

6 Steps On How To Reverse Hashimoto's Thyroiditis Through A Natural Treatment Approach

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If you have Hashimoto's Thyroiditis, and want to find out more information about how to use natural treatment methods to help restore your health, then you will enjoy reading this breakthrough guide that shows you 6 steps to reverse this condition by taking a natural treatment approach.

Note: Although this guide focuses on Hashimoto's Thyroiditis, most of the information can also benefit those people with different types of hypothyroid conditions as well.

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Introduction

Dear friend,

I'd like to thank you for acquiring this free guide on natural treatment solutions for hypothyroidism and Hashimoto's Thyroiditis. Hashimoto's Thyroiditis is an autoimmune condition which results in the formation of thyroperoxidase (TPO) and/or thyroglobulin antibodies. What happens is that the immune system damages the thyroid gland, and over time this usually results in a hypothyroid condition. Conventional treatment methods involve giving the person synthetic thyroid hormone (i.e. levothyroxine), usually for the rest of the person's life.

A "Typical Story" Of The Hashimoto's Sufferer

As you probably know, millions of people in this country have been diagnosed with an autoimmune thyroid condition. Millions more have a thyroid condition but have not yet been diagnosed. Most of those who have been diagnosed seek out conventional medical treatment.

Here is what frequently happens:

Over a period of months, and many times years, they will begin experiencing symptoms such as fatigue, weight gain, brain fog, hair loss, as well as other symptoms. These symptoms they experience frequently leads them to schedule an appointment with their primary care physician.

Upon visiting their primary care physician, they will receive a general checkup, and most likely some blood work, including a CBC, metabolic panel, a thyroid panel, etc. The thyroid panel most likely will reveal that they have an elevated TSH. At this point the medical doctor will usually refer the person to an endocrinologist, who might test for the thyroid antibodies, although either way the end result will probably be the person taking thyroid hormone medication.

It's important to understand that not everyone has the "classic" symptoms associated with Hashimoto's Thyroiditis. For example, I've worked with people with Hashimoto's who didn't have low energy levels or problems with weight gain. Everyone is different, which is why you need to treat everyone individually.

Who Am I, And Why Should You Listen To Me?

My name is Dr. Eric Osansky, and I'm a chiropractic physician, although unlike most other chiropractors I have a practice that exclusively focuses on thyroid and autoimmune thyroid conditions. In addition to having a chiropractic degree I also have a masters of science degree in nutrition and functional medicine, I'm a certified clinical nutritionist, and I have numerous other certifications in nutrition and herbal therapy. When I graduated from chiropractic college in March of 1999 I personally was one of those doctors who focused on musculoskeletal conditions such as neck and back pain, and I did very little with nutrition at the time.

It wasn't until I personally was diagnosed with an autoimmune thyroid disorder years later and was helped through natural methods that I became motivated to help other people with thyroid and autoimmune thyroid conditions.

My Personal Thyroid Story

When I personally was diagnosed with an autoimmune thyroid condition, I couldn't believe it. I always considered myself to be in excellent health, and I was stunned when I was diagnosed with this condition. Actually, before I was officially diagnosed with Graves' Disease by an endocrinologist, I found out through a general medical practitioner that I had hyperthyroidism. Even though I'm a natural healthcare professional, it still was tough deciding whether I wanted to use conventional medical treatment, or "take the chance" with natural treatment methods.

It was especially a tough decision because in general, Graves' Disease or any hyperthyroid condition is a more serious condition than a hypothyroid condition. Don't get me wrong, as it stinks to have either one, but when treating these conditions naturally, it is more risky to treat a hyperthyroid disorder such as Graves' Disease, since most of the time you're dealing with cardiac symptoms such as a high pulse rate and heart palpitations, which sometimes can be extreme.

Despite the risks, I personally chose to follow a natural treatment approach, even though the endocrinologist I saw was somewhat conservative and recommended that I take antithyroid medication and a beta blocker, rather than receive radioactive iodine (which is what many endocrinologists recommend for Graves' Disease). In any case, I told myself that if I didn't see results within 30 days that I

would still stick with the natural treatment protocol, but at the same time would also begin taking the medication. For those reading this who are currently taking thyroid hormone medication, I do want to let you know that it's fine to follow a natural treatment protocol while taking medication, whether it's Levothyroxine, Armour, Nature-Throid, or something else. Although the goal is to try to get people to the point where they don't need to rely on taking medication, sometimes taking medication is necessary initially. But of course the medication doesn't do anything for the underlying cause of the condition, which I will discuss in greater detail shortly.

In any case, after a few weeks I began seeing some positive changes in my condition, although they admittedly weren't dramatic. About 6 weeks after I began the protocol I took another blood test, and my thyroid levels had improved. One month later I continued to feel better from a symptomatic standpoint, and I decided to take another blood test to see if there were any further improvements, which there were. While they weren't "normal", and I still had some symptoms, it seemed as if these natural treatment methods were truly working.

To make a long story short, both my symptoms and blood tests continued to improve, until I was no longer symptomatic, and my thyroid hormone levels and antibodies were within the normal range. In fact, not only was I not experiencing any symptoms, but I felt great, had a lot of energy, and I became an instant believer in these natural treatment methods for people with thyroid and autoimmune thyroid conditions.

At this point you might be thinking to yourself "I don't have Graves' Disease, I have the opposite condition in Hashimoto's Thyroiditis. And so how is this information going to help me?" Just keep in mind that both Graves' Disease and Hashimoto's Thyroiditis have a lot of similarities. First of all, both Graves' Disease and Hashimoto's are not thyroid conditions, but instead are autoimmune conditions which affect the thyroid gland. The main difference is that they involve different autoantibodies, as while Hashimoto's involves thyroglobulin antibodies and/or thyroidperoxidase antibodies, which lead to the destruction of the thyroid gland, Graves' Disease is characterized by TSH receptor antibodies, which stimulate the TSH receptors, thus resulting in an excess of thyroid hormone.

Of course managing the symptoms is different, since Graves' Disease results in hyperthyroidism, and Hashimoto's Thyroiditis

frequently leads to hypothyroidism (although some people experience both hyperthyroid and hypothyroid symptoms). But with both conditions the goal is to restore the health of the immune system. And over the years I have helped many people with both Graves' Disease and Hashimoto's Thyroiditis restore the health of their immune system by following a natural treatment protocol. However, I will admit that it's not an easy process, as one does need to take responsibility for their health, and it does take time to create positive changes. So anyone who is looking for a quick and easy cure probably will want to stop reading right here.

Why I Wrote This Guide

The main reason why I wrote this guide was because after seeing how natural treatment methods helped me with my Graves' Disease condition, I began helping people who had Graves' Disease and Hashimoto's Thyroiditis use natural treatment methods to restore their health back to normal. The problem is that many people aren't aware of the benefits of natural treatment methods, and so I decided that I needed to let other people with thyroid and autoimmune thyroid conditions know that there were options other than taking drugs for the rest of their life. As a result I created my website www.NaturalEndocrineSolutions.com, and I also put together this guide.

CHAPTER 1: The Primary Goal Of An Effective Natural Treatment Protocol For Hashimoto's

So what is the primary goal of an effective natural treatment protocol for Hashimoto's Thyroiditis? Some people might think the main goal is to simply control the symptoms of the autoimmune thyroid condition through a natural treatment approach. However, when I use natural treatment methods on someone with Hashimoto's Thyroiditis, my goal is to try to detect and then remove the autoimmune trigger, which is what's responsible for the thyroid hormone imbalance.

In other words, for someone with Hashimoto's Thyroiditis, the goal is to put the person on a natural treatment protocol that will help restore the health of the immune system and stop the immune system from damaging the thyroid gland. Ultimately it would be great to get the person to the point where they don't need to rely on taking synthetic or natural thyroid hormone, although some people do need to continue taking thyroid hormone medication on a permanent basis. But even when this is the case it still is important to address the autoimmune component.

The Four Essential Areas To Address:

Although everybody is different and thus must be evaluated on an individual basis, when treating people with Hashimoto's Thyroiditis through natural methods, in most people the following four areas need to be addressed:

1. The Adrenal Glands
2. The Immune System
3. The Gastrointestinal Tract
4. The Detoxification Pathways

Even though we're talking about a condition which involve the thyroid gland, you now know that the thyroid gland is usually not the actual cause of the disorder. This is especially true when dealing with autoimmune thyroid conditions. So while it is important to restore the person's thyroid health, one usually can't expect to accomplish this by focusing all of their efforts on the thyroid gland alone. It is just as important, and usually even more important, to focus on other areas of the body. One of the main areas of the body which causes or contributes to a thyroid or autoimmune thyroid condition is the adrenal glands.

The reason why many people have adrenal problems is due to stress and poor eating habits. But how can stress lead to a condition such as Hashimoto's Thyroiditis? First of all, chronic or long-term stress can suppress immunity, which can make someone more susceptible to an autoimmune condition. However, chronic stress can also dysregulate immune system function by increasing proinflammatory cytokines, which is a factor with autoimmune conditions.

In addition, chronic stress can also decrease something called secretory IgA, which can increase one's susceptibility to an infection. This infection in turn can lead to autoimmunity. This isn't to suggest that stress is the main trigger behind Hashimoto's Thyroiditis, but it's something that needs to be considered. Most of my patients have adrenal problems, which is why I recommend for just about everyone to obtain an adrenal saliva panel.

How can problems with the gut lead to a condition such as Hashimoto's Thyroiditis? Well, there are a couple of different mechanisms. It is common for people with these chronic health conditions to have intestinal dysbiosis, which is an imbalance of the gut flora. Causes of intestinal dysbiosis include poor diet, antibiotic use, and even stress. Plus, many cases of intestinal dysbiosis actually begin in childhood due to the mother giving birth via a C-section and/or the infant not breastfeeding.

In addition, many people with an autoimmune thyroid condition have an increase in intestinal permeability, which is also known as a leaky gut. In a healthy gut the cells of the intestines are held close together by tight junctions. But due to numerous factors (i.e. gluten, an infection, NSAIDs, etc.), the tight junctions can break down, allowing proteins and other larger molecules to pass between the intestinal cells and go into the bloodstream, where they normally shouldn't be. The immune system sees these proteins and other substances as being foreign, and therefore mounts an immune system response. This can in turn be a potential trigger for autoimmunity.

In fact, some researchers theorize that a leaky gut is a component of all autoimmune conditions. I'm not sure if this is the case, as I have conducted testing for a leaky gut using both the classic lactulose/mannitol test, and the more modern Array #2 from Cyrex Labs, and I have seen people with elevated thyroid antibodies who tested negative for a leaky gut. However, although I don't test everyone for a leaky gut, most people who do get tested using the

Cyrex Labs Intestinal Antigenic Permeability Screen do test positive. So although I'm not sure if everyone with Hashimoto's Thyroiditis has a leaky gut, there is no question that a high percentage of people with these conditions have an increase in intestinal permeability.

Since most of the cells of the immune system (approximately 70%) are located in the gastrointestinal tract, in order to have a healthy immune system it is important to have a healthy gut. And so improving the health of your immune system will help to improve the health of your gut. However, you also want to do things to reduce proinflammatory cytokines, which promote inflammation. You also want to increase something called regulatory T cells, which help to suppress inflammation.

Certain environmental toxins can also potentially trigger an autoimmune response, and thus can lead to a condition such as Hashimoto's Thyroiditis. Common toxins include heavy metals such as mercury and arsenic, bisphenol A (BPA), PCBs, glyphosate, and other toxins. In fact, there are tens of thousands of chemicals in our environment, many which can be harmful to our health.

Obviously we can't eliminate our exposure to all of these toxic chemicals. However, we can do things to help minimize our exposure to them. In addition, we can also eat nutrients and take certain supplements to increase glutathione levels and eliminate these chemicals from our body.

So whenever someone is diagnosed with a thyroid or autoimmune thyroid condition, it is important to look at these four areas. This isn't to suggest that other components can't play a role in your condition. For example, many people have imbalances of the sex hormones (i.e. estrogen and progesterone) which can be a contributing factor, or in some cases can directly cause their problem. Others will have nutrient deficiencies which can cause or contribute to a thyroid or autoimmune thyroid condition. But most natural healthcare professionals will usually begin with these four areas, and will of course address other areas if necessary.

Why Do Medical Doctors Recommend Prescription Drugs?

If it is possible to restore the normal function of the thyroid gland in many people with a thyroid or autoimmune thyroid disorder, then why do most doctors recommend conventional medical treatment for

these conditions? After all, if given the choice of taking a drug to control the symptoms of their autoimmune thyroid condition, or being put on a protocol to completely address the cause of the problem and restore the person's health, most people would obviously choose the latter option.

So why don't most general medical practitioners and endocrinologists recommend natural treatment methods? It really comes down to the training they have received in medical school, as most medical doctors are simply taught to recommend thyroid hormone medication to those people with hypothyroidism and Hashimoto's Thyroiditis. Once again, in some cases drugs are necessary, and in some situations taking drugs can save lives. The latter scenario usually isn't the case with most autoimmune thyroid conditions, but without question some people do need to take medication.

But even in a situation where a patient with hypothyroidism or Hashimoto's Thyroiditis needs to be on thyroid hormone medication to manage the symptoms, this doesn't mean they can't be helped through natural treatment methods. And so I'm not suggesting for anyone who is currently taking drugs to stop and switch to a natural treatment approach.

The point I'm trying to make is that while prescription drugs can be helpful at times, they almost never address the underlying cause of the problem. In the case of autoimmune thyroid conditions, the drugs given not only don't do anything to restore the body's natural healing abilities, but they usually don't do anything to address the immune system, or an underlying digestive or adrenal problem.

I mean, let's be honest here. If someone's condition is caused by a leaky gut, for example, their medical doctor most likely will either ignore the problem, or if the person is experiencing overt digestive symptoms then they most likely will recommend medication to manage the symptoms. Unless if the medical doctor has training in functional medicine they are even unlikely to recommend dietary changes to help with any gastrointestinal issues. In summary, some people with Hashimoto's need to take thyroid hormone medication, but this isn't going to do anything to address the underlying cause of the condition.

CHAPTER 2: Conventional Treatment Methods For Hashimoto's

Now that I've spoken about the goal of natural treatment methods, which is to restore the health of the person by addressing the immune system and other compromised areas of the body, and to help the person achieve overall optimal health, I want to briefly discuss some of the conventional medical treatment approaches. Once you have been "officially" diagnosed with Hashimoto's Thyroiditis, your doctor will typically recommend one of the following treatment options.

Synthetic Thyroid Hormone. The most common form of treatment for Hashimoto's Thyroiditis is synthetic thyroid hormone, also known as levothyroxine. This is synthetic T4, and probably the most popular brand is Synthroid, although there are other brands which are available. The goal of synthetic thyroid hormone is to replace the natural thyroid hormone that the body is no longer producing in adequate amounts. In some cases, such as with a complete thyroidectomy, the body doesn't produce any thyroid hormone, which means the person will need to be on thyroid hormone medication for the rest of their life.

While many people can live a somewhat normal life taking synthetic thyroid hormone, some people don't do well on this artificial hormone. This should come as no surprise, as besides it not being the same as the thyroid hormone produced by the body, it can also be difficult to determine the exact dosage necessary to take. Sure, your doctor will monitor you and will attempt to figure out a dosage that seems to be working well. But sometimes this can be difficult to accomplish. Your body, on the other hand, knows exactly how much thyroid hormone to manufacture and secrete (when functioning properly of course).

Remember that we're talking about a synthetic drug, and while taking synthetic thyroid hormone might allow you to function okay, it still will never be exactly the same as the natural thyroid hormone your body produces. This is why the goal of natural treatment methods is to address the cause of the problem and get your body functioning normally so it can produce a sufficient amount of its own thyroid hormone on its own, and as a result, not have to rely on synthetic thyroid hormone. Once again, in some cases it isn't possible to fully restore one's thyroid health, and taking synthetic or natural thyroid hormone will be necessary.

Some people with Hashimoto's Thyroiditis initially do well on synthetic thyroid hormone, but then over a period of a few months, or sometimes even a few years, they begin to experience moderate to severe symptoms again. This usually is because as time passes by more damage to the thyroid gland takes place, and as a result the person will frequently need to take a higher dose of thyroid hormone. Many times increasing the dosage can be helpful, while other times this doesn't help at all. Another factor to consider is that some people will react to the fillers and artificial ingredients present in synthetic thyroid hormone. Many forms of synthetic thyroid hormone have artificial colors such as FD&C Yellow No. 6, FD&C Red No. 40, and FD&C Blue No. 2. In addition, a few brands of synthetic thyroid hormone won't confirm that their product is gluten free, which obviously might pose problems for those trying to avoid gluten.

Once again, my goal isn't to try to convince you to stop taking synthetic thyroid hormone, but instead is to encourage you to have an open mind and think about the possibility of restoring your health so that you don't need to take artificial thyroid hormones for the rest of your life. Sure, maybe it's not possible in your case, but on the other hand, maybe there is a chance a natural treatment protocol will work for you.

If you do choose to take synthetic thyroid hormone medication then instead of taking Synthroid you might want to consider taking something such as Tirosint. This is also synthetic T4, but unlike most brands of synthetic thyroid hormone, Tirosint does not contain sugars, dyes, alcohol, gluten, lactose or many of the other additives used to make some thyroid medications.

Natural Thyroid Hormone. What about taking a natural type of thyroid hormone, such as Armour? Well, some people do seem to function better when taking a natural form of thyroid hormone such as Armour or Nature-Throid when compared to taking levothyroxine. These formulas include T4 and T3, along with T1, T2, and calcitonin.

One of the problems with synthetic thyroid hormone medication is that many people have problems converting the synthetic T4 into T3. Since natural thyroid hormone has T3 this isn't a problem. Of course someone who is taking levothyroxine can choose add a synthetic form of T3, such as Cytomel. Just keep in mind that doing this won't correct the conversion problem, and the same is true with natural thyroid hormone medication.

If you prefer to take natural thyroid hormone medication it can sometimes be challenging to find a doctor who is willing to prescribe it. Many endocrinologists won't prescribe natural thyroid hormone, and the same is true with many primary care physicians. As a result, you might need to find a medical doctor who practices functional medicine in order to get a prescription for Armour or Nature-Throid.

Just remember that whether you take synthetic or natural thyroid hormone medication, neither one will do anything to address the cause of your condition. Although some people do need to take the medication, while doing this you want to try detecting and then addressing the cause of the problem.

In summary, while many people with Hashimoto's Thyroiditis need to take thyroid hormone medication, you at least should consider a natural treatment approach. After all, while the medication might be necessary to take at times, neither synthetic or natural thyroid hormone medication does anything to address the underlying cause of the problem. And if you have been on thyroid hormone medication for a long time, just keep in mind that there have been people who have been on synthetic or natural thyroid hormone for many years and figured they weren't a good candidate for a natural treatment approach, only to give natural treatment methods a try and receive great results. And so you really have very little to lose.

CHAPTER 3: A Brief Summary Of The Dangers Of Conventional Treatment Methods

I'll be the first to admit that some people with hypothyroidism and Hashimoto's Thyroiditis need to take thyroid hormone medication. After all, having low or depressed thyroid hormone levels can lead to moderate to severe hypothyroid symptoms, and sometimes taking medication on a temporary basis is a good idea.

As for the dangers of conventional treatment of hypothyroidism and Hashimoto's Thyroiditis, the number one concern is that both synthetic and natural thyroid hormone medication don't do anything for the actual cause of the problem. So for example, if you take synthetic thyroid hormone for Hashimoto's Thyroiditis, it might help with the symptoms, but it is not doing anything to help with the autoimmune component, and it also isn't helping to address other compromised areas of the body. As a result of the underlying cause not being addressed, the thyroid gland will continue to get damaged by the immune system, which not only will mean that your dosage of medication will continue to be increased in the future, but not addressing the cause of the problem will make you more susceptible to other autoimmune conditions.

This is why it's common for those with Hashimoto's to develop other autoimmune conditions. And while it's bad enough dealing with a single condition such as Hashimoto's Thyroiditis, it of course is worse to deal with two or three different autoimmune conditions, such as rheumatoid arthritis, lupus, and multiple sclerosis.

While I'm not going to argue that many people can live a somewhat normal life on thyroid hormone medication with minimal side effects, it doesn't make any sense to allow further damage of your thyroid gland to take place and not try to prevent other autoimmune conditions from developing by trying to address the cause of the problem. Plus, while some people have no symptoms when taking thyroid hormone medication, others do experience side effects. Sometimes adjusting the dosage can help, while other times it doesn't help at all.

And just as a reminder, for those doctors who will recommend for you to take a natural form of thyroid hormone such as Armour or Nature-Throid, these very well might do a better job of managing your symptoms. But just as is the case with taking a synthetic form of thyroid hormone such as levothyroxine, taking natural thyroid

hormone won't help to restore the natural function of the thyroid gland, won't address an underlying problem with the adrenals, won't restore the health of the immune system, etc. Don't get me wrong, as if someone needs to take thyroid hormone medication I usually prefer for them to take natural thyroid hormone. All I'm saying is that neither medication will address the cause of the problem.

Here's Why I'm Biased Towards Natural Treatment Methods:

I realize at this point you might be thinking that I simply have a biased opinion, and perhaps my opinion by itself won't convince you to seek a natural treatment approach for your condition. To be honest, I do hold a biased opinion, not only because I'm a natural healthcare professional, but because I personally had an autoimmune thyroid condition which was helped through natural treatment methods, and over the years I have also helped restore the health of many others with thyroid and autoimmune thyroid conditions.

But at the same time, I'm not one of those "extremists" who think that every single illness or disease should be treated through natural treatment methods. In fact, when I was first told by a primary care physician that I had a thyroid condition, one of the first things I did was schedule an appointment with an endocrinologist, which of course led to my diagnosis of Graves' Disease. And while deep down inside I knew I was going to follow a natural treatment protocol, I honestly was considering taking medication to help with my condition. Besides being unsure as to whether or not natural treatment methods could truly help restore my health back to normal, I was having a hard time dealing with the symptoms.

And to be fair, I thought the endocrinologist I spoke with was great, as she seemed to be conservative, and I respected her opinion. But I figured I'd give the natural treatment approach a try, and I told myself I'll follow the natural treatment protocol for about four to six weeks, and see what the results were. If I didn't feel as if the natural treatment protocol was effective, then I probably would have gone ahead and started taking the medication while at the same time trying to address the cause. And before I go on, if you are currently taking thyroid hormone medication then that's fine, as many of my patients take medication while trying to restore their health.

So yes, I am without question biased. But due to my background I'm also aware of the risks of conventional treatment methods, and as a

result there are some people who choose not to take thyroid hormone medication initially. This doesn't mean that this is the right approach for everyone, as it really does depend on the situation. As I briefly mentioned earlier, many of my Hashimoto's patients take medication to manage their hypothyroid symptoms while trying to address the cause of their condition. And in many cases it's wise to do this, especially if someone has low or depressed thyroid hormone levels. The problem I have is when people take thyroid hormone medication without even considering natural treatment methods.

By the way, even though I'm a licensed healthcare professional, I must admit that at the time I was diagnosed with Graves' Disease I wasn't proficient with regards to treating thyroid and autoimmune thyroid conditions naturally. Just like many people reading this guide, I too was skeptical about the safety and effectiveness of natural treatment methods. And so I realize that you probably are skeptical as well, although hopefully you're beginning to realize that there is something causing your condition. After all, I think we'd both agree that you don't have a deficiency of Synthroid or Armour, and in most cases it's at least worth giving a natural treatment approach a try.

CHAPTER 4: Are There Risks With Natural Treatment Methods?

While I would like to tell you that natural treatment methods come without any risks, this isn't true. However, if you are under the guidance of a competent natural healthcare professional, then the risk of serious side effects is rare. And unlike some of the conventional methods available that are used to treat autoimmune thyroid conditions, such as immunosuppressive drugs, it is rare for natural treatment methods to do any harm to the thyroid gland, or other areas of the body.

In most cases, the risks come about when people try to treat their autoimmune thyroid condition naturally on their own. For example, a person who reads some books or listens to a few podcasts about natural thyroid cures and then walks into a health food store and purchases some natural supplements and herbal remedies is taking a much bigger risk when compared to someone who is following the advice of a competent healthcare professional.

Or someone might figure that in order to address the immune system component all they need to do is take some antioxidants, or an immune system support formula they find at their local health food store or while surfing the internet. Trying to treat Hashimoto's Thyroiditis on your own, even through natural treatment methods, definitely comes with some risks.

Even with a non-autoimmune thyroid condition you need to be careful, as while natural treatment methods can be effective, they can do more harm than good if you try to "play doctor", and not consult with a natural healthcare professional. This is especially true if you are currently taking medication, as some natural supplements and herbal remedies are contraindicated with certain drugs. And if you aren't taking any medications, it still can be risky to treat your condition on your own.

This is one reason why I don't give any specific doses with regards to supplements in this guide. While I will talk about some of the nutritional supplements that can be beneficial later on in this guide, here are a few reasons why I don't specifically reveal which supplements you should take or the dosage:

- 1. As mentioned previously, following a natural treatment protocol on your own can be risky.** Please trust me when I

tell you that it is not worth risking an adverse reaction in an attempt to treat your own condition. As an example, when I was a student in chiropractic school, I figured I had the knowledge to do my own liver detoxification. So I went and purchased what I thought were quality supplements from a well known nutritional supplement company. The first night after I took them I had to go to the bathroom in the middle of the night, but I couldn't urinate! And I had to go really bad!

Eventually I was able to "squeeze" some urine out, but it was a scary situation at the time. I went to the doctor the next day, and he did a urinalysis and a prostate exam (my very first one!), and everything came out negative. Once I stopped taking the supplements for a few days my "urinary function" improved.

However, I thought that perhaps it was just a coincidence, so I was dumb enough to try the detoxification again using the same supplements. And once again, I woke up in the middle of the night with the urge to urinate, but I was unable to! I of course stopped taking the supplements, but with that incident I learned just how dangerous supplements can be if you don't really know what you're doing.

- 2. Everybody is different, and therefore will require a different natural treatment approach.** We're not talking about a weight loss program or a smoking cessation protocol, where the same exact program or protocol will work for most people. So if you were to take two people with Hashimoto's Thyroiditis, for example, both would probably follow a different natural treatment protocol. In many cases there will be similar recommendations, but as I mention during my free webinars I conduct on natural thyroid health, I don't recommend the same exact protocol I personally followed to other people with Graves' Disease, and the protocol also varies with people who have hypothyroidism and Hashimoto's Thyroiditis.
- 3. As you'll read later on, many of the nutritional supplements you buy online, or even at the local health food store aren't of the highest quality.** So while you might save some money buying supplements online or at a health food store, if your body can't absorb them properly then you are just throwing your hard-earned money away. You've no doubt heard the saying "you get what you pay for", and it is no different when

purchasing nutritional supplements and herbs. If you ask me, it is without question worth paying a little bit more to ensure that your body will actually absorb the supplements you buy. Just like any other natural healthcare professional, I have my own biases when it comes to nutritional supplements and herbs. However, I personally don't care whether my patients take the brands I recommend. As long as the person is taking good quality supplements or herbs then this is all that matters.

- 4. Taking nutritional supplements alone won't help to restore the natural function of your thyroid gland.** While taking the right nutritional supplements and herbs can no doubt be helpful, there are other factors to consider, which I will discuss later in this guide. While some of these steps you can follow without being under the supervision of a natural endocrine doctor, for other steps I highly recommend consulting with an expert.

In summary, please do not try to treat your thyroid or autoimmune thyroid condition on your own, even if using a natural treatment approach. After all, we're talking about your health here, and if you want to truly get to the underlying cause of your condition and restore your health, while at the same time address other problematic areas so you are less likely to suffer from a relapse, then please take my advice and consult with a professional.

CHAPTER 5: STEP #1: It All Starts With Attitude

I'd now like to discuss the six steps on how to treat your thyroid or autoimmune thyroid condition naturally. This first step might seem like a simple one to accomplish, yet this is one of the biggest factors when most people with hypothyroidism or Hashimoto's think about following a natural treatment approach. Your success with any natural treatment protocol really comes down to your overall attitude with regards to restoring your health.

First of all, many people have a misconception about what health really is. Some think that simply exercising three to four days a week and eating what they perceive as being healthy meals (i.e. whole wheat pasta, a sandwich from their favorite local sub shop, etc.) is the "recipe" for good health.

While exercising regularly and eating healthy (both to be discussed in greater detail later in this guide) are no doubt important in restoring and then maintaining one's health, perhaps the key factor to keep in mind when beginning any natural treatment protocol is that you need to take responsibility for your own health. This might sound like common sense to you, but you'd be surprised as to how many people with an autoimmune thyroid condition expect their natural treatment protocol to consist of taking one or two "miracle" supplements.

In fact, there are many people without a serious condition who think this way, as many think they can bypass eating healthy meals and snacks and be healthy simply by taking a daily multivitamin. I wish it were that easy to restore and maintain one's health, but it can be a challenging process, and that is why many people choose the "easy way" out and take medication, because not much effort is required to pop a pill each day.

Should You Trust Your Medical Doctor?

Obviously some people don't choose natural treatment methods simply because they don't know what to do or what steps to take, which is in all likelihood one of the reasons you are reading this guide. After all, we are all brought up to trust our medical doctors. In fact, this is how I was brought up too.

It's funny when thinking back to the weeks before I was ready to enter chiropractic college, as I was concerned about being brainwashed

into thinking that all drugs are “evil”, and everything should be treated naturally. Now to be frank, there are a good number of natural healthcare professionals who think this way, but I do realize there is a time and place for conventional medical treatment. And there are times when I do refer people out to a medical doctor.

However, it does make it difficult to trust one’s medical doctor when many are dependent on both the drug industry and the insurance companies. So while many people with thyroid and autoimmune thyroid conditions will follow the advice of their primary care physician and/or endocrinologist without thinking twice, you should realize that in some cases, doctors are not doing what is best for the patient, not because they are inherently evil, but in many cases they feel as if they have no other choice.

So getting back to the importance of attitude, it is extremely important to have a good attitude and an open mind when you are considering a natural treatment protocol for your thyroid or autoimmune thyroid condition. This doesn’t mean that you shouldn’t also be cautious, as while there are many medical doctors that don’t have the patient’s best interest in mind, there are also natural healthcare professionals who won’t do what is best for you. But if you go into this process with a negative and skeptical attitude, thinking that there is no way that natural treatment methods can restore your health back to normal, and that you’re just wasting your time, then you probably ARE just wasting your time.

In summary, be positive, and try to keep an open mind throughout this process, and you’ll be surprised just how effective natural treatment methods can be. And if after reading this guide and doing some of your own research you decide that natural treatment methods are not for you, then that’s okay too.

CHAPTER 6: STEP #2: Educate Yourself

You obviously are following this step at this very moment by reading this guide. And besides this guide, there are books and other resources to demonstrate how safe and effective natural treatment methods can be with regards to autoimmune thyroid conditions such as Hashimoto's. In fact, I don't expect anyone to make a decision to follow a natural treatment protocol after reading this guide alone.

What I recommend for you to do is the following: in addition to reading this guide, read at least two or three books on natural treatment methods for thyroid and autoimmune thyroid conditions, and read at least two or three books that discuss conventional treatment methods. This way you get both perspectives.

While it is true that doing this can be time consuming, and will cost you some money, just remember that your thyroid or autoimmune thyroid condition isn't something to take lightly. In my opinion it is well worth spending some time and money to find out which treatment option is the right one for you.

I know it's easy for me to tell you this when it's not my time or money spent. But let's not forget that I have been in a similar situation. And even though I'm a natural healthcare professional, I still have done plenty of research, and as you know, before I personally followed a natural treatment protocol I consulted with both an endocrinologist and a natural healthcare professional.

Even though I was skeptical about whether natural treatment methods could truly do anything for a condition as serious as an autoimmune thyroid disorder, the way I looked at it was that there wasn't much to risk by trying a natural treatment approach, but there was a lot to gain if these natural treatment methods worked. And not surprisingly I have no regrets, as if I didn't follow a natural treatment protocol and restore my health then you of course wouldn't be reading this guide.

Look At The Best And Worst Case Scenarios

If you have Hashimoto's Thyroiditis and decide to give natural treatment methods a try, then the worst case scenario is that the natural treatment approach doesn't work, and if necessary you can always rely on taking synthetic or natural thyroid hormone. Of course

the best case scenario is that the natural treatment protocol helps to reverse the autoimmune response, normalize the thyroid antibodies, and helps to restore the thyroid gland's ability to produce a "normal" amount of thyroid hormone, so you eventually won't have to rely on taking levothyroxine, Armour, or something similar for the rest of your life.

Keep in mind that I'm not suggesting for anyone with a thyroid or autoimmune thyroid condition to stop taking their medication. Some people with hypothyroidism and Hashimoto's Thyroiditis need to take thyroid hormone while trying to restore their health back to normal. The goal is to try to restore your health so that ultimately you won't have to rely on taking medication or receive other conventional treatment methods. Not everyone is able to accomplish this, but many people are able to get to this point.

In summary, before deciding how to treat your autoimmune thyroid condition, do what is necessary to educate yourself. While it might take a few weeks or even a few months to fully understand both the risks and benefits of each type of treatment method (although this guide should give you a better understanding of this), taking the time to do this will allow you to make an informed decision, so that however you decide to treat your condition you won't have any regrets down the road.

CHAPTER 7: STEP #3: Eat Healthy, Whole Foods

Another thing you can do on your own to help restore your health is to eat a healthy diet. Many people think they eat healthier than they actually do, as over the years I have had many of my patients tell me that they eat relatively healthy, only to have them fill out a one-week food diary and see just how poor most of their eating habits are. Don't get me wrong, as I realize that some people reading this eat extremely well, although many others can do a better job of eating healthy foods.

Part of the problem is that different resources will have different opinions with regards to which foods they consider to be healthy. For example, you might watch a health segment on a television show that considers whole wheat pasta and whole grain cereals as being healthy choices. Then you might read a book that tells you to avoid any product with wheat or dairy. Or you might browse through a health magazine that tells you to avoid foods with gluten altogether.

First of all, there is little argument that the best foods to eat are whole foods. So ideally, you want to do everything you can to avoid eating refined and processed foods.

For example, some people think that eating a lean turkey sandwich from their favorite local sandwich shop is a healthy choice. And while I personally love turkey sandwiches, when you consider that the turkey is processed, contains a ton of nitrates, and is then placed on bread made of white flour, and then you add some of the condiments, and perhaps a side of chips consisting of unhealthy oils, then you really aren't eating too healthy of a meal.

Now granted, such a meal might be healthier than going to your local fast food burger joint and getting a greasy burger with fries. But just because it's healthier than other fast food choices doesn't make it a healthy choice.

Keep in mind that I'm not asking you to give up fast food forever, but to at least begin making healthier choices and minimize your intake of "junk food". For example, if you eat fast food five times each week, perhaps you can begin by only eating out two or three times each week. Sure, it would be nice if you can eliminate the fast food altogether, but reducing the amount of "bad foods" you eat is a good starting point for many people.

Once again, I realize that some people reading this have already eliminated fast food. Some people reading this already have cleaned up to their diet to the point that they are eating mostly whole foods, minimizing refined foods and sugars, avoiding allergens such as gluten and dairy, etc. And of course I commend those who have made these changes.

Keep Your Blood Sugar Levels Under Control

Another issue many people have is that due to their poor eating habits they cause a lot of problems with their blood sugar levels, which over time can lead to adrenal problems, insulin resistance, and eventually can cause even more serious conditions, such as type 2 diabetes. One of the reasons why you should try to cut down on the refined foods is because it spikes up your blood sugar levels. On the other hand, eating vegetables, fruits with a low glycemic index, nuts and seeds, and healthy proteins will not cause a spike in your blood sugar levels.

Besides the quality of the foods you eat, how frequently you eat will also have a big effect on your blood sugar levels. For example, some people skip breakfast on a daily basis, which is a big mistake. Not only do you not want to do this, but you ideally should make breakfast the biggest meal of the day. And if you are wondering about the benefits of intermittent fasting, although I realize that there are benefits to caloric restriction, this doesn't mean that breakfast should be sacrificed.

I personally make my own smoothies for breakfast where I add 1/4 cup of organic frozen berries (blackberries, blueberries, or raspberries), 1 1/2 cups of organic vegetables (kale, arugula, carrots, etc.) with two cups of purified water, a small scoop of quality protein powder, one tablespoon of coconut oil or an avocado, and I sometimes add a raw, organic egg (I know this might sound disgusting to some people, and remember that if you're following a strict autoimmune paleo diet you would be avoiding eggs).

I know some people will claim that they just aren't hungry upon waking up in the morning. If this describes you, at least try to munch on a small amount of protein within 60 minutes of waking up. Whatever you do, don't go a few hours without eating anything upon awakening. And no, coffee doesn't count!

Besides eating a big breakfast, you also want to eat every two to three hours during the day. In fact, I would advise you that once you wake up in the morning, until you go to bed, don't go more than three hours between eating. And try to include some high quality protein or fat with any meal or snack you eat.

I mentioned earlier how problems with your blood sugar levels can in turn cause problems with your adrenals, and eventually lead to other conditions. Another consequence of "spiked" blood sugar levels is that it has a negative impact on your immune system. In other words, if you were to eat a refined, sugary snack, one of the effects of having "spiked" blood sugar levels is that it also will increase pro-inflammatory cytokines.

So you can imagine the effect it will have on your immune system if you are constantly eating refined foods. This effect on your blood sugar levels and immune system also applies when you consume drinks that have a lot of sugar. You can probably imagine why this is not a good thing for someone who has an autoimmune thyroid condition. With your immune system already being compromised, the last thing you want to do is further stress it out. So it goes without saying that in addition to eating healthy foods, you want to avoid the sugary drinks and instead drink plenty of purified water.

Should You Avoid Gluten?

There are books and other resources out there that will recommend for everyone with an autoimmune thyroid condition to eat a gluten free diet on a permanent basis. And one of the reasons is that gluten can cause a leaky gut, which is a common factor in the development of an autoimmune condition such as Hashimoto's. In fact, many people notice a significant improvement in their condition just by avoiding gluten alone. Some will even see a significant lowering of the antibodies upon avoiding gluten. On the other hand, some people completely eliminate gluten from their diet and don't notice any improvement in their symptoms or blood tests.

I personally don't think that everyone with an autoimmune thyroid condition needs to avoid gluten on a permanent basis. However, I do think that most people should at least consider going on a gluten free trial while restoring their health back to normal, and then should minimize their gluten consumption thereafter. If this is too much to

ask then I would at least try to avoid gluten for a minimum of four to six weeks. If you notice a difference in how you feel after this time then it's probably a good idea to avoid gluten for a longer period of time. After all, if someone has a condition such as leaky gut syndrome that is caused by a gluten sensitivity problem, then it will take longer than four to six weeks to correct this problem. While some people who are sensitive to gluten might be able to eventually incorporate it back into their diet again in the future after they heal the gut, some people do need to avoid it on a permanent basis. This includes those people with Celiac disease, and many people with a non-autoimmune gluten sensitivity issue.

It is important to understand that not everyone with a gluten sensitivity problem will experience overt symptoms. In fact, some people with Celiac disease don't experience symptoms when consuming gluten, as this is called "silent Celiac Disease". So why not just test everyone to determine if they have a gluten sensitivity? Well, many of the tests for gluten aren't completely accurate, and those that are more accurate are very expensive. Cyrex Labs offers some pretty comprehensive testing for gluten, as they have something called the Wheat/Gluten Proteome Reactivity & Autoimmunity panel, which evaluates many of the markers for gluten. While testing for gluten is an option, usually I just recommend eliminating it from the diet, although there are times I will consider testing my patients for a gluten sensitivity.

Of course just because a certain food is gluten free doesn't mean that it is healthy and won't cause digestive problems. So don't make the assumption that just because a product doesn't contain gluten means that it is healthy, as your body could react to other substances and ingredients as well. Many people who avoid gluten eat too many of the other gluten free grains and pseudograins (rice, millet, quinoa, etc.) and sometimes they develop sensitivities to these foods.

Is It Necessary To Eat A 100% Organic Diet?

You might wonder whether it is necessary to eat everything organic. These days you can buy just about any type of organic food, from organic meats, to organic cereals, organic pizza and potato chips, etc. And of course let's not forget about organic fruits and vegetables. It is usually more expensive to purchase organic foods, and while you should try eating as many organic foods as possible, you don't need

to eat a 100% organic diet in order to receive good results when following a natural treatment protocol.

When it comes to eating meat, I definitely recommend trying to eat organic, as while it no doubt will cost more to buy organic grass-fed beef, chicken, or turkey, you won't subject yourself to the hormones and/or antibiotics that are frequently present in non-organic meat. If you eat eggs, then I also recommend purchasing organic eggs, and preferably pasture-raised.

With regards to fruits and vegetables, you don't have to eat 100% organic fruits and vegetables. What I recommend to do is to visit the website for the Environmental Working Group (www.ewg.org), and obtain two lists called the "Dirty Dozen" and "Clean Fifteen". The Dirty Dozen list will reveal the top 12 fruits and vegetables with the most pesticides, and the Clean Fifteen list will reveal the top 15 fruits and vegetables with the lowest amount of pesticides. These lists are updated each year. If you can eat all organic fruits and vegetables then that's great, but if not, try to avoid eating those foods on the Dirty Dozen list, and of course feel free to eat those fruits and vegetables on the Clean Fifteen list.

I will warn you that there is such a thing as "organic junk food". So for example, while it might be better to eat an organic sugary cereal that doesn't contain any artificial ingredients when compared to a nonorganic brand that has artificial ingredients and preservatives, this still doesn't mean that the organic sugary cereal is a healthy choice for breakfast. I also mentioned pizza before, as while it's better to eat organic, gluten free pizza than to go out to a regular pizza place, this still isn't something you want to have on a regular basis, and is definitely something you want to try to avoid while trying to restore your health. So just because something is organic and/or gluten free doesn't mean that it will "do your body good".

What Is the Autoimmune Paleo Diet?

I'm sure many people reading this guide are familiar with the autoimmune paleo (AIP) diet. But for those who aren't familiar with this diet, an AIP diet is similar to a "standard" paleo diet, with a few additional restrictions. While a standard paleo diet allows the consumption of eggs, nuts and seeds, along with the nightshade vegetables, an autoimmune paleo diet excludes these foods. So

essentially the person is allowed to eat meat, fish, vegetables, fruits, certain coconut products, and some spices.

But why are these foods not consumed? The reason is because they include compounds which can increase the permeability of the gut. And since most, if not all people with Hashimoto's Thyroiditis have a leaky gut, it is recommended for them to avoid any foods which can prevent the gut from healing. By the way, both the standard and AIP paleo diets exclude grains, dairy, and processed foods.

Should Goitrogenic Foods Be Avoided?

The final topic I'd like to discuss in this chapter has to do with goitrogenic foods. When I first started working exclusively with people who have autoimmune thyroid conditions in 2009, I would recommend for people with hypothyroid conditions to avoid goitrogens. These include the cruciferous vegetables (i.e. broccoli, kale, cabbage), soy, spinach, strawberries, tree nuts, and some other foods. The reason why they are termed "goitrogenic" is because they can potentially inhibit thyroid activity.

However, when I started doing my own research I realized that there were no human studies on this, as the studies were conducted on rats, and the researchers used large amounts of raw goitrogenic foods. Over the years I found that most people with hypothyroidism and Hashimoto's can consume one or two servings of raw goitrogenic vegetables per day without a problem. Of course if someone has some of these foods and experiences some negative symptoms then listen to your body and don't eat these. But some of these foods are very healthy, and in most people it won't have a negative impact on thyroid health. If you're still concerned about the potential negative effect of goitrogens, keep in mind that cooking these veggies will reduce the goitrogenic properties.

CHAPTER 8: STEP #4: Consider Nutritional Supplements

Millions of people take nutritional supplements, and without question, the right kind of supplements can help with your recovery. The first topic I would like to discuss in this chapter has to do with the quality of nutritional supplements. Unfortunately, many people who purchase nutritional supplements don't consider the quality of the product.

This definitely described my parents when I was younger, as I can remember my sister and I taking Flintstones' Vitamins on a daily basis. Similarly, many adults are fooled into thinking that a simple "One A Day" vitamin supplies all of their nutritional needs. And while I'm not trying to criticize any particular brand out there, the fact remains that most brands of nutritional supplements, even many of the well known ones, are not of the highest quality.

So why does quality make a difference? There are a couple of reasons, but perhaps the most important reason is that high quality nutritional supplements will typically absorb better. And when dealing with a thyroid or autoimmune thyroid condition, you want to be certain that whatever supplements you take are being absorbed. In addition, high quality supplements won't include artificial ingredients, will have minimal fillers, and they frequently will be tested by a third party to make sure they contain the ingredients listed on the label, don't have any contaminants, etc.

By the way, if any person, whether they be a doctor, fitness coach, employee of a health food store, or anyone else tells you that you can get everything you need nutritionally out of a single capsule or tablet, please don't listen to what they tell you. And remember that not all supplements and herbs are created equal, which is why it usually is worth paying a little more if it means getting a quality supplement. Of course this doesn't mean that you should choose your supplements based on price alone, as there are many high-priced nutritional supplements and herbs that are of low quality.

Supplements and Herbs for Hypothyroidism and Hashimoto's Thyroiditis:

I'm not going to discuss specific doses here, and the reason for this is because everyone is different and therefore the dosage won't be the same across the board. But here are some supplements and herbs that can help people with hypothyroidism and Hashimoto's

Thyroiditis. Keep in mind that you shouldn't need to take all of these supplements that I'm listing

Supplements and herbs for inflammation:

- EPA and DHA
- Turmeric
- Gamma Linolenic Acid (i.e. borage oil)
- Resveratrol
- Vitamin D3
- Ginger

Supplements and herbs for dysbiosis and gut repair:

Here are some of the nutritional supplements that can help to correct intestinal dysbiosis and repair the gut

- Probiotics
- L-glutamine
- Zinc
- Vitamin A
- Colostrum

Supplements and herbs for adrenal support:

Here are some of the nutritional supplements that can support the adrenals and the hypothalamic pituitary adrenal (HPA) axis:

- Licorice
- Rhodiola
- Eleuthero
- Ashwagandha
- Pantothenic acid
- Biotin
- Vitamin C

Other supplements which can be beneficial:

Here are some additional supplements which can benefit some people with hypothyroidism and Hashimoto's:

- Hemidesmus root

- Selenium
- N-acetylcysteine
- Alpha lipoic acid
- Magnesium

Keep in mind that this list isn't all inclusive, as there are other nutritional supplements and herbs which can be beneficial.

Should Iodine Be Avoided In People With Hashimoto's?

There is a great deal of confusion when it comes to taking iodine when someone has a thyroid or autoimmune thyroid conditions. Many people with thyroid and autoimmune thyroid conditions are iodine deficient. Iodine has many important functions, as it is an antimicrobial that can penetrate biofilm, it plays a role in estrogen metabolism, and it helps with the detoxification of halides such as bromide and fluoride. However, many people with Hashimoto's shouldn't take large amounts of iodine, as this can cause more harm than good. In fact, sometimes small amounts of iodine will also cause problems.

Although I'm "pro-iodine", I'm also very cautious with iodine supplementation, as I realize that iodine isn't for everyone. Before someone takes iodine I recommend testing first to confirm that someone has a deficiency. If a deficiency is confirmed then they need to begin with small amounts, and other nutrients which are important to take when supplementing with iodine include selenium, vitamin C, magnesium, and the B vitamins. Many people with Hashimoto's Thyroiditis might need to avoid iodine supplementation until the autoimmune component has been suppressed.

The Risks Of Taking Nutritional Supplements and Herbs

Although taking supplements on your own might not be as dangerous as taking medication, there are still risks associated with taking supplements. This is especially true with some herbal remedies that are available online and at health food stores. This is yet another reason why I highly recommend for you to consult with a competent natural healthcare professional before taking any nutritional supplements or herbal remedies. Although taking nutritional supplements and herbs are safer than taking prescription drugs, there still are risks involved.

Getting Rid Of Sweet Cravings

Some people want to avoid sugary types of foods, but their cravings are so severe that they have a hard time avoiding them. Part of the solution lies with eating well and not bringing these sugary foods into your home. After all, if you don't have them in your house to tempt you, then you are less likely to consume them on a frequent basis. And while fruit is healthy, fruit has sugar, and even though they are natural sugars you still don't want to consume too much fruit. I'm not suggesting to stop eating fruit, as fruit has many healthy nutrients and phytonutrients, and most people can eat two or three servings of fruit each day without a problem. On the other hand, many people eat five or more servings of fruit per day, which over the long term can cause or contribute to blood sugar imbalances.

There are also nutritional supplements which can help with one's sweet cravings. I commonly recommend an herb called Gymnema, which helps to balance the blood sugar levels and is very effective in reducing, and in many cases completely eliminating sweet cravings. Many people have a deficiency in the mineral chromium, which plays an important role in insulin sensitivity. Sometimes supplementing with chromium is the solution to the problem, while other times just cleaning up one's diet and cutting out the refined foods and sugars will help. In addition to gymnema and chromium, alpha lipoic acid and cinnamon can also help to regulate the blood sugar levels in some people. But always start with diet first.

CHAPTER 9: STEP #5: Other Factors To Consider

In this chapter I'm going to discuss some of the other factors that are important if you want to use natural treatment methods to help restore your health back to normal. There are five specific factors I'd like to discuss, all of which are important to your recovery:

Factor #1: You need to get quality sleep. This is extremely important, as in order to restore your health back to normal you should be getting at least seven to eight hours of "quality" sleep each night. Of course for many thyroid and autoimmune thyroid sufferers this is easier said than done, as many people with these conditions have difficulty falling to sleep, and/or going back to sleep if waking up during the night.

One big factor in getting quality sleep is regulating your blood sugar levels, as if you're accustomed to eating a lot of refined carbohydrates, especially within a few hours of going to bed, this could affect your cortisol levels, which can prevent you from falling asleep, and/or cause you to wake up during the night. So in addition to eating healthier, you also want to avoid eating within a few hours of bedtime. If you are very hungry late at night and feel the need to eat something, eat a small snack that is high in protein.

Sometimes nutritional supplements can help aid in someone's sleep. For some people, taking a small dose of melatonin 30 to 60 minutes before bedtime can not only help them fall asleep, but can also result in a deeper, refreshing sleep. However, this usually will only help if someone has low melatonin levels at night. Taking magnesium before going to bed can also help some people to get quality sleep.

Valerian root and L-theanine can also help some people to sleep better by increasing GABA levels. Make sure you consult with a competent healthcare professional about these or any other natural sleep remedies. While it's usually fine to take these supplements on a temporary basis, the goal is to get you to the point where you don't need to rely on taking supplements to help you sleep. And in order to do this you need to address the factor which is responsible for the sleeping difficulties.

Factor #2: Exercise regularly. Many people with thyroid and autoimmune thyroid conditions want to exercise, but just can't find the energy to be active on a regular basis. For those who have low

energy levels, when first beginning your natural treatment protocol if you can find the energy to walk for 20 to 30 minutes each day then this will be beneficial. If not, then once the natural treatment methods begin to take effect you should notice an increase in energy and soon enough will be able to start doing some light exercise on a daily basis. And then over a period of weeks and months you will be able to increase both the intensity and duration of exercising. I usually recommend building up to 30 to 45 minutes of aerobic exercise 3 to 5 days each week. A few sessions of high intensity interval training can also be beneficial and can increase regulatory T cells, which help to suppress autoimmunity. However, some people with Hashimoto's should hold off on doing any high intensity exercise, especially those with moderate to severe adrenal problems. Either way you definitely don't want to exercise too much, as overtraining can worsen your immune system health. Since bone density problems are common with hypothyroid conditions, some resistance exercise can be beneficial.

Although it might seem easy enough to begin an exercise program on your own, if you aren't currently exercising on a routine basis I would highly recommend seeking some assistance when first starting out. You can speak with a healthcare professional, or in many cases hiring a certified personal trainer is a very good idea.

Factor #3: Improve your stress handling skills. In many cases, stress can actually be a cause of someone developing an autoimmune thyroid condition. One reason for this is due to the impact that stress can have on the adrenals and the immune system. While our bodies are able to handle acute stress situations, they weren't designed to handle chronic, prolonged stress over a period of weeks, months, and sometimes even years. Stress can cause dysregulation of the immune system, and can also cause a decrease in secretory IgA, thus making someone more susceptible to getting an infection and developing a leaky gut.

Just like many of the other topics discussed in this guide, dealing with stress isn't something that I can adequately cover in a few paragraphs. There are a number of good books on stress management that you can get from your local library, or purchase from a bookstore or online, such as "Stress Management for Dummies", and "The Relaxation & Stress Reduction Workbook", just to name a couple. You can also find some good information on dealing with stress in some of the thyroid recovery books that are out there. An "advanced" book on stress management is "Why Zebras

"Don't Get Ulcers", by Robert Sapolsky, which is an excellent book. Another excellent book is "Adrenal Fatigue", by Dr. James Wilson. These two books aren't really about stress management, but instead they go into the physiology of the stress response, and discuss how stress affects the adrenals.

Of course just reading books on managing stress alone won't be enough, as you do need to take action. In this day and age, just about all of us have things that stress us out on a daily basis, whether it's our job, relationships, finances, and of course dealing with your thyroid or autoimmune thyroid condition can be a very big stressor. It's safe to say that you can't eliminate the stress in your life, but if you're determined then you can learn how to handle these stressors much better, which is not only important in your recovery, but in preventing a future relapse as well.

Factor #4: Don't give in to "peer pressure". Hopefully you have someone in your life who will be supportive of your decision to treat your thyroid or autoimmune thyroid condition naturally. But don't be surprised if there are people who you are close with that don't approve of the choices that you make. After all, we're brought up in a world where most people simply "pop a pill" for just about any ailment. So when a close friend or family member finds out that you're consulting with a natural healthcare professional, eating healthier, taking quality nutritional supplements, and everything else that is required to restore the health of your thyroid gland, there is an excellent chance they won't understand the choices that you have made.

And while everyone is entitled to their opinion, if they keep their opinion to themselves then that's fine. But it's when they try telling you that you're "nuts" for taking a natural treatment approach that some people can be convinced they are crazy for deviating from the norm, and they just might talk themselves into taking synthetic thyroid hormone for the rest of their life without trying to address the cause.

You of course can direct people like this to this free guide, as perhaps if they read this information they will realize how amazing our body really is, and that under the right circumstances it is possible to restore your health back to normal, without taking any drugs or receiving other conventional treatment methods. For those friends and family members who remain stubborn, you just need to keep strong, and remember that most people in this day and age are of poor health. As a result, it would be ludicrous for you to begin taking

advice from those who eat unhealthy, don't exercise, and perhaps even drink or smoke.

Factor #5: Take responsibility for your health. After consulting with a competent natural healthcare professional about your thyroid or autoimmune thyroid condition, if he or she determines that you are a good candidate for a natural treatment approach, it will be important for you to take charge of your health. In other words, while they will tell you what you need to do in order to restore your health, you still need to be proactive.

A big reason why many people don't see the benefits of a natural treatment approach is simple...many won't take responsibility for their own recovery. Just remember that there is no magic pill or nutritional supplement that will cure your condition. If you want to receive great results, then it is up to you to follow the advice of the natural healthcare professional you consult with, and if you have any questions related to the natural treatment methods, don't be afraid to ask.

CHAPTER 10: STEP #6: Speak With A Natural Endocrine Doctor

If the information I have provided with you so far has convinced you to at least speak with a natural healthcare professional about your thyroid or autoimmune thyroid condition, then there are a few things you will need to know in order to choose a competent natural healthcare professional who focuses on endocrine conditions. Here are a few tips to help you with your search:

1. Search for a natural healthcare professional who has a great deal of experience dealing with endocrine conditions. There are numerous types of natural healthcare professionals out there, and while some of them see a decent amount of patients with autoimmune thyroid disorders, very few of them have a practice that focuses on autoimmune thyroid conditions. This isn't to suggest that someone who uses natural treatment methods to help people with many different conditions can't be competent when it comes to dealing with autoimmune thyroid conditions. But if you can find a natural healthcare professional where at least 80% of his or her patient base consists of people with autoimmune thyroid conditions, then you can be confident that they have seen cases like yours.

2. If possible, try to consult with a licensed healthcare professional. To be fair, there are some competent doctors who can't be licensed in certain states. For example, many states won't license naturopathic doctors, but if you can find one that specializes in endocrine conditions then I personally wouldn't hesitate to consult with one just because they don't have a license. As long as they have graduated from an accredited naturopathic college then there is no reason why they shouldn't be able to help you.

In addition to naturopathic doctors, some chiropractic physicians receive advanced training to deal with endocrine conditions through natural methods. So if you come across a doctor of chiropractic who has a great deal of experience helping people with endocrine conditions, then don't hesitate to set up an appointment to speak with them.

Although many medical doctors are opposed to natural treatment methods, there are some medical doctors who practice functional medicine. And so another option is to try to find a medical doctor who practices functional medicine who focuses on endocrine conditions.

3. Be aware of self-proclaimed natural experts. When searching for a natural healthcare professional, you do need to be careful that you don't choose someone who simply labels themselves as a natural healthcare expert, but has no real credentials. Take the time to do a little bit of research. This is why it's beneficial to see a doctor who is licensed, as you can simply contact the state board to confirm that they are licensed, and if they do have a license, you can then make sure that their license is in good standing.

4. Make sure they keep up with the latest research. Just because someone has been in practice for many years doesn't mean they keep up to date with the latest research. Healthcare is always changing, and new clinical trials are being conducted daily, and so you ideally want to choose a natural healthcare professional who attends conferences on nutrition, endocrinology, detoxification, etc.

5. Try to get proof that they have helped people with autoimmune thyroid conditions. Due to patient privacy laws (i.e. HIPAA) this can be tricky, as a healthcare professional can't simply give you the names and contact information of people they have helped. Of course if you were referred by a friend or a family member who was helped with a similar condition, then you can be confident that they have experience dealing with autoimmune thyroid disorders.

One way a healthcare professional can disclose whether or not they have experience dealing with such conditions is to have patient testimonials. A list of patients who willingly give their success stories might not be as good as talking with someone personally, but it is better than nothing. Keep in mind that some state boards don't allow doctors to post testimonials on their website, and so I wouldn't use this as your only means of choosing a natural healthcare professional.

6. Find a natural healthcare professional who won't hesitate to refer you out, if necessary. The fact remains that not everybody who has a thyroid or autoimmune thyroid condition can be helped through natural treatment methods. As a result, you want to choose someone who will refer you out to another healthcare professional if they aren't able to help you. The last thing you want to do is choose someone who accepts everybody as a patient, and never refers

anybody out. Sure, healthcare is a business, and doctors need to make a living too, but they still need to have a “patient first” mentality.

7. Choose the best natural healthcare professional available, even if it means traveling to see them, or working with them remotely. While it would be great to have a natural healthcare professional who focuses on autoimmune thyroid conditions practicing in your town, if you can't find anybody local, don't hesitate to travel to seek quality care. Or better yet, to save you from the hassle and expense of driving or flying back and forth, see if they would be willing to consult with you over the phone or through Skype.

I'm a perfect example of how a person with an autoimmune thyroid condition can be helped remotely, as the natural healthcare professional who helped me practiced in a different state, and she was not within a reasonable driving distance. Rather than fly back and forth to consult with her, she was willing to do phone consultations, and so she helped treat my autoimmune thyroid condition naturally without ever meeting with me face to face. Telemedicine is becoming more and more popular, and even some medical doctors offer remote services to their patients.

Even though at the time I wanted to speak with someone in person, and there were other natural healthcare professionals in my area that I could have consulted with, I wanted to make sure the person I spoke with had experience dealing with autoimmune thyroid conditions. So I decided that I preferred speaking with a natural healthcare professional over the phone that I knew was competent, compared to a local doctor who I was unfamiliar with.

And while I was first hesitant to work with someone remotely, there are a few benefits of telemedicine:

1. The convenience factor: It is definitely more convenient to consult with a natural healthcare professional over the phone or through Skype, as you don't have to drive anywhere, deal with traffic, drive in increment weather, you can be in your pajamas if you'd like, etc. This is of course assuming you schedule the appointment while you're at home, although you can also schedule it at work, or pretty much anywhere you have access to a phone or computer.

2. The waiting factor: When visiting a doctor's office, very rarely do they get you back to see the doctor right away. In some offices they make you wait in excess of an hour. With a

phone consultation, while the doctor might not call you exactly at the scheduled appointment time, you at least can do something productive while waiting. Of course I always think that appointment times should be respected, as I hate waiting more than a few minutes past my appointment time for any doctor. As a result, I'm almost always on schedule during a phone or Skype consultation.

3. More flexible appointment times: This isn't always the case, but some doctors that schedule phone consultations are willing to have early morning and/or late evening appointments, which can be especially convenient if you work an 8-5 shift. Of course if there is a local doctor in your area that you can see face to face then that's great, but I just wanted to demonstrate some of the benefits of a remote consultation.

One thing I should mention is that before you consult with a natural healthcare professional remotely about your condition, you should ideally have received a physical exam from a local doctor. While a natural doctor in a remote location can easily recommend and then review your lab tests, record and review your case history, and give his or her recommendations, they obviously can't give you a physical exam over the phone, which anyone with an autoimmune thyroid condition really should have.

At the very least you want a competent natural healthcare professional to perform a thyroid exam, and if they suspect nodules they might need to take an ultrasound, which of course needs to be done in person. The doctor who conducts this physical exam does not need to be a medical doctor, although it could be if you're lucky enough to have a competent one in your area.

I personally don't think it's a bad idea to have your physical exam conducted by an endocrinologist, as they usually have the technology that is needed should they suspect thyroid nodules, or in rare cases, thyroid cancer. Just remember that most endocrinologists won't be supportive of your decision to consult with a natural healthcare professional. As for actually finding a natural doctor who focuses on endocrine conditions here are a few suggestions:

You can visit www.holisticmedicine.org and search for a holistic doctor who specializes in endocrinology. I will caution you that while most of these doctors do practice more holistically than the

average medical doctor, when it comes to treating an autoimmune thyroid condition, many will not have the goal of restoring the function of the thyroid gland, improving the health of the immune system, etc.

For example, if you have a hypothyroid condition, then many holistic medical doctors will recommend for you to take natural thyroid hormone instead of synthetic thyroid hormone. On the other hand, some “holistic” practitioners will still recommend that you take synthetic thyroid hormone. So just because they are part of this “holistic” association doesn’t mean they will use a natural treatment approach to restore your health.

Another website to visit is www.naturopathic.org. You can do a search to see if there is a naturopath that practices in your area, or one who will consult with you remotely. When conducting a search, you’ll notice that some will have an “area of emphasis”, and what you’re once again looking for is a doctor that focuses on endocrine conditions. I’m not suggesting that you can’t be helped by a naturopath that lists endocrine disorders as one of their specialties, along with many other conditions. But I personally would rather work with a doctor who sees nothing but endocrine patients day in and day out.

You of course can also do an online search in an attempt to find a competent natural endocrine doctor that can help you. For example, go to Google, Yahoo, Bing, or whatever your favorite search engine might be, and type in some of the following keywords:

- Natural Endocrine Doctor
- Natural Thyroid Doctor
- Natural Hashimoto’s Treatment

How To Narrow Down Your Choices:

What I recommend for you to do is to come up with a list of at least three to five natural healthcare professionals who focus on endocrine conditions. Be certain that you visit each one of their websites to make sure they focus on endocrine disorders, as I once again would be cautious if they list a bunch of different conditions they can help with, most of which are not endocrine related.

Once you have your list of three to five natural healthcare professionals, you obviously need to narrow down the choice to one doctor that you

will choose to consult with. In order to do this, I recommend asking them some questions. Now to be frank, many won't answer questions directly. And most won't speak with you over the phone for free, although some will make themselves available through email. Others should at least have an assistant working with them who can relay your questions back and forth. If you can't get any of the following questions answered without paying a consultation fee, then I would probably move onto a different doctor.

Here are some of the questions you can ask when searching for a natural endocrine doctor:

1. Does the doctor focus solely on patients with endocrine conditions?
2. Has the doctor treated many people with hypothyroidism and Hashimoto's Thyroiditis?
3. How many years has the doctor been in practice?
4. Does the doctor conduct phone consultations?
5. Does the doctor frequently recommend synthetic or natural thyroid hormone for people with hypothyroid conditions?
6. Does the doctor do anything for the underlying cause of the condition, including the autoimmune response?

You might think of more questions than this, as these are just some general questions. The doctor you contact might not answer all of them, but they should at the very least answer the first four questions. If you have a hypothyroid disorder they might not answer questions #5 and #6, but you have nothing to lose by asking.

Yes, I Currently Accept New Patient Consultations

My primary goal here isn't to promote my consultation services. But just in case if you were wondering, I do accept a limited number of new patient consultations each month, and I regularly consult with patients throughout the United States, as well as internationally through Skype. So if you live in a different state or country and are comfortable working with a doctor remotely I would be happy to consult with you.

However, I do have a couple of requirements. First, for anyone who consults with me over the phone, I do prefer that they have already

been diagnosed with a thyroid or autoimmune thyroid condition, and require them to have received a physical exam since this is something I can't do remotely. Second, I require all of my new patients to first attend one of my free natural thyroid health webinars. By attending the webinar you will not only learn some valuable information that will benefit your health, but it will also give you a good idea as to whether or not you'd make a good candidate for a natural treatment approach. Because you're on my email list you will receive notification of any upcoming free natural thyroid health webinars. Or you can simply visit my website and click on the "Free Webinars" link.

CHAPTER 11: The 5 Biggest Mistakes People With Hashimoto's Thyroiditis Make

What I'd like to do now is discuss five of the biggest mistakes many people with autoimmune thyroid conditions such as Hashimoto's make. Some of these mistakes will be a review of what has already been covered, but I think it's important to reinforce some of this information so you are sure not to make any of these mistakes.

Mistake # 1: Covering up your symptoms with medicine and not getting to the root cause of the problem. This is what most people with autoimmune thyroid conditions will do, as they will take drugs that usually don't do anything for the cause of the condition, but instead just cover up the symptoms. Of course this isn't your fault, as we are brought up in a world with people who are trained to take a pill whenever they have a health issue. We don't trust our bodies' natural ability to combat many of these illnesses.

Once again, this doesn't mean I'm completely opposed to modern day medicine, as in some cases it is necessary to take prescription medication. In fact, many of my patients with hypothyroidism and Hashimoto's take thyroid medication while trying to restore their health. But of course you now realize that the medication isn't doing anything to address the cause of your condition.

Mistake # 2: Believing everything your endocrinologist tells you about treating your autoimmune thyroid condition. This is not meant to knock your endocrinologist, as I do think that most people with an autoimmune thyroid condition should speak with a competent endocrinologist in order to get diagnosed, receive a thorough exam, etc. But what you need to remember is that most medical doctors, including endocrinologists, DO NOT have a natural mindset.

In fact, if you were to tell your endocrinologist that you were thinking about natural treatment methods to help with your autoimmune thyroid condition, they most likely would be strongly opposed. This of course is understandable if you were treating the condition naturally on your own, but even if you told them you were seeing a natural healthcare professional who focuses on endocrine conditions, they probably would still advise you against it. Some endocrinologists would even threaten to dismiss you as a patient if you told them you were considering a natural approach to your condition.

My goal here is not to downplay the seriousness of a thyroid or autoimmune thyroid condition, but at the same time, doing further damage to your thyroid gland by not addressing the cause is a serious matter in itself. The point I'm trying to make is that just because your endocrinologist tells you that "such and such drug" is the only way to treat your condition doesn't necessarily mean this is true. Once again, these drugs aren't doing anything to address the autoimmune component of your condition.

And if they tell you that there are risks with taking a natural treatment approach, they are absolutely right, as I already have discussed this. Under most cases, being under the supervision of a competent natural healthcare professional for your thyroid or autoimmune thyroid condition is safe. Obviously only you can decide which is the best choice for you. And even if you choose to take the medical approach, don't be afraid to seek a second opinion from another endocrinologist, even if it means traveling to another city or state. Remember, this is your health we're talking about, so it is worth the hassle to make sure you are receiving the very best treatment for your autoimmune thyroid condition.

Mistake # 3: Thinking there is no hope in restoring your health.

This ties into the previous mistake, as many endocrinologists will tell you that there is nothing that will help your thyroid or autoimmune thyroid condition, and you will have to manage your thyroid symptoms by taking drugs for the rest of your life (or receive RAI or thyroid surgery). Once again, I'm not suggesting that everyone who has an autoimmune thyroid condition can have their health restored back to normal. But many people can benefit from taking a natural treatment approach. So please don't give up hope, as even if you can't fully have your thyroid health restored back to normal (i.e. if you had a complete thyroidectomy), this doesn't mean that other imbalances can't be corrected, which in turn can improve your overall health, thus leading to a significant improvement in your symptoms.

Mistake # 4: Not considering a natural treatment approach. Even if you choose to go through the conventional route of treating your thyroid or autoimmune thyroid condition, you should at least consider using natural treatment methods, through the advice of a natural healthcare professional. Because you are reading this information you obviously haven't made this big mistake, as while you might be skeptical, which is perfectly normal, at the same time you are looking for more than just something to manage the symptoms and cover up

the cause of the problem.

Besides reading this information, and any other information you have come across on natural treatment methods, I encourage you to take this one step further and at least set up an initial consultation with a natural healthcare professional who focuses on endocrine conditions. This doesn't mean you have to follow their advice. But it's always wise to get a second opinion, so assuming you have already consulted with an endocrinologist, what do you have to lose by speaking with a holistic doctor who focuses on endocrine conditions?

Mistake # 5: Being close minded. Once again, by reading this information it shows that you are open to alternative treatments. Millions of people have been diagnosed with thyroid and autoimmune thyroid conditions, and unfortunately, most of these people are too close minded to consider natural treatment methods.

Now to be fair, many people aren't even aware that there are natural treatment methods to help with these conditions. Let's face it, we live in a time and place where people usually follow the advice of their medical doctor, without considering the side effects and long term consequences of taking drugs. I personally have consulted with numerous patients for different conditions who were taking 10 to 15 different medications and never considered natural treatment methods. The sad part is that some of these medications were prescribed to help manage the symptoms that were caused by other drugs they were taking!

Of course I would never tell my patients to abruptly stop taking their medication upon beginning a natural treatment protocol. As I've already mentioned in this guide, I realize that some people with hypothyroidism and Hashimoto's Thyroiditis need to take thyroid hormone medication. Some of these people will be able to stop taking their medication after restoring health, while some will need to continue taking the medication. But either way, please continue to have an open mind, as most people who choose to take a natural treatment approach are very happy with their decision.

CHAPTER 12: Take Action Now

I'd like to wrap this guide up by summarizing the steps I recommend for you to take in order to treat your thyroid or autoimmune thyroid condition naturally, should you make this choice:

Step # 1: Continue to educate yourself about natural treatment methods. I encourage you to continue educating yourself about treating your thyroid or autoimmune thyroid condition through natural methods. Just be careful, as while there is a lot of great information on the internet, a lot of it is also misleading, and some information is completely inaccurate. Be especially careful when reading information that wasn't written by a healthcare professional.

This doesn't mean that there isn't some good information written by nonhealthcare professionals, as some people who are not healthcare professionals seem to have greater knowledge with regards to endocrine conditions than some medical doctors. A good example of this is Mary Shomon, who has some great books about thyroid health and is very knowledgeable about these conditions. Nevertheless, you do need to be cautious.

In addition to the content on my website, I also conduct free webinars which help people to better understand the benefits of natural treatment methods. I have regular webinars on hypothyroidism and Hashimoto's Thyroiditis. You can find out more information by visiting www.NaturalEndocrineSolutions.com and click on the "Free Webinars" link. If you don't want to wait for a live webinar, you can simply request a recorded webinar presentation so you can watch the webinar at your convenience.

Step # 2: Get a physical exam by a competent doctor. Although some people skip this step, I do think it's a good idea to get the opinion of an endocrinologist and receive a physical exam. Even though your symptoms and any blood work you receive will help diagnose your condition, going to an endocrinologist can help rule out problems such as thyroid nodules, as well as thyroid cancer.

Step # 3: Consult with a natural healthcare professional who primarily deals with endocrine conditions. I of course have mentioned this numerous times in this guide, and being a natural doctor I obviously have a somewhat biased opinion. But even if you ultimately choose to use conventional medicine to treat your thyroid

or autoimmune thyroid condition, it still won't hurt you to at least speak with a natural healthcare professional who has a good deal of experience treating these conditions through alternative treatment methods. Although you might be skeptical at this time, after speaking with a natural healthcare professional you might decide to give natural treatments a try.

Step # 4: Keep an open mind. Once again, by reading this information you obviously do have an open mind. Just remember that you have options, and to use the information you gather together to make an informed decision.

I'd like to thank you for requesting this information. I hope you found it to be valuable, and I also hope that I have convinced you to at least consider speaking with a natural healthcare professional who focuses on endocrine conditions. After all, you only have one thyroid gland, and if there is the possibility that your health can be restored naturally then it makes sense to consider this option.

Sincerely,

Dr. Eric Osansky, D.C., MS, CCN, CNS

P.S. For more information on natural thyroid health, please visit my website at www.NaturalEndocrineSolutions.com. This website consists of many articles and blog posts which discuss natural treatment solutions for hypothyroidism and Hashimoto's Thyroiditis.

P.P.S. Also make sure you check out my testimonials page and read some of the success stories of people with hypothyroidism and Hashimoto's Thyroiditis who restored their health back to normal by following a natural treatment protocol. Many of these people were very skeptical about the safety and effectiveness of natural treatment methods, but they decided to take responsibility for their health and received great results. I have included some of these testimonials at the end of this free guide.

Patient Success Stories:

Here are some of the success stories of my patients with thyroid and autoimmune thyroid conditions who have benefited from following a natural treatment protocol.

Hypothyroidism & Hashimoto's Thyroiditis Testimonials:

I was concerned about an ongoing “mental fog” and forgetfulness I had – which is one of the symptoms of Hashimoto's. I was having trouble losing weight and also felt very low in energy. Since following Dr. Osansky's recommendations I have found that I have a greater sense of calm – something I didn't expect from the treatment and changes in diet and lifestyle. In addition to getting my Hashimoto's under control, I have enjoyed other health benefits as well. I no longer suffer from anemia, my Vitamin D levels are normal and my immune system is strong. My thyroid blood tests also improved. Although it's a commitment and initial expense, it is completely worth it in the long run. Given the alternative (taking thyroid medication for the rest of your life), in my opinion it's a no brainer. If you give a natural treatment protocol a fair chance you'd be surprised at how much more empowered you'll feel about your illness and treating it. A natural treatment protocol is an effective solution that puts you in the driver's seat when it comes to your health. Traditional methods do the exact opposite.

Marie DeSimmone
Howard Beach, NY

When I was 18 I fell very ill and was shortly thereafter diagnosed with Hashimoto Thyroiditis. There were times when I was so sick I couldn't get out of bed for weeks and I gained 50 pounds in just a few months. My career as a classical ballet dancer was abruptly over and I found myself at the age of 20, after having been in peak athletic shape and excited for what my life had in store, to being too ill to seek employment or carry on with even simple daily activities. I was in and out of remission through my early twenties, sometimes feeling better and other times plummeting into poor health and depression. I began my treatment with Dr. Osansky two years ago. With his help I have completely regained my health. I haven't had a relapse since I began with Natural Endocrine Solutions and my health and energy has only been steadily getting better. I feel like I truly owe my life to Dr. Osansky. He has always been available at a moments notice for questions and concerns. He is easy to talk to and all of his advice has been hugely important in my recovery. He always takes the time to explain my test

results and suggests supplements and dietary modifications based on his findings. I truly don't know where I would be without Natural Endocrine Solutions. With Dr. Osansky's help I learned how to take my health into my own hands — making educated decisions about what I eat, what supplements I take, and the choices I make. I feel empowered and energized again, instead of always waiting to relapse back into illness.

I am eternally grateful to be healthy again! I will never take it for granted. I highly recommend Natural Endocrine Solutions if you are truly looking to take your life back and find a true solution!

Julianna Seligman
San Francisco, Ca

When I first began the natural treatment plan for my autoimmune hypothyroid condition my top five symptoms were chest pain (diagnosed with costochondritis), fatigue, memory loss, stomach upset, and muscle weakness. No matter how much rest I got, I was still tired. Additionally I did not sleep well either. Originally, I didn't feel much different. I believe the reason for that to be because I was only taking a portion of the recommended natural supplements, as well as the fact that I had only changed some of my diet. When I really got serious about making changes is when I began to really see improvements. Although this does require a change in lifestyle, I feel much better today. The natural treatment protocol allowed me to delve deeper into the root of the problem and address it so that I will hopefully not need to be on these supplements for the rest of my life. I have already cut back on some of my supplements since my last blood work results.

Adah Thompson
Rossville, GA

I was struggling with such symptoms of hypothyroidism such as fatigue, digestive and sleep issues, slight weight gain, sensitivity to heat and cold, depression, muscle weakness and hair loss. I have noticed positive changes in my mood; I have also become much less sensitive to cold. I am sleeping better as well. I am on a gluten free diet as well and I must say I feel better than ever. I am not fatigued or easily tired anymore; no digestive issues or hair loss. Actually, I am symptom free now So thanks again for your help! TSH/T3/T4 have all improved. Also red blood cell count /vitamin D/DHEA/ improved. No zinc and copper deficiency anymore. Yes, it's much easier to take a drug...but if you are

looking for a cure, give a natural treatment protocol (and your internal system!) a fair chance.

Larisa Chumak
Haacht, Belgium

I've always had the perfect health until 2007. Never had an issue with my weight. My weight was always 120 pounds. Always had plenty of energy. I was then diagnosed with Hashimoto's. Seeing an internal medicine doctor helped me for a short time and then I relapsed. I started looking at other options and came across Dr. Osansky's website for natural remedies. After being accepted into the program, I was given multiple tests that other doctors seem to ignore. With 70 percent of your immune system located in the digestive system, I feel like Dr. Osansky focused in on the digestive system the most. The large amount of information given each month, along with the webinars, has been very helpful in changing my lifestyle habits. Without them and the help of Dr. Osansky, I wouldn't be where I am today.

Sandra Lenamond
Whitney, TX

I was diagnosed with Hashimoto's Thyroiditis after a routine checkup and bloodwork. My medical doctor wanted to put me on hormones, but I knew that was only treating the symptoms and not addressing the real cause of the problem. I began searching for alternative natural treatments and found Dr. Osansky. I feel great about the knowledge I have gained about foods. I am proud of myself that I have been able to stick to the pure diet. I am proud that I don't to "give in" to the food companies temptations to eat all the processed, pre-packaged, and sugar laden foods. As a side benefit, not only is my thyroid normal, but I have lost about 40 pounds. I love that I know how to eat the best food for my body and how different food affect my body. I love that I did not have to "give in" and begin taking pharmaceutical company drugs.

Sid McBride
Chico, CA