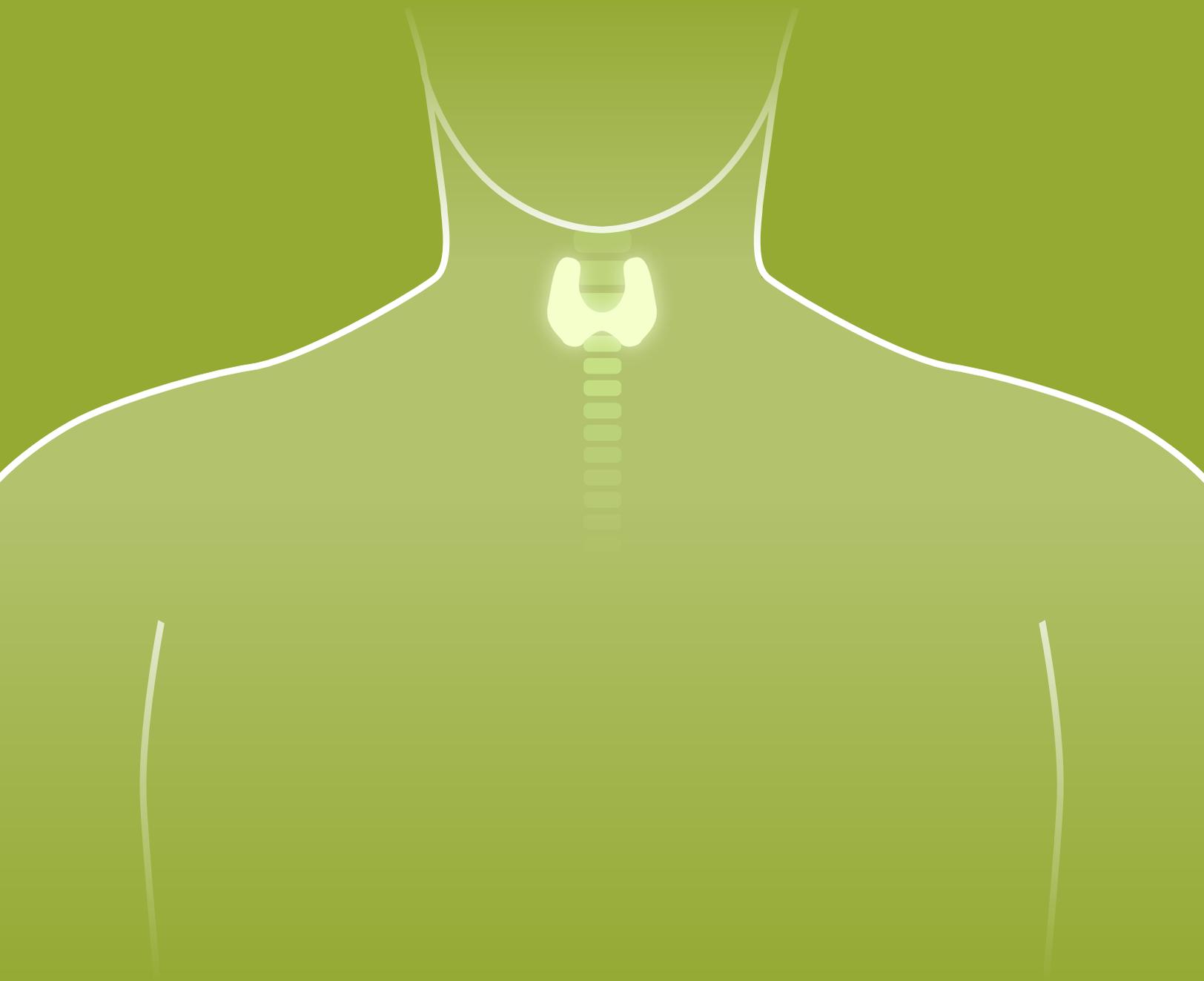


# 7 MUST TAKE STEPS TO BEATING HASHIMOTO'S DISEASE



Dr. Tom Sladic

# 7 MUST TAKE STEPS TO BEATING HASHIMOTO'S DISEASE.

Hashimoto's is the most common cause of Hypothyroidism in the US. That means if you have a Thyroid problem there is a good chance that you have Hashimoto's. If you're not sure you have Hashimoto's it's as simple as running a blood test and checking for TPO and Thyroglobulin antibodies. All patients must be screened for Hashimoto's. It still surprises me how many patients that I consult with are not. So that is Step One.

## NOW YOU KNOW YOU HAVE HASHIMOTO'S

Why is this important?? Because Hashimoto's is an Autoimmune Disease. With Hashimoto's, our immune system is mistakenly attacking the thyroid. It is making auto antibodies. It is not distinguishing between 'self' and 'non-self'.

That means that your Immune system is attacking your own Body. Hashimoto's is the name of the specific autoimmune disease that attacks YOUR Thyroid gland.

*So your immune system is attacking your Thyroid Gland...What will that do?*

**#1.** The gland is getting destroyed a little at a time every single day.

**#2.** The thyroid gland struggles to make Thyroid hormones..... Because it's under attack.

**Here is the magic question?** I want you to think about this?

*What do you need to do to fix the problem??*

Well, let me walk you through the scenario. If the Thyroid is being attacked by the immune system it's not going to be able to do it's job. It's job is to produce thyroid hormone.

If it can't produce Thyroid Hormone you become Hypothyroid. ( low on thyroid hormone).

So your Doctor put's you on synthroid ( thyroid hormone replacement) because you are low on thyroid hormone.

Your blood tests now become normal because of the medication.

Is the problem Fixed... **NO**

Nothing has been done to stop the attack on the thyroid gland. The medication simply replaced what the Thyroid couldn't make. It did nothing to fix the immune system.

That is the reason most people continue to struggle with Hashimoto's. The immune system continues to destroy the Thyroid gland causing massive amounts of inflammation which can cause all kinds of symptoms. That's why you don't feel well!!

**Answer - Hashimoto's is an immune system problem. To fix the Thyroid... the attack must be stopped.**

Unfortunately, Modern medicine has nothing to fix the immune system. That's why your Doctor tells you there is nothing else to do. Even switching to a different thyroid hormone replacement won't fix the Immune system.

This is also the reason that most people are not tested for Hashimoto's.... Because it will not change what the doctor will do.

The key is to fix the immune system.

Now let's not forget that The Thyroid is being attacked so you might be put on medication to replace what the Thyroid can't make. However, most Doctors drop the ball in Testing the Thyroid gland. We want to know how the Thyroid is working . The right tests can give us more clues of what you need.

## THE COMPLETE THYROID BLOOD TEST

I have listed some blood tests which include functional ranges (optimal ranges). This is the range you want for optimal thyroid function and ideal health. Some of the ranges might be narrower than what is listed on your lab tests (the 'reference range').

If you are outside of the lab's reference range, you should consult with a Medical Doctor.

### *Below is a complete list of thyroid tests along with a description:*

- TSH [1.8-3.0] – TSH is secreted by the pituitary gland. If the thyroid is not making enough thyroid hormone, the pituitary will pump extra TSH (thyroid stimulating hormone) to attempt to increase production. This is one of the tests commonly looked at by the conventional health care model and is primarily used to evaluate the need for and effectiveness of thyroid hormone replacement.

A high TSH is indicative of hypothyroidism (low thyroid production).

A low TSH is indicative of hyperthyroidism (low meaning below 0.5) – which may be Graves's disease. If so, you would also see T4 and T3 levels high. In such a case, an antibody test for Graves is needed (TSI antibody).

A TSH between 0.5 and 1.8 without being on medication is indicative of a problem with the pituitary. If a patient is on medication and is having heart palpitations, then the patient might be overmedicated.

The TSH does not consider thyroid metabolism, autoimmune disease or thyroid pituitary feedback loops. Many patients have a normal TSH and feel horrible. TSH alone will not get to the cause of the problem.

- Total T4 [6–12 mcg./dl.]– T4 is produced by the thyroid gland and total T4 is a measure of T4 that is bound by proteins and unbound by proteins. This number does not tell us how active T4 is. T3 uptake is used to indicate how much hormone is entering the cell.

Low- would lead us to consider hypothyroidism

High- would lead us to consider hyperthyroidism

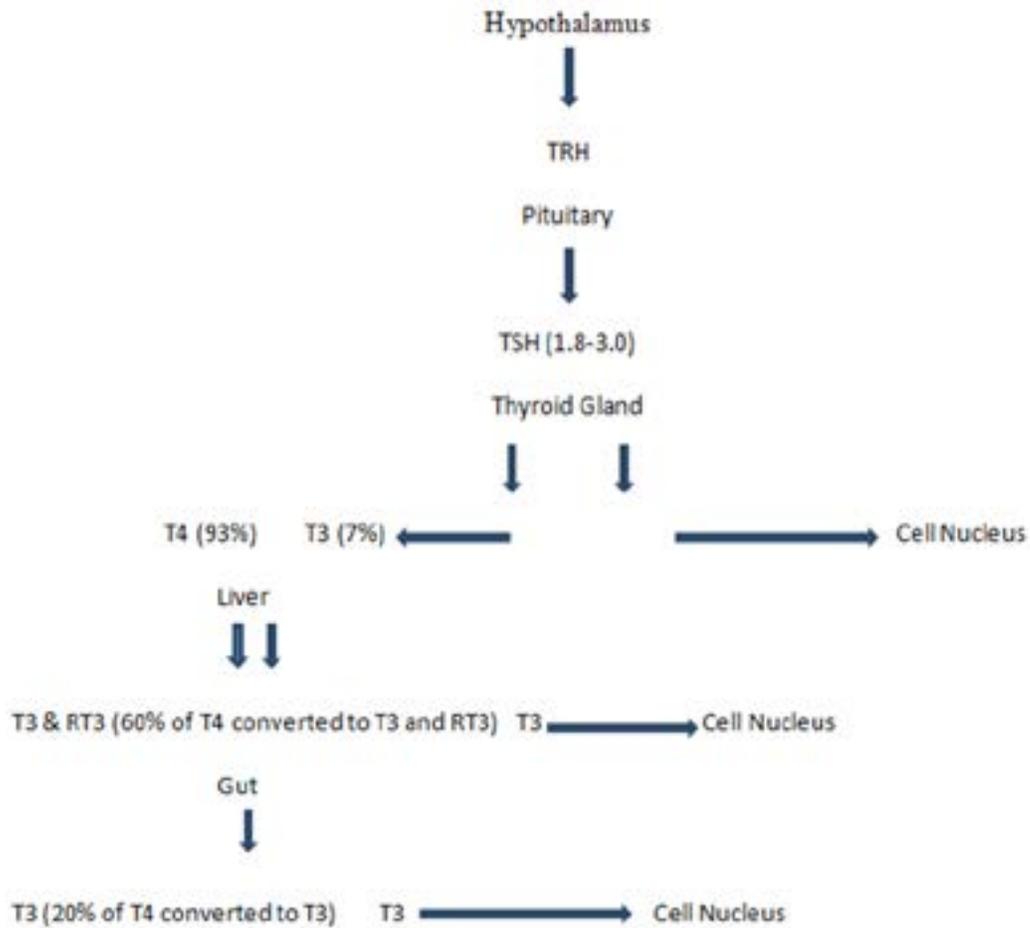
- Total T3 [100-190 ng./dl.] - T3 is the most active thyroid hormone and is produced mainly from the conversion of T4 to T3 in the body. The thyroid gland produces 93% T4 and 7% T3.  
Low- would lead us to consider hypothyroidism  
High- would lead us to consider hyperthyroidism
- Free T4 [1.0-1.5 ng./dl.] - Measures T4 that is not bound by protein and is more available for tissue receptors. Hereditary thyroid resistance can cause increased Free T4.  
Low- would lead us to consider hypothyroidism  
High- would lead us to consider hyperthyroidism
- Free T3 [3.0-4.0 pg./ml.] - Measures T3 that is not bound by protein and is most available to the thyroid receptor sites.  
Low- would lead us to consider hypothyroidism  
High- would lead us to consider hyperthyroidism
- T3 Uptake [28-35%] - Measures the amount of open receptor sites for T3. A low value means there are not many sites available. A high value means that there are plenty of open sites available. High levels of testosterone can decrease the number of sites and high levels of estrogen can increase the number of sites. This test is an indirect way to determine if hormones are affecting thyroid function.  
Low- would lead us to consider hypothyroidism possibly PCOS if low Estrogen.  
High- would lead us to consider hyperthyroidism possibly high Testosterone.
- Reverse T3 [90-350 pg./ml.] – Is produced in the liver. The liver will convert T4 to T3 or reverse T3. You should have a healthy balance. Some schools of thought suggest using a ratio of reverse T3 to Total T3. Divide Total T3 by Reverse T3. That value should be 10 or greater for healthy thyroid function.

*If high selenium, cortisol, liver detox might be needed.*

- Thyroid Binding Globulin [18-27 ug./dl.] (TBG) – measures the amount of protein available to transport thyroid hormone to the cells. Elevated testosterone or estrogen levels can influence the amount of TBG available producing hypothyroid symptoms.
- Thyroid Antibodies – As I mentioned at the beginning This test will tell you if your immune system is attacking the thyroid (most commonly known as Hashimoto's disease). There are two tests to check: TPOab Thyroid Peroxidase and Thyroglobulin ab TGBab (for Hashimoto's). TSIab thyroid stimulating immunoglobulin antibody is used to test for Grave's Disease (hyperthyroid).

**Normal result:** no antibodies produced.

The above tests are needed to appropriately evaluate thyroid function. The Diagram below walks you through the path of how thyroid hormone is delivered to the cell. Remember It is T3 that is the active Hormone. Most patients never look at the T3 number and for many of them is the problem.



Now, Let's not forget the main problem in our discussion.. The Thyroid gland is being attacked and that is what needs to get fixed. With that said we just finished talking about discovering how the Thyroid is working while this attack is happening. If you are on Thyroid hormone replacement consider the following.

Many thyroid medications contain common allergens such as cornstarch, lactose and even gluten. Many Hashimoto's and hypothyroid patients have sensitivities to gluten, and many of them also react to corn and dairy .

Synthroid, which is one of the most popular medications prescribed for hypothyroidism, has both cornstarch and lactose as a filler. Cytomel, which is a popular synthetic T3 hormone, has modified food starch – which contains gluten – as a filler.

Consider a sensitivity if you feel worse when put on a medication.

# NOW LET'S TALK ABOUT REVERSING HASHIMOTO'S AND ADDRESSING THE IMMUNE SYSTEM.

## WE HAVE 2 STEPS

#1 remove the triggers

#2 Balance the immune system

## THE DIAGRAM BELOW LISTS SOME OF THE TRIGGERS



## Reversing Hashimoto's

1. Find the antigen and remove it. (Testing is available for this). The antigen is that what your immune system is attacking and mistakenly attacking the thyroid gland. "Molecular Mimicry"

Cat's claw for Lyme disease. Colloidal Silver, Vitamin C, Monolauric acid, Olive leaf extract, Garlic are some anti virals.

2. Diet stop consuming foods that you are sensitive to. Gluten, Dairy, Soy.

## START WITH DIETARY CHANGES. STEP ONE ELIMINATE GLUTEN FROM YOUR DIET.

Step two eliminate dairy and soy. You might consider a Gluten free diet. However, if you have sensitivities to rice, corn, potato, tapioca or quinoa you will not get better. Your Best option is to go grain free to be safe.

Cyrex labs has testing available to test for food sensitivities that might be driving the autoimmune disease. Testing identifies what you can and can't eat which potentially gives you more variety.

Foods are one of the antigen's that could be causing Hashimoto's. It's a simple place to start.

## HERE ARE 12 OF THE WORST THYROID HORMONE DISRUPTERS AND SOME TIPS ON HOW TO AVOID THEM:

### Thyroid Hormone Disrupters

These chemicals can impact the Thyroids ability to produce hormones T3 and T4. Just as the title implies, disrupting the production. They can also be triggers for the autoimmune disease Hashimoto's.

#### BPA

How to avoid it? Go fresh instead of canned – many food cans are lined with BPA – or research which companies don't use BPA or similar chemicals in their products. Avoid plastics marked with a "PC," for polycarbonate, or recycling label #7. Not all of these plastics contain BPA, but many do – look for BPA free.

#### Dioxin

Dioxins can disrupt the delicate ways that both male and female sex hormone signaling occurs in the body.

How to avoid it? That's pretty difficult, since the ongoing industrial release of dioxin has meant that the American food supply is widely contaminated. Products including meat, fish, milk, eggs and butter are most likely to be contaminated, but you can cut down on your exposure by eating fewer animal products.

#### Atrazine

Herbicide atrazine can turn male frogs into females that produce completely viable eggs. Atrazine is widely used on the majority of corn crops in the United States, and consequently it's a pervasive drinking water contaminant.

How to avoid it? Buy organic produce and get a drinking water filter certified to remove atrazine.

#### Phthalates

Chemicals called phthalates can trigger what's known as "death-inducing signaling" making them die earlier than they should. Yep, that's cell death.

How to avoid it? A good place to start is to avoid plastic food containers, children's toys (some phthalates are already banned in kid's products), and plastic wrap made from PVC, which has the recycling label #3. Some personal care products also contain phthalates, so read the labels and avoid products that simply list added "fragrance," since this catch-all term sometimes means hidden phthalates.

#### Perchlorate

Who needs food tainted with rocket fuel?! That's right, perchlorate, a component in rocket fuel, contaminates much of our produce and milk, according to EWG and government test data. When perchlorate gets into your body it competes with the nutrient iodine, which the thyroid gland needs to make thyroid hormones. Basically, this means that if you ingest too much of it you can end up altering your thyroid hormone balance. This is important because it's these hormones that regulate metabolism in adults and are critical for proper brain and organ development in infants and young children.

How to avoid it? You can reduce perchlorate in your drinking water by installing a reverse osmosis filter. As for food, it's pretty much impossible to avoid perchlorate, but you can reduce its potential effects on you by making sure you are getting enough iodine in your diet. Eating iodized salt is one good way.

### **Fire retardants**

What do breast milk and polar bears have in common? In 1999, some Swedish scientists studying women's breast milk discovered something totally unexpected: The milk contained an endocrine-disrupting chemical found in fire retardants, and the levels had been doubling every five years since 1972! These incredibly persistent chemicals, known as polybrominated diphenyl ethers or PBDEs, have since been found to contaminate the bodies of people and wildlife around the globe – even polar bears. These chemicals can imitate thyroid hormones in our bodies and disrupt their activity. That can lead to lower IQ, among other significant health effects. While several kinds of PBDEs have now been phased out, this doesn't mean that toxic fire retardants have gone away. PBDEs are incredibly persistent, so they're going to be contaminating people and wildlife for decades to come.

How to avoid it? It's virtually impossible, but passing better toxic chemical laws that require chemicals to be tested before they go on the market would help reduce our exposure. A few things that you can do in the meantime include: use a vacuum cleaner with a HEPA filter, which can cut down on toxic-laden house dust; avoid reupholstering foam furniture; take care when replacing old carpet (the padding underneath may contain PBDEs).

### **Lead**

Lead is one heavy metal you want to avoid. It's well known that lead is toxic, especially to children. Lead harms almost every organ system in the body and has been linked to a staggering array of health effects, including permanent brain damage, lowered IQ, hearing loss, miscarriage, premature birth, increased blood pressure, kidney damage and nervous system problems. But few people realize that one other way that lead may affect your body is by disrupting your thyroid hormones.

How to avoid it? Keep your home clean and well maintained. Crumbling old paint is a major source of lead exposure, so get rid of it carefully. A good water filter can also reduce your exposure to lead in drinking water.

### **Arsenic**

Arsenic messes with your hormones! Specifically, it can interfere with normal hormone functioning in the system that regulates how our bodies process sugars and carbohydrates. What does that mean for you? Well, weight gain/loss, protein wasting, immunosuppression, insulin resistance (which can lead to diabetes), osteoporosis, growth retardation and high blood pressure.

How to avoid it? Reduce your exposure by using a water filter that lowers arsenic levels

### **Mercury**

That sushi you are eating could be hazardous to your health. Mercury, a naturally occurring but toxic metal, gets into the air and the oceans primarily through burning coal. Eventually, it can end up on your plate in the form of mercury-contaminated seafood. Pregnant women are the most at risk from the toxic effects of mercury, since metal can interfere with fetal brain development. In addition, thyroid hormones don't work so well when they've got mercury stuck to them!

How to avoid it? For people who still want to eat (sustainable) seafood with lots of healthy fats but without a side of toxic mercury, wild salmon and farmed trout are good choices.

### **Perfluorinated chemicals (PFCs)**

The perfluorinated chemicals used to make non-stick cookware can stick to you. Perfluorochemicals are so widespread and extraordinarily persistent that 99 percent of Americans have these chemicals in their bodies. Exposure has been linked to decreased sperm quality, low birth weight, kidney disease, thyroid disease and high cholesterol, among other health issues. Scientists are still figuring out how PFOA affects the human body, but animal studies have found that it can affect thyroid and sex hormone levels.

How to avoid it? Skip non-stick pans as well as stain and water-resistant coatings on clothing, furniture and carpets.

## Organophosphate pesticides

Neurotoxic compounds that the Nazis produced in huge quantities for chemical warfare during World War II were luckily never used. After the war ended, American scientists used the same chemistry to develop a long line of pesticides that target the nervous systems of insects. Despite many studies linking organophosphate exposure to effects on brain development, they are still among the more common pesticides in use today. A few of the many ways that organophosphates can affect the human body lowering testosterone and altering thyroid hormone levels.

How to avoid it? Buy organic produce and find the fruits and vegetables that have the fewest pesticide residues.

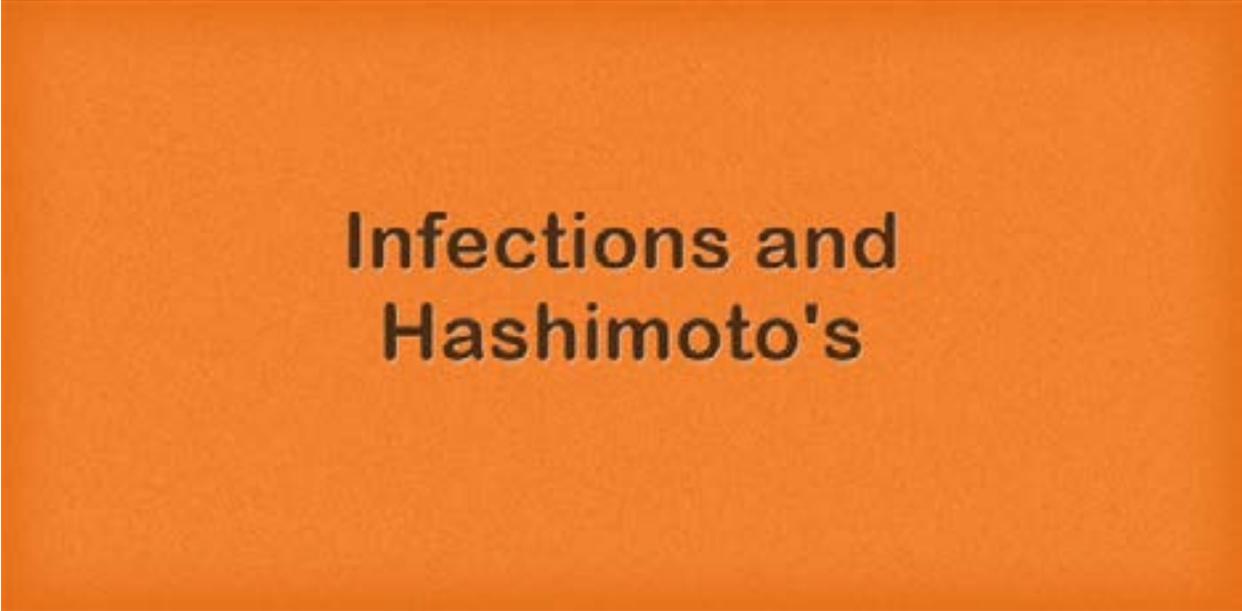
## Glycol Ethers

Chemicals called glycol ethers, which are common solvents in paints, cleaning products, brake fluid and cosmetics. Worried? You should be. The European Union says that some of these chemicals “may damage fertility or the unborn child.” Studies of painters have linked exposure to certain glycol ethers to blood abnormalities and lower sperm counts. And children who were exposed to glycol ethers from paint in their bedrooms had substantially more asthma and allergies.

How to avoid it? Healthy Cleaning agents and avoid products with ingredients such as 2-butoxyethanol (EGBE) and methoxydiglycol (DEGME).

## Summary

We live in a toxic world and trying to escape from every single exposure is impossible. My advice for patients is to improve their bodies detoxification pathways. Meaning, improve the way your body get's rid of toxins. Secondly , do your best at reducing exposure to toxins and don't get stressed out over it.



# Infections and Hashimoto's

## H Pylori

H pylori is found in the stomach and will lower stomach acid. I often also find that it will inhibit Iron absorption. So if you have low Iron and heartburn , IBS or other digestive complaints. H pylori could be the cause. Best way to test is a breath test and/or comprehensive stool test.

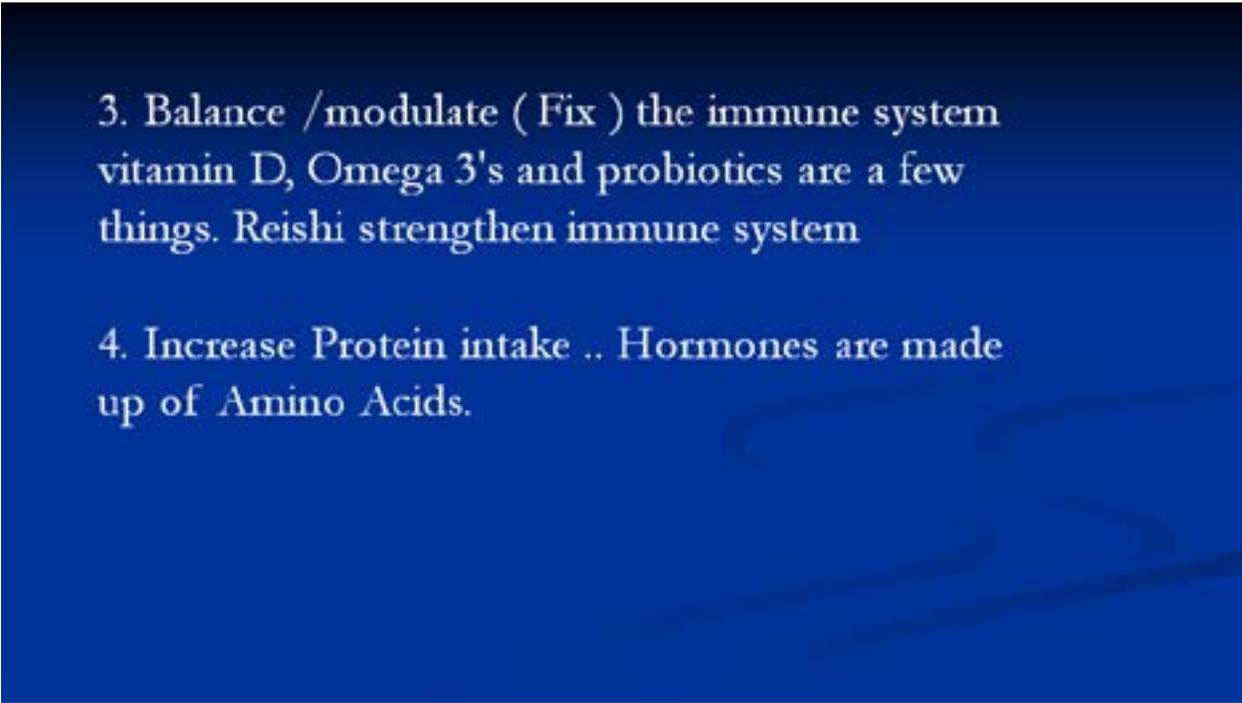
*“H. pylori bacteria can be passed from person to person through direct contact with saliva, vomit or fecal matter. H. pylori can also be spread through contaminated food or water”* according to mayo clinic.

Antibodies to **Yersinia enterocolitica** bacterium were found to be 14x more prevalent in Hashimoto's patients. This can come from contaminated food .. dairy,poultry, meat , seafood...especially oysters and pork. The infection mimics thyroid sites and the immune system attacks the thyroid mistakenly. The solution is to get rid of the infection.

**Yeast Overgrowth.or Candida..** which is fungal overgrowth. Over taking the good bacteria. This is called Dysbiosis. Watch you sugar intake if you have this and Get some heavy dose probiotics going.

Get checked for **Lyme** disease and also Reactivation of **Epstein Barr virus**.

A comprehensive stool tests and blood tests are the best ways to test for these infections.



**BELOW IS AN EXAMPLE OF A PATIENT THAT TESTED POSITIVE TO HASHIMOTO'S**

Patient ID: [REDACTED]	Reported: [REDACTED]	[REDACTED]	
	(* A Copy Sent To)		
Test Name	In Range	Out Of Range	Reference Range
THYROID PEROXIDASE AND THYROGLOBULIN ANTIBODIES			
THYROGLOBULIN ANTIBODIES		>3000 H	<20 IU/mL
THYROID PEROXIDASE ANTIBODIES		476 H	<35 IU/mL
<b>PERFORMING SITE:</b>			
CB QUEST DIAGNOSTICS WOOD DALE, 1355 MITTEL BOULEVARD, WOOD DALE, IL 60191-1024 Laboratory Director: ANTHONY V. THOMAS, MD, CLIA: 14D04			
Your request to have a duplicate copy faxed has been acknowledged			
Queued to: 12489260454			
* Copy To Client: DOCTOR'S CHOICE-MASTER			

## BELOW IS THE SAME PATIENTS VITAMIN D TEST

QUESTASSURED 25-OH VIT D, (D2,D3), LC/MS/MS

QUESTASSURED 25-OH VIT D, (D2,D3), LC/MS/MS

Test Name	Results
VITAMIN D, 25-OH, TOTAL	6 L
25-OHD3 indicates both endogenous production and supplementation. 25-OHD2 is an indicator of exogenous. Therapy is based on measurement of Total 25-OHD, with levels <20 ng/mL indicative of Vitamin D deficiency. Optimal levels are > or = 30 ng/mL.	
VITAMIN D, 25-OH, D3	6
Reference Range Not established	
VITAMIN D, 25-OH, D2	<4
Reference Range Not established	

**PERFORMING SITE:**  
BH QUEST DIAGNOSTICS INC AUBURN HILLS, 4444 GIDDINGS ROAD, AUBURN HILLS, MI 48326 Laboratory Director: STEVEN H. ...  
CB QUEST DIAGNOSTICS WOOD DALE, 1355 MITTEL BOULEVARD, WOOD DALE, IL 60191-1024 Laboratory Director: ANTHONY V. ...

\* DOCTOR'S CHOICE-DR TOM SLADIC has requested a copy of this report be sent to you. Ordering Physi...

## A CONNECTION BETWEEN LOW VITAMIN D AND HASHIMOTO'S

This Patient came to my office stating that her Doctor told her that her thyroid tests were normal and she should try to lose some weight. Thyroid patients are rarely tested for Hashimoto's or vitamin D. Why? Because it does not change the Doctor's course of action. Prescribe Synthroid and monitor TSH levels.

### The importance of Vitamin D:

This vitamin plays a critical role in our being able to maintain good health. It can affect us in a multitude of ways. It can help to prevent cancer and heart disease. It can help to ward off osteoporosis and even prevent tooth loss. It helps to fight and stop recurrent infection, and plays an important role in other types of autoimmune disease.

Nurses' Health studies showed that nurses who had vitamin D levels averaging 50ng/ml, reduced their risk of developing breast cancer by as much as 50%.

The importance of Vitamin D for those with autoimmune thyroid disease is that it helps to bring their immune system back into balance.

See: <http://www.ncbi.nlm.nih.gov/pubmed/20427238>

### How to get Vitamin D:

The best way to get vitamin D is through sun exposure because. When your skin is exposed to UVB rays it produces vitamin D3. The amount of vitamin D you can get from the sun will depend on a few things.

*The time of day* – your skin produces more vitamin D if you expose it during the middle of the day.

*Where you live* – the closer to the equator you live, the easier it is for you to produce vitamin D from sunlight all year round.

*The color of your skin* – pale skins make vitamin D more quickly than darker skins.

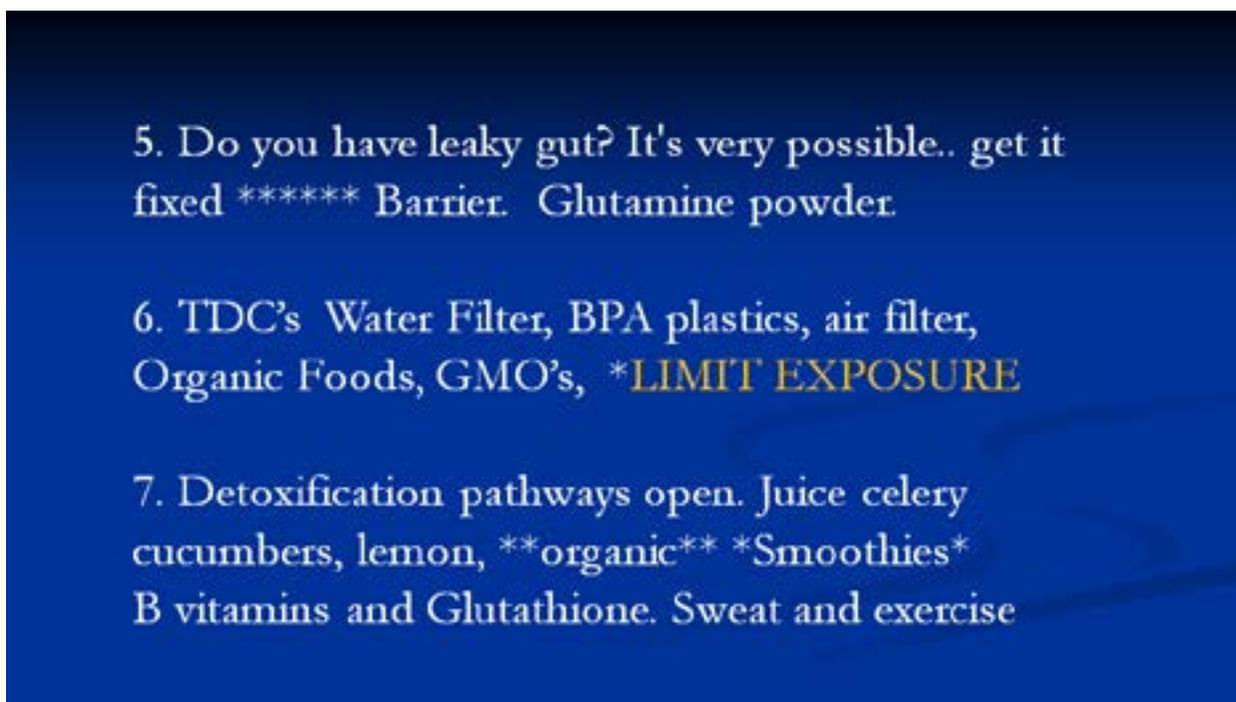
*The amount of skin you expose* – the more skin you expose the more vitamin D your body will produce.

Dr. Holick stated in an interview. “We had shown many years ago that during the winter time, if you live above Atlanta, Georgia, you basically cannot make any vitamin D in your skin from about November through March.”

Dr. Michael Holick, expounds on these and many other health benefits of vitamin D. He’s both an MD and a PhD, and wrote the book, *The Vitamin D Solution*.

He has also created an app that can tell you when you can get vitamin D based on your location and how much you are getting. You can get more information at this site: <http://dminder.ontometrics.com/>

Very little vitamin D comes from food so if you live in the north you will need supplementation. Take vitamin D3 cholecalciferol. I start dosing at 2000 iu’s per day to as high as 10000 iu’s per day. If you have autoimmune disease your target should be to get your levels around 80ng/ml.



One of the primary things we look for when someone has Hashimoto’s hypothyroidism is leaky gut, a condition in which the intestinal wall is damaged, as it is usually a key factor with Autoimmunity.

## WHAT IS LEAKY GUT?

Leaky gut, a condition in which inflammation damages the intestinal wall and makes it overly porous, creates a hyper inflammatory state in the body that can predispose one to autoimmunity. Also known as intestinal permeability, it has been shown to play a role in triggering and exacerbating Hashimoto’s hypothyroidism.

Leaky gut is still a relatively new concept. Science once believed the digestive system’s only role was to digest foods and absorb nutrients. Now we know it also serves as barrier between the outside world and the inside of the body, and that it is home base to the immune system.

When you consistently eat foods that are inflammatory (junk foods, sugars, foods to which you are sensitive), are exposed to infectious yeast and bacteria, live with constant stress, take certain medications, or drink too much alcohol, the integrity of the gut and the immune system breaks down. As a result, the immune system becomes hyper zealous and can begin to attack the body, creating Hashimoto’s hypothyroidism.

## Repairing leaky gut can help improve Hashimoto's hypothyroidism

Now that researchers have established the role of leaky gut in autoimmunity, they suggest we can slow down the autoimmune process or even send it into remission by repairing a leaky gut wall. Repairing leaky gut prevents undigested foods and other foreign invaders from escaping into the bloodstream where they trigger the immune system. When you are dealing with Hashimoto's hypothyroidism, you do not want to give the immune system a reason to be activated unnecessarily. If every meal and snack you eat contains a food that activates your immune system, you are keeping inflammation alive. An anti-inflammatory diet and repairing leaky gut are key to managing your Hashimoto's hypothyroidism.

## EAT MORE PROTEIN



## MY SMOOTHIE RECIPE

- **Unsweetened Coconut Milk**- 8-12 oz
- **Spinach** - One handful
- **Half or whole avocado** (cut the avocado in half, remove seed and squeeze or scoop the contents)
- **Frozen Fruit** ( I like fruit medley with grape, mango and peach) around a cup and a half.
- **Whey Protein** (15 grams) About one scoop. You might want to try pea protein here if you are sensitive to dairy.

I use a Vitamix to blend it. If you want the consistency to be thicker add less coconut milk. Tastes great, quick to make, full of nutrition and easy to clean. I hate cleaning :)

I usually have this for lunch and after a workout.

**Try it..**

Working with Hashimoto's patients I have learned many of the steps that need to be taken for success to happen from experience. I have given you the seven keys and much more above.

## IF YOU WANT TO START FEELING BETTER...IT'S TIME TO DO SOMETHING.

Do you feel overwhelmed or not sure where to start? I find that many of my patients do better when they have an organized plan to follow.

What to eat, what not to eat, recipes, what supplements to take, how to take them, personal plan, weekly meal plans...

So I created my " Guide To Beating Hashimoto's" Finally a Proven Blueprint.

I use it with all of my Hashimoto's and Thyroid Patients. It Gives them an organized plan to follow step by step. If you're interested click on the link.



Thank you,

**Dr Tom Sladic**