

Hypothyroidism

Supplements

Lugol's solution
 Progesterone
 Raw thyroid glandular(T3T4)
 Calcarea carbonica-4 hours after T3T4
 HMC
 Vitamin C
 Vitamin E
 Vitamin D
 Zinc
 Magnesium-4 HOURS AFTER T3T4
 Selenium

Probiotics
 Virgin coconut oil
 Ashwagandha
 Glutathione

*iron, magnesium, calcium can interfere with
 absorption of T3T4

Foods to avoid

Cabbage
 Cauliflower
 Broccoli
 Brussel Sprouts
 Kale
 Mustard green
 Spinach
 Pear
 Peaches
 Turnip
 Soybeans
 Processed and refined foods
 Sugar
 Wheat Flour

Eat more

Apricots	Seaweed
Dates	Sprouted seeds
Egg yolk	increase fiber in diet
Parsley	Bone broth
Prunes	fermented vegetables: kimchi, kefir, yoghurt (probiotic rich food)
Raw milk	
Cheese	
Fish	

Avoid fluoride, chlorine & bromine (present in bread)

Avoid antibiotics or sulphur drugs

Moderate exercise (yoga) and walking

Reduce stress

No gluten

No dairy