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Hashimoto's Disease & Naturopathic Support

This Protocol is not meant to replace your health guidance by your primary care provider and is for educational purposes.

-Be proactive of your health and Be Well, Dr. G.

Diet: An anti-inflammatory and wheat free diet such as the *Mediterranean Diet* can be helpful. Some people may do better on a more restricted grain-free, sugar-free and starch-free diet such as the *Specific Carbohydrate Diet*.

Foods to include are grass fed meats, pasture grazed hen eggs, seafood, Brazil nuts, walnuts and pecans, avocados and olive oil. Fermented foods such as sauerkraut, pickled ginger, coconut milk kefir and kombucha can aid digestion.

Avoid inflammatory nightshades such as eggplant, tomatoes, bell peppers, potatoes and tomatoes. There is a high link between Celiac disease and Hashimoto's so avoid all gluten. Besides eliminating all wheat and gluten, I also recommend avoiding corn. Caution would dictate avoiding immune stimulating mushroom such as Reishi and Shitake and the herb Ashwagandha (included in the nightshade family).

Digestive problems such as acid reflux and leaky gut need to be investigated and treated. Sleep is also essential with daily stress reduction techniques.

Supplements: A good multi-vitamin is essential. I like Phyto-Multi by Metagenics. Selenium, Zinc, Iodine, B vitamins and L-Tyrosine are essential nutrients for thyroid hormone production.

Labs: CBC, ferritin, B12 & folate, comprehensive chemistry panel, lipid panel, fT3, fT4, TSH, rT3 & TPO

Screen for Celiac Disease: Anti-TG IgA, Anti-TG IgG, EMA, IgA, DGP-IgA, DGP-IgG

On the home page of www.drgurski.com click on the Butterfly to be directed to the registry page of Wellevate me an on line platform to deliver quality supplements. Please take nutritional supplements only under the guidance of your health care provider. The information provided is not meant to replace your regular health care and health screenings.