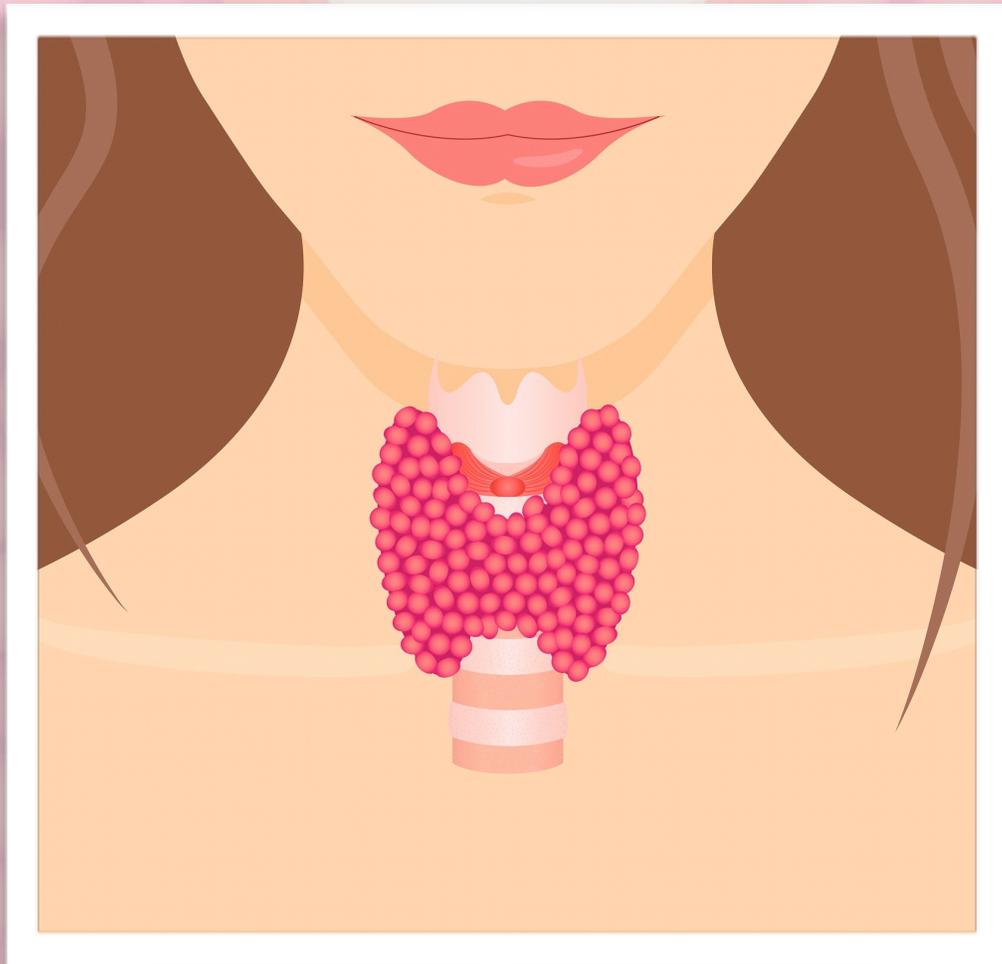


# Four Keys To Ultimate Thyroid Restoration



eBook by

**The Thyroid Doctor: Karla Koch, ND, DOM & RN**

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Designed by: Nicole White, CHHC, E-RYT, [The Thyroid Coach](#)

# The Thyroid Doctor



Hi, I'm Dr. Karla Koch and I provide natural healthcare to people who are tired of being told nothing is wrong with them when they are feeling run-down, or have irritating symptoms like unexplained weight gain, hair loss, or constipation. I help them recover their energy and resolve those annoying symptoms by restoring vibrant foundational health.

After well over a decade of practicing naturopathic medicine and acupuncture, I find myself really wanting to go deep with

my patients to root out and reverse the core causes of their health problems. I love helping people to feel great again *and* to empower them to maintain their health by understanding what lifestyle factors are critical to follow for their personal well-being. I decided to focus in on thyroid dysfunction as it is an increasingly pervasive problem that requires a whole body approach to address well.

The Four Keys to Ultimate Thyroid Restoration are a distillation of what I consider some of the most important lifestyle choices to incorporate in your daily living to avoid further thyroid dysfunction and to start the process of reversing existing damage. Know that while this is oriented toward thyroid health, most of the tips are also applicable to restoring and maintaining overall well-being. I'm excited to share these life-changing key strategies for reversing thyroid dysfunction with you. I hope you find them helpful on your journey to heal your thyroid.

Be well,

Dr. Karla Koch

# Four Keys To Ultimate Thyroid Restoration

**1**

**Let Food Be Thy Medicine**

**2**

**Reduce Sources of Inflammation**

**3**

**Detoxify and Avoid Toxins**

**4**

**Check & Balance Other Hormone Systems**

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# 1

## Let Food Be Thy Medicine

Replenish deficient nutrients with an organic, varied, vegetable rich diet (think about eating a rainbow of colorful foods daily -- and I don't mean Skittles) as well as a quality multivitamin ensuring it includes the micronutrients.



# Improve Gut Health

Improve gut health with plenty of fiber and water in your diet. Gut health is important to the thyroid for multiple reasons. The one I want to focus on here relates to supporting the right levels of active thyroid hormone, T3. The GI tract is responsible for about 20% of the conversion of inactive thyroid hormone (T4) to active thyroid hormone (T3). If the gut is inflamed or has unhealthy bacterial balance, this process runs into trouble. My number one tip here is to include foods high in resistant starch which 'resist' digestion and can pass through the gut unchanged until they can feed the healthy bacteria in the large intestine. Resistant starch also helps balance blood sugar levels, keeps you from feeling hungry for longer periods of time, and does not contribute excess calories.



# Foods Highest in Resistant Starch

- \* Beans and potatoes.
- \* Potatoes have good levels of resistant starch after being boiled then cooled for several hours. After boiling then cooling completely, the potatoes may be gently reheated again before eating, and repeating this heating and cooling process continues to increase the resistant starch content as well as decreasing the glycemic index.
- \* Glycemic index refers to how fast the starch turns to sugar upon eating.





# Eliminate Sugar

**Eliminate sugar** from the diet. This will help balance blood sugar, support consistent energy levels and reduce inflammatory stress in the body.



# Avoid Allergenic Foods

**Avoid allergenic foods.** The most common aggravating food in Hashimoto's thyroiditis is gluten/gliadin, a sticky protein found in several grains, most notably in wheat. Other common dietary contributors to autoimmune thyroid disease are dairy and soy. Even in non-autoimmune related thyroid dysfunction, allergenic foods create inflammation and our bodies will work better and we will feel better by avoiding them. Reducing inflammation can mean less joint pain, less cardiovascular disease, a stronger immune system, and better emotional well-being.



# Be Wary of Iodine Supplementation

**Be wary of iodine supplementation.** Iodine in small amounts is necessary and supports normal thyroid function. In larger amounts iodine can be a problem. When I give iodine as a supplement, I always give it with the nutrient co-factors that are needed to process iodine safely in the body. When Hashimoto's or autoimmune thyroiditis is part of the picture, I actually recommend avoiding iodine, including that found in multivitamins, as iodine can flame the fires of the autoimmune attack of the thyroid.



# 3

## Detoxify and Avoid Toxins

**Detoxify and avoid toxin exposure.** Good liver function is critical to optimal health, and where the thyroid is concerned, the liver is also important as the primary conversion site for inactive to active thyroid hormone. A sluggish or fatty liver can be a primary driver of hypothyroid conditions.



# Detoxify

**Detoxify** your body. Tobacco smoke and alcohol and multiple less obvious toxins like nitrates and perchlorates are associated with increased rates of autoimmune thyroid disease. Support the liver and digestion with bitter foods and herbs, extra fiber and plenty of clean (filtered) water. As a general rule, I recommend drinking half your bodyweight in ounces daily (150 pound person should drink 75 ounces water daily). Give those toxins and metabolic byproducts a pathway out of your body via urine, sweat and the bowels.



# Avoid Toxic Exposure

**Avoid or cut down on toxin exposure**, including cleaning chemicals, pesticides, plastics, perfumes and toxic metals. We can't eliminate all exposure as we live in an increasingly polluted world, but there is a lot we can do to lower our toxic burden. The less our bodies are taking in, the easier it is for us to eliminate toxins. There are a wide range of chemicals that have been shown to inhibit thyroid function or to increase autoimmune thyroid disease. I'll focus on mercury here as it is chemically similar to iodine so the thyroid absorbs it readily and is directly damaged. Top tip: avoid the high mercury levels found in most fish - especially those at the top of the fish food chain like tuna - by only selecting wild Alaskan salmon or tilapia.



# 4

## Check & Balance Other Hormone Systems

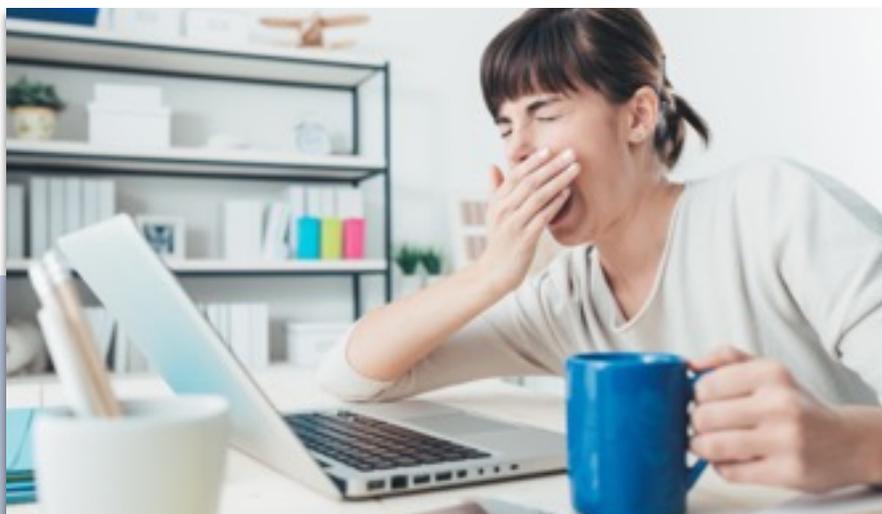
**Check and balance other hormone Systems** The endocrine system is a very complicated interrelated system of the body. The coordination of the thyroid hormones impacts and is impacted by the function of other systems. The two endocrine systems I want to focus on here are the adrenals and the sex hormones.



# Support the Adrenal Glands

**Support the adrenal glands.** The adrenal glands produce cortisol which is critical for modulating inflammation and energy levels. Stress, whether psychological or physical, can lead to chronically elevated cortisol levels. Over years, on-going stress can lead to a drop in cortisol production as a safety mechanism of the body. This is often called ‘adrenal fatigue’ although it is not really an accurate name for it. Cortisol levels in turn affect thyroid function by lowering TSH production which leads to lower levels of thyroid hormone and reduced T4 to T3 conversion.

There are several lifestyle influencers on adrenal function, these include ensuring sufficient quantity and quality sleep, moderate exercise, stress relief habits and balancing blood sugar.



# Quality Sleep

Top tip: Avoid all blue screens (computers, phones, tablets, televisions) at least one hour prior to bedtime. Blue screens and LED lights inhibit melatonin production. Melatonin is a very important hormone for supporting sleep quality as well as being a potent antioxidant.



# Check and Balance Sex Hormones

## **Check and balance sex hormone systems**

- Excess estrogen inhibits thyroid function.
- Low thyroid function can lead to low testosterone levels, correcting thyroid function can reverse this process.
- Polycystic Ovarian Syndrome is associated with higher rates of hypothyroid and autoimmune thyroiditis.
- Top Tip: Supporting complete digestion, regular bowel movements, healthy bile flow and liver detoxification helps eliminate the excess recycling of old estrogen.



# 5

## Bonus Tip

- \* Perform **thyroid self-exams** regularly.
- \* Get to know the feel of your thyroid so you can tell if it changes.
- \* Ideally get a thyroid ultrasound annually to monitor for changes or signs of dysfunction.



# 6

## Free Consultation

### **Want to know more?**

Call for a **free** consultation to find out more about the **Ultimate Thyroid Restoration** Program.

**Salubrio Natural Healthcare**

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# Six Keys To Ultimate Thyroid Restoration

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**2**

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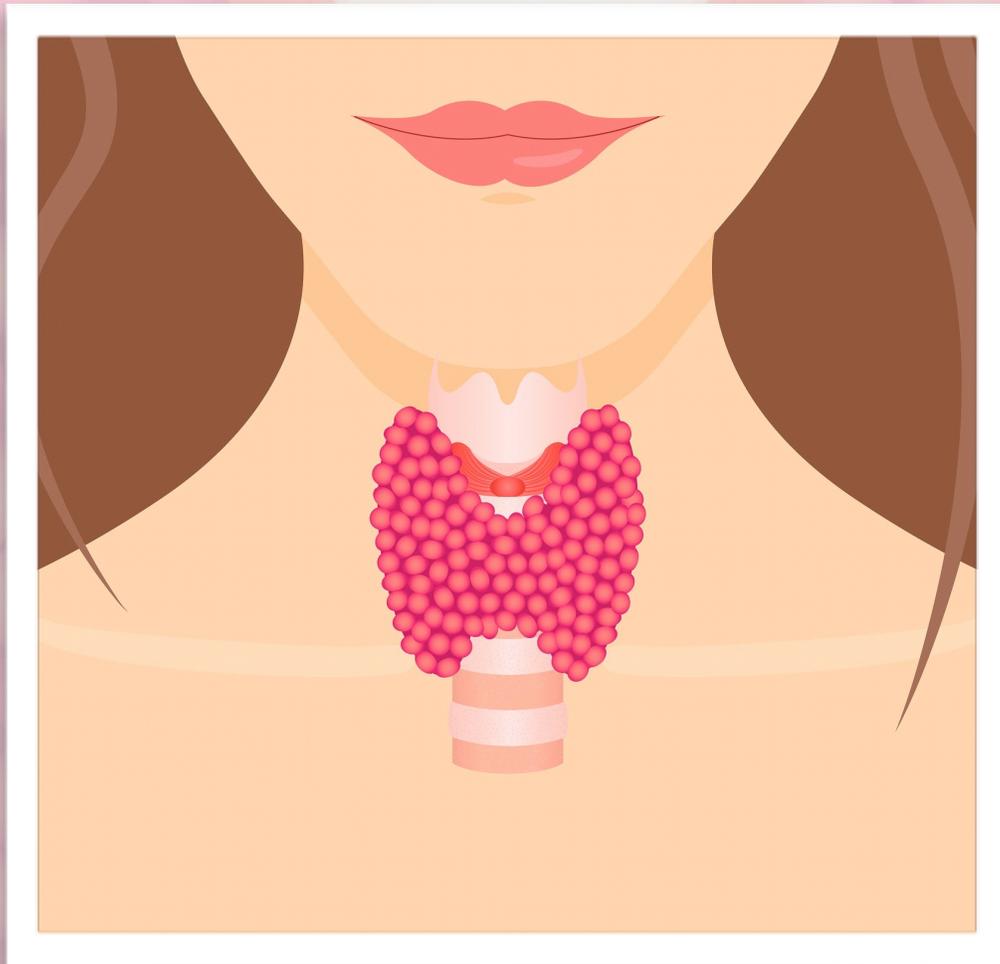
**5**

**Perform Thyroid Self-Exams**

**6**

**Call for your FREE consultation**

Do you know someone who would benefit from this eBook?  
Please send them to [www.salubrio.net](http://www.salubrio.net) to get their FREE copy  
of **The Four Keys to Ultimate Thyroid Restoration**



For more information, please visit [www.salubrio.net](http://www.salubrio.net)

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