



FAQ's - Thyroid Reset Diet

Salt is sodium. So do things with sodium (like the Daily Reset Shakes) contain iodine?

Salt isn't bad. You simply want to use one of the salt brands or types that are non-iodized, like Kosher salt, or any of the salts listed in the book. You can also find a list of salts on the [Resources page](#).

How long are you supposed to be low-iodine?

The Reset Phase of the diet is to be used for up to 12 months for those with thyroid disease. For those on thyroid medication, it can be used longer if needed.

Why is my energy going down when I reduce my iodine intake?

Some people on the diet who are on thyroid medication quickly need a dose adjustment. Before it is done they can feel tired from taking too much thyroid, just like they can from too little. It might be your case.

How to test your iodine?

<https://www.drchristianson.com/how-to-test-your-iodine-levels/>

Can excess dietary iodine still be an issue when you have Hashimoto's, and have tested low in serum iodine?

It can. Serum iodine levels do not relate to the amount of iodine in the thyroid gland.

Serum iodine tests are not valid tools for evaluating the nutritional status of iodine. They are only accurate to determine whether or not someone has been exposed to more iodine than their kidneys can filter. In these cases serum iodine is high. In all other cases it is low or normal. Yet low in serum does not mean low in the thyroid.

You can read more here: <https://www.drchristianson.com/how-to-test-your-iodine-levels/>

What are the questions to ask your PCP about your thyroid? What should non patients ask their doctor?

<https://www.drchristianson.com/finding-the-right-medical-team/>

Will the Thyroid Reset Diet be helpful for hyperthyroidism or Graves' Disease and how/why?

<https://www.drchristianson.com/thyroid-reset-diet-for-hyperthyroidism/>

What if I don't have a thyroid?

<https://www.drchristianson.com/can-the-thyroid-reset-diet-help-those-who-do-not-have-a-thyroid/>

How do I know how much iodine is in a product if it doesn't list it on the label and it's not on your list?

Check the ingredients list for cosmetics, page 72 of the book.

For supplements check the ingredient list, pages 74-75

For foods, check the food list in the book, pages 128-142

This information is also on the Resources page: thyroidresetdiet.com/resources

How do I know what kind of fish oil to use?

Unless a product is tested for iodine and they clearly state that it is low iodine or iodine-free, assume it has too much. Dr. Christianson also recommends against liquid cod liver oil due to the risks of hypervitaminosis a.

What supplements are recommended for Hashimoto's?

Here is a deep dive into the micronutrients you should look for (and what to avoid):
<https://www.drchristianson.com/what-are-the-absolute-best-supplements-for-hashimotos-disease/>

Does stinging nettle tea interfere with TRD?

No. The biggest things that would interfere with the TRD are red light foods, and high iodine ingredients in cosmetics, and supplements.

What about Curing Salt? Curing salt is not on your list of good or bad salts.

Great question. Curing salt is the same as pickling salt or canning salt. It is non-iodized. It is safe for use on the Thyroid Reset Diet.

On page 137 Bacon is listed as a Red Light Meat yet on page 146 Canadian bacon is listed as a protein choice for a Skillet Dish Basic Recipe – is bacon allowed or not?

Bacon no.
Canadian bacon yes.

Tell me about *Celtic brand sea salt* – light grey, coarse or fine. It looks like some have iodine.

Celtic brand light gray is OK (coarse or fine). Other Celtic brand products are not low in iodine.

The book lists cranberries as a green light fruit but everything I'm reading says that cranberries are rich in iodine. Is there a way to clarify that this is in fact correct? And why?

There are many websites that copy each other and say cranberries have 400 mcg of iodine per 4 ounce serving. **None reference that statement.**

Yet the assays Dr. C has read show that it has 26 ppb at most and even less in cranberry juice. It can be considered a green light food.

What if after doing the TRD your blood test results have now shown that you have gone from low thyroid function to overactive? Is this sometimes a result of the diet and how do you get the balance right?

Can be a good sign of progress, but you need to work with a doctor to be sure.

- Ask your doctor
- Get a [Thyroid Second Opinion](#)
- Or work with one of [Dr. C's Integrative Health doctors](#).

Why is Oatly included in the dairy substitutes list for TRD when iodized salt is one of its ingredients...?

They may have changed the formulation between when the book was written and now. When in doubt, use the flavors that do not use iodized salt.

If your diet is dairy free and gluten free with a small amount of seafood a couple times a week, is it okay to use iodized salt if it is not in your body products?

No, not if you are trying to correct thyroid disease.

How do you distinguish between elevated thyroid antibodies caused by too much iodine vs elevated thyroid antibodies due to adding iodine to replenish an iodine deficiency?

An Iodine deficiency does not cause elevated thyroid antibodies.

On some products you recommend as dairy subs (such as Daiya for ex), "salt" is listed in ingredients. I realize "sea salt" is off limits, but does that mean that "salt" in ingredient lists is ok?

Salt under 500 mg per serving is OK. Limit 1 serving per day.

So how do I figure out which products' "salt" is non-iodized?

Salt under 500 mg per serving is OK. Above that, avoid food with salt that is not in the book in the safe versions of salt.

What if you raise your own dairy goats and duck eggs and you don't feed feed with iodine ingredients or supplement with minerals with iodine? won't the milk and eggs be nearly free of iodine?

Maybe but not for sure. Your options would be to use them and hope the program works, or assay your products.

Here is an example of a company that can do an iodine assay: <https://www.npal.com/>

I am currently going through all my cosmetics, salts and supplements. Can you please tell me if these products..... (all found in my lotions) are unsafe.

All ingredients that are not on the iodine ingredients list are considered safe. The book has the printed version of this list. And the [resources page](#) will be updated with any changes as they arise.

What if you have a salt, like Himalayan salt, that says it DOES NOT contain iodine. Does this occur naturally, or could it be removed.?

Himalayan salt is not fortified with iodine, the iodine is naturally occurring. The label just means none is added. That does not mean it is safe. It is a type of salt that is best to avoid when reducing iodine.

If you are on a high dose of thyroid medication, will you never be able to clear the iodine from your thyroid?

It is not how high the medication dose is that matters, it is whether someone is taking more than they need.

The iodine in thyroid medications is not relevant unless someone is taking so much that their TSH is below range. Besides being a problem with iodine, that is unsafe for other reasons:

<https://www.drchristianson.com/should-you-ignore-your-tsh/>

Dr C says to discontinue probiotics prior to TSH testing. Is SACC B technically a probiotic?

Yes. Please stop probiotics and all other supplements 3 days prior to thyroid labs.

Do you have an opinion on Hashi's patients having iodine contrast dye for cardiac testing?

Many guidelines suggest for non-iodine contrast agents if possible. Please do talk with your doctor and radiologist and see if they can accommodate. Here is a great article you can share with them: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4318903/>