



BEYONDBALANCE

ACTION PLAN FOR THYROID HEALTH

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When it comes to a thyroid condition, we need to analyse how all our body systems are functioning including the immune system, digestive system, nervous system, endocrine system, liver, reproductive system and take action to bring our bodies back to balance by supporting systems that may be under stress. This can be done through testing, nutrition, stress management, exercise, supplements specifically chosen for the individual.

The very first step is identifying your symptoms and admitting that **WHAT YOU FEEL IS REAL!** Stop beating yourself up or thinking you are crazy or lazy. You may have been made to feel this way but the truth is that your body gives you signals for a reason and it's time to start digging deeper. Let's get to the root cause.

I am here to help you become your own health detective.



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STEP 1: KNOW YOUR SYMPTOMS:

90% of people with underactive thyroid (hypothyroidism) actually have Hashimoto's but many of them will not be aware of this due to the current standard of care when it comes to thyroid testing.

Please note that Hashimoto's can cause fluctuations between hypothyroid and hyperthyroid and therefore you can end up with a mixture of the symptoms shown below.

HYPOTHYROID	HYPERTHYROID
Hair loss	Rapid heartbeat
Puffy face	Excessive sweating
Weight gain	Weight loss
Cold Intolerance	Tremors
Dry skin	Dizziness
Constipation	Insomnia
Extreme fatigue	Anxiety
Slow heart rate	Irritable
Depression	Nervousness
Brain fog	Hair loss
Muscle pain	Acne



STEP 2) KNOW YOUR CONDITION:

It is imperative that you find out which type of thyroid disorder you are dealing with.

A standard underactive thyroid case is due to the actual thyroid gland not functioning properly but Hashimoto's is due to your immune system attacking your thyroid gland. In other words, these conditions are two completely different beasts and therefore need to be treated that way. Hashimoto's is an autoimmune disease and therefore the immune system needs to be targeted.

In Hashimoto's, if the overactive immune system is allowed to continue the attack on the thyroid, hypothyroid symptoms will develop as the thyroid gland becomes more and more damaged and eventually dysfunctional.

STOP THE ATTACK:

But if you can stop your immune system attacking your thyroid, this does not have to be your fate! Don't listen to anyone who tells you to just wait until your thyroid results are out of range. Research shows that by the time your results are out of range, 90% of your thyroid function has been lost! IT IS VERY IMPORTANT that the immune system is targeted because if it is not, you run a high risk of developing another (or multiple) autoimmune diseases.

CHECK FOR HASHIMOTO'S FIRST: It is important to know that all your thyroid hormones as well as TSH can be within standard ranges but if your antibodies are out of range, this indicates Hashimoto's.

MAKE SURE THAT YOUR TPO (THYROID PEROXIDASE) ANTIBODIES ARE TESTED FOR.

A series of red triangles of varying sizes are arranged in a descending staircase pattern from the top right towards the bottom left of the page.

STEP 3) KNOW YOUR CAUSES:

This is where the detective work comes in. It is essential that we get to the underlying causes behind your thyroid dysfunction.

Without knowing and understanding the causes, it is impossible to restore your thyroid health. Knowing the causes is your best bet at getting better.

Here are some of the possible causative factors below:

1) LOW NUTRIENT LEVELS: such as low vitamin D, B12 and iron have been linked to autoimmune conditions such as Hashimoto's.

2) GUT PERMEABILITY: the tight junctions in your intestinal lining can open which can release toxins into the bloodstream, irritating the immune system and potentially eventually leading to autoimmune disease.

3) LIVER: sometimes the liver can stop functioning as efficiently as it should leading to a toxic build up in the body.

4) TRIGGERS: such as stress, adrenal dysfunction, toxins (found in skincare, make up, household cleaning products), nutrient deficiencies, excess iodine (found in supplements such as multivitamins and iodised salt) and infections are some possible triggers.

5) GENETIC PREDISPOSITION: thyroid disorders may run in your family, the tricky part is that those family members may not have been properly diagnosed.

STEP 4) KNOW WHAT TO DO:

- 1) **CHECK YOUR LEVELS:** such as low vitamin D, B12, cholesterol and immune markers. The best case would be to go through a Functional Medicine Clinic and have a full CBC (Comprehensive Blood Chemistry) done. If you can have your thyroid antibodies tested at the same time, this would be best. I use GC Biosciences in London for my CBC testing but it is always best to seek professional help to make sure you are getting the right test done for your needs. You are welcome to email me for advice.
- 2) **CHECK YOUR GUT:** I use Invivo labs and get GI-Map testing with zonulin added (because zonulin readings indicate if you have a permeable gut). It is important to have a good look at pathogenic bacteria, opportunistic bacteria, parasites, zonulin, GI markers and levels of healthy bacterial strains.
- 3) **LIVER:** it's important to give your liver extra support by removing the extra load of caffeine, alcohol, gluten and environmental toxins. Include more foods that contain compounds needed for liver detoxification - steamed or sautéed cruciferous vegetables such as broccoli and cauliflower are especially helpful to the liver. Get serious about finding out what is actually in your personal care and household products and research naturally-derived make up and skincare products.
- 4) **TRIGGERS:** it is imperative that you find where your main sources of stress are coming from because stress will affect your adrenal gland function and this has a knock-on effect on your thyroid gland. Make sure you are not taking iodine in the form of a multivitamin or in iodised salt if you have Hashimoto's.
- 5) **GENETIC PREDISPOSITION:** check your family history and look into testing for genetic mutations such as MTHFR gene mutations as this will affect your thyroid.
- 6) **EAT MORE VEGGIES:** when your gut breaks down vegetable fibre, it produces SFCAs (short chain fatty acids) which help to prevent gut permeability. See recipe below:

CAULIFLOWER TABBOULEH + ROASTED BUTTERNUT SQUARES

*** (add a protein and a fat to make this a meal)*

INGREDIENTS

1. 600g cauliflower rice (= 4 steam bags of Ocado cauli rice)
2. 1 head broccoli
3. 2 red pepper, finely chopped into cubes
4. 100g sundried tomatoes, chopped into pieces
5. 150g pomegranate seeds
6. 50g pine nuts
7. Big handful chopped mint
8. Big handful chopped parsley
9. Big handful chopped coriander
10. 1 – 2 bags cubed butternut squash

METHOD

1. Pre-heat oven to 180 degrees and line large oven tray with parchment paper
2. Spread butternut squash cubes evenly over the tray and drizzle with olive oil and a little balsamic (optional) – toss, transfer to the oven and roast for 35 mins
3. Heat a tablespoon of high quality olive oil in a large wok or pan
4. Add cauliflower rice to the pan to cook, stirring occasionally
5. Meanwhile get together all other ingredients, finely chop the broccoli flowers off the florets to make a “broccoli rice” and add it to the pan
6. Finely chop the red peppers and sundried tomatoes, add the red peppers to the pan and stir in
7. Grab another small pan and pop your pine nuts in over a low /medium heat, turn occasionally and when just starting to brown on both sides, transfer them into the cauli rice pan
8. Add the sundried tomatoes, stir in and let the cauli tabbouleh cook while you finely chop your herbs
9. Make a quick dressing of 5 tbsp olive oil, the juice of 2 lemons and a few pinches of salt
10. Take the pan off the heat and transfer cauli tabbouleh to a bowl to cool slightly
11. Run through your herbs and your dressing when ready and serve

Keeps for 2-3 days in the fridge to add to other meals

SERVES 4

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