Introduction to Thyroid Health

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Welcome to Integrative Health Online!

You have taken a great step by believing in your health. Your physical being is the most amazing thing in the known universe. Given the right circumstances, it will bring you the health you deserve. Tens of thousands of people just like you have taken these steps and gotten better. You can also.

Now is your time to reclaim your health. This program is your opportunity to make it happen. Your improvements and progress are the highest priority. Along the way expect the process to be effective, but don’t be surprised if it is also fun, engaging and a little lighthearted.

As you start on this new venture, please take a moment to dream big with your health. Create a mental image of how your perfect day would feel. Perhaps you would be confident in how you looked. Maybe you would feel unrestricted by fatigue. You might be more joyful in your interactions with your loved ones.

Make this image as clear as you can and reflect on it for a few moments each day. Once your mind knows what you are trying to achieve, taking the steps towards your goal will be natural and effortless. You’ll also notice that any blocks or obstacles will no longer slow you down.

You are welcomed to share your experiences and progress with us. We always love to hear from you. You are not in this on your own. Your trust in us is appreciated and honored. Thank you for letting us help on your journey.

In Good Health,

Dr. C and Integrative Health
You're only as healthy as your thyroid and your thyroid is only as healthy as your diet. It is unfortunate that this important correlation has proven to be a source of confusion for many. If you really avoid all the things everyone says to avoid, you won't be able to eat. Some rules are important and some are not. Since we all have to eat and have limited willpower, let's focus on what really matters.

After an overview of a healthy diet, some smaller points important to the thyroid will be given. Then, it will all be tied into a simple daily plan.

My favorite simplification of a thyroid-friendly diet is the Abe Lincoln Diet. Here's how to do it: carry a penny in your hand as you walk through the grocery store. When you can't decide whether or not to get a food, look at the penny and ask yourself: would Abraham Lincoln have recognized this food? If the answer is no - put it back!
It's a simple way to keep on track with food decisions. Here are the most important things to keep in mind:

**Common Food Myths**

- Good food takes too much time
- Good food is more expensive
- Junk food is tastier

**Thankfully not a single one of these myths are true.**

Once you learn some of the quick tips in here, you'll be eating better and spending less time in the kitchen.

Good food does not have to cost more, especially not if you factor in the savings on corrective health treatments.

As per taste, your taste buds do change in just a few weeks. If you eat clean for awhile, you really will not find processed foods appealing.

“If health is not a matter of fact,”

**Elements of a Healthy Meal**

- **Produce** - fresh fruits and vegetables should be about 1/2 of each meal
- **Protein** - should come from a variety of sources and ideally be about 1/4 of the meal
- **High fiber starch** - the remaining 1/4 of the meal

If there is one thing a healthy diet is not lacking, it's options.

For each of the elements mentioned above, I have compiled a list of the key concepts and numerous examples.
Produce - Best sources

Eat the Rainbow

Some of the most powerful nutrients in plant are the chemicals that make their colors. To get a good variety of them, try to eat something from each color group daily. What could be simpler?

Beets
Cherries
Pomegranates
Raspberries
Red Bell Peppers
Strawberries
Tomatoes

Artichokes
Arugula
Broccoli
Brussel Sprouts
Celery
Cabbage
Leeks
Spinach
Zucchini

Bananas
Cauliflower
Ginger
Jicama
Kohlrabi
Mushrooms
Onions
Parsnips
Turnips

Apricots
Butternut Squash
Carrots
Lemon
Oranges
Peaches
Pumpkin
Tangerines
Yellow Peppers

Black Currants
Blackberries
Blueberries
Plums
Eggplant
Grapes
Plums
Purple Tomatoes
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**Produce - General Concepts**

- Fresh or frozen
- Variety
- Rainbow
- Organic when possible
- Raw or lightly cooked

**Quick Produce - Examples**

- Baby carrots
- Celery sticks
- Prepared lettuce
- Broccoli florets
- Apples
- Berries

*After produce, the most important element in the diet is protein.*

We all say we want to lose weight but we are really trying to lose fat. Nothing helps this more than protein. Ideally good quality protein would make up ¼ - ⅓ of our diet.

**Protein - Best Sources**

- Whitefish
- Salmon
- White meat poultry
- Shellfish
- Lean red meat
- Ostrich/Buffalo
- Eggs
- Tempeh
- Seitan

**Protein - Concepts**

- Palm-sized serving
- Low fat
- Organic
- Nitrate free
- Non-allergenic
- Omega 3 fats

**Quick Protein - Examples**

- Cold cuts (preferably nitrate free such as Boar's Head or Diestel brands)
- Smoked salmon
- Pre-cooked chicken
- Shrimp cocktail
- Hummus
High Fiber Starch - Best Sources

- Oatmeal
- Sweet potatoes
- Brown rice
- Black beans
- Split peas
- Bulgur
- Corn
- Popcorn
- Pinto beans
- Whole grain noodles-gluten free

High Fiber Starch - Concepts

- Unprocessed
- Variety
- Low sugar
- Whole grain
- Lower Glycemic Index

Quick Starch - Examples

- Rye crisps
- Sweet potatoes
- Low fat granola-gluten free
- Parboiled brown rice

Snacks

Preparation is key when it comes to quality snacks. Measure and package snacks the night before a busy day so that you can just grab and go. Healthy snacking can keep your energy levels high and your mind alert.

- Nitrate free cold cuts and high fiber crackers
- Apple + small handful nuts
- About 16-20 baby Carrots and two tablespoons of hummus
- Cucumbers tomatoes and two tablespoons of hummus
- One medium apple and a small handful of nuts
- Two brown rice cakes with two ounces of smokes salmon, thin onion slices and a dash of lemon juice
- One can of Kippered Snacks
- One medium pear
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Meal Assembly Strategies

Staples to pre-cook
- Oatmeal
- Brown Rice
- Whole grain noodles-gluten free
- Poultry
- Shrimp
- Beans

Produce to-prep
- Wash all
- Vacuum seal
- Dice melons
- Peel and freeze bananas
- Dice onion

Meal Assembly Shopping List
- Pre cooked chicken
- Pre cooked rice
- Fresh pasta-gluten free
- Canned beans
- Instant oatmeal
- Prepared lettuce
- Baby carrots
- Sliced mushrooms
- Diced squash
- Baby bell peppers
- Baby spinach
- Veggies for dip

Healthy Sauces
- Spicing it up - healthy sauces
- Pasta sauce
- Salsa
- Stir fry
- Vinaigrette
- EVOO/Balsamic vinegar
- BBQ
- Thai peanut sauce
- Curry
- Hummus
- Mustard
Breakfast

Huevos Rancheros
Layer:
1 corn tortilla
1/3 can fat-free refried beans
1 cup of steamed spinach
2 eggs (poached, over easy or lightly basted)

Tip for Busy Mornings:
Hard-boil eggs in advance; it should take about 10 minutes to make enough eggs to last several days. After boiling the eggs immerse in ice water, this will allow for easier shelling. Shell the eggs and refrigerate.

The morning of:
Prepare plate with tortilla on bottom, spread 1/3 small can refried beans and layer 2 cups of spinach leaves. Cover and microwave until spinach is wilted and tortilla and beans are warm. Optional toppings for even more veggies include diced tomatoes, 1/4 diced avocado, and 1/4 cup diced cilantro.

Breakfast Smoothie
Ingredients:
VegaPro protein powder - make sure the powder is without added sugar or flavorings
Ground flax seed & Frozen berries

Gourmet Oatmeal
Ingredients:
Steel Cut Oats
Natural sweetener (stevia or xylitol)
Cinnamon
Nutmeg
Fiber One Cereal
Coconut milk or unsweetened yogurt
Apples

Tip for Busy Mornings:
Simmer 1 cup of steel cut oats for 30 minutes with 2 1/2 cups water. Add 1 tsp natural sweetener, 1 tsp cinnamon, and 1/8 tsp nutmeg. For best results use freshly grated nutmeg. This can all be done in advance; cooked oatmeal will keep for several days when refrigerated.

The morning of:
Warm up roughly 1/3 of cooked oatmeal mixture. Add 1/4 cup Fiber One cereal and 1/2 cup of either coconut milk or unsweetened yogurt. Top with 1/2 of an apple, diced.
Try amaranth cereal!
It even sounds healthy, doesn't it? This wonderful grain is high in fiber, protein and calcium. Add 1 cup of amaranth to 3 cups of water and gently simmer for 30 minutes. This hot cereal has the most amazing texture and flavor. After cooking, sweeten like oatmeal and add 1 tsp vanilla extract, 2 tbsp of sliced almonds and 1/2 of a diced pear.
Lunch

Eating lunch out gives you poor quality food while wasting time and money. For most people it's easier to eat a good evening meal consisting of protein, vegetables and a little starch. The most efficient way to have a good lunch is to pack it up the night before. Get in the habit of cooking more than you need for your evening meal and packing up a serving for the following day's lunch before serving it.

- Nitrate free cold cuts, sprouted bread, veggies
- Split pea soup + apple
- Rice noodles, shrimp, broccoli + Better Than Boullion Brand vegetable stock

A great lunch example is the gourmet sandwich. Done well, the humble sandwich can be phenomenally tasty, healthy and quick.

**Bread:** If you're wheat sensitive try Ezekiel brand breads or use a corn tortilla and make your sandwich into wraps. Brown rice wraps are also a great alternative.

**Meats:** Cold cuts are handy and tasty but most contain nitrates. It's important to avoid nitrates; they raise your risk of stomach cancer. The other thing to consider when eating cold cuts is your total sodium intake over the day because they do give you quite a bit. A better way to go is to use pre cooked poultry or meat from home that's sliced or shredded. If you're avoiding meat consider egg salad, I like to use twice the number of whites as yolks. Smoked tofu or vegetarian 'cold cuts' are also great options for vegetarians or vegans.

**Spreads:** To boost protein and fiber, think outside the box and try using hummus or refried black or pinto beans. Mustard is fine, as is mayo used sparingly or mixed with 1-2 parts of nonfat, non-dairy yogurt; this will lower the fat and raise the protein.

**Veggies:** The sky's the limit! So many taste great in sandwiches and they will boost your day's total servings. Lettuce is great but don't waste your time on iceberg, get red leaf or romaine. Spinach also works well. Tomatoes are of course awesome antioxidants and an excellent addition to any sandwiches, to prevent the bread from getting soggy. Sliced onions are add zing and an easy trick to prevent bad breath for your afternoon at work is to add some sprigs of fresh parsley to the salad. 1/4 or 1/2 of an avocado tastes great and boosts fiber. Other good options include shaved carrot, sprouts, sliced or roasted red bell pepper.
Pesto

Basil is known as an 'adaptogen'. This means it buffers the highs and lows of your adrenal and thyroid function. It is also a great immune tonic. Try making this recipe when you're feeling frazzled or like you might get sick.

**Pesto**: This is a blended mix of a green herb, usually basil but cilantro can work well in a pinch. Expect to use 2 ounces of fresh basil per person.

**Starch**: Linguini is the standby but pesto works great on brown rice or Bulgur wheat. I especially like gluten free vegetable rotini with added fiber; they do a great job holding onto the pesto. Try brown rice pastas or sliced and grilled polenta (cornmeal). If you are watching your weight, try Shirataki Noodles. They cook fast, taste amazing, are gluten free and net zero calories!

**Protein**: If you're in a rush just serve some pre cooked chicken breast alongside your pesto and starch. If you have time try marinating poultry in garlic, basil, balsamic vinegar and olive oil. Expect it to look dark from the vinegar. Meat tends to be a bit heavy for the pesto.

For the meal, cook the starch and the meat and have them warm. When everyone is sitting down and ready then it is time to make the pesto. It is at its peak of flavor for only moments after it is blended.

It can be as simple as putting lightly washed basil in the blender, stems removed. Add 2 tsp lemon juice and add just enough olive oil to blend. You can also include 1/3 cup lightly toasted pine nuts, 1-2 cloves of garlic and a pinch of cayenne pepper.
Burrito Bowl

Grilled chicken
Pre-cooked brown rice
Pre-cooked black beans
Fresh Salsa (recipe below)

In a bowl, add ½ cup of brown rice, then about a handful of chicken. Layer on a ½ cup of black beans top with fresh tomato salsa.

Fresh Tomato Salsa

Tomatoes
Onion
Cilantro
Jalapenos
Green onion
Garlic powder
Salt and pepper

Combine about 3 chopped tomatoes with half a diced onion. Stir in a handful of cilantro leaves and ¼ cup of chopped jalapenos and green onions. Season with garlic powder, salt and pepper, to taste.

Dinner

Stir Fry

Ingredients:
Precooked brown rice
Mixed stir fry veggies (can find these pre-chopped, either fresh or frozen)
Precooked white meat chicken breast (can also find this fresh or frozen)
Teriyaki sauce
Toasted sesame oil

The prep could not be easier, sauté the veggies in 1-2 tsp of toasted sesame oil, and add diced chicken, 2 sheets of crumbled nori and sauce. Serve over warmed rice.
General Time Saving Tips:

- Shop for produce often - choose quick and easy
- Keep cooked staples on hand
- Keep sauces on hand
- Make extra supper for next day’s lunch or snacks
- Shop perimeter of store

Shop for produce often and stock up on non-perishable items. Frozen fruit and vegetables are handy and very healthy. This way if you need to stop by the supermarket during a busy week, it will just take a minute.

Keep cooked staples and pre-made sauces on hand. Sometimes life gets in the way and your available time to cook gets cut short or disappears all together. This will be easy to navigate when you already have what's needed to put together an easy and healthy meal at home.

Make extra food when you cook. If you take the time to plan and prepare a healthy meal, you might as well make it count. Pack away snack or lunch size portions the same night. In the morning, just grab it and go!

A great tool when going to the supermarket is to remember to shop the perimeter of the store. This is where you'll find produce, meats, eggs, and dairy. Most everything found in the inner aisles is some mixture of wheat, sugar, salt and synthetic junk.

“Results Based Natural Medicine.”