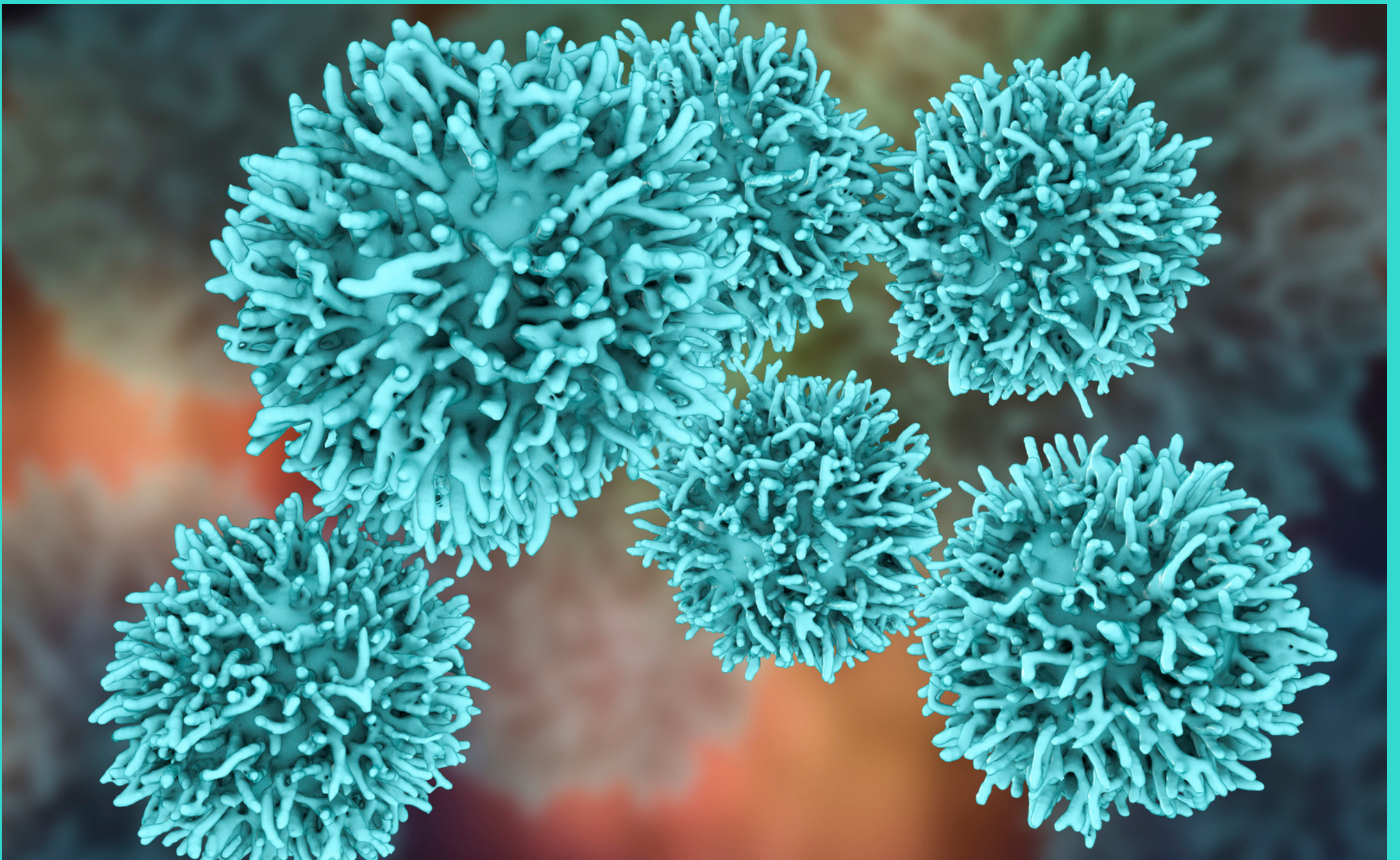
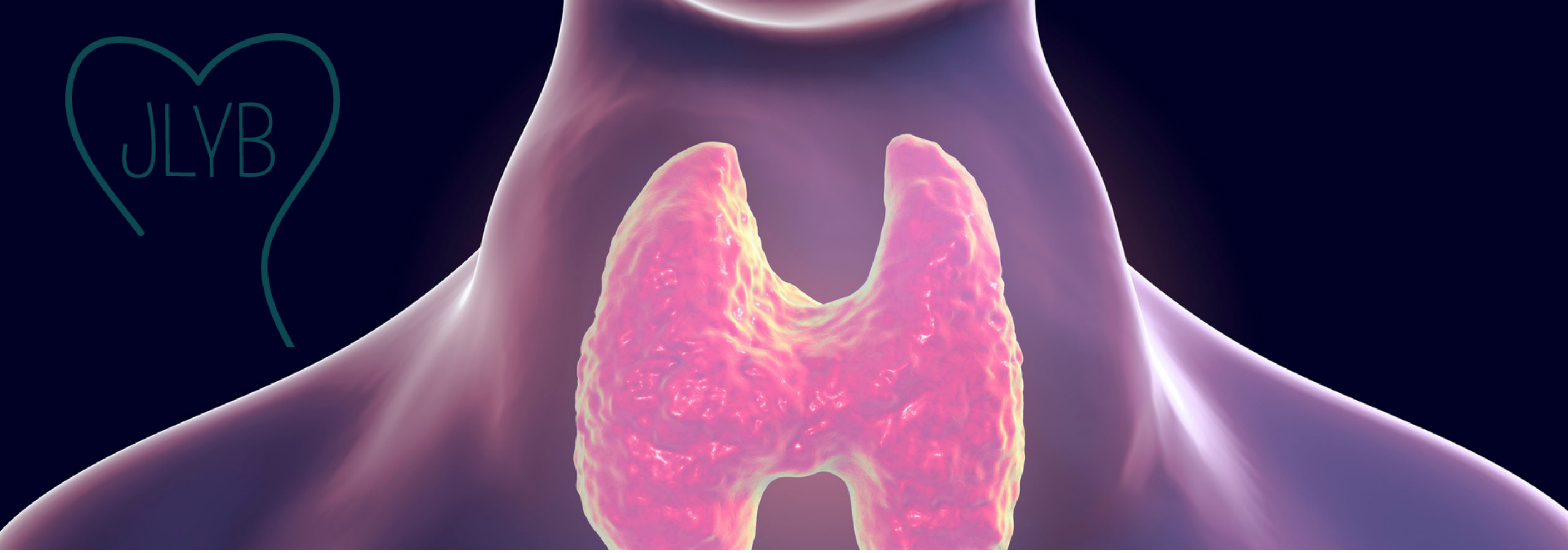


LOVE YOUR THYROID



JAMIE GILLIAM





Your Thyroid

Your thyroid gland releases T3 and t4 hormones. These hormones regulate your metabolism (the chemical processes in your body that break down what you eat to make it energy. Every cell in your body depends on these hormones. When your thyroid is under active, you can experience an array of symptoms.

It is also important to understand that high cortisol levels, low progesterone and low testosterone are all directly related to an under active thyroid. These problems are also common when taking thyroid hormone replacement medications (even when blood work shows your t3, t4 and TSH levels are in normal range).

The good news is, you can implement simple changes to your diet, movement and lifestyle to encourage your thyroid to function as optimally as possible. If you suspect you have an under active thyroid but blood tests are considered normal (this is common), you have options.

If you have a diagnosed condition and require hormone replacement therapy, you also have options to assist your body and your medication in working efficiently.



Symptoms of an underactive thyroid (or that your hormone replacement is not working properly) can include:

- weight gain and/or inability to lose weight
- mental health issues/brain fog
- chronic fatigue and/or adrenal fatigue
- thinning hair/eyebrow thinning/hair loss
- numbness, tingling, burning of extremities
- jaundice (yellowing of eyes, skin)
- high blood pressure
- hump on back of neck
- puffy face and swelling of hands and feet
- gallstones
- constipation
- bloating and/or fat accumulation in mid-section
- heartburn
- menstrual changes
- low or non-existent sex drive
- chronic dry eyes, mouth, skin, mucous membranes
- muscle weakness
- cold intolerance and hot flashes
- sleep apnea
- heart attack risk



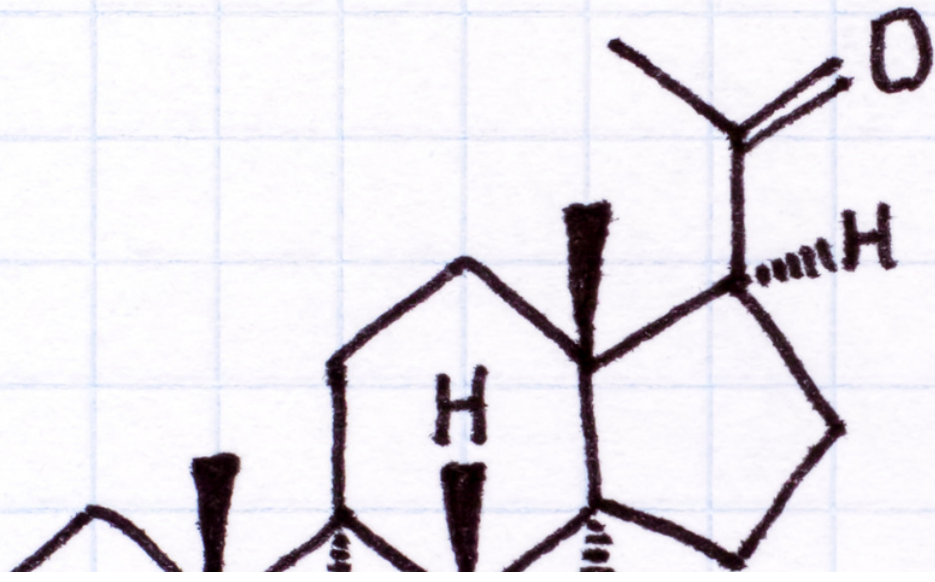


Symptoms of high cortisol levels can include:

- chronic fatigue
- mid-section weight gain
- bruising easily
- puffy face
- swelling in the legs
- anxiety, depression, irritability
- irregular menstrual cycles
- mental fogginess
- muscle weakness
- fat pad on back of neck
- stretch marks
- osteoporosis
- abnormal hair growth
- increased thirst and frequent urination
- high blood pressure
- diabetes



Progesterone



Symptoms of low progesterone/high estrogen:

- chronic fatigue
- low to no sex drive
- memory loss and inability to concentrate
- loss of lean muscle tissue
- low blood sugar
- hot flashes
- migraines or chronic headaches
- depression
- anxiety, irritability or other mood changes
- irregular or absent menstrual cycles
- PMS
- heavy cycles
- fibroids, endometriosis
- vaginal dryness
- infertility
- weight gain and/or inability to lose weight



testosterone

Symptoms of low testosterone can include:

- chronic fatigue
- low to no sex drive
- loss of lean muscle tissue
- depression
- brain fog and inability to concentrate
- moodiness and irritability
- loss of muscular strength and muscle weakness
- anemia
- thinning of hair/hair loss
- osteoporosis
- weight gain/inability to lose weight
- infertility
- for men - erectile dysfunction





What to do?

Literally every cell in your body depends on proper thyroid function. When you take the necessary steps to help your thyroid function properly or for your medication to work properly, you will feel 100% better in your overall health and well being. Mentally, emotionally and physically....you will feel like a new person.

So.....what can you do?

Get Key Vitamins and Supplements Your Body Needs

Understand What Foods and Beverages To Avoid/Limit

Understand How Your Medication Works

Implement Healthy Lifestyle Habits That Impact Your Thyroid Health and Overall Health and Well Being





Key Vitamins, Minerals and Supplements

Multivitamin with methylfolate (no synthetic folic acid)

Vitamins A, E and C (included in your multivitamin)

Extra B complex vitamins

Extra Vitamin D - (especially if you do not get sunshine)

Extra Calcium

Selenium (included in your multivitamin)

Zinc (included in your multivitamin)

Tyrosine (Amino Acid) -Try BCAA's

Ashwagandha (herb)

Probiotic or diet rich in gut friendly bacteria. (gut health is directly related to thyroid and other health conditions)

Through my practice, I offer affordable, individualized vitamin and supplement regimens using Pure Encapsulations. Contact me for details.





Foods and Beverages to Avoid/Limit

Many people with hypothyroidism, Hashimoto's, and those who have undergone a partial or total thyroidectomy experience an autoimmune response to certain foods and derivatives. The following are foods to avoid. It can be difficult to avoid certain foods/beverages altogether. If you cannot completely avoid, limit as much as possible. There are so many alternatives available. You want to feel your best and give your body the best opportunity to thrive.

- Dairy
- Gluten
- Soy
- Raw Cruciferous Veggies (simply cook or steam)
- Almonds, Cashews, Peanuts, Walnuts, Macadamias
- Added Sugars
- Simple Starches
- Artificial Ingredients
- Processed Foods
- Fatty Foods
- Excess Fiber Foods (beans, legumes)
- Alcohol
- Caffeine



If you are taking medication for thyroid function:

I was astonished when I had my thyroid removed and was prescribed levothyroxine without any guidance from my doctor about managing my medication and my health. He simply wrote a prescription and I picked it up from the pharmacy. The only directions provided to me were to take my pills with a full glass of water. Taking into consideration the foods and beverages to avoid/limit that I mentioned above, here are some important tips for ensuring your thyroid medication can be absorbed and work properly:

- Take at the same time every day (if on daily doses)
- Take on an empty stomach with a full glass of water
- Allow an hour before eating/drinking (besides water)
- If you must drink caffeine, limit it and wait at least an hour after you take your medication
- Any medications, vitamins, antacids, supplements should not be taken within 4 hours of your medication (not all things impact absorption, but I use this as a general rule to be extra cautious with my clients).

LIFESTYLE



Lifestyle Tips For Optimal Thyroid Hormone Function:

Mental and Emotional Health

- daily journaling/meditation/prayer
- schedule date nights with your partner
- regular intimacy with your partner
- get adequate sleep in a relaxing environment

Nutrition

- avoid/limit foods and beverages mentioned above
- minimum 1/2 gallon of water daily
- whole foods diet with high protein, moderate fat, complex carbohydrates (enjoy foods you love 20-30% of your daily/weekly caloric goals)
- supplement as needed to ensure adequate vitamins, minerals, etc.



Movement

- 10,000 steps per day
- limit high intensity workouts (increases cortisol levels)
- opt for moderate intensity conditioning workouts
- resistance/strength training 2-3x per week
- foam roll for restoration, relaxation, recovery



Give yourself time.

Your body and YOU need your patience. This may be a ton of information for you to digest all at once. Take a deep breath and just take it one step at a time.

As you implement changes to your lifestyle, give yourself and your body time to adjust. It can take up to 6-8 weeks to really notice changes in your symptoms. Be sure to journal how you feel each day to track changes. Often we change slowly over time and forget just how much progress we have made.

For more health, hormone, fitness and nutrition tips click here to join my free facebook community:

JLYB TRIBE

If you have questions about your own thyroid issues and health, message me via Facebook or text me at 512-264-5836 and we can determine what you need individually to feel your best.

Just Love Your Bod!

Jamie Gilliam

Hormone Health Practitioner

Women's Weight Loss Specialist

