



Functional Diagnostic Nutrition®
Certification Course & Community



Thyroid Care #3/4

Lifestyle Guidelines

Circadian hygiene, Diet, Supplementation



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Program Contents

- Course 1 – Initial Steps
- Course 2 – Interpretation
- **Course 3 – Lifestyle Guidelines**
- Course 4 – Advanced Management

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Course 3 Contents

- Recap
- Circadian Hygiene
- Diet/iodine
- Supplements
- Third Visit

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Resource Page

www.thyroidspecificformulations.com/FDN

- Affiliate Link
- Slides
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- Client Handouts




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Second Visit Recap

- ✓ Interpretation
- ✓ Diet – Thyroid and Adrenal Reset
- ✓ Nutraceuticals – foundational and specific
- ✓ Schedule retest 4 weeks
- ✓ Schedule follow up 6 weeks




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Cheat Sheet - Thyroid Labs

| | | TSH | T4 | T3 |
|-----------------------------|---------|------------|---------------|----------------------|
| Overt Hyperthyroidism | Stage 3 | < 0.01 | High | High |
| | Stage 2 | < 0.01 | High | Normal or low |
| | Stage 1 | < 0.1 | Normal or low | Normal or low |
| Subclinical Hyperthyroidism | | 0.1 - 0.39 | Normal or low | Normal or low |
| Optimal function* | | 0.4 - 2.0 | Normal | Normal |
| Suboptimal function* | | 2.1 - 4.5 | Normal or low | Normal, low, or high |
| Subclinical Hypothyroidism | | 4.5 - 20.0 | Normal | Normal, low, or high |
| Overt Hypothyroidism | Stage 1 | > 20 | Low | Normal or low |
| | Stage 2 | > 20 | Low | Low |

* Extenuating factors include age, pregnancy status, and cardiovascular health.



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Cheat Sheet - Adrenal Labs

| | Serum Cortisol | ACTH | Salivary Cortisol |
|---------------------------|---------------------|---------------------|-------------------|
| Thriving | Normal | Normal | Normal |
| Stressed | High normal or high | High normal or high | Normal/high |
| Wired and tired | Low normal or low | Low normal or low | High and low |
| Crashed | Low normal or low | Low normal or low | Low |
| Possible Addison's | Very low | High | Absent |
| Possible Cushings | Very high | Low | Very high |

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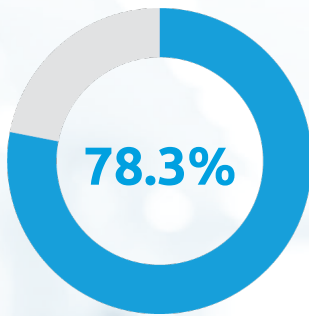
Lifestyle

Section

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Lifestyle works.



Hashimoto's

1. Reduce Symptoms
2. Lower cancer risk
3. Shrink nodules
4. Lower medications
5. Heal antibodies
6. Reverse disease
7. Prevent autoimmunity

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Lifestyle =

1. Circadian Hygiene
2. Diet
3. Supplements



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Circadian Hygiene

- AM – 1st hour
 - Light
 - Protein
 - Movement
- PM – last hour
 - Dark
 - Cool
 - Ritual



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Diet - Iodine



Thyroid Reset Diet - by
Dr. Alan Christianson

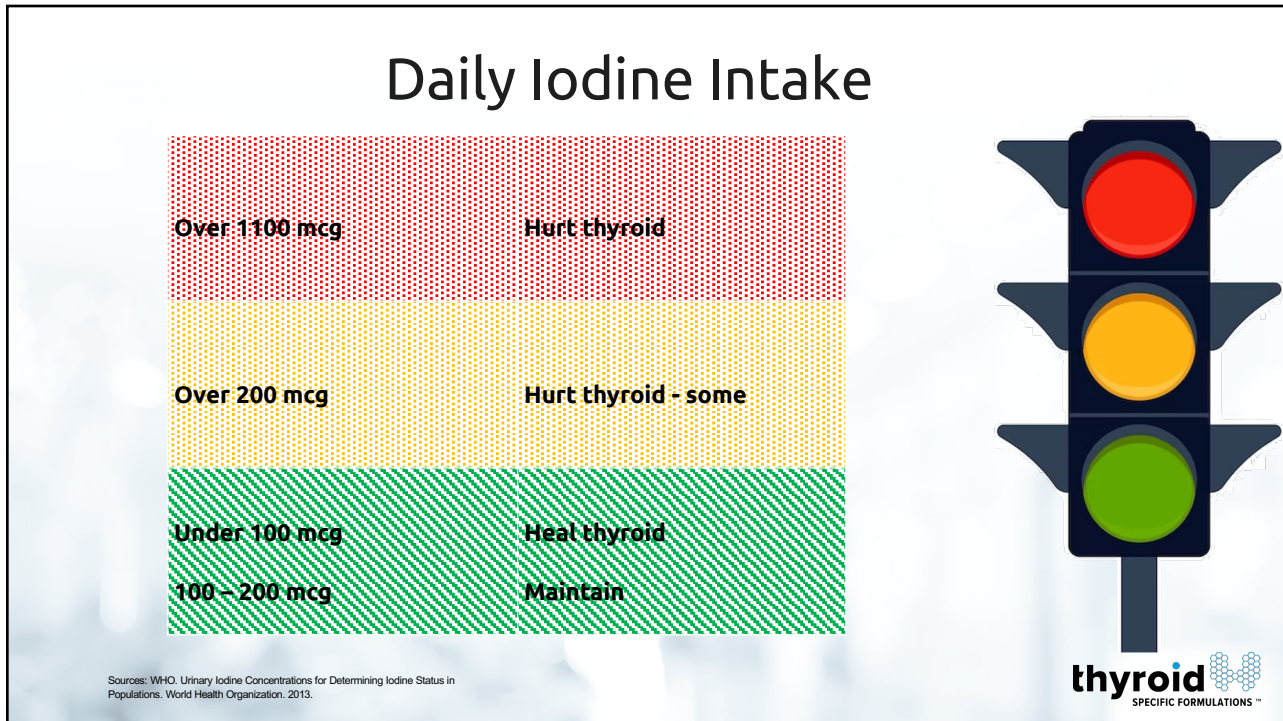
Lee Mellott · 1h · 📷

❤️ Well I just got blood work results back and once again my thyroid tests came out perfectly in range - even better than last time. For a couple years they had been out of range and my Dr even suggested medication.

I decided to do research and came across the Thyroid Reset Diet book. I really think the good results are because I switched from iodized salt to a non iodine version and stopped using cosmetics with iodine (kelp etc.) as suggested by the book.

What surprises me is the number of thyroid supplements that contain iodine. Makes no sense.

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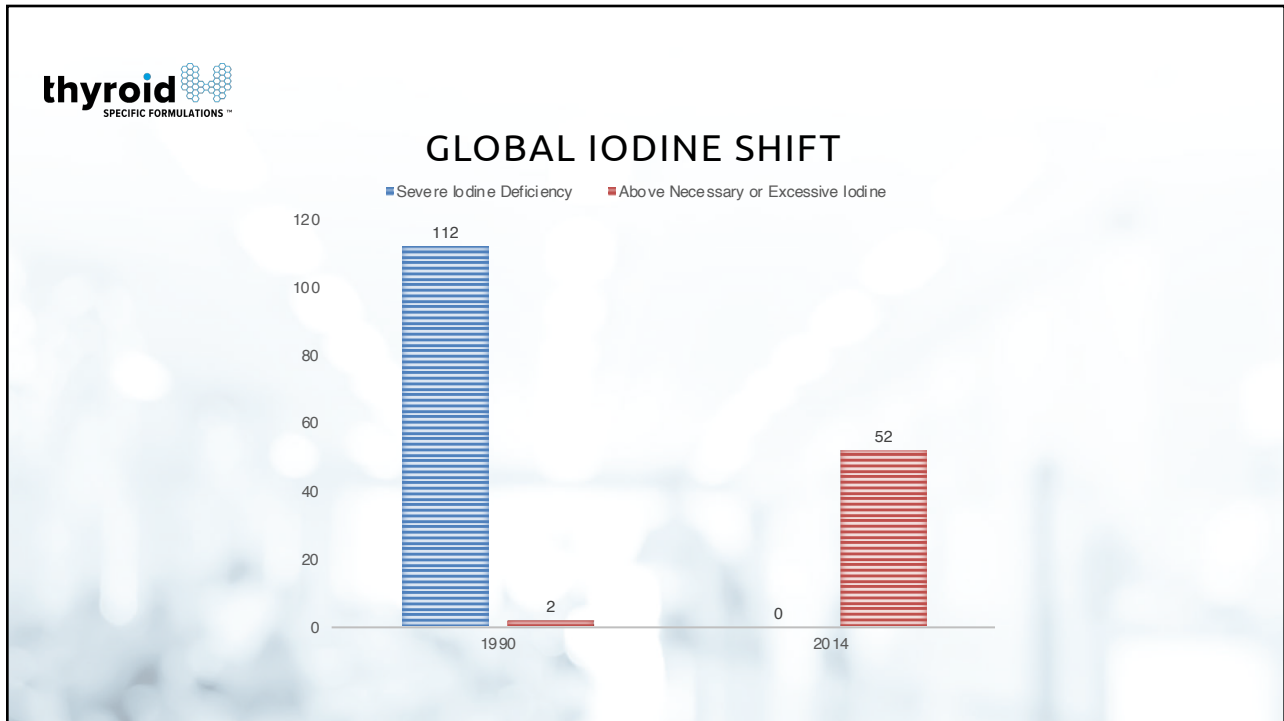
44-fold increase in AITD in years post fortification

“ [Hashimoto’s Thyroiditis] was rare before the 1950s but it is now one of the commonest autoimmune disorders

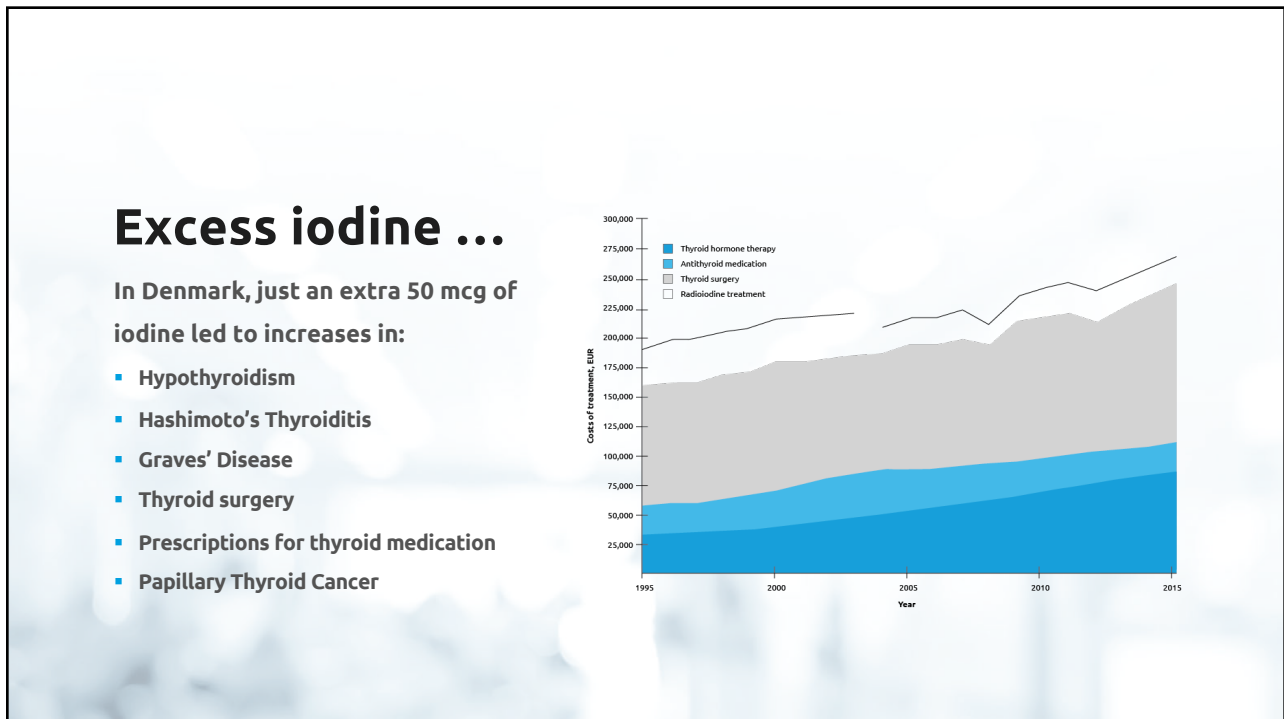
Women over 40, rates went from 2.1 to 94 / 100,000 ” **44X**

Furszyfer J, Kurland LT, Woolner LB, Elveback LR, McConehey WM. Hashimoto’s thyroiditis in Olmsted County, Minnesota, 1935 through 1967. *Mayo Clin Proc.* 1970 Aug;45(8):586-96. PMID: 5469086.


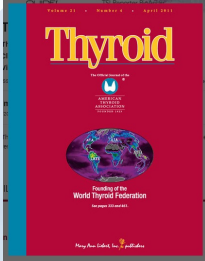
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Unsafe Iodine - % of the US

| Gender | Ethnicity/Age | Percentage | | | | |
|--------|---------------|------------|-------|-------|-------|-------|
| | | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 |
| Female | NWH | 36% | 35% | 31% | 33% | 34% |
| | NHB | 19% | 23% | 33% | 37% | 33% |
| | MA | 33% | 41% | 32% | 40% | 35% |
| Male | NWH | 37% | 35% | 46% | 41% | 48% |
| | NHB | 29% | 27% | 33% | 32% | 44% |
| | MA | 35% | 47% | 45% | 40% | 47% |

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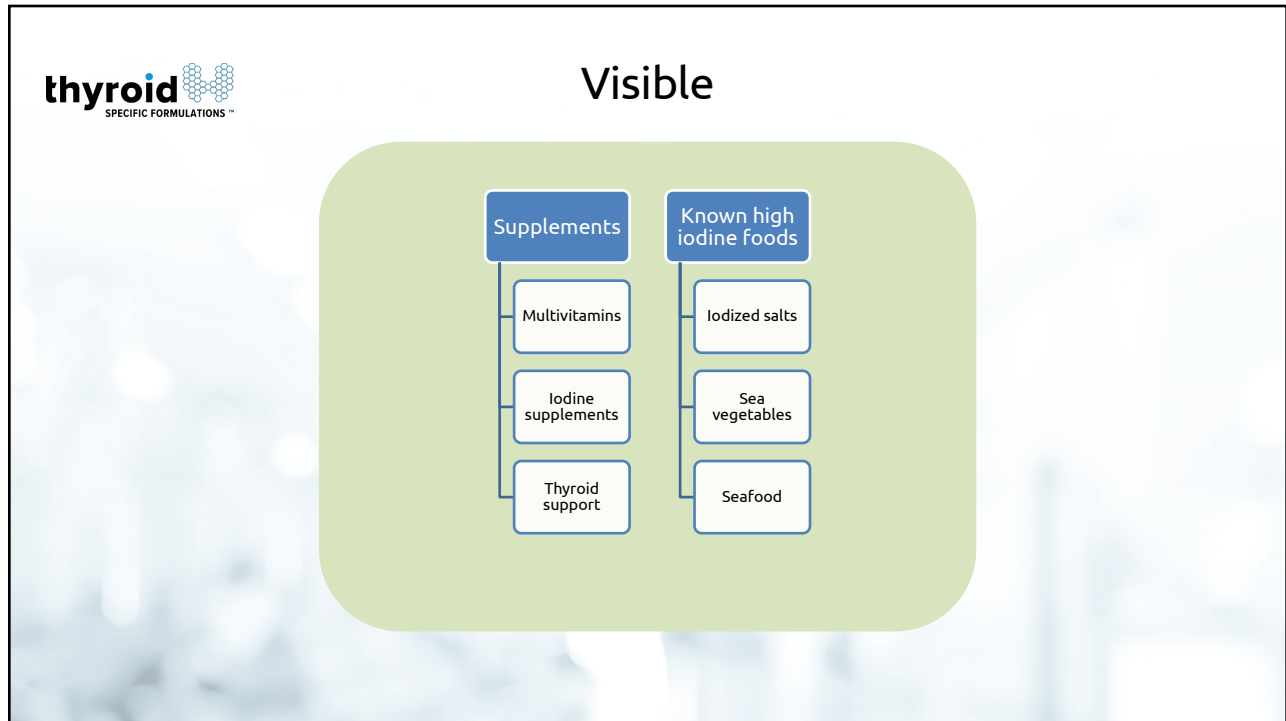


Iodine Sources

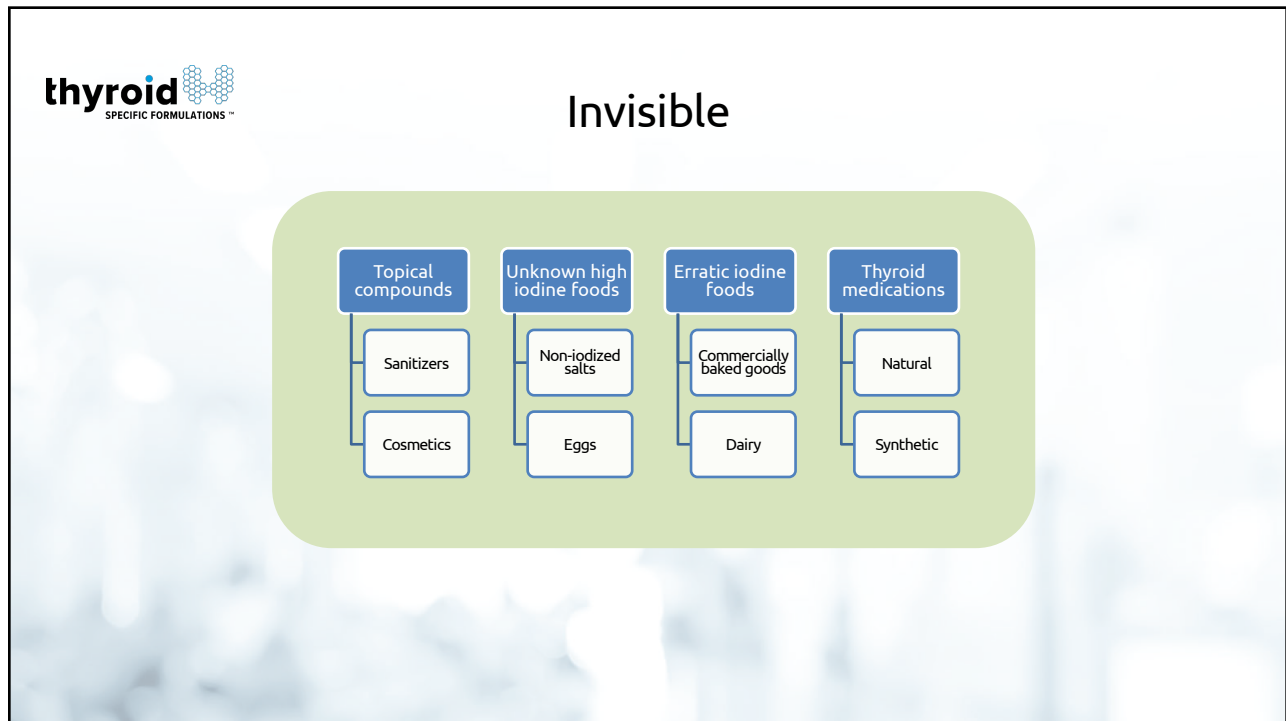
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INVISIBLE IODINE
The New Thyroid Threat

Your Thyroid Doesn't Work Right. Did You Know a Single Chemical May Be to Blame For Your Symptoms?

This Documentary Reveals the 7 Places Where This Thyroid Threat Is Hidden.



Watch the Trailer Now

YES, I'M READY TO RECLAIM MY THYROID HEALTH

Register below to reserve your spot in the 100% FREE Invisible Iodine Series...

First Name *

Email *

REGISTER NOW!


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IODINE IN SALT

“Pink Salt contains an iodine concentration of 0.1g/kg”

1. 0.1g/kg = 100 mcg / g
2. 1 tsp of salt ≈ 5.6 g
3. Total dose = **560 mcg** Iodine / tsp



The importance of Himalayan Pink Salt Iodine and Selenium for Human Body. Himalayan Salt USA. <https://himalayansaltsusa.com/The-importance-of-Himalayan-Pink-Salt-Iodine-and-Selenium-for-human-body.html>. Accessed 8.4.2019.

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Beauty Products

- PVP = 12% iodine
- Conditioner = 0.5 – 3% PVP
- 4.5% of iodine is absorbed from intact skin
- Average dose = 10 grams (10,000,000 mcg)

CONTAINS WATER, ISOBUTANE, PROPANE, CETRIMONIUM CHLORIDE, ETHYL ALCOHOL, TRITICUM VULGARE (WHEAT) GERM OIL, POLYVINYL PYRROLIDONE, PANTHENYL ETHYL ETHER, DIMETHYL DIMETHYLAMINE GLYCOL, METHYLPARABEN, BENZOTRIAZOLONE, PROPYLPARABEN, DISODIUM EDTA.



270 – 1620 mcg iodine

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Processed Food

| FOOD | IODINE CONTENT IN SERVING (MCG PER 100 G) |
|--|---|
| Sherbet, fruit-flavored | 1,480 mcg |
| Cake, white, with icing | 1,300 mcg |
| Sugar cookie | 750 mcg |
| Candy, hard, any flavor | 680 mcg |
| Commercial bread, white | 610 mcg |
| Commercial bread, whole wheat | 530 mcg |
| Meal replacement, ready-to-drink, any flavor | 490 mcg |
| Commercial bagel, plain, toasted | 410 mcg |
| Donut, cake type, from donut store | 350 mcg |
| Popsicle, fruit-flavored | 290 mcg |
| Eggs, boiled | 230 mcg |
| Breakfast tart/toaster pastry | 170 mcg |
| Swiss cheese | 150 mcg |
| Pizza cheese and pepperoni, carry-out | 140 mcg |



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Sea Veggies

| FOOD | IODINE PER SERVING |
|---------------------|--------------------|
| Kelp, granules | 81,650 mcg |
| Kelp, powdered | 23,530 mcg |
| Kelp, whole | 19,970 mcg |
| Wild kelp, capsules | 13,560 mcg |
| Kombu | 13,500 mcg |
| Sea palm | 8,710 mcg |
| Knotted wrack | 6,460 mcg |
| Hijiki | 6,290 mcg |
| Wakame | 4,310 mcg |
| Bladderwrack | 2,760 mcg |
| Dulse | 720 mcg |



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Salt

| IODINE-FREE SALT | SALT WITH IODINE |
|----------------------------|-------------------------|
| Celtic light gray sea salt | Celtic brand makai salt |
| Maldon sea salt | Pink Himalayan salt |
| Diamond kosher salt | Table salt—iodized |
| Morton's kosher salt | Sea salt—non-iodized |
| Table salt—non-iodized | Sea salt—iodized |
| Pickling/canning salt | Real Salt |
| Canning salt | Lite-Salt |
| Nu-Salt | |



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Dairy



| FOOD | MAXIMUM IODINE PER SERVING |
|---------------------------------|----------------------------|
| Milk, skim | 360mcg |
| Yogurt, low-fat, fruit-flavored | 228 mcg |
| Milk, low-fat (2%) | 150 mcg |
| Milkshake, chocolate, fast-food | 126 mcg |
| Milk, whole | 122 mcg |
| Yogurt, whole milk, unsweetened | 30 mcg |
| Cream cheese | 30 mcg |



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Commercial Bread



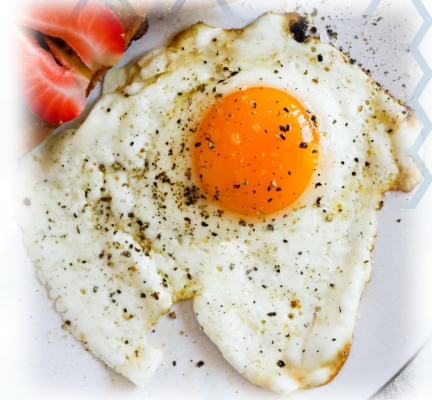
| FOOD | MAXIMUM IODINE PER SERVING |
|------------------------|----------------------------|
| Bread, white, enriched | 610 mcg |
| Bread, whole wheat | 530 mcg |
| Bread, multigrain | 440 mcg |
| Bagel, plain, toasted | 410 mcg |



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Egg Yolks

| FOOD | MAX IODINE PER SERVING |
|-------------------------|------------------------|
| Eggs scrambled with oil | 250 mcg |
| Eggs, boiled | 230 mcg |



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Seafood

| FOOD | MAX IODINE PER SERVING |
|-------------------|------------------------|
| Cod, Pacific | 315 mcg |
| Pollock | 280 mcg |
| Haddock | 227 mcg |
| Lobster, prepared | 185 mcg |
| Oyster, prepared | 109 mcg |
| Anglerfish | 100 mcg |
| Abalone | 97 mcg |
| Clams, canned | 66 mcg |

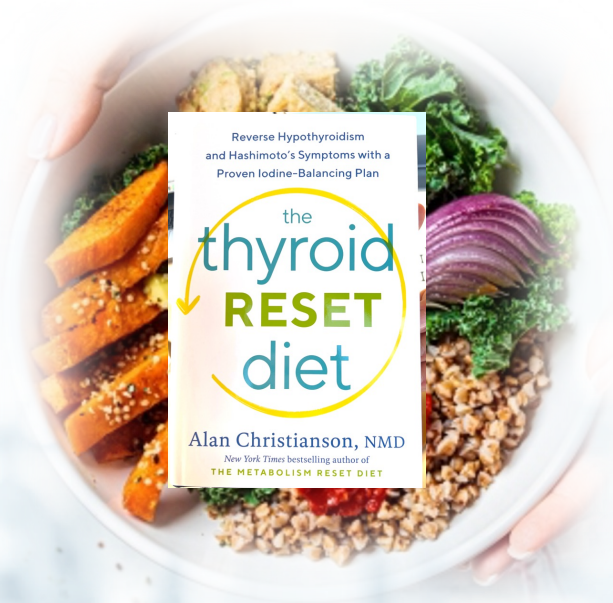


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Thyroid Reset Diet

- ✓ Veggies
- ✓ Fruit
- ✓ Animal protein
- ✓ Whole grains
- ✓ Legumes
- ✓ Nuts/seeds
- ✓ Herb/spices
- ✓ Kosher salt




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Testing Iodine

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When to Test?

No

- Before diet

Yes

- Follow up



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Skin Tests

Molecular Iodine (amber colored) +
ambient oxygen = Iodide (colorless)

~ 88% oxidizes
Intact skin absorbs ~ 1 - 4.5%


No predictable variation per:

- Iodine status
- Thyroid function
- Live vs cadaver skin



Nyiri W, Jannitti M. About the fate of free iodine upon application to the unbroken animal skin. An experimental study. J Pharmacol Exp Ther. 1932;45:85-107.

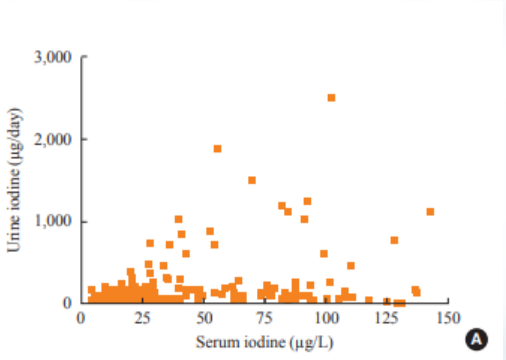
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Blood Tests


Nonlinear

Toxicology – not nutritional



(Jin, X., Jiang, P., Liu, L., Jia, Q., Liu, P., Meng, F., ... Shen, H. (2017). The application of serum iodine in assessing individual iodine status. *Clinical Endocrinology*, 87(6), 807–814. doi:10.1111/cen.13421)

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Urine Tests

TABLE 2
Number of urine samples to be collected from an individual to assess UIC/UIE with a defined precision range¹

| Type of method | Precision range, % | | | | | |
|-------------------------------|--------------------|----|----|----|----|----|
| | 5 | 10 | 20 | 30 | 40 | 50 |
| 24-h collection | | | | | | |
| Measured 24-h UIE, µg/24 h | 161 | 40 | 10 | 4 | 3 | 2 |
| Spot samples | | | | | | |
| UIC spot samples, µg/L | 226 | 56 | 14 | 6 | 4 | 2 |
| Iodine:creatinine ratio, µg/g | 165 | 41 | 10 | 5 | 3 | 2 |
| Estimated 24-h UIE, µg/24 h | 165 | 41 | 10 | 5 | 3 | 2 |

¹ Based on mean intra-individual CV. Calculated from $n = (Z \cdot CV/D)^2$, n = number of samples needed; Z = number of standard deviates (calculated assuming a CI of 95%, Z = 1.96); CV = mean intra-individual CV; D = precision range. UIC, urinary iodine concentration; UIE, urinary iodine excretion.

König F, Andersson M, Holz K, Aeberli I, Zimmermann MB. Ten repeat collections for urinary iodine from spot samples or 24-hour samples are needed to reliably estimate individual iodine status in women. *J Nutr*. 2011;141(11):2049-2054. doi:10.3945/jn.111.144071

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UIC Test

Urinary Iodine to creatinine ratio

- Units = mcg of iodine per grams of creatinine
- Most labs report iodine in mcg/L and creatinine in mg/dL
- To calculate multiply mg/dl by 0.01
- Divide mcg of iodine by g of creatinine


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UIC Test


| | |
|---------------------------------------|---|
| Panel Name: | Thyroid Follow Up |
| Performing Lab: | Lab Corp |
| Test Name: | T3, Free (010389) T4, Free (001974) Thyroglobulin Ab (006685) TSH (004259) TPO Ab (006676) Iodine Urine, w. Creat. Ratio (070172) |
| Reccomended Practitioner Cost: | \$192.00 |
| Wholesale Cost: | \$174.00 |
| AFDNP Referral Rate: | \$18.00 |

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Interpretation

Improve = < 99
Maintain = 49 – 199
Too much = > 200



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Lifestyle - Supplements

Section



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Cheat Sheet – Supplements 1/2

| Goal | Supplement | Purpose | Dosage |
|--|----------------------------|---|---|
| Everyone Use with every other product | Daily Reset Bundle | Vitamins, minerals, antioxidants, essential fats, vitamin D | 1 Thyroid Daily 1 Omega Pure 3 Cal/Mg |
| Hypothyroid | Hypothyroid Support | Improve symptoms and thyroid output | 1 Daily AM |
| Hashi/Antibodies | Antibody Support | Lower antibodies | 1 Daily AM |
| Adrenals/fatigue | Adrenal Energy | Correct cortisol rhythm | Stressed: 2 AM Wired and Tired: 1 – 2x/d Crashed: 2- 2x/d |
| Weight | Metabolism Boost | Speed metabolism, lower cravings | 2 Daily AM |


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Cheat Sheet – Supplements 2/2

| Goal | Supplement | Purpose | Dosage |
|----------------------------|-----------------------------|-----------------------------------|--------------|
| Low iron | Easy Iron | Improve Iron | 1 Daily AM |
| Nodules | Nodule Control | Shrink nodules | 1 Daily AM |
| Sleep | Thyrotinin | Sleep onset, sleep quality | 1 at bedtime |
| Low T3, high reverse T3 | T2/T3 Converter | Help conversion | 1 Daily AM |
| Hyperthyroidism | Hyperthyroid Support | Protect against and reverse hyper | 2 Daily AM |


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Daily Reset Bundle



The Nutraceuticals:

- ✓ Provides 23 essential nutrients for optimal thyroid health
- ✓ Contains daily recommended allowance of omega 3 fats, calcium, and magnesium
- ✓ Are doctor formulated to reduce daily capsule intake

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Antibody Support



Clinically Proven To:

- ✓ Support protocols to lower thyroid antibodies
- ✓ Reduce symptoms associated with elevated thyroid antibodies
- ✓ Benefit efforts to improve repair of existing thyroid cells

1 MONTH SUPPLY • 60 CAPSULES

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Adrenal Energy



Clinically Proven To:

- ✓ Reduce chronic fatigue symptoms from thyroid disease
- ✓ Regulate circadian adrenal function
- ✓ Stabilize energy levels
- ✓ Raise exercise capacity
- ✓ Improve depth of sleep

1 MONTH SUPPLY • 60 CAPSULES

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Easy Iron



Clinically Proven To:

- ✓ Improve ferritin levels with once-daily dosing
- ✓ Absorb more easily than other forms of oral iron
- ✓ Be tolerable by many individuals sensitive to oral iron

1 MONTH SUPPLY • 30 CAPSULES

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Hypothyroid Support



Clinically Proven To:

- ✓ Reduce symptoms of hypothyroidism
- ✓ Improve thyroid hormone production
- ✓ Lower the risk of disease progression

2 MONTHS' SUPPLY • 60 CAPSULES



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Metabolism Boost



Clinically Proven To:

- ✓ Increase basal metabolic rate with thyroid disease
- ✓ Lower appetite
- ✓ Break down stored liver fat
- ✓ Reduce the absorption of fat and carbohydrate

1 MONTH SUPPLY • 60 CAPSULES



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Nodule Control



Clinically Proven To:

- ✓ Slow the rate of nodule growth
- ✓ Reduce the size of existing thyroid nodules
- ✓ Lower the risk of nodules progressing to thyroid cancer

1 MONTH SUPPLY • 60 CAPSULES

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T2/T3 Converter



Clinically Proven To:

- ✓ Improve regulation of thyroid hormones
- ✓ Help convert T4 into T3
- ✓ Help convert T3 into T2
- ✓ Help break down rT3 into T2

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Thyrotonin

DIETARY SUPPLEMENT
30 CAPSULES

Clinically Proven To:

- ✓ Speeds sleep onset
- ✓ Improve sleep duration
- ✓ Improve symptoms associated with jet lag

1 MONTH SUPPLY • 30 CAPSULES

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**Client Management:
Third Visit**

Section

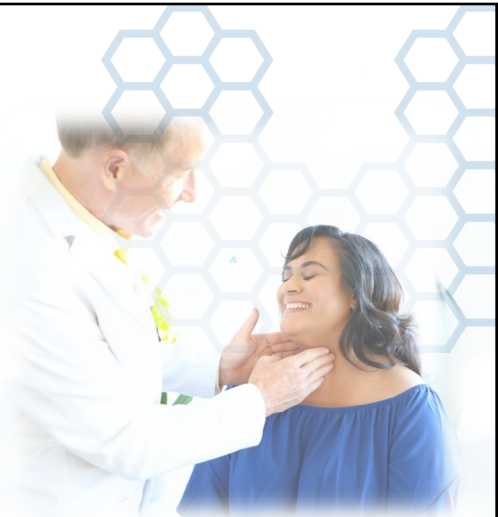
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Third Visit

1. Progress/adherence?
2. Interpret retests
3. Circadian hygiene
4. Diet
5. Supplements
6. 12 weeks – retest
abnormal findings
7. 13 weeks follow up



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Questions?



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