

BY TOM BRIMEYER

7

Simple Solutions to Hypothyroidism

Natural and Necessary Steps to Successfully Beat Hypothyroidism



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**Natural and Necessary Steps to
Successfully Beat Hypothyroidism**

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Table of Contents

My Story.....	3
The Importance of Your Thyroid to Your Health.....	7
7 Simple Solutions to Hypothyroidism	8
Solution #1 – Balance Your Estrogen Levels.....	9
Solution #2 – Manage Your Stress Hormones.....	11
Solution #3 – Restore Your Liver Function.....	13
Solution #4 – Eat the Right Proteins.....	14
Solution #5 – Balance Your Blood Sugar.....	15
Solution #6 – Avoid Polyunsaturated Fats.....	16
Solution #7 – Stop Over-Exercising.....	18
Closing Thoughts on Hypothyroidism.....	20

My Story

Hi,

My name is Tom Brimeyer and I am a practitioner of functional medicine and health researcher and I have been lucky enough to study with and learn from some of the most widely sought after and knowledgeable doctors, health practitioners, and health researchers in the world.

Through my own struggle with chronic health issues, I was introduced to functional medicine many years ago. Ever since that first door opened, I've found myself digging deeper and deeper into this both exciting and very misunderstood field of health. Since then, door after door has opened for me which has allowed me to gain a vast understanding of the human body and how to directly influence your health to overcome a wide array of chronic health problems.

Since 2006, I have enjoyed both a personal transformation and evolution of sorts that has allowed me to become personally and actively involved in the health and lives of countless people all over the world. This includes the United States, Canada, United Kingdom, Ireland, Australia, New Zealand, Sweden, China, and the list is growing quickly.

I have helped hundreds of these people overcome chronic health issues such as ***chronic fatigue, hypothyroidism, insomnia, depression, anxiety, hormonal imbalances, digestive issues, food allergies, hypoglycemia and hyperglycemia, adrenal fatigue, dysbiosis, parasitic infections, arthritis, chronic inflammation, osteoporosis and osteopenia***, as well as a variety of immune conditions and disorders.



Yet, this is only the tip of the iceberg as far as I am concerned.

And as I continue to grow my work and practice to reach more and more people, I look forward to being a major contributor to igniting what I consider to be the inevitable coming of the *Health Revolution*. I believe that a much needed radical shift in our mindset and understanding of health is in the making.

This very thinking is what started and continues to feed my own personal mission.

My Personal Mission: *To inspire and educate more than 1 Million people to take control and achieve true health by finding and fixing the underlying cause of their health problems instead of being stuck relying on prescription drugs that merely cover up their symptoms while their health continues to suffer.*

Imagine the potential snowball effect that reaching 1 Million people could have. Imagine what would happen if other likeminded doctors and practitioners came together. 1 Million would become 2 Million or even 10 Million.

The potential is limitless.

Evolution from Engineer to Health Advocate & Practitioner

Growing up, I always had a keen interest in health and exercise. I was a naturally gifted athlete and always aimed to better myself whether it was on the field or in the gym.

I considered myself to be of pristine health while eating according to the still commonly accepted nutrition beliefs supported by dietitians, doctors, the FDA, and various other healthcare advocates and associations. I ate a low fat diet with plenty of whole grains, low calorie diet drinks, and meal replacement bars. And junk food was never even a thought. At the time, I was convinced that I was doing everything right.

Instead of following my passion at the time, I pursued an education and career as an engineer, which in hindsight, ended up being one of the best things that could have ever happened to me.

I have no doubt in my mind that if I entered the health field as a doctor, physical therapist, or otherwise, I would have ended up accepting and adopting the very same illogical preconceptions about health that I now advocate against.

But it didn't happen without consequence.

While I continued to live my so-called "healthy" lifestyle, my body began telling me a different story. My energy levels began to drop quickly, my cholesterol was elevated, I began to experience digestive issues, and I always seemed to be suffering from skin issues that wouldn't clear up. I finally came to accept the fact that these symptoms were not a sign of pristine health.

Then, by chance, I happened to meet one of the most enlightening and influential people of my life: my wife, Karen.



I put up a long and hard fight to hold on to my dogmatic beliefs about health and nutrition. However, in the end, Karen taught me to question everything I believed and not too long after that, the truth had become quite clear.

As an engineer, anytime I learned something new, I felt the need to understand exactly how it worked. So, it was second nature to become enthralled in studying and understanding the complexities surrounding nutrition, hormones, the digestive system, other processes of the body, and how they all interacted and worked together.

Fueled by my own personal health transformation, I quickly became passionate about what I was learning at the time and found myself connecting with anyone who was willing to listen.

It wasn't long after that when I took my work online and began sharing it with a much larger audience. And before I knew it, it caught on quickly and began growing at a faster pace than I had ever imagined.

I soon began consulting with people all over the world who wanted to overcome their health problems naturally. Many of which were failed by the conventional medical model.

It became quite clear to me that people felt helpless about their health because they didn't understand what was really happening to them. And their doctors and healthcare providers further enabled this feeling by telling them to accept their health problems and learn to live with them the best they could because there was no hope of a full recovery.

When you don't understand the problem, then it is impossible to find a solution.

I found that when you take a complex health issue and break it down for someone to understand, then it becomes far less intimidating and a lot less stressful. It also becomes logical and easy to see how most health problems can be reversed by simply delivering to your cells what they need to thrive and removing whatever it is that is impairing their health.

Seems logical right?

At this point in time, it became quite clear to me that I had found my life's legacy. And I continue to build that legacy by sharing with you my own research and my own experiences as well as those of my clients.

I have studied and worked with some of the most well respected thyroid researchers, doctors, and practitioners. I have worked through my own trials and errors in correcting my own hypothyroidism as well as with many personal clients. And through my experience, I have created the *Hypothyroidism Revolution* which is revolutionizing the way the way that the world sees and deals with hypothyroidism by attacking it at the source.

Once you wade through the misinformation and poor research, it will become quite obvious that hypothyroidism is grossly under-diagnosed and grossly misunderstood today.

It is only a matter of time before hypothyroidism begins to get the full recognition that it deserves and I invite you to join me on the forefront of this movement and to arm yourself with the tools and resources that you need to revolutionize your health and help lead this change that is going to better and save the lives of millions.

The Importance of Thyroid Health

Your thyroid is well known for playing a crucial role in a number of extremely important processes within your body. For example, you are probably well aware of the role it plays in your metabolism and your ability to lose weight. But that's thinking on a broader superficial level.

Let's think for a second on a much deeper level.

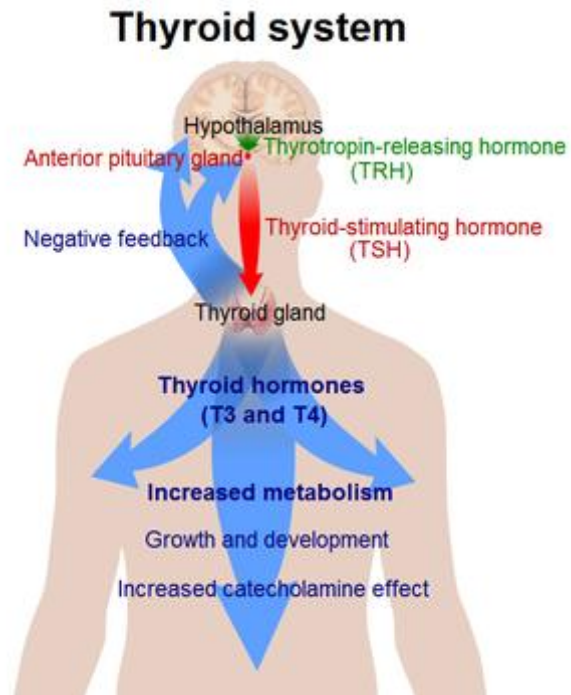
When it comes to the cells of your body, your thyroid plays the crucial role of regulating the amount of energy that each cell produces. And each cell must maintain a certain level of energy in order to remain healthy. For example, two of the most important organs within your body, your brain and heart, rely heavily on your thyroid in order to maintain their energy and continue to function properly 24/7.

But that's just scratching the surface of the importance of your thyroid. It goes far beyond that.

Science is now beginning to understand that dozens of disease processes involve cells that are unable to produce energy efficiently as a result of hypothyroidism. This ultimately results in a metabolic defect within your cells which stops your cells from naturally healing and instead promotes unhealthy and damaged cells to divide into new unhealthy cells, which then kick-starts the entire disease process. This process is how the formation of cancer begins and is also common among inflammatory diseases, degenerative diseases, developmental diseases, autoimmunity, immunodeficiency, stress, and even aging.

Because this inefficient energy production and metabolic defect are largely caused by your dysfunctional thyroid, it becomes much easier to see and understand how hypothyroidism is involved at some level with all of these diseases, including cancer.

So, when it comes to correcting or preventing health problems and disease, a healthy thyroid is essential and far more important than you probably realize.



7 Simple Solutions to Hypothyroidism

Regardless of what the medical community wants you to believe, there's never one solution to any health problem. If it were as simple as taking one supplement or even medication to solve your problem, then I think that most health problems would be eliminated by now. The sad truth is that most common health problems continue to rise regardless.

And hypothyroidism is no different.

There are many different factors that affect the health of your thyroid. Even though your hypothyroidism might have been caused by one initial problem (which is rare), that one initial problem quickly creates a domino effect. Before you know it, you could be dealing with a number of problems that all need to be fixed in order to heal your thyroid.



For example, let's say that your diet is poor and you're not supplying your liver with the necessary nutrients to convert your thyroid hormone into its active form. This will directly make you hypothyroid because your body is not converting the thyroid hormone into the form that your cells can use.

When your liver doesn't get the necessary nutrients that it needs, it also becomes sluggish or congested and doesn't work properly. One of the important roles of the liver is to break down the hormones that need to be excreted from your body, such as estrogen. If your body can't get rid of estrogen then it accumulates and it's very well known that excessive estrogen is a major cause of hypothyroidism.

So, your one initial problem quickly becomes two, three, or more that all have to be corrected in order to heal your thyroid and restore your health.

Keep this in mind when learning about these **7 Simple Solutions to Hypothyroidism** that I've given you below. If you think that one or more don't apply to you, it might apply more than you realize.

Solution #1 – Balance Your Estrogen Levels

Excessive estrogen levels are becoming an epidemic health problem. The vast majority of women today are dealing with major hormonal imbalances centered on having too much estrogen in their bodies and oftentimes not enough progesterone.

This is very evident later in life, especially during menopause when progesterone levels naturally drop. Excessive estrogen causes estrogen levels to remain high while progesterone drops quickly which results in the emergence of menopausal symptoms.

And estrogen enters your body from many different sources...

- Synthetic Estrogens In Birth Control
- PhytoEstrogens In Food
- Estrogenic Environmental Toxins
- XenoEstrogens In Plastic
- And the list goes on...

And if you're a male and you don't think that this applies to you, then I'm sorry to say but you are wrong. Men do naturally have estrogen in their bodies and do accumulate estrogen much the same as women. It is becoming an increasingly common problem for men's health too.

Estrogen's role in hypothyroidism has been well documented.

Estrogen directly affects the thyroid gland by inhibiting its ability to secrete its thyroid hormone. And if your thyroid can't secrete its hormones, then they oftentimes will build up within the gland. In the end, your body doesn't get the thyroid hormone it needs and you quickly become hypothyroid.

This is also why estrogen plays a significant role in both Hashimoto's Thyroiditis and goiters. So, if you are dealing with either one of these issues then it's imperative that you work on regulating your estrogen levels in order to truly heal your thyroid.

What You Can Do To Balance Your Estrogen Levels

For starters, one of the best ways is to avoid them. While you can't avoid the estrogen that your body naturally produces, you can do your part to avoid the ones that you're absorbing through outside sources.

- Choose a safer (for your health), form of birth control. But be careful and educate yourself because even non-hormonal birth control methods can still affect your hormones. An Intrauterine Device (IUD), for example, has been shown to decrease progesterone production which effectively leads to excessive estrogen.
- Remove estrogen promoting foods from your diet. Most notably soy and soy products.
- Remove or limit estrogenic environmental chemicals such as herbicides, fungicides, and pesticides by eating organic foods.
- Remove or limit your exposure to XenoEstrogens in plastic by using non-toxic alternatives, such as glass, whenever possible. And avoid heating anything in plastic that will come into contact with your body, especially food.

Of course, limiting outside sources of estrogen is great, but what about the excessive estrogen that's already in your body?

This is a very in depth topic that entire books could easily be written about. So, while I can't get into every aspect of properly decreasing and detoxifying estrogen from your body, I can give you a neat trick.

While some foods promote estrogen, there are some foods that actually help reduce estrogen in your body. One such food is carrots.

Carrots, when eaten raw, will act like charcoal within the intestines and absorb estrogen within your digestive tract. This prevents your body from re-absorbing it.



Here's a great recipe that you can make daily to help lower your estrogen and stress hormones while increasing your thyroid and progesterone to improve overall hormone balance.

Raw Carrot Salad

Note: this should be eaten alone in order to prevent the carrot from blocking the absorption of other vital nutrients.

- 2 medium sized carrots
- 1 Tbsp of coconut oil
- 1 Tbsp of olive oil
- 1 to 2 Tbsp of raw apple cider vinegar
- Salt



Shred carrots and add coconut oil, olive oil, and apple cider vinegar. Mix together and salt to taste.

Solution #2 – Manage Your Stress Hormones



Let's face it. Stress is everywhere and it can come at you in any form. It doesn't matter if you missed a work deadline or you're running for your life from a bear. Stress is stress. And your body reacts to stress the same no matter what the source. That is by pumping out stress hormones in order to help you deal with the stress until the stress is over.

The problem with stress today is that it never stops. We live in a society where chronic stress is the norm and unfortunately, it's taking its toll on your thyroid and your health.

There are many sources of stress that most people fail to consider...

- Psychological Stress
- Dietary Stress
- Environmental Stress
- Physical Stress

Stress has some pretty nasty effects on your hormones and your body.

With respect to your thyroid, the stress hormones (adrenaline and cortisol) that your body produces actually inhibit the conversion of your non-active thyroid hormone (T4) to your active thyroid hormone (T3). It also increases your production of a hormone called Reverse T3 (rT3), which blocks your body from properly using your thyroid hormone. Both of these effects cause hypothyroidism.

It's also worth noting that your body does this for a reason and it's not just to punish you. When under stress, your body naturally down regulates your thyroid because all it cares about is conserving energy. It does this as a survival mechanism so that you can conserve enough energy to outlast the stress.

Another problem with the stress hormone adrenaline is that it forces your body to increase the concentration of free fatty acids in your bloodstream. Because most people have large concentrations of polyunsaturated fats in their fat cells, when these fats are forced into your bloodstream they block your thyroid hormone from reaching your cells.

And those are just a couple of examples of how stress causes hypothyroidism.

There are also a large number of other negative effects that are caused by an over-production of stress hormones as well including...

- Osteoporosis
- Damage to brain cells
- Accumulation of fat, especially on the back and abdomen.
- Damage to blood vessels
- Aging of the skin
- Damage to your immune system
- Damage to your nerve cells

What You Can Do To Reduce Your Stress Hormones

First, the most obvious answer is to reduce as much outside stress as possible. You can't eliminate all outside stress, but you can do a lot to minimize it. I recommend that you pinpoint your greatest source of stress and then brainstorm what you can do to help minimize that stress. Work on each source one at a time.

And don't push yourself too hard. In our society, more is always better, but sometimes you have to stop, rest, and smell the roses.

Another rather simple and immediate way to reduce your stress hormones that most people don't know about is to balance your blood sugar levels. One of the roles of the stress hormone, cortisol, is to break down protein in order to raise your blood sugar when it drops too low.

By balancing your blood sugar and maintaining that balance, you can not only keep your stress hormones at bay, but you can also help keep free fatty acids out of your bloodstream to help boost your thyroid function and metabolism.

Lastly, it's important to balance your sodium levels. When you're hypothyroid, then you lose sodium easily. Low sodium levels drive adrenaline up. So, adding enough salt to your diet is a very important and overlooked part of the puzzle.

Solution #3 – Restore Your Liver Function

I have already mentioned this previously but here I will go into a little more detail. It is important to understand that this is a major problem that you must correct to overcome hypothyroidism.

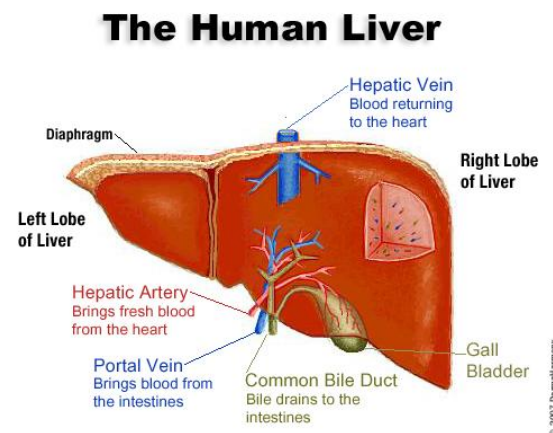
Your thyroid gland produces mostly the non-active thyroid hormone (T4) and a little bit of the active thyroid hormone (T3), which your body can use immediately. But 2/3 of the active thyroid hormone that your body uses is converted from T4 by your liver. So, if your liver is congested then it can't convert these hormones and you quickly become hypothyroid.

But that's not the only problem.

Because your liver can't convert it, the T4 tends to accumulate in your body. This build up of T4 works against your thyroid as well because your body sees it and tells your thyroid to slow down and stop producing so much thyroid hormone which pushes you further into hypothyroidism.

Another problem that occurs with a congested liver is that your liver loses its ability to properly store sugar. It is this stored sugar in your liver that plays an important role in helping you to maintain steady blood sugar levels throughout your day.

When your liver can't store sugar, your blood sugar levels tend to fall, which puts your body immediately into a stressed state. And this kick-starts the whole stress hormone reactions that I just discussed above which you now know, also leads to hypothyroidism.



What You Can Do To Get Your Liver Healthy

One important factor in keeping your liver healthy is to give it a break so that it doesn't have to work so hard. You can do this by reducing your exposure to toxins and keeping your hormones in balance so that your liver isn't working overtime detoxifying everything.

Another important thing that is absolutely necessary is to make sure that your liver has access to all of the necessary nutrients that it needs to both function and convert your thyroid hormone to its active form. This includes giving it the right kinds and right amounts of sugar as well as the right minerals, such as selenium.

Solution #4 – Eat the Right Proteins

The general public is finally starting to catch on to the fact that protein is a very important part of your diet. However, what is not well understood by most is that the quality of the protein is also extremely important.

Most people are eating far too many poor protein sources such as...

- Soy protein
- Whey protein
- Rice Protein
- Pea Protein
- And other forms of processed proteins and isolates

Yes, I understand that whey protein is very widely used but that doesn't make it healthy. Whey is high in a certain amino acid, which is not only inflammatory, but also leads to a series of reactions within the body that suppress your thyroid.

Also, a lack of protein in your diet leads to an increase in the stress hormone, cortisol. And your cortisol levels rise when there is a protein deficiency because one of its roles is to break down muscle tissue to supply your body with the necessary protein that it needs if it is lacking in your diet.

As I mentioned previously, your stress hormones inhibit the conversion of your thyroid hormone to its active form. It also blocks your body from being able to properly use the thyroid hormone. Both of these lead to hypothyroidism.

It's also worth noting that a lack of protein can also cause you to not respond to thyroid supplements.

What You Can Do To Avoid Protein Deficiency

The first thing you can do is to be sure to get at least 70 to 100 grams of high quality protein per day. This is enough to ensure that your body has enough protein available and to avoid the added stress of having to break down your own muscle tissue.

You also want to make sure that you are getting high quality protein. And it will probably come as a surprise but one of the best sources of protein you can get is from bone broth. It is very anti-inflammatory and contains a very healthy mix of amino acids. It is the mix of these amino acids that make bone broth great for helping you to overcome hypothyroidism. There are plenty of great bone broth recipes that you can easily find online.

Solution #5 – Balance Your Blood Sugar

I touched on blood sugar problems earlier when talking about both stress and liver congestion. So, hopefully you're beginning to see how all of these causes promote each other which can really cause a domino effect for your hypothyroidism.

But as a quick reminder, low blood sugar both decreases the conversion of T4 to active T3 in your liver and it signals your body to increase production of the stress hormone, cortisol, which breaks down your muscle tissue in order to keep your blood sugar from dropping to dangerously low levels.

What You Can Do To Balance Your Blood Sugar

One easy and healthy way to maintain your blood sugar levels is to eat plenty of fully ripened fruit. It is naturally high in potassium, which helps to regulate your blood sugar by reducing the amount of insulin that your body needs to properly absorb the sugar.

In fact, the sugar from fruit is a powerful blood sugar regulator. This is because it has the unique ability to either increase or decrease your blood sugar levels depending on what your body needs at the time. It also reduces your tendency to store fat as an added bonus.



This is different than some other forms of sugar which cause your blood sugar to rise rapidly. The wrong sugars cause your body to secrete a large amount of the hormone insulin, which helps to remove the sugar from your bloodstream. But at the end of this process, your blood sugar typically drops too low once again re-starting the cycle.

Another important factor in managing your blood sugar levels is to cut out polyunsaturated fats from your diet. These fats can lead to insulin sensitivity and eventually, diabetes. But I will discuss this in more detail in a minute.

One other useful tip worth sharing is that many people need to eat something before they go to bed in order to help them maintain their blood sugar level throughout the night. In fact, low blood sugar is an extremely common cause of night waking and insomnia. This is because when blood sugar is low, stress hormones rise. Oftentimes, adrenaline rises high enough to wake you up.

This is especially important with hypothyroidism when your liver can't properly store the sugar that it would normally use to keep your blood sugar balanced throughout the night.

And as you should now know, with low blood sugar comes high stress hormones, which again, causes hypothyroidism.

Solution #6 – Avoid Polyunsaturated Fats

This is a big one that most people are not aware of and that's because it's more of a controversial topic that really deserves a lot more attention than it gets. But when you really look at it from all angles, I think the research speaks for itself.



Studies have linked polyunsaturated fats in your diet to numerous diseases including diabetes, cancer, heart disease, and obesity just to name a few.

A big part of the problem with these fats is that they have such a long lasting effect on your body once they become stored in your fat cells. Even if you remove them entirely from your diet, they can still be present within your body for up to 4 years while continuing to cause damage.

Part of the problem of these types of fats is that they are highly unstable, especially when under heat and in the presence of oxygen.

They become very reactive within your body when you eat them because they are heated to your body temperature and mixed with the abundance of oxygen within your body. So, they easily become rancid and toxic both inside and outside of your body.

Another major problem is that they are heavily involved in the production of free radicals within your body, which is another major factor in cell damage and disease. This is why antioxidants are so important because they help slow free radical damage.

When it comes to your thyroid, polyunsaturated fats have a direct effect on blocking your thyroid and decreasing your metabolism on multiple levels.

For starters, these fats block the enzymes that signal your thyroid gland to release its hormones. This limits the amount of thyroid hormone available to your body.

When these fats enter your bloodstream, they also block the active thyroid hormone within your bloodstream from being transported to the cells that desperately need it.

Lastly, they block your cells from properly responding to the thyroid hormone that they do get which makes the hormone much less effective to your cells.

So, as you can see, polyunsaturated fats are a major cause of hypothyroidism.

What You Can Do To Reduce the Effects of Polyunsaturated Fats

First of all, polyunsaturated fats are used everywhere. That is because they are extremely cheap to manufacture. So, you can bet that pretty much all restaurants that you eat at are cooking your food in polyunsaturated fats.

Here's a list of polyunsaturated fats that you should remove from your diet...

- Vegetable Oil
- Soybean Oil
- Corn Oil
- Safflower Oil
- Canola Oil
- Sesame Oil
- Sunflower Seed Oil
- Flax Oil
- Peanut Oil
- Cotton Seed Oil
- Almond Oil
- And any other oil that is labeled as unsaturated or polyunsaturated

Instead, the fats in your diet should be focused around...

- Coconut Oil
- Butter

These saturated fats have enormous health benefits, including helping to cancel out the negative effects of those nasty polyunsaturated fats.

They promote healthy thyroid function and increase your cells response to thyroid hormone.

And there's no reason to be afraid of these fats just because they are saturated. Those claims against saturated fats are completely lacking in research and provide no substantial proof of any of the negative claims. However, there is plenty of research that shows that these fats inhibit inflammation, promote weight loss, protect against cancer, and naturally help to lower cholesterol.

Solution #7 – Stop Over-Exercising

Let's get something straight right away. You don't have to be overweight to be hypothyroid. There are a lot of people who are hypothyroid and who are skinny. So, keep that in mind that weight alone is not the only indicator of hypothyroidism.

You would probably be surprised to find out how many professional athletes are really hypothyroid from all of the physical stress that they place on their bodies. But we often look at these athletes as the perfect image of health. However, their hormones are telling a very different story.

Over-exercising is a very common problem with hypothyroidism because most people get into the mindset that if they aren't losing weight or if they have low energy, that they just need to push themselves harder. Maybe you've been there before?

If you did happen to lose weight, then your energy levels most likely plummeted while your body began to fall apart.

This is because too much exercise or the wrong kind of exercise only makes you more hypothyroid.

For starters, intense exercise requires your body to use up a lot of sugar very quickly. As I mentioned before, if your liver can't properly store sugar then you won't have any fuel in your tank. So, your body will have no other choice but to increase stress hormones to break down your muscle tissue to use as energy. In the end, you're left with less muscle and more fat, especially around your abdomen.



Also, speaking of stress hormones, when those hormones rise, they cause more and more of those nasty polyunsaturated fats that we just talked about to enter your bloodstream. And as you already know, this also has a major hypothyroid effect.

Some studies on exercise have even showed that over-exercising can stop your body from producing the active thyroid hormone immediately and continue to inhibit your thyroid function long after your workout is finished.

So, if your plan is to work out harder or even hard at all, then you might want to reconsider whether or not that is the best choice for you and your health.

What You Can Do To Prevent Over-Exercising

Keep in mind that not all exercise is bad. In fact, there are some extremely beneficial forms of exercise for hypothyroidism that are just not intense and stressful to your body and thyroid. Instead, they naturally promote your thyroid and your body's hormonal health.

One great example of probably the best form of exercise for hypothyroidism is Tai Chi. There is a very good reason that Tai Chi is known for its revitalizing effects. In fact, in America, Tai Chi has gained a lot of popularity within the elderly community because it has been proven to greatly improve their quality of life.



Another common mistake is performing intense exercise in the early morning, which should be avoided. Also, never exercise on an empty stomach.

Your stress hormones are highest overnight and continue to remain high in the early morning. So, exercising at this time only causes them to rise even higher and for longer periods of time.

Eating breakfast in the morning and balancing your blood sugar is typically when your stress hormones return to normal. So, exercising on an empty stomach is yet another way to keep your stress hormones high. And it doesn't matter what time of the day you workout. If your stomach is empty and your blood sugar is low then your body will respond in the same way, with a rise in stress hormones.

Closing Thoughts on Hypothyroidism...

Well, I hope you learned a few things by reading this report. I've given you **7 Simple Solution to Hypothyroidism** including some great tips that you can start using today to address these problems and finally start correcting your hypothyroidism.

Do keep in mind that there is no quick fix or magic potion. If you truly want to beat hypothyroidism, then you have to correct the underlying cause.

This can be a bumpy ride as you figure out what works for you and what doesn't. So, don't be discouraged and understand that it's part of the natural process that happens with everyone.

In the end, you will be happy that you did because the results are amazing.

I know that a lot of this is probably very new to you. A lot of it might even contradict things that you have been told in the past. But until we start making some big changes with the way we deal with hypothyroidism and our health, don't expect to see much, if any, change in our incidence of disease.

That is why it's time for a revolutionary shift in our mindset when it comes to our health.

I strongly encourage you to start incorporating all **7 Simple Solutions to Hypothyroidism** into your life and start experiencing some of the results for yourself.

You'll be one step closer to overcoming your hypothyroidism and getting the life that you deserve back.

Where To Go From Here?

Hopefully by now you realize and understand the importance of reversing your hypothyroidism in order to prevent or reverse the vast number of common health problems and diseases related to hypothyroidism.

In my personal experience and my experience in working with clients, **correcting hypothyroidism needs to be your #1 priority** because, if your cells are not getting the nutrients and hormones that they need to be healthy, your body will never truly heal.

Because almost all of the information available today on hypothyroidism is either outdated or just flat out incorrect, I've decided to share everything that I have learned with you.

Trust me when I say that this report is only the tip of the iceberg.

Month's Of Sweat, Hard Work, and Dedication...

I've literally spent months and months taking what I do and breaking it down into a simple to understand and implement **3 Step Hypothyroidism Treatment Process** that works every single time with my clients.

These 3 Steps are literally the missing keys to the hypothyroidism puzzle that everyone else is missing. If you miss any one of these steps then it simply does not work.

Why are these 3 Steps so effective?

Simply put... When you go directly to the source and correct the underlying causes of your hypothyroidism then there's nothing left to continue holding your thyroid hostage and your thyroid can finally heal.

I've created a **free presentation** for you where I explain exactly what this **3 Step Hypothyroidism Treatment Process** is and how you can use it to naturally and permanently get your life back by stopping hypothyroidism at the source...

[Click Here to Watch Your Free Presentation Giving You My Exact 3 Step Hypothyroidism Treatment Process](#)

To your health,

Tom Brimeyer M.S.

www.HypothyroidismRevolution.com