

# Managing Hashimoto's

## Dietary recommendations:

- Avoid gluten containing grains - wheat, spelt, kamut, barley, rye.
- Look at celiac website: <https://www.celiac.org> - to research products/medications that may contain gluten (eg, soy sauce, beer, lipstick, etc).
- Use Gluten Manager or other gluten enzymes when eating out.
- Keep blood sugars steady - eat a hearty breakfast, avoid simple carbohydrates and don't skip meals.
- Follow an Anti-inflammatory or Autoimmune Paleo type diet for the next few months to heal the gut and then carefully expand your diet to tolerance.

## Supplements: *Can purchase most of these through Fullscript/Wellevate.*

- Optimize Vitamin D3 levels: 5000 IU daily emulsified D3.
- Optimize Vitamin A levels: 5 - 10,000 IU daily - cod liver oil.
- Essential Fatty Acids: Cod liver oil: 2 tsp daily.
- Oxicell (Apex): 1/2 pump rubbed into anterior neck 2x day (test on small patch of skin to see if react adversely). Potent antioxidant for immune regulation and liver detoxification.

## Other recommendations:

- Support adrenal health.
- Balance estrogen.
- Thyroid replacement medication if needed.
- Low Dose Naltrexone - immune modulator - look up on: [www.ldnresearchtrust.org](http://www.ldnresearchtrust.org). *Contact our medical assistant at [ma@quest-center.org](mailto:ma@quest-center.org) if you would like this prescribed or would like more information.*