

BY TOM BRIMEYER

7 Simple Steps to Start Saving Your Thyroid

Natural Steps to Start Turning the Table on Hypothyroidism



7 Simple Steps to Start Saving Your Thyroid

**Natural and Necessary Steps to
Start Turning the Table on Hypothyroidism**

Tom Brimeyer M.S.

www.HypothyroidismRevolution.com

Disclaimer:

The author is not a medical doctor and this information is for educational purposes only and may not be construed as medical advice. It is meant to supplement, not replace, the professional medical advice of your health care provider.

No part of this report may be sold, resold, traded, reproduced, edited, or transmitted in any format without prior consent of the copyright owner.

Grabbing Hypothyroidism by the Horns

I wrote this report for the millions of hypothyroidism sufferers out there who are tired of constantly getting the “run-around” when it comes to their thyroid and their deteriorating health in general. Every day I sit and watch people developing *obesity, heart disease, stroke, premature aging, cancer, chronic fatigue, depression, diabetes, autoimmune disease, fertility issues*, and dozens of other diseases. All of these could be easily prevented if only people understood the important role that hypothyroidism plays in the development of these diseases and how to effectively treat it.

Many of the answers that we need to solve this seemingly impossible hypothyroidism puzzle have been right under our noses for decades, provided by the work of some of the greatest, most honored, and well-respected scientists of the 20th century. But, their work, which has opened doors into the true understanding of disease, continues to be ignored by modern medicine to this very day.

Human ignorance has a long history of slowing and deterring the advancements in science and medicine.

For example, most people can recall the name Galileo, a physicist, mathematician, astronomer, and philosopher who, during the 16th and 17th centuries, played an integral role in the advancement of science, later known as the Scientific Revolution.

Galileo was one of many great thinkers who questioned the authoritarian belief at the time that the Earth was the center of universe. He provided research and proof that it was the Earth that revolved around the sun.

What you may not recall about Galileo is this... Regardless of his research and proof, Galileo was persecuted, imprisoned, threatened with torture, forced to recant his research, and was confined under house arrest until his death in 1642.

Why? Because, Galileo’s research provided radical views that directly questioned and opposed the authoritarian beliefs at the time. If his research, and the truth, were made available to the public, then it would call into question the credibility of the authorities who could potential lose power.

While Galileo was imprisoned and his work concealed and suppressed for centuries, other scientists and philosophers were killed for these same beliefs. Giordano Bruno was burnt at the stake in 1600 for merely suggesting that the earth revolved around the sun.



Today, Galileo is referred to as the “Father of Modern Science”, yet his work was concealed for more than 100 years, long after his death, before it was studied and found to contain many of the monumental scientific breakthroughs that we know and use to this very day.

While today we have accepted the fact that the earth does in fact revolve around the sun, it’s easy to take for granted that so much scientific advancement was literally suppressed and brought to a halt simply because it challenged what the authorities wanted the public to believe.

I’m here to tell you that today, NOTHING has changed.

While scientists are no longer being imprisoned or burnt at the stake, the work and research of some of the brightest and most advanced scientists of the 20th and 21st centuries continues to be swept under the rug and ignored simply because it challenges the current health beliefs of today.

The most prominent “peer reviewed” medical journals responsible for bringing the latest advancements in medical and scientific research to the public eye have been constantly under scrutiny for misleading the public, since their inception.



The Journal of the American Medical Association (JAMA) published its first cigarette advertisement in 1933.

A prominent research journal receiving substantial funding by the Tobacco Industry provided a massive conflict of interest. The Tobacco Industry went on to become a significant source of funding for numerous medical organizations and journals.

JAMA continued to support and promote the Tobacco Industry for 20 years despite the consistent and mounting evidence and research demonstrating the dangers of smoking.

The editor of JAMA actually went as far as to help the Tobacco Industry design its advertising campaigns.

It took 30 years of research demonstrating the dangers of smoking before the *American Medical Association* finally issued a statement on smoking, calling it “a serious health hazard.”

For 30 years these organizations and journals tried their hardest not to publish the research that would end their ties with the Tobacco Industry, but were eventually forced to under public scrutiny, and consequently gave up the largest source of their funding.

Even today, these same conflicts of interest still exist as medical journals and research continue to be dramatically influenced by the very drug companies that fund the research and pay upwards of \$450 million in advertising to medical journals every year.

Medical journals today are well known for cherry picking and publishing research that promotes certain beliefs that stand to benefit certain drug companies, while ignoring research, no matter how monumental, that stands to discredit these drug companies.

Marcia Angell, M.D., a well respected physician who spent 20 years as the editor-in-chief of the *New England Journal of Medicine* went as far as writing a book exposing the influences of drug companies on today's research. She said herself...

“It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of *The New England Journal of Medicine*.”

Marcia Angell, M.D.

Former Editor-In-Chief, *New England Journal of Medicine*
Harvard Medical School



At the same time, Richard Smith, 25 year editor of another top-tier journal, the *British Medical Journal*, came out to say...

“...most of what appears in peer-reviewed journals is scientifically weak.”

Most people, especially the general public, don't realize just how deep this runs.

For many years, published authors were required to disclose their financial ties to the research that they conducted. However, this was overturned in 2002 simply because so few researchers or experts without financial ties could be found.

So much of what we believe to be the truth about health, nutrition, and medicine today has been filtered through these journals and manipulated by unscientific influences.

Yes, there are many researchers who do succumb to the financial influences of corporations. In many cases, this is simply because without the financial ties, their research funding would dry up and they would be out of work.

But the real injustice lies with the researchers who continue to conduct ethical research for nothing more than the advancement of science and medicine.

There are modern-day Galileo's who have conducted monumental research that has literally redefined our understanding of health, nutrition, and disease today.

But, when their research directly opposes the research that drug companies today want the public to believe, their monumental research is simply ignored, swept under the rug, and hidden from the public eye.

Scientist *Otto Warburg* won the *Nobel Prize* for showing that cancer develops and thrives when cells become dysfunctional and are unable to efficiently produce energy. This is the same cellular dysfunction that occurs as a result of hypothyroidism.

While even today research continues to prove that *Otto Warburg* was right about cancer almost a century ago, modern medicine has rejected his research for 75 years and continues to do nothing to build upon his work in an effort to solve the underlying problem of cancer and disease itself. Here's just one of many research studies demonstrating *Warburg's Hypothesis*, this time with breast cancer...

Carcinogenesis (December 2005) 26 (12): 2095-2104. doi: 10.1093/carcin/bgi188

Breast carcinomas fulfill the Warburg hypothesis and provide metabolic markers of cancer prognosis

<http://carcin.oxfordjournals.org/content/26/12/2095.abstract>

Doctor and research scientist Dr. Broda Barnes demonstrated and provided research proving that hypothyroidism was the underlying cause of heart disease. For the past 70 years there has been an overwhelming amount of research showing this as well. However, his research and even current research proving this time and time again continues to be completely ignored by modern medicine. Here is just one example that also mentions several other reports that have overwhelmingly proven the same exact connection between hypothyroidism and heart disease.

Endokrynol Pol. 2005 Mar-Apr;56(2):194-202.

[The influence of thyroid hormones on homocysteine and atherosclerotic vascular disease].

<http://www.ncbi.nlm.nih.gov/pubmed/16335688>

Excerpt: Several reports have appeared in the literature proving that hypothyroidism is associated with increased risk for cardiovascular disease, especially coronary heart disease. This increased risk for premature atherosclerosis is supported by autopsy and epidemiological studies in patients with thyroid hormone deficiency.

This is merely the tip of the iceberg...

There are other researchers, some alive and well today that continue to conduct independent research with monumental discoveries. Yet, you will likely never hear of them because their work continues to conflict with the drug research and is consequently shunned by modern medicine.

Unfortunately, they are subjected to the same fate as Galileo; a life where their work is concealed from the public eye and they receive no credit for their monumental discoveries.

We can learn so much from these brilliant scientists and researchers who have paved the way for understanding hypothyroidism and its role in the disease process. When you can actually understand the dysfunction, then you can also understand how to effectively correct the dysfunction and solve the problem of hypothyroidism.

What is important for you to understand and get from this is that even though modern medicine continues to ignore the very research that provides the answers that we need to solve the hypothyroidism puzzle and prevent all of its related diseases, there IS something that you can do about.

It's quite clear that modern medicine today has no solution to offer for hypothyroidism.

So, the choice is yours.

You can give up and simply accept a poor quality of life, burdened by hypothyroidism, heart disease, cancer, diabetes, etc.

Or...

You can stand up, take control of your own health, and open your eyes to the research that can literally transform your life.

Let me ask you this...

How much longer are you willing to let yourself suffer? How much worse are you willing to let yourself get? How much more are you willing to take before you say enough is enough?

I understand that today's fast pace lifestyle oftentimes leaves us with little time to devote to our health. But, the longer you put it off, the more you'll pay for it in the future.

It's like putting off a simple \$100 car repair that eventually snowballs into you having to buy a whole new car. That little \$100 investment could have saved you a lot of time, money, and hassle.

The same goes for your thyroid. But, unlike a car, when YOUR engine dies, there's no replacing it. If you take care of your thyroid today then you're not only saving your own life, you're also saving tens of thousands of dollars or more in unnecessary future medical expenses.

It's no surprise that medical expenses are the number one cause of bankruptcy today, so investing in your health now is one of the best investments you could possibly make. Otherwise you might think you're saving for retirement, but what you're really saving for is chemotherapy, a double heart bypass, and the 16 different prescription medications you'll need. That doesn't sound nearly as appealing does it?

But with the right plan and the right research, you DO have the power to stop this and feel like you're on top of the world again. You just have to be willing to take your health into your own hands.

One of my client's in her sixties who, after suffering from chronic fatigue and arthritis since her early teen years told me that she felt like she was now living the childhood that she never had. It was an enlightening journey for her but after trying everything else she told me that she had nothing left to lose. So, she committed herself to the plan and invested the time and effort she needed to into her health.

For her, this didn't happen overnight. Just like a dying flower you have to continually nurture the flower with the optimal mix of nutrients, water, and sunlight that the flower needs to thrive and over time the flower will return to its former beauty.

The same is true for healing your thyroid. Healing doesn't happen overnight. It takes nurturing with the optimal diet to restore your thyroid and health to that of your former self.

So do yourself a favor and start using what I'm about to share with you and make a commitment to your health and overcoming your hypothyroidism. You've got nothing to lose and everything to gain.



3 Essential Components to Thyroid Healing

Before we jump into the *7 Simple Steps to Start Saving Your Thyroid*, it's important to first understand why many of these steps are so essential for healing your thyroid.

There's not a lack of thyroid treatment options available, but I've worked with enough hypothyroidism sufferers to know that most people have no clue how to tell whether or not any treatment option is legitimate and this scares a lot of people.

Sure, there are many uneducated practitioners out there who are quick to tell you that they have the solution to your problem. In fact, I've worked with some practitioners who charge more than \$300 per hour and have zero true understanding of thyroid health and unknowingly recommend supplements that cause more damage to your thyroid.

Even if you prefer not to work directly with a practitioner, there are literally dozens of supplements and other false promises of magic pills or quick fix solutions out there, many of which promote the same dangerous supplements.

Saying that you need to be careful is an understatement.

It can definitely get confusing and overwhelming.

In order to properly address hypothyroidism, you must address all facets of thyroid health and the thyroid hormone pathway, which is where most people go wrong. Too many practitioners focus entirely on one component of thyroid health while unknowingly ignoring other essential components. While their methods might help a small percentage of hypothyroidism cases that fit this exact mold, they fail to get results with the majority of their patients because they are missing the bigger and more complete picture.

Balancing your thyroid is like balancing the spokes of a bike wheel. If you focus entirely on one or two spokes, ignoring the others and leaving them out of balance, then no matter how hard you try your wheel will always be bent out of shape and will never work correctly.

The most highly trained practitioners understand that there are many facets of thyroid health that must all be properly balanced together in order maintain proper balance of the thyroid and the entire hormonal system.



Next I'm going to introduce you to *3 Essential Components to Thyroid Healing* that any legitimate thyroid expert, practitioner, or doctor will address.

Before working with any practitioner ask them what their program entails. If they don't address these three essential components, then chances are that you're probably not going to get you the results that you want.

1. You MUST Address the Entire Thyroid Hormone Pathway

When most people think of hypothyroidism, they automatically assume that the problem is simply with the thyroid gland itself. You may be guilty of this yourself.

What you may not realize is that there is an intricate thyroid hormone pathway that exists and your thyroid gland is only a small piece of that entire pathway.

The truth is that it doesn't matter how much thyroid hormone your thyroid gland can produce or how much thyroid hormone you supplement. If a problem develops anywhere along this pathway, then your cells can't effectively utilize that thyroid hormone and you will continue to remain hypothyroid until you address the underlying problem(s).

For example, if your liver is not healthy enough to properly convert the inactive T4 thyroid hormone into the active T3 thyroid hormone that your cells need to thrive, then you will remain hypothyroid and your health will continue to suffer.

There are many other parts of this hormone pathway that need to be addressed down to the cell level including the cell hormone receptors themselves.

Any decent thyroid practitioner or doctor will be well versed in the entire thyroid hormone pathway from the thyroid gland itself, or even the pituitary gland, all the way down to the cell level.

2. You MUST Address Your Diet

Regardless of what any doctor, practitioner, or anyone else tells you, your diet plays an integral role in the health of your thyroid.

Unfortunately, doctors receive little to no nutritional training in medical school. So when it comes to dietary recommendations, they're as much in the dark as you are. As a result, they tend to be quick to dismiss any notion that your diet can directly affect the function and health of your thyroid.

But it's well known in science and human physiology that cells and organs require specific nutrients that we extract from our food in order to function properly. So, to simply dismiss the idea that your diet has no affect on your thyroid function is rather absurd.

That's like saying your car will work fine regardless of whether you put gasoline or coal in your gas tank. It just doesn't work that way.

Keeping with the example provided previously, your liver requires specific nutrients like selenium that you get from your food to convert the inactive T4 thyroid hormone to the active T3 thyroid hormone that your cells need. If your diet is deficient in selenium, then you can bet your thyroid will be affected.

3. You MUST Address Other Hormones That Directly Affect Thyroid Function

If you think that correcting hypothyroidism is as simple as addressing thyroid hormone levels alone, then you are in for a big surprise.

As I mentioned previously, most practitioners focus entirely on the thyroid and thyroid hormone itself and they end up failing to address other hormones that directly affect thyroid function.

Again, keeping with the example provided previously, the over-production of stress hormones inhibits the conversion of inactive T4 thyroid hormone into the active T3 thyroid hormone that your cells need to thrive. So, if you overproduce stress hormones, which most hypothyroidism sufferers do, then this alone will throw a wrench into the entire thyroid hormone pathway and directly affect the health of your thyroid.



Stress hormones are just some of the hormones that need to be properly balanced as part of this process in order to truly heal and rebalance your thyroid. But there are many other hormones that need to be addressed as well.

Only the best practitioners understand that it is essential to address all of these additional hormones in the healing process. Otherwise, these hormones will continue to create roadblocks and ruin any effort you make to regain control of your thyroid.

7 Simple Steps to Start Saving Your Thyroid

Regardless of what your doctor wants you to believe, there's never one solution to any health problem. If it were as simple as taking one supplement or medication to solve your problem, then most health problems would be eliminated by now and hypothyroidism and its related diseases would be on the decline. The sad truth is that ALL common health problems continue to rise year after year regardless.

And hypothyroidism is no different.

There are many different factors that affect the health of your thyroid. Even if your hypothyroidism may have been caused by one initial problem (which is very rare), that one initial problem quickly creates a domino effect. Before you know it, you are dealing with a number of problems that all need to be corrected before your thyroid can heal.



Sticking with the previous example, simply missing certain key ingredients in your diet can inhibit your liver's ability to convert the inactive T4 thyroid hormone to the active T3 thyroid hormone that your cells need and you will quickly become hypothyroid.

When your liver doesn't get enough active T3 thyroid hormone then it quickly becomes sluggish and congested and can't function properly. One of the important roles of the liver is to detoxify and 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 and Hashimoto's Thyroiditis. Elevated estrogen then drives stress hormone production, which further suppresses your thyroid.

So, your one initial problem quickly turns into two, three, or oftentimes more problems 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 Steps to Start Saving Your Thyroid* that I've given you below. If you think that one or more don't apply to you, they all apply more than you realize.

Step #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.

A Few Simple Steps 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

- 2 medium sized carrots
- ½ Tbsp of coconut oil
- ½ 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.



Step #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. It pumps 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

A Few Simple Steps 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.

Step #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.

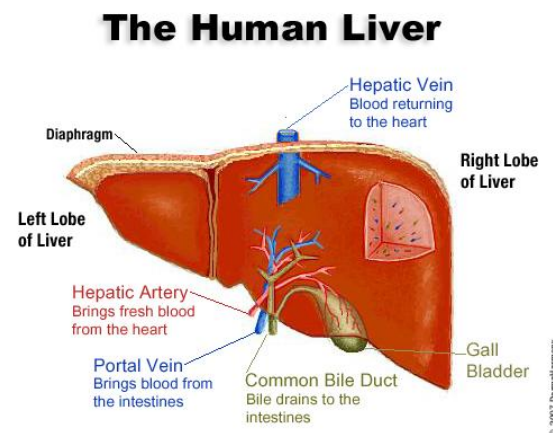
Your thyroid gland produces mostly the non-active thyroid hormone (T4) and a little bit of the active thyroid hormone (T3), which your body can use immediately. But 2/3 of the active thyroid hormone that your body uses is converted from T4 by your liver. So, if your liver is congested then it can't convert 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 stress state of stress. And this kick-starts the whole stress hormone reactions that I just discussed above, which you now know also leads to hypothyroidism.



A Few Simple Steps 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.

Step #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.

A Few Simple Steps 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.

Step #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.

Step #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 with 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.

A Few Simple Steps 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.

Step #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 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 shown 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.

A Few Simple Steps 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. This 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.

Where To Go From Here?

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

If you currently struggle with signs or symptoms of *heart disease, autoimmune issues, fatigue, depression, digestive issues, food allergies, etc.*, then stop treating them like they are separate problems and start understanding that hypothyroidism plays a big role in each and every one and get the help you need to solve the underlying problem(s).

The bottom line is that you need to make your thyroid your number one priority and you'll need some help doing it. It took me many years of research to piece together everything that I now know, so I know firsthand how difficult and overwhelming this can be on your own. Unfortunately, I had to spend years chasing answers and running down roads that led to nowhere before I was luckily enough to stumble upon the research that helped me finally put the pieces together for myself.

It's not always a walk in the park and the process of balancing everything properly can get complicated. What I've shared with you in this report will get you moving in the right direction but it's really only the tip of the iceberg.

There are really three paths you can take from here. Personally, I recommend the third path, for reasons I'll explain below.

1. Find a Qualified Doctor

It's easy to find a doctor to work with considering there are literally tens of thousands of doctors and endocrinologists to choose from out there, most of which take insurance. But you don't want to settle for just any doctor since most are trained to just hand you a pill, tell you everything is going to be OK, and send you on your way when obviously things are not OK. According to studies, 90% of patients treated with typical thyroid medication alone continue to suffer from fatigue and all other hypothyroidism symptoms. So, not seeing results with the medical treatment is extremely common and I discuss this in detail in my free report, entitled [Why You Still Suffer From Thyroid Symptoms](#).

You'll likely need to see several doctors before you find one who is willing to do further testing and is open to alternative approaches.

I have some clients who have spent up to a year looking and had to travel great lengths just to see a doctor who was willing to listen to them and sincerely be interested in their healing. So, you may have better luck looking outside your immediate area.

Even though it can be rather cumbersome to find a doctor worth seeing, more often than not, it's still easier than convincing your typical medical doctor to take you seriously.

But even doctors are not properly trained in nutrition, nor do they address other hormonal issues that occur with hypothyroidism. So, if you're lucky they might be able to help get you moving in the right direction, but unfortunately they can't help you get all of the way there.

2. Find a Functional Medicine Practitioner

There are some practitioners like myself who take a more functional approach to health and are far more genuinely interested and invested in your treatment. By taking a functional approach to health, they are able to look at your diet and various other hormones to get a better idea of what is holding you back from healing.

Depending on the practitioner, this option typically costs around \$3,000 to \$5,000 or more. This might sound expensive but a portion of that is typically needed for lab testing that is not covered by insurance. And if you find the right practitioner that really knows their stuff then it can be well worth the investment.

Now, you still have to be careful and know to ask the right questions because I've personally worked with some functional medicine practitioners who charge well above \$5,000 and they know little to nothing about thyroid health.

So, you really want to make sure of the costs up front and what all it entails.

One of my clients came to me after working with a practitioner she referred to as the "Million Dollar Man" because his rates were so astronomical. She came a long way during the few months she worked with him but she got to the point that she couldn't afford it anymore. Unfortunately he never explained to her the process so she had no idea where to go from there.

By the time she found me, we were able to address some of the important issues that he hadn't and she's been doing this on her own ever since.

Unfortunately, I've also had clients who have come to me after being taken advantage of by practitioners who dangle the carrot, so to speak, and keep taking more and more money without ever delivering what they promised.

So, if you go this route then you definitely want to make sure you know and trust who you're working with and that you'll be able to afford the long term costs, otherwise you could be left in the dark without a plan or knowing how to continue on your own.

3. Follow a Proven Plan

Following a proven plan or blueprint is the one of the easiest, most economical, and best ways to heal your thyroid because it can provide you with the expert knowledge that you need in a far more affordable format. And you get the complete solution up front, so you'll never have to worry about getting left in the dark regardless of what surprises life throws at you.

It's also nice to have a plan to follow up front so you're not stuck having to wait or rely on your doctor or practitioner to fit you into their schedule, waiting weeks before you find out what you need to do next. Instead, you're the one in control and you can go at whatever pace is most comfortable for you.

At times, I've had to put new clients on a waiting list for more than a month, so I know how stressful it can be sitting and waiting to get the answers that you need.

You don't put up a building without planning everything out in advance. If you did, and you miss one single crucial step, then it might all come crashing down on you. The best buildings require architects and engineers to carefully plan out the design and create a plan or blueprint for the builders to follow. This way, the builders don't have to worry about making mistakes and instead can just follow the plan.

Healing your thyroid and rebuilding your health from the ground up can be a complex process that requires careful planning as well. So, it makes sense that you should have a plan or blueprint of your own to follow. As they say, "*Failing to plan is planning to fail.*"

While it can be difficult to gauge just how effective any particular program plan might be, you want to make sure that it addresses all aspects of hypothyroidism starting with the 3 *Essential Components to Thyroid Healing* that I provided you with at the beginning of this report.

Any plan that addresses all aspects of hypothyroidism and has a proven track record will also have no problem providing testimonials from others who have successfully followed the program with good results.

It's understandable that the internet today can be a scary place full of people looking to take your money and run so you can't be too careful, which is why I and other trusted practitioners are more than happy to share other's success stories with you. For example, you can read some of the many emails I've received from people here:

[Hypothyroidism Revolution Success Stories](#)

The right plan can make all the difference in getting the results that you deserve with your thyroid and your health. It can teach you not only how to heal your thyroid naturally, but also how to maintain your new found health for life. Remember... “*Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.*” The right plan can teach you how to feed your thyroid and health for a lifetime.

To your health,

Tom Brimeyer M.S.

www.HypothyroidismRevolution.com

P.S. – In this report, we’ve discussed the fact that the only way to get to the bottom of your hypothyroidism is to take your health into your own hands and address all facets and underlying causes of hypothyroidism that doctors today continue to ignore despite the latest research.

Following a proven plan is definitely the best and most effective way of healing your thyroid, because it’s the only affordable way to get the expert advice you need and be able to follow it at pace that is most comfortable for you.

While nothing is more rewarding than watching my clients transform their lives in front of my own eyes, I came to the realization long ago that if I could take what I do for my clients and turn it into a blueprint for others to follow, then I could potentially help millions of hypothyroidism to do the same.

I’ve literally spent more than a year taking what I do and breaking it down into a simple to understand and implement 3 Step Hypothyroidism Treatment Process that 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?

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 my exact system and how you can use it to naturally and permanently get your life back by stopping hypothyroidism at the source...

[Click Here to Learn More About the Safest, Natural, and Only Way to Truly Overcome Hypothyroidism](#)