you're starting to realize, it's all about the gut, baby!

The inflammation caused by leaky gut is also responsible for some skin conditions, and many people who suffer from skin diseases are also more sensitive to the substances and influences of gut bacteria. In addition, studies have shown that using probiotics—in essence, balancing gut bacteria—improve skin conditions.

NATURAL REMEDIES FOR BRITTLE NAILS

- Olive oil and lemon—mix a teaspoon of olive oil with a few drops of lemon juice and massage into your nails; you can then put on manicure gloves and leave the mixture on overnight
- Tea tree oil and vitamin E—mix a teaspoon of tea tree oil and a few drops of liquid vitamin E and apply as above; or simply massage in vitamin E nightly
- Sea salt soak—combine two teaspoons fine sea salt with two drops each of lemon juice or oil, frankincense oil, myrrh oil and wheat germ oil in a bowl of warm water and soak fingers for 10 to 15 minutes
- Beer soak—warm ¼ cup olive oil and mix with ¼ cup apple cider vinegar and ½ cup beer; soak nails for 10 to 15 minutes.

NATURAL REMEDIES FOR DRY SKIN & SCALP

- Olive oil and coconut oil can be used as moisturizers for dry scalp (before a shampoo) and dry skin
- Raw, organic honey has moisturizing and antibacterial properties and can be applied directly to problem areas on the skin
- Tea tree oil is an excellent treatment for dry scalp; dilute a few drops in warm water and massage into your scalp
- Mixing olive oil, sea salt, and the juice of a lemon makes a wonderful, luxurious salt scrub that is perfect for exfoliating and hydrating dry skin

ACNE

Having unsightly acne when you're an adult is just the cherry on top of the symptom sundae that is thyroid disease. If you had acne as a teenager, you probably know that hormones can be to blame. New research has also found that the thyroid may have an effect on the sebaceous gland activity—in other words, the glands responsible for oil production in your skin.

Here's what you can do to combat it:

- Balance your hormones (you're working on that when you're healing your thyroid)
- Limit inflammation from diet and stress
- Heal the gut; the gut-skin correlation has been known for more than 100 years!

Stay tuned for my new book coming out—Radical Beauty: Homemade & Natural Love for Hair, Skin & Nails

COMPLEMENTARY HEALING TECHNIQUES

If you're dealing with thyroid or autoimmune disease, chances are you've run smack into the limits of Western medicine. Don't get me wrong: Western medicine can accomplish miraculous things and I definitely wouldn't want to do without it. What I do want is for our doctors and medical schools to wake up to the fact that Western medicine isn't *all* there is.

For example, complementary healing techniques can be powerful tools for reversing thyroid, autoimmune and inflammatory diseases. Incorporating a few of these techniques will balance your personal healing program and likely speed up the process of reversing these diseases.

Some of these techniques may be covered by your insurance, so it's worth it to check it out. I know investing financially in your health can be tough sometimes, but many alternative healing practitioners work on a sliding scale or are open to trading their services if you have something to trade.

Because much of this work involves the energy body, it sometimes takes trying out a few different practitioners to find the one that clicks. Just like with finding the right doctor, don't be afraid to interview different practitioners and try a few until you find the right fit.

I have personally tried all of these techniques to great success, and my clients have had success with these as well.

ACUPUNCTURE

I came to acupuncture after my husband and I were hit by a semi-truck. I had so many physical injuries and I was under a mountain of stress and health care bills.

Luckily, my GP was at UCLA and the clinic next to his office was the UCLA East-West Medical Clinic. My doc referred me there to try to get a handle on my stress and my injuries. I am so glad he did. He recommended I get weekly acupuncture (which was covered by my insurance!), so for 3 years, I had acupuncture treatments a couple of times a month.

It really helped with so many things...and any new symptom that cropped up could be addressed in real-time with my beloved acupuncturist. He even helped me with nausea and other symptoms during my pregnancy. Acupuncture can be helpful for a host of things including thyroid. Here's how it works:

What is acupuncture?

- Acupuncture is over 5,000 years old and based in the Chinese traditional medicine belief that all living beings have qi or vital energy, which can be blocked and cause illness.
- Ultra-thin needles are inserted into the skin along invisible lines of energy known as meridians to change the flow of qi.
- The needles are so thin it is nearly painless.
- No one knows exactly how or why acupuncture works, but theories include that it stimulates endorphins, it influences neurotransmitters, it stimulates circulation, or even that it affects the electrical currents of the body.

How can acupuncture help thyroid, autoimmune and inflammatory disease?

Acupuncture and other traditional Chinese medical techniques focus on finding the root cause of a problem, rather than treating the symptoms as Western medicine does.

Acupuncture in particular can be used to help restore hormone balance, regulate energy levels, and help manage sleep, emotional, and menstrual problems. There are also specific acupuncture points used to balance the production of thyroid hormones.

As with most traditional medicine, acupuncture is usually paired with the kinds of healthy lifestyle changes we've been talking about in the rest of this book! Your acupuncturist may also suggest herbal teas or supplements.

REIKI

I would have never believed that Reiki could work or even tried it if I wasn't suffering so badly a few years ago. I read and read about it but was always worried that I'd waste money on a Reiki treatment because I wouldn't be able to tell if it actually worked or not. Luckily, on a visit back home to Indiana, a friend of mine encouraged me to try out her Reiki practitioner when I was complaining of hip pain. The experience I had was life-changing. Not only could I feel this energetic massage, my nervous system felt relaxed, my thyroid felt vital and my body felt

energized. I have not questioned the healing power of Reiki since and have incorporated it into my personal healing program.

What is Reiki?

Reiki is a traditional Japanese method of stress reduction, relaxation and healing that involves the laying on of hands, which practitioners and recipients believe transfers life force energy. Unlike massage, the practitioner uses a very light touch, with no pressure.

How does it help thyroid, autoimmune and inflammatory disease?

Reiki practitioners will most likely work to clear the 5th chakra, or throat chakra, when working with thyroid patients. They do this by gently placing hands on the patient's throat and moving them to clear the energy. It can be a powerful experience.

CRANIOSACRAL WORK

Craniosacral work can be used to open up areas that restrict nerve outflow to the adrenals, thyroid, spleen, liver and thymus. I have found great success with using craniosacral work to relax my nervous system, balance my energy centers including the throat/thyroid center, and eliminate physical pain in my hip, shoulder and back. I consider this an important part of my healing regimen.

What is Craniosacral Therapy (CST)?

Craniosacral therapists use a very light touch to align bones and tissues and work within the immune and endocrine system. The philosophy of CST is to support the body and let it do its own healing.

How does it help?

CST is an extremely gentle technique that supports your body in its healing processes, which is incredibly important for thyroid sufferers.

KIRTAN/SINGING

Your thyroid is located right next to your voice box, and when you speak or sing, the vibrations of sound vibrate your thyroid. What happens when the thyroid vibrates? Some people believe that it massages or stimulates the thyroid into producing more thyroid hormones.

I found great relief in my healing journey by taking up singing again as a hobby. It's both a healing technique for me and a stress reliever.

In Hinduism, a practice called kirtan is a form of call and response chanting, and Hindus have believed for many centuries that the vibrations from the chanting had a healing effect.

How does it help?

Vibration and massage definitely stimulate the production and release of thyroid hormone, so if you suffer from low thyroid, singing, chanting, and even just speaking your mind instead of always remaining quiet can have an important balancing effect. On the flip side, if you are hyperthyroid, you might want to consider a silent retreat to help balance your hormone levels.

QI GONG/TAI CHI

Qi Gong, tai chi and yoga are all ancient forms of mindful, meditative and gentle exercise, and also happen to be easy ways to increase the circulation of your lymphatic system.

How does it help?

The movements of all of these mind/body fitness techniques helps provide relief to the lymphatic system as well as assists with lymphatic drainage, which is important to detoxifying your body. These techniques also relax the nervous system while providing energy to the body.

I love this [Tai Chi/Qi Gong DVD](#)—the great thing about this DVD is that exercises are broken into 3-5 minute segments so you can do this quickly at home or even when you travel.

ACUPRESSURE

I am a bit of a massage connoisseur, logging in hundreds of hours of massage over the years, and I can tell you that the best, most relaxing, nerve calming, amazing massage I ever received was an acupressure massage on my feet. Wow! Just thinking of it now puts me in peaceful bliss.

Acupressure works on the same principles as acupuncture, but the meridians, or energy lines, are stimulated with gentle pressure from hands, rather than thin acupuncture needles.

How does it help?

Like acupuncture, the theory is that acupressure helps clear negative energy (qi) and restore healthful energy flow through the body. This page has a [short video](#) to show you how to use acupressure yourself for thyroid relief.

REFLEXOLOGY

Reflexology is a similar technique to acupressure, though it follows different protocols. A homeopathic treatment, reflexology relies on the idea that every organ and system in our body has a complementary point on our skin, hands, feet, arms, head, etc. that can be stimulated to improve healing.

How does it help?

For thyroid, there are two reflexology points. The first is at the base of your right thumb, and you can use your left thumb and massage the base of your right thumb in a counter-clockwise direction.

The second is on your right foot at the base of your big toe along to the base of the third toe. Use your thumb to massage the bottom of your foot and then the top of your foot in the same area.

MANUAL THYROID STIMULATION/MASSAGE THERAPY

Many massage therapists will avoid the neck and thyroid area because massage can stimulate the thyroid. You would have to specifically request a thyroid massage from a licensed practitioner.

How does it help?

As mentioned above in the Kirtan/Singing section, stimulation of the thyroid manually can increase the production of thyroid hormone. This technique should only be used for people with low thyroid. This video explains and demonstrates an [easy self-massage technique](#).

HEALING ON THE HORIZON

LOW-DOSE NALTREXONE

I can remember the day I first heard about Low-dose Naltrexone (LDN). It was 3 years ago and I was on a walk with my husband enjoying the jasmine scented air on a gorgeous, sunny day in Los Angeles. I happened upon a random health podcast in which the host interviewed a doctor who claimed that LDN could stop the autoimmune response for people with Hashimoto's & Grave's Disease. I had just been diagnosed with Hashimoto's.

My eyes got bigger and bigger as I listened to the interview. I stopped my husband abruptly and squealed—there is a cure for Hashimoto's! I excitedly told my husband everything I'd just learned and raced home to do some research. Unfortunately, Google had little to offer on the topic. So, I started asking doctor after doctor but none of them had any solid facts or knowledge to present, so I kept the promise of this possible cure in my back pocket.

Flash forward a few years. There is now a bit more on the topic out there on the web and I've heard first-hand accounts from doctors and patients who have used this successfully for not only Hashimoto's and Grave's but also other autoimmune diseases. Luckily, boosted by my natural healing and diet protocols, I never had to take LDN to reverse the disease. However, if I ever need it, I know this option is there so I'd like to share with you what I've learned so far.

What is Low-Dose Naltrexone (LDN) and how does it work?

Naltrexone is a drug that was approved for use in the 1980s to help recovering heroin or opium addicts because it blocks the opioid receptors in the brain. However, further study revealed that a low dose of the drug could boost proper function of the immune system by stimulating an increase in endorphin and enkephalin production and rebalancing an overactive immune response. It's believed that autoimmune disorders are primarily triggered by a deficiency in endorphins.

It's also been claimed that LDN reduces sensitivity to gluten and casein.

Full trials and approval of LDN to treat Hashimoto's and other autoimmune conditions haven't happened yet, though there is a grassroots movement to try to make them happen.

CBD OIL

As a celebrity health coach, I have had the great fortune to have access to doctors and practitioners on the forefront of healing. Some of my well-known clients are avid health advocates in their own right and have introduced me to burgeoning alternative and complementary approaches to healing. This past summer, I got a crash course in the medicinal properties of CBD oil from two of my clients who, amongst other things, make documentaries on important healthcare issues. What I learned about CBD oil floored me. It's not what you think and it's certainly worth a look-see.

First of all, there is a wealth of scientific research on the successful use of cannabis for medicinal purposes, and cannabis as a medicine has been used for ages. But there are political reasons as to why cannabis fell out of favor in the early 20th century. And, when larger groups started using the plant recreationally in the 1960s, its social importance and understanding changed dramatically.

Cannabis oil, however, does not contain the same level of THC as cannabis that is smoked. In fact, cannabis oil often contains little to no THC at all—so people who use it experience the medical benefits without the high.

Cannabis oil and juicing will likely emerge in the next few years as acceptable and viable options for reducing inflammation, managing thyroid cancer and suppressing the autoimmune response. Several states have already legalized the use of marijuana and all its derivatives for medicinal use.

Scientific studies have found that THC reduces inflammatory responses in people with autoimmune disorders—but that too much suppresses immune function and makes the body susceptible to other disease. Other reports haven't conclusively found any connection between cannabis and healing thyroid problems, but have found that cannabis can alleviate many of the symptoms associated with thyroid disorders.

I have not tried CBD oil for my own condition, but after interviewing knowledgeable doctors and seeing its healing properties first hand through friends who are using this treatment method for their children, I would definitely encourage anyone to look into this as a treatment option.

NEXT STEPS



With more than 300 symptoms related to thyroid, autoimmune and inflammatory disease, it would be impossible to create a symptom relief guide to cover them all. I included the top symptoms I hear over again in my practice and from my Facebook community in the hope that I could help a majority of sufferers with a majority of their most troubling symptoms.

But imagine a life without thyroid, autoimmune and inflammatory disease. What would it feel like to have energy again? To be the best parent, spouse, partner, coworker you could be? To live the life you want to live vs being mired down by fatigue, depression, weight gain, chronic pain and uncomfortable symptoms?

You have the tools here in this book and with *The Radical TLC Solution: Home Healing Program* to reverse thyroid, autoimmune and inflammatory disease as well as eliminate the symptoms that are keeping you from having a life you love.

I'm here for you with group and private coaching over the phone and via Skype as well as private coaching retreats in the wine country, Italy and other amazing places around the globe. Coaching can be the next step you need beyond a guide like this one, with customized help for your unique needs, an accountability partner for making those tricky life changes, a never-flagging cheerleader, a friend who understands, a doctor liaison, and a patient advocate for you in your fight against thyroid or autoimmune disease.

I encourage you to check out all the options I have available on my website to help create the path to healing that's perfect for you.

Here's to health and healing!

 Jen