

# 5 Ways to Keep Your Thyroid Healthy



- By Jorge Zarate

[Click Here To Download My New Healthy Thyroid Plan](#)

© Copyright 2014 Beer Diet Project™ All rights reserved. This report is for informational purposes only, and should not be considered a substitute for consulting your physician regarding medical advice to your health. We are not responsible for any loss, injury, or damage that allegedly arises from any information published on this report. You are responsible for any actions you take regarding your medical care.

One of the most irritating parts about hypothyroidism is lacking energy and not being able to lose weight no matter how hard you try.

Keeping your thyroid healthy is really only the beginning... your thyroid affects about 11 parts of your body, such as blood sugar (low energy & insulin resistance), brain (foggy brain), cardiovascular system (low body temperature), etc.

So what I will cover in this report is some of the things I tried myself while I figured out how to get my life back and be "normal" again.

Hypothyroidism changed me for the better, so my definition of "normal" has changed, but hopefully you understand what I mean 😊

So first things first...

## 1. Do you have enough Iodine?

One of the very first things you'll want to do is make sure you are getting enough iodine.

The most common mistake I see people make is to immediately turn to supplements to make up for their shortfalls, but I often find that supplements must be often taken in conjunction with other supplements in order for them to be effective or to avoid risks of taking too much!

Taking iodine by itself can be a risky proposition...

I found instead, you should take it in conjunction with selenium and vitamin D (and vitamin K)...

... but instead of taking a supplement, I prefer to add a couple staple foods to my diet...

Again, some of these foods may not sit well with you...

They didn't for me until I learned how to prepare them correctly.

Again, I was desperate and willing to try everything and anything I came across. Some of these foods I personally did not enjoy... however once I figured how to make them work, they have been life changing.

[Click Here To Download My New Healthy Thyroid Plan](#)

© Copyright 2014 Beer Diet Project™ All rights reserved. This report is for informational purposes only, and should not be considered a substitute for consulting your physician regarding medical advice to your health. We are not responsible for any loss, injury, or damage that allegedly arises from any information published on this report. You are responsible for any actions you take regarding your medical care.

## **Foods for Iodine**

- Seaweed (Dulse, Chlorella, Spirulina, Blue Green Algae, etc.)
- Celtic sea salt

## **Foods for Selenium**

- Brazil nuts (raw and sprouted or at least soaked overnight)
- Whole unrefined grains (raw and sprouted or at least soaked overnight)

For vitamin D, sun exposure is usually more than enough...

There is a lot of controversy about being exposed to the sun, but we'll leave that one for another day...

# **2. Is Your Pituitary Gland Sending Signals To Your Thyroid?**

In some cases, people may have weak glands or hormone imbalances. After all, I don't know many people who have any idea how to feed their glands...

When I was asked, "when was the last time you fed your glands?"... I was stumped...

I had no answer.

Never been asked before...

Never cared... until now.

This is a very complex topic and well beyond the scope of this report.

However, here are some of the best foods I've found to feed your glands...

- Centrifuged Coconut Oil (may also rub it on neck around thyroid area)
- Maca
- Goji Berries
- Golden Berries
- Tribulus Terrestris
- Tongkat Ali
- Ashwagandha

[Click Here To Download My New Healthy Thyroid Plan](#)

© Copyright 2014 Beer Diet Project™ All rights reserved. This report is for informational purposes only, and should not be considered a substitute for consulting your physician regarding medical advice to your health. We are not responsible for any loss, injury, or damage that allegedly arises from any information published on this report. You are responsible for any actions you take regarding your medical care.

### 3. Is Your Liver Converting T4 into T3?

The body is a complex machine... hormones are communicators in your body... if you don't have the right amount of hormones or the right type, your ENTIRE body may suffer!

There are some cases where your thyroid may indeed have all the iodine it needs and it produces all the T4 it needs to produce, yet you may still be showing all signs and symptoms of hypothyroidism if your liver doesn't properly convert it into T3.

This is very likely due to a toxic liver.

There are many ways to detox your liver. Some of the most effective methods I've found are:

- Ganoderma
- Livatrex
- Juicing

Again, some people are unable to properly juice depending on the current treatment they are on, but there is always a way to get the result!

### 4. Is Your T4 Being Hijacked?

It is very possible that your thyroid may be functioning perfect... your liver converting T4 into T3... yet you still feel all the symptoms of hypothyroidism...

Here's why...

In the chemical world, there is a group of elements that belong to the halogen group

[Click Here To Download My New Healthy Thyroid Plan](#)

© Copyright 2014 Beer Diet Project™ All rights reserved. This report is for informational purposes only, and should not be considered a substitute for consulting your physician regarding medical advice to your health. We are not responsible for any loss, injury, or damage that allegedly arises from any information published on this report. You are responsible for any actions you take regarding your medical care.

These include...

- Fluorine
- Chlorine
- Bromine
- Iodine
- Astatine

You may recognize iodine in there...

It so happens that a T4 hormone is composed of Tyrosine and Iodine... However, Fluorine, Chlorine and Bromine tend to inhibit Iodine absorption in the body and Fluorine can even take its place and create a fake T4 hormone...

Again, nothing I was doing was working so I went ahead and avoided any of those halogens...

Fluoride and chlorine is typically found in water... you can get special filters to remove them.

Toothpaste?

Yes, there is fluoride-free toothpaste. There are many places to shop besides big box stores or local stores...

You can even make your own toothpaste by mixing coconut oil and baking soda (aluminum free) as a base and adding essential oils or extracts for flavor and aroma such as mint.

Bromine is pretty popular too in pesticides which are commonly used in fruits such as strawberries. You can find it in citrus flavored soft drinks, soda or pop (depending on where you are from)...

Bakery goods also use potassium bromated, so look for "no bromine" or "bromine free"... though you should really grind your own grain and most importantly make sure that if you are eating grains you are preparing them right... they can agitate your hypothyroid symptoms...

Being a home brewer I was very skeptical to try anything that didn't have much research let alone peer reviewed... I was really afraid to be steered in the wrong direction...

[Click Here To Download My New Healthy Thyroid Plan](#)

© Copyright 2014 Beer Diet Project™ All rights reserved. This report is for informational purposes only, and should not be considered a substitute for consulting your physician regarding medical advice to your health. We are not responsible for any loss, injury, or damage that allegedly arises from any information published on this report. You are responsible for any actions you take regarding your medical care.

However, I went ahead and became the “lab rat” myself and found some pretty amazing things.

Most importantly, this is where some important decisions had to be made. There are many conflicts of interest on some of these topics, but again, nothing else worked for me and I could not leave no stone unturned.

This is also where I started to make sure those I was taking advice from projected the health I was looking for myself. Keep that in mind as you go through your journey.

## 5. Is Your Thyroid Silently Under Attack?

There is a “theory” about mercury fillings affecting thyroid function by slowly poisoning the body and having your body store it primarily in your brain, thyroid, liver and adrenals.

Again, “theory”...

Why?

It may take years before these effects are seen... of course they haven’t done studies... but, something was wrong with me and I have no reason to doubt others who have figured this out...

So I went ahead and got rid of any mercury fillings in my teeth...

This is a delicate procedure since your dentist needs to make sure you don’t end up swallowing the mercury you are trying to get rid of.

If mercury is a culprit for you, then consider modifying your diet to make sure you are getting more zinc, selenium, iodine, sulfur and silica.

Silica is actually one of my favorite supplements... it’s a clear liquid, that’s tasteless, odorless and simply magical. Wish I had more time to talk about it, but let’s stick to our topic on thyroid.

See, I have my own suspicion as to when everything started for me...

Mercury fillings may have had an effect, but I believe everything started since I had a root canal done on a tooth which happens to be connected to the same meridian the thyroid belongs to.

[Click Here To Download My New Healthy Thyroid Plan](#)

© Copyright 2014 Beer Diet Project™ All rights reserved. This report is for informational purposes only, and should not be considered a substitute for consulting your physician regarding medical advice to your health. We are not responsible for any loss, injury, or damage that allegedly arises from any information published on this report. You are responsible for any actions you take regarding your medical care.

Take a look at this chart and guess which tooth I had work done on...

### Meridian Tooth Chart

Organs	Right heart, right duodenum, terminal ileum	Pancreas, right side of stomach, esophagus	Right lung, right side of large intestine	Right side of liver, gall bladder, right side of biliary ducts	Right kidney, bladder, uterus, prostate, rectum, anus	Left kidney, bladder, uterus, prostate, rectum, anus	Left side of liver, biliary ducts	Left lung, left side of large intestine	Spleen, left side of stomach, esophagus	Left heart, left side of duodenum, jejunum, ileum						
Teeth Pictured																
Names of Teeth	Right upper 3rd molar (wisdom)	Right upper 2nd molar	Right upper 1st molar	Right upper 2nd bicuspid (pre-molar)	Right upper 1st bicuspid (pre-molar)	Right upper canine (cuspid)	Right upper lateral incisor	Right upper central incisor	Left upper central incisor	Left upper lateral incisor	Left upper canine (cuspid)	Left upper 1st bicuspid (pre-molar)	Left upper 2nd bicuspid (pre-molar)	Left upper 1st molar	Left upper 2nd molar	Left upper 3rd molar (wisdom)
American Nomenclature	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Names of Teeth	Right lower 3rd molar (wisdom)	Right lower 2nd molar	Right lower 1st molar	Right lower 2nd bicuspid (pre-molar)	Right lower 1st bicuspid (pre-molar)	Right lower canine (cuspid)	Right lower lateral incisor	Right lower central incisor	Left lower central incisor	Left lower lateral incisor	Left lower canine (cuspid)	Left lower 1st bicuspid (pre-molar)	Left lower 2nd bicuspid (pre-molar)	Left lower 1st molar	Left lower 2nd molar	Left lower 3rd molar (wisdom)
Teeth Pictured																
Organs	Right heart, terminal ileum, ileo-cecal	Pancreas, right side of stomach, pylorus, esophagus	Right lung, right side of large intestine	Right side of liver, gall bladder, right side of biliary ducts	Right kidney, bladder, uterus, prostate, rectum, anus	Left kidney, bladder, uterus, prostate, rectum, anus	Left side of liver, biliary ducts	Left lung, left side of large intestine	Spleen, left side of stomach, esophagus	Left heart, left side of jejunum, ileum						
Endocrine Glands				Ovaries,	testicles	Adrenals	Adrenals	Ovaries,	testicles							
Mammary glands				R i g h t B r e a s t					L e f t B r e a s t							
Joints	Right: Shoulder, elbow, hand (ulnar), S-I joint, foot, toes	Right: TMJ, anterior hip/knee, medial ankle	Right: Shoulder-elbow-hand (radial), foot, big toe	Right: Posterior knee, hip, lateral ankle	Right: Posterior knee, sacro-coccygeal joint, posterior ankle	Left: Posterior knee, sacro-coccygeal joint, posterior ankle	Left: Posterior knee, hip, lateral ankle	Left: Shoulder-elbow-hand (radial), foot, big toe	Left: TMJ, anterior hip/knee, medial ankle	Left: Shoulder-elbow-hand (ulnar), S-I joint, foot, toes						

Figure 1 - Image Source: Besttoothpaste.com

If you guessed #14 Left Upper 1<sup>st</sup> molar, then you were right...

I had work done on that tooth in my early 20's when I was in the Navy... and ever since my symptoms have begun to slowly emerge...

It took years to catch up, but when they did, I began to gain weight uncontrollably, my body temperature was cold, my skin dry as the sahara (especially my face and scalp), I was tired all the time, had "foggy brain"... and countless other symptoms that kept me from living a normal life!

I had to quit my business!

I almost gave up on everything I had going for me...

... but in the end it has been a blessing.

[Click Here To Download My New Healthy Thyroid Plan](#)

© Copyright 2014 Beer Diet Project™ All rights reserved. This report is for informational purposes only, and should not be considered a substitute for consulting your physician regarding medical advice to your health. We are not responsible for any loss, injury, or damage that allegedly arises from any information published on this report. You are responsible for any actions you take regarding your medical care.

I spent most of 2013 researching this topic full-time. I was fortunate enough to be making a living from home and could dedicate myself full time to figure this out.

Full time meaning from waking up to countless late nights.

My friends rarely heard from me...

I did nothing but read, research and most importantly experiment on myself.

What you are reading is the result of well over 5,000 hours worth of research and testing grossly simplified.

To date, I am still a student and still learning.

I still have questions and doubts about many things... but everything I've shared, I've personally tried and have seen others succeed as well.

My biggest wish is that you VALUE this report for what it's worth. I could have turned this into an eBook and sold it, but I believe in sharing this information for free as long as it is valued.

I'm constantly updating my "model" of how the body works and what's best for our diets... If you would like to get my latest Healthy Thyroid Plan you can get it here:

[>> Click Here to Download My New Healthy Thyroid Plan <<](#)

Sincerely,

Jorge



[Click Here To Download My New Healthy Thyroid Plan](#)

© Copyright 2014 Beer Diet Project™ All rights reserved. This report is for informational purposes only, and should not be considered a substitute for consulting your physician regarding medical advice to your health. We are not responsible for any loss, injury, or damage that allegedly arises from any information published on this report. You are responsible for any actions you take regarding your medical care.