Thyroid/Food Plan/Nutrition

Overview: Jumpstart, talk about Thyroid, Metabolism, Food Plan. I consider this session part one of the thyroid discussion. We'll be covering how to calculate Free T3/reverse T3 which is not as easy as it appears.

Link between Metabolism/Thyroid/Mood

The thyroid hormone (TH) system with its main hormones tetraiodo-L-thyronine (T_4) + (T_3) are crucial regulators of many developmental processes (e.g., brain, inner ear and bone development as well as bone remodeling) and physiological functions such as carbohydrate-, lipid-, and protein metabolism and homeostasis of the metabolic Severe T_3-deficiency during gestation leads to severe mental retardation and growth defects of the offspring pointing to the importance of T_3 in regular development. In the adult T_3plays a critical role in metabolic homoeostasis, heart function, and the psycho-neurological well-being. Get right amount of iodine, iron, vitamin A, vitamin D, selenium, zinc and copper

The Four T's

If your thyroid is healthy, it produces hormones in the correct amounts: mainly T4, T3, T2, T1, reverse T3 and calcitonin. (The numbers of 1 through 4 refer to the quantity of iodine atoms on each hormone.) Thyroxine is the inactive version of thyroid hormone – which basically means you need it, but it's mostly a pre-hormone to the more important or "active" version, which is *triiodothyronine* (T3). Thyroxine makes up more than 90 percent of your thyroid hormones, but it must be converted into T3 before it can be used in the body. T4 is essentially a storage hormone, waiting in the wings to be converted into active T3. Most of the T4 in the blood is attached to a protein called thyroxine-binding globulin. Less than 1 percent of the T4 is unattached, or "free." But it's the free T4 roaming around freely in your bloodstream that causes thyroid problems. Similarly, less than 1 percent of your T3 is free — and thus able to make trouble. Despite being present

in such small amounts, T3 has a greater effect than T4 on the way you use energy. Out of all the thyroid hormones, free T3 is the most biologically active--which means it is the primary influence on your weight, energy, skin, hair, muscle strength, heart rate, menstrual cycle, memory, and cholesterol--yet few doctors check it.

Reverse T3: Friend or Foe?

Your body also makes reverse T3 (rT3), which is designed as a way to get rid of T4 you don't need. Generally, if you are healthy, 40 percent of T4 gets made into T3, and 60 percent gets made into rT3. Here's the tricky part. If your body is stressed, a signal is sent to change the ratio such that you are producing *more than* 60 percent rT3. This makes rT3 go up. This allows you to adjust metabolism, or how hard your body works in the idle position (similar to a car), with stressors such as the flu, a car accident, a relationship breakup, extreme cold as well as other emotional and physical challenges. The way that rT3 adjusts metabolism is that it blocks the T3 receptor and can make you temporarily hypothyroid or low in thyroid function. In other words, when your reverse T3 goes up, you're "thyroid resistant"—you don't respond properly to thyroid medication and may continue to have hypothyroid symptoms together with normal thyroid blood tests. Reverse T3 happens when the wrong iodine atom gets taken off T4, and as it rises beyond the lower half of the normal range, your tissues don't enjoy the benefits of a normal TSH and thyroid hormone, so your hypothyroid symptoms persist. This condition, of thyroid resistance, is often missed by mainstream doctors, who claim it's rare—mostly because they don't check for it.

What is the main indicator of thyroid resistance? When normal thyroid treatment doesn't work. Or your basal body temperature low. Or your free T4 is high, over 1.4.

Here's an example from our group **60 years young, no thyroid medication**

Want ft3/rt3 > 1.8 if units in ng/ml

when units are in pg/ml – want > 0.018

free T3 = 2.7 pg/mL, reverse T3 = 337 pg/mL (want rt3 < 250)

ratio 2.7/337 = 0.008, so this Mission Ignition Member has thyroid resistance, and probably the best approach if there's symptoms such as fatigue or mood issues, is to consider putting some T3 in for 12 weeks as a reset, then wean off – let me explain morelater when we do our live Q&A, you can tell me if you have questions. If the math is bringing you down, here's a calculator

http://www.stopthethyroidmadness.com/rt3-ratio/

Most common reasons for low fT3/rT3 ratio:

- Chronic dieting
- Low ferritin
- High + low cortisol
- Diabetes
- Low Vitamin B12

Basic treatment is to stop taking T4 and treat only with T3. It takes about 12 weeks for the rT3 to clear the thyroid receptors.

- Note that the ratio of free T3 to reverse T3 must be measured at the same time.
- If you end up switching medications, do it very gradually.
- Don't take thyroid medication the morning of your blood test
- Stop iron supplements 5 days before blood test

Let me reframe: the ratio of fT3-to-rT3 is the main arbitor of your metabolism. In

other words, if your rT3 goes up, you are more thyroid resistant. Women who are chronically stressed, rT3 can be causing your thyroid to slow down significantly. If you operate in the world with the perception that life is stressful, excess rT3 may be slowing your metabolism. Put another way, reverse T3 correlates inversely with the amount of T3 inside your cells.

Food plan

I'm going to present a food plan for people who are trying to lose weight. I call this Gottfried Basic, and then there's maintenance, which I'll mention next week. Several of you asked about low carb diets and I have to say I'm not a fan. If you're trying to lose weight, I recommend carbs in the morning, when your brain most needs it to get focused, and then exercise in the morning. Low-carb diets suppress thyroid function, increase reverse T3 MORE THAN COMPARABLE calorie reductions with adequate carbohydrates. With a low-carb diet, you'll have initial weight loss, but if the increasing reverse T3 is not addressed, the weight will be regained. This is the food plan that I use, and then I adjust based on what happens each week with your weight. For women who are a normal weight or close to their maintenance weight, we start to add fat, such as a TBSP of coconut oil or ghee or olive oil at breakfast, then at lunch. Then we add slow-carbs such as 2-4oz of brown rice or quinoa at lunch. I happen to have done my genetics test—and I need to eat lower carb. I only eat carbs at breakfast, and feel satisfied with fat.

- Breakfast: 1 oz of dry oats or oat bran which you can cook, 6oz of low glycemic fruit, plus 2 eggs or 8oz yogurt or 1oz of nuts plus 4oz of yogurt
- Lunch: 6oz vegetables, 6oz beans or 4oz of animal protein, 1 apple or 6oz low-glycemic fruit
- Dinner: 8oz salad with 2T dressing, 6oz beans or tofu or 4oz animal protein and 6oz vegetables. The vegetables are low-glycemic such as greens, zucchini, limit squash, carrots, beets to twice/week.

- Dressing must be free of sugar in the first 5 ingredients

I'm not a fan of weighing every day – try weighing once per week.

Supplements

Now lets talk supplements that boost metabolism & increase fat loss. The mantra here, as I've mentioned before, is to take the supplements that are most appropriate for you. Don't take everything but the kitchen sink. Be targeted, strategic. Start with ONE and see if it works

1. CLA- **Conjugated Linoleic Acid** (**CLA**) Supplements, which can help speed weight loss, build muscle, and reduce fat in overweight folks. If you want a lot more data, you can listen to my live Q&A from one week ago that I did for my entire tribe. The link is posted in FB and we'll also send it out in the next email.

2. L-Carnitine is best for people who have systemic carnitine**depletion – several signs of this. If you're a diabetic or pre-diabetic, you shouldn't take this. Here's a contest – if you can find the thing on my NutrEval, posted on your PDF page that indicates I'm low in carnitine, let me know on the** Live Q&A on Thursday--enter our contest to tell me what on my NutrEval indicates carnitine deficiency and the first person to raise their hand (*2) or email us after noon Pacific will win either CLA or L-Carnitine.

Finish with energetics and our energetic being

Your energy never lies. Your body doesn't lie. Don't be in a rush for the higher level solutions. It can be very enticing to want to jump to higher level solutions when our basic fundamental needs are still not being taken care of. Listen to Lisa Byrne's exercise again on writing a brief letter (3-5 min) to an idol or someone who raises your energy.

Here's her recap:

The simple exercise is to bring to mind an idol. The idol needs to be really juicy; a woman in your world or in the past. Think of not the idealistic idol.

You're not to bring to mind someone necessarily that their lives communicated idealistically maybe a strong value that you believe in. It could overlap. This is a woman that if you could just choose a best friend that you would have access to and just enjoy their time and you think so highly of them and they have so much richness about their life. It doesn't mean you have to know them necessarily but when you think about them and what you do know and what you do imagine of them, you just lift. You light up. There's a sense of a bit of idealization that you put them up on a bit of a pedestal. You see their life as being full and what you would desire. I want you to write a letter to them. This should be a timed letter. Timed letters are really important sometimes because it gives you a framework for getting a lot out and not just going on and on. You want to give yourself 3 to 5 minutes.

That's all I've got in the time we have today. Remember to pick one thing from the JumpStart, and post on FB. I'll see you next on our Live Q&A on Thursday and enter our contest to tell me what on my NutrEval indicates carnitine deficiency.