

Anita's Thyroid Nutrition Protocol

*****Consult Your Physician Before Incorporating Any Dietary or Supplemental Changes**

Morning: Drink one cup of hot lemon water first thing (fresh squeezed lemon, preferably organic)

Drink a cup of hot Tulsi tea or a 1/4 cup of cool water with two drops of Tulsi (Holy Basil) extract. You can also get Tulsi gel caps.

Eat breakfast: No gluten, no dairy, no sugar, no caffeine, no soy, and no alcohol. You have to watch the soy — almost all dressings, sauces, and some seasonings have it. I even found it in a brand of cashews.

Most of the time I make my own special breakfast blend. Here's the recipe:

1 Glass 12-16 ounces
1 Scoop Vegan Protein & Greens
1 Scoop Naturo Sciences Green Food
1 Scoop Anita's Turmeric/Ginger/Pepper Blend
1/2 Cup Pumpkin (optional)
1 Cup Unsweetened Coconut Milk
Stir well, then add water to fill cup and stir again. Drink up!



Take 2 Ashwaghandha Capsules
Take 1 Maca Capsule
Take 500 mg Vitamin D
Take 500 mg Vitamin C
Take 1 Thorne's Fish Oil Capsule
Take 1 200 mcg Selenium

Snacks: **Fresh veggies and/or fruit between meals if you get hungry, along with a lean meat protein. You could have a small handful of nuts as well — just make sure they have no soy or sugar added. You can always have a cup of herbal tea as well.

Afternoon: Salad with lean meat, but no cheese or croutons. For dressing, mix 2 parts balsamic vinegar with 1 part “real” olive oil. Make sure the olive oil label has this logo:



Sometimes, I opt for a well washed apple with organic, sugar-free peanut butter, or **veggies/fruit with an *Epic Turkey Protein Bar*. I get them off of Amazon. They're a little pricey, almost \$30 for 12 bars, but for traveling and on the run meals, to me, they are worth it.



But remember — No gluten, no dairy, no sugar, no caffeine, no soy, and no alcohol. No giving in! There is no partial going free on these items, it's all or nothing!!!

Take 1 Maca Capsule after eating.

Snacks: **Fresh veggies and/or fruit between meals if you get hungry, along with a lean meat protein. You could have a small handful of nuts as well — just make sure they have no soy or sugar added. You can always have a cup of herbal tea as well.

Evening: Drink one cup hot lemon water, like what you have in the morning. Eat a lean meat like pot roast, steak, grilled fish or chicken, or fry the meat in a little real olive oil. Just make sure any seasonings you use do not have soy added. **Have with fresh veggies and fruit for dessert. Or you can always have another clean salad with no dairy, croutons, or processed salad dressings. Just use the olive oil/balsamic blend for dressing.

No gluten, no dairy, no sugar, no caffeine, no soy, and no alcohol. No giving in! There is no partial going free on these items, it's all or nothing!!!

Mix one scoop of Anita's Turmeric/Ginger/Pepper Blend into a glass of water or with a scoop of Naturo Sciences Green Food in a glass of water. Drink the full glass.

Take 2 Ashwaghandha Capsules
Take 1 Maca Capsule
Take 500 mg Vitamin D
Take 500 mg Vitamin C
Take 1 Thorne's Fish Oil Capsule

After your meal has digested, drink one cup hot Tulsi tea, or a 1/4 cup of cool water with two drops of Tulsi (Holy Basil) extract.

Before bed, I take 400 mg of Magnesium Citrate which is a natural stool softener. If it causes you any issues by taking at night, then you can take it in the morning, before eating anything or taking any other supplements. HOWEVER, if you are taking thyroid medicine, do not take within 4 hours of your thyroid meds. (Per the Hashimoto Protocol book.)

Snacks: **Fresh veggies and/or fruit between meals if you get hungry, along with a lean meat protein. You could have a small handful of nuts as well — just make sure they have no soy or sugar added. You can always have a cup of herbal tea as well.

**I wash all of my veggies and fruits in vinegar, it's a natural and inexpensive way to clean pesticides and other toxins off. I cut and bag several varieties once a week to make eating more convenient — especially as much as I spend my life on the run.

The first 3-4 days are the hardest, because your body is going through a major detoxification and your taste buds are adjusting. But after that, things get much easier. The cravings and temptations lessen dramatically. And after several days, you start feeling so good, you don't want to give in.

My ongoing mantra is this: *I can do ALL things through Christ who gives me strength!*

Additional thoughts:

In my research, I found several studies and experts who pointed to the benefits of the turmeric/ginger/pepper blend for blood pressure, heart, arthritis, diabetes, and cancer prevention as well. I don't make these claims directly, I'm only sharing what I've learned from others.

I am not a doctor, nutritionist, or pharmacist, I'm just an ordinary woman who needed answers to her health issues, and found them through a lot of research, natural healing practices, and faith. The information I share is just that, information. Do your own research and make sure you consult with your doctor. I pray you experience the kind of results I have.

Blessings on your own health journey! Anita