

# THYROID METABOLIC BODY TYPE DIET

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**LARGE AMOUNTS:** Fresh vegetables (steamed or raw when possible, organic is best), Avocados,  
**Three or more servings** raw nuts and seeds (the heat of frying or dry roasting destroys the essential fats)  
**Per day allowed** Water, green tea and herbal teas, Vegetable juices (no added sugar)  
Unsweetened almond, coconut or hemp milk or unsweetened sparkling water

**MODERATE AMOUNTS:** Whole eggs, the yolks are where most of the nutrients are, whites are primarily protein  
**One or two servings per** Fish and seafood including shellfish, Poultry (broiled, baked, or in soup. NO frying)  
**day is allowed** Cheese, cottage cheese, and yogurt, there are usually less allergies to these than milk  
Cold pressed unpasteurized, unsaturated oils (olive, coconut, avocado, linseed, almond, sesame, black current etc.)  
Cold pressed, unpasteurized, fish oils tested free of Mercury and other contaminants. These are Omega 3 oils. The part of the fish that we eat is not very high in Essential Fatty Acids (EFA's) but high in protein and other nutrients, also, cooking partially destroys them. Most Americans are deficient in EFA's. Usually the only way to get enough is through supplementation.  
Red meats, organ meats especially grass fed as opposed to grain fed along with deer, elk, and buffalo. Grilled, broiled, or boiled is always preferable to frying.

**SMALL AMOUNTS** Whole fruits (the sweeter the fruit the less you should have, grapes, peaches and melons are some of the highest in sugar)  
**Not more than once** Fruit juice with pure water or carbonated water to dilute sugar, not juices or sports drinks that  
**per day** contain corn syrup, milk (if not lactose intolerant)

**Not more than once** Chocolate, coffee and tea (decaf coffee and tea are OK) or anything with stimulants like  
**or twice per week** caffeine. Soy milk or products.

**AVOID:** Margarine, saturated fats, lard or any oils heated to high temperatures repeatedly  
Dried fruit, even though there are more complex sugars present, it is still too high for this body type, soaking fruit over night in water in frig does reduce the glycemic index somewhat  
Coffee and tea (Decaf teas are OK; you can use small amounts of honey or Stevia to sweeten)  
Colas and especially diet colas, energy drinks and diet drinks. Clear sodas are not as bad as dark drinks with food coloring, preservatives, and caffeine.  
Pork in all forms, pork roast and pork chops are higher quality meat if you do have it.

**DIET OUTLINE:** Breakfast: Heaviest meal, very little carbohydrates. If you have carbohydrates, they should be complex in nature, which have a lower glycemic index.

Lunch: Lighter amount and divided equally with dinner. If you are not hungry at breakfast, a high protein, low carbohydrate early lunch is acceptable.

Dinner: Same as lunch

**MEAL EXAMPLE:** Breakfast: eggs, breakfast steak, chicken breast, turkey bacon or sausage naturally cured when available, deer sausage, soy patties, raw nuts and seeds or raw, organic nut butters. Especially avoid sugar or starches early in the day. Thyroid body types will never tolerate many carbs but will generally have fewer problems with them later in the day. Consumption of carbs early in the day leads to low blood sugar later in the day. Water, milk, or herbal tea to drink  
Lunch or Dinner: Cheese, yogurt, chicken, fish, or red meat with as many vegetables as you would like. Consume red meat less than the other meats. Avoid sugar in your yogurt. Drink water, carbonated water with lemon or lime, milk, green tea or herbal teas.

**For Weight Loss:** In order to lose weight, you must have normal hormonal function (this includes the Hypothalamus, Pituitary, Thyroid, Adrenal and Ovary or Testicle) or your metabolism will be slow and you will not be able to burn off calories and fat very efficiently. You must have proper digestion and elimination or you cannot lose weight from the abdomen. Your liver and colon must not be toxic. Toxicity often comes poorly functioning colon, prescription drug therapies, excess junk food and sugar or alcohol in the diet. You need good gallbladder function in order to process fats.

If one of the above hormonal organs or the gallbladder has been removed, you must mimic this missing function with nutritional supplementation to achieve results. You must have good pancreatic function with proper sugar and insulin handling. When blood sugar goes high from excess carbohydrate consumption, this is followed by high insulin. When insulin is high, we store triglycerides and cholesterol and we even produce more of these energy storage molecules. When insulin is kept at lower levels, we can burn off fat and triglycerides. In Applied Kinesiology, also known as muscle testing, this Chiropractic technique uses your body's nervous system to determine what organs are running slow and suppressing your metabolism. Nutritional supplements are then utilized to feed these slow areas and rebuild them. This is how we help you determine what the missing link is in the blockages to your weight loss issues. Just starving yourself does not work. Your body will only hoard its fat and slow your metabolism further.

No snacking between meals. This includes coffee, soda and fruit juices. Take 4-5 hours between breakfast and lunch and then between lunch and dinner. You may have water or unsweetened herbal tea. This is because your body burns sugars and other carbohydrates easier than it burns proteins or fats. If given a source of carbohydrates, it will preferably use this for energy instead of reaching in and burning off your body's fat that is stored for energy. A common approach for treating hypoglycemia (low blood sugar) is to give the person many small meals or snacks per day, often simple sugars. This supplies the body with carbohydrates and quickly stops hypoglycemia symptoms. However, this repetitively places a demand on the pancreas for insulin. This often leads to a full-blown case of diabetes by wearing the pancreas out over the years. When the blood sugar starts to drop, you get low energy, mental sluggishness, irritability, etc. Your body will start craving sugar or some other stimulant. If you wait a little while, your body will reach into its fat stores and burn this for energy. This will be difficult at first if your body has been dependent on coffee, tobacco, soda, (especially colas) candy, sugar or alcohol. You will have to wean yourself off these slowly and gradually work up to not eating for 4 to 5 hours between meals.

You can force your body more quickly from sugar metabolism to fat and protein metabolism with aerobic exercise. You must have some natural fat in the diet to prime the fat metabolism. These fats are usually oils at room temperature. Any oil or fat that is heated at high temperature, put in a microwave, has prolonged exposure to sunlight or oxygen, is highly processed or stored for long periods of time turns rancid, and is in too low of an energy state for the body to use. These oils will have a rancid taste and are carcinogenic (cancer causing.)

All body types need Iodine as an essential nutrient. Thyroid hormone produced in the Thyroid gland moves Iodine around the body for various cellular needs. Since the Thyroid gland is the over all controller of a person's metabolic rate and the Thyroid is dependent on Iodine to perform its' function, the presence or absence of sufficient organic Iodine (abundant in kelp, seaweed, and seafood) is one of the determining factors in a person's slow or fast metabolic rate. The Iodine that is added to table salt is Potassium Iodide. This is an inorganic form of Iodine and can only be utilized by the body very inefficiently. It generally will prevent Goiters and will give people blood work that falls within a normal range, but will not lead to optimal health or the needed High normal thyroid function. It is very difficult to lose weight with a slow metabolism. Thyroid Body Types have the strongest Thyroid glands genetically but burn up the inadequate sources of Iodine in the American diet the quickest. These are the first group to show deficiency symptoms. Please listen to the Body Type Diet CD for more information on metabolism and weight loss.

To cut down on fermentation and bloating of foods in the gut and to improve digestion, **DO NOT EAT ANYTHING** sweet within 30 minutes of a meal. In addition, **DO NOT EAT** within 2 hours of bedtime. If you know of any foods that you are allergic to you must avoid these as well, even if the diet specifically includes them.