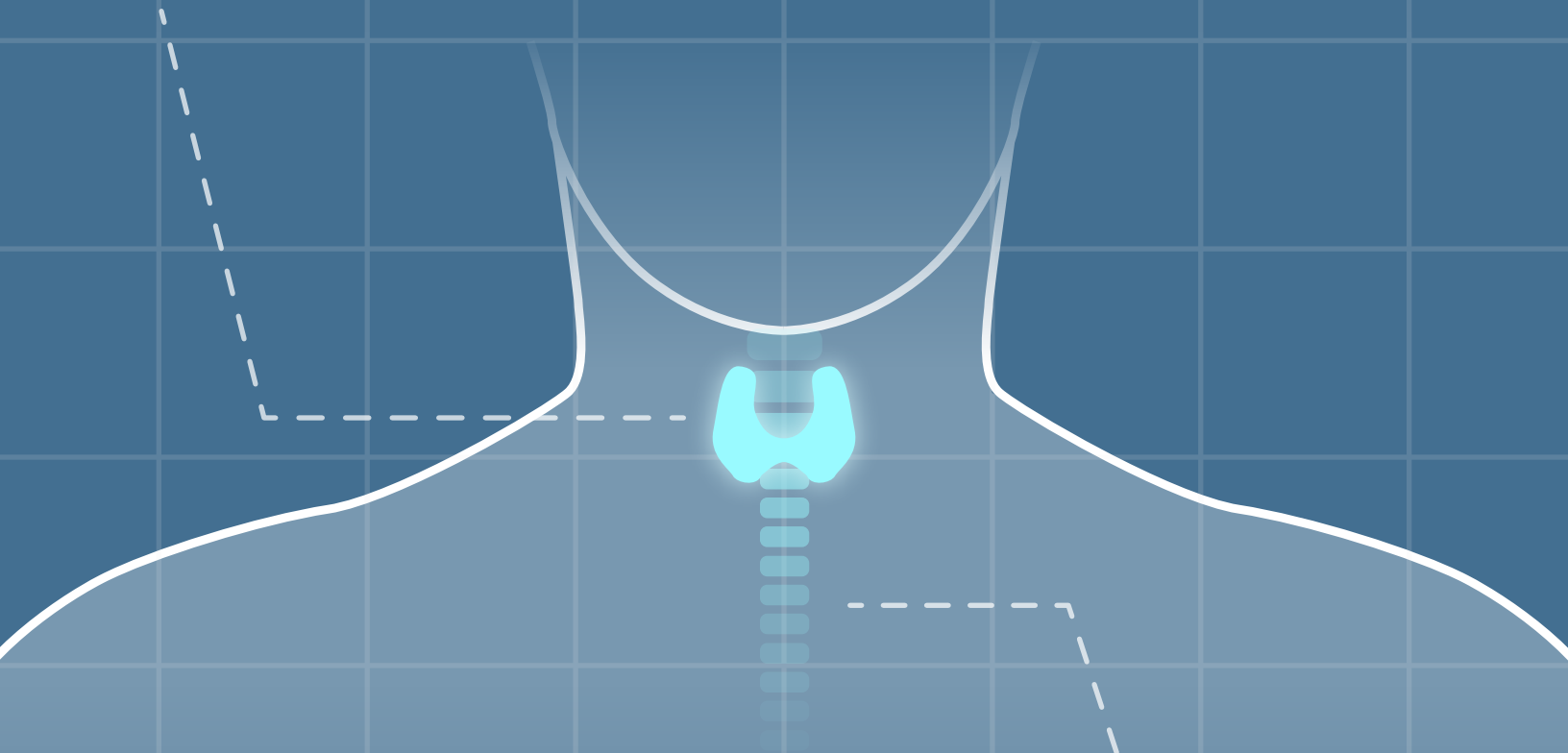


BEATING HASHIMOTO'S



**Finally a
Proven Blueprint**

Dr. Tom Sladic

Hashimoto's Diet

(Phase 1)

*Remember:
Phase 1 of the Hashimoto's
Diet goes for 4-12 weeks.*

If you have Hashimoto's and you are disciplined and motivated, begin with the autoimmune diet 12 weeks.

If you have addictions to food or you feel it would be impossible to follow the autoimmune diet, then start by eliminating gluten, dairy and soy. As you develop better eating habits, you can make further eliminations and transition into the full Hashimoto's diet.

Supplements alone will not get the job done. You must follow the diet combined with the supplement approach I list in the supplement section.

In a nutshell, the Hashimoto's diet is free of: grains, dairy, eggs, all sweeteners, nightshades (potatoes, tomatoes, peppers, eggplant) and processed foods. What is left is a diet that focuses on plenty of vegetables, cultured vegetables (such as sauerkraut) and healthy meats and fats. You should eat regularly enough to avoid drops in blood sugar and drink plenty of filtered or spring water.

Because the diet is rather stringent, grabbing a quick meal while you're out or conjuring a meal from an empty fridge is tricky. The most important strategy for success is planning and preparation. You have to be one step ahead of yourself when it comes to future meals.

Some essentials of the diet include:

1 - Grass fed meats

The ideal types of meat on the diet are pastured meats raised on small farms. The animals are free from hormones, antibiotics, and GMO feeds. Because grass-fed meats have become so popular, you may be able to find them on small farms in your area or at health food stores. US Wellness Meats is an online source that can ship a wide variety of frozen pastured meats to your home. Remember that chemicals and hormones can disrupt Thyroid function and can also be triggers.

2 - Coconut Oil

Coconut oil is a staple diet, taking the place of butter for many cooking needs (unless you are sensitive to it, which some people are). Thankfully, coconut oil is becoming more common place on the shelves of health food stores and even at Costco. Tropical Traditions was one of the first to offer coconut oil for sale online and continues to offer premium oils.

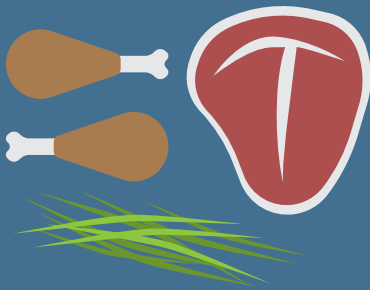
3 - Cultured Foods

Consuming cultured foods and drinks helps restore a healthy balance of gut flora. To the newcomer, fermenting, culturing, and making kefir can seem foreign and even risky.

Cultures for Health provides plenty of easy how-to articles and videos, as well as starter cultures.

I recommend following the autoimmune diet listed below for a period of 4-12 weeks. If you have Hashimoto's or an autoimmune disease, you should commit to at least 12 weeks. After the initial 4-12 period, move to the maintenance diet I have listed below.

So, to recap, start with the Hashimoto's Diet (Phase 1) for weeks 4-12.



**Start Phase 1 of Hashimoto's Diet
for weeks 4 - 12**

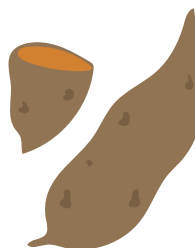
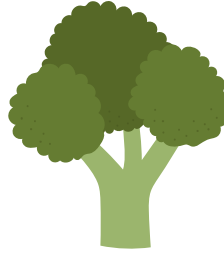
Foods to Eat

*Remember:
Most vegetables are a great option.*

Most Organic Vegetables:

Including

- anise
- artichoke
- asparagus
- beets
- bok choy
- broccoli
- cabbage
- carrot
- cauliflower
- celery
- chives
- cucumber
- garlic
- kale
- kohlrabi
- leeks
- lettuce
- mustard greens
- onions
- parsley
- radish
- rhubarb
- shallots
- spinach
- squash
- sweet potatoes
- water chestnuts
- watercress
- yams
- zucchini



Fermented Foods:

Including

- kimchi
- kombucha tea
- pickled ginger
- sauerkraut
- unsweetened coconut yogurt

Meats:

Including

- beef
- chicken
- fish
- lamb
- turkey



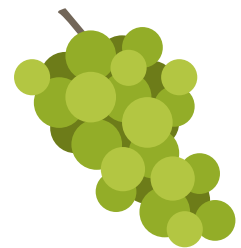
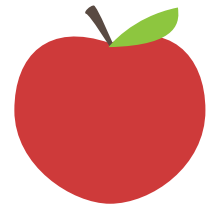
Fish should be ocean caught with a low-mercury content. Swordfish, most tuna, and king mackerel are very high in mercury.

Select hormone-free and antibiotic-free chicken, turkey, lamb and beef that is grass-fed, hormone free, and antibiotic-free.

Low Glycemic Organic Fruits:

Including

- apples
- apricots
- avocados
- berries
- cherries
- grapefruit
- grapes
- lemons
- oranges
- peaches
- pears
- plums



Coconut:

Including

- coconut butter
- coconut cream
- coconut milk
- coconut oil
- unsweetened coconut flakes
- unsweetened coconut yogurt



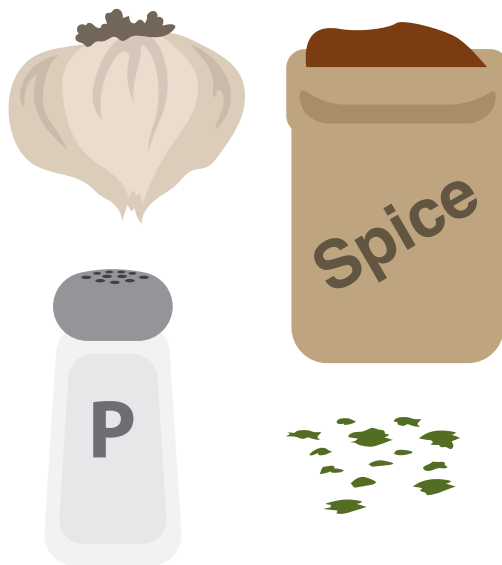
Noodles

- brown shirataki yam noodles (sold in Asian grocery stores)

Herbs and Spices:

Including

- basil
- black pepper
- cilantro
- coriander
- cumin
- garlic
- ginger
- lemongrass
- mint
- oregano
- parsley
- rosemary
- sage
- sea salt
- thyme



Other:

Including

- apple cider vinegar
- herbal teas
- olive oil
- olives



*Remember:
Coconut products offer
many substitutions for
different products.*

Foods to Avoid

*Remember:
Unhealthy compounds
can hide in many foods we
wouldn't think of.*

Sugars:

Including

- agave
- candy
- chocolate
- corn syrup
- fructose
- high fructose corn syrup
- honey
- maple syrup
- molasses
- sucrose



High Glycemic Fruits:

Including

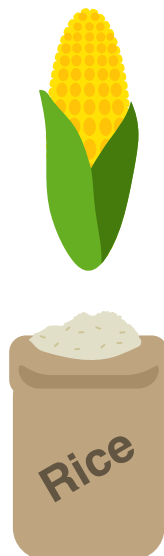
- bananas
- canned fruits
- dried fruits
- mango
- pineapple
- raisins
- watermelon



Grains:

Including

- amaranth
- barley
- buckwheat
- bulgur
- corn
- couscous
- kamut
- millet
- oats
- quinoa
- rice



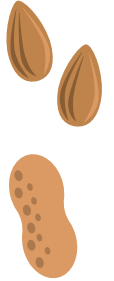
- rye
- spelt
- wheat
- wheat germ



Nuts and Seeds:

Including

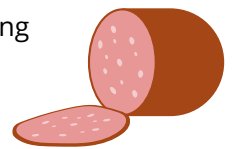
- almonds
- peanuts
- sunflower seeds
- sesame seeds



Gluten-Containing Compounds:

Including

- barbecue sauce
- binders, bouillon
- brewer's yeast
- cold cuts
- condiments
- emulsifiers
- fillers
- gum
- hot dogs
- hydrolyzed plant and vegetable protein
- ketchup
- soy sauce
- lunch meats
- malt and malt flavoring
- malt vinegar
- matzo
- modified food starch
- monosodium glutamate (MSG)
- nondairy creamer
- processed salad dressings
- seitan
- some spice mixtures
- stabilizers
- teriyaki sauce
- textured vegetable protein



Dairy Products and Eggs:

Including

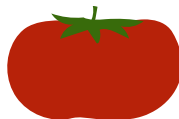
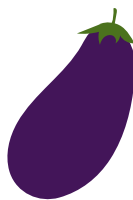
- butter
- cheeses
- cow milk
- creams
- frozen desserts
- goat milk
- margarine
- mayonnaise
- sheep milk
- whey
- yogurt (except coconut)



Nightshades:

Including

- eggplant
- paprika
- peppers
- potatoes
- Tabasco sauce
- tomatillos
- tomatoes



Other:

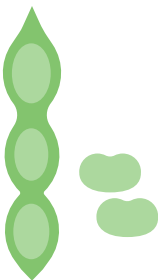
- canned foods
- coffee
- processed foods



Soy:

Including

- edamame
- miso
- soy milk
- soy protein
- soy sauce
- tempeh
- tofu



Fungi:

Including

- edible fungi
- mushrooms



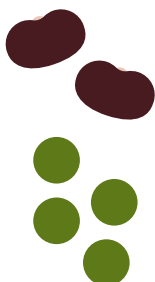
Alcohol:

- all alcohol

Beans and Legumes:

Including

- black beans
- lentils
- peanuts
- peas
- pinto beans
- soybeans



*Remember:
No alcohol of any kind is
allowed during Phase 1.*

Recipes and Tips

*Remember:
Smoothies are also another
time saver and simple meal
to make. Make whatever
tastes good to you. Just
remember to always add
at least 10-15 grams of
protein.*

Phase 1 of the Hashimoto's Diet is the most challenging part of getting better and I will share with you how we help patients through this stage.

One of the suggestions I have for my patients is to make smoothies. Get yourself a Vitamix or Ninja and use the recipe guide I have outlined below. Be creative and make something you enjoy. The convenience and ease will help you through the 4-12 week period.

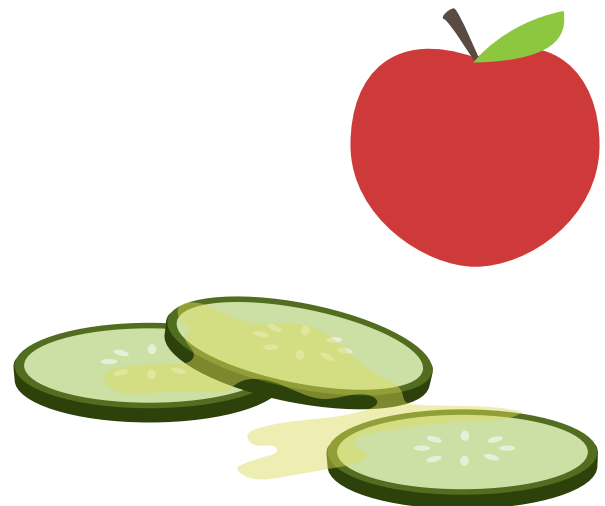
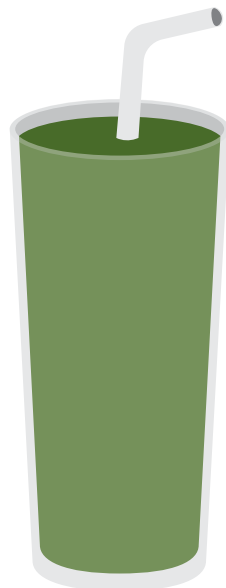


Smoothie Recipe

- Unsweetened Coconut Milk
- Spinach or kale (or any green leafy vegetables) or any combination of vegetables
- Half or whole avocado (cut the avocado in half, remove seed and squeeze or scoop the contents)
- Frozen or fresh fruit* (this can be any that you prefer)

**If you use fresh fruit, use ice cubes to give it a smoothie feel*

I also use one scoop of pea protein (10-15 grams)



Helpful Tips

Little snacks for on-the-go:

- Sliced deli meat (Applegate brand)
- Pea Protein shake (<http://www.sunwarrior.com>). Mix with water, coconut milk or coconut water.
- Cucumbers with olive oil, lemon salt and pepper dressing
- Dill pickles
- Apple, peach, nectarine, cherries
- Coconut yogurt
- Cucumbers and guacamole
- Epic Protein Bar (www.epicbar.com)
- Coconut yogurt (plain) with a half scoop of chocolate protein powder and mix well.
- A greens juice (kale, broccoli, cucumber, lemon, ginger, green apple and beets)
- Tuna salad with celery sticks and cucumber (canned tuna with lemon, salt, pepper, olives, onion, and celery) - be creative! Be sure to buy tuna that is free of metals. You may want to look at wild salmon in a bag.
- Lettuce wraps (sliced deli meat, avocado wrapped up in butter lettuce and dipped in olive oil and vinegar dressing)

Breakfast Ideas

- Chicken/Turkey sausage (Applegate is a great brand)
- You can eat a half grapefruit or some berries, apple, etc. at breakfast
- Salmon/lox for breakfast; good with some capers or red onion
- Some sweet potato hash with onions, some cinnamon sautéed with coconut oil. Can be made in a big batch ahead of time and reheated
- A piece of turkey in a muffin pan; break an egg (when eggs are added back in) into it or scramble the egg and pour in; bake in an oven at 350 for about 10 or 16 minutes until done. Top with avocado, some dairy-free; e.g. Daiya cheese and some sea salt and cracked pepper

Here are some resources that will also help:

- www.gfreelife.com
- www.ceceliasmarketplace.com – she has a book called the Gluten Free, Casein Free and a Soy-Free Shopping Guide
- www.marksdailyapple.com – Primal living/Caveman food plans
- www.whfoods.com – World's Healthiest Foods
- www.glutenfreechecklist.com
- www.paleomom.com – Autoimmune diets

Remember:

Breakfast doesn't have to be hard. Follow the simple tips provided!

Next we will outline a meal Sample meal plan for you to follow. However, you can replace and create your own plan. Just remember to stick with the foods to eat and foods to avoid guide listed above.

The toughest meals for most is breakfast. That's why I listed the breakfast idea's above.

Smoothies are also another time saver and simple meal to make. Make whatever tastes good to you. Just remember to always add at least 10-15 grams of protein.

Sample Planning Menu for Hashimoto's Diet

Week 1

	Breakfast	Lunch	Dinner	Snack
Sunday	Breakfast sausage (p.12)	Grilled salmon (p.15)	Chili (p.21) Asian broccoli slaw	Watermelon
Monday	Bacon with sautéed spinach	Chicken soup (p.15) & cauliflower salad (p.16)	Pulled pork BBQ (p.21) & medley of vegetables	Blueberries & raspberries
Tuesday	Smoothie (p.8) & ½ grapefruit	Tuna/celery/onion with olive oil & balsamic vinegar	Beef with broccoli (p.22) strawberry salad (p.19)	Baked apples
Wednesday	Chicken/turkey sausage Applegate Farms	Asparagus soup (p.13) carrots, celery, radishes with hummus (p.27)	Roasted turkey (p.22) & steamed vegetables	Pomegranate & pears
Thursday	Tropical fruit gazpacho (p.13)	Crab cakes (p.16) & lettuce salad	London broil with balsamic marinade (p.23) & Italian green beans	Smoothie (p.8)
Friday	Baked chicken (p.25)	Bone broth (p.17) & cajun sweet potato fries (p.17)	Stuffed banana peppers (p.23)	Coconut yogurt
Saturday	Breakfast sausage (p.12) ½ grapefruit or watermelon	Butternut squash soup (p.17) & sunflower sprout salad (p.18)	Tomato basil soup (p.24)	Raw veggies with guacamole (p.27)

Week 2

	Breakfast	Lunch	Dinner	Snack
Sunday	Asparagus soup (p.13)	Grilled chicken salad (p.18)	Spring slaw with smoked shrimp (p.24)	Melon & blueberries
Monday	Smoothie (p.8)	Taco salad (p.19)	Chicken soup (p.15)	Raspberries & mango
Tuesday	Grain-free granola (p.12)	Roasted turkey (p.22) & strawberry salad (p.19)	Mutton stew (p.25) & sautéed beets/spinach	Vegetables with hot pepper hummus (p.27)
Wednesday	Chicken/turkey sausage Applegate Farms	Grilled salmon (p.15) & green beans	Chorizo poppers (p.14) with grilled vegetables	Apple/banana chips
Thursday	Smoothie (p.8) & ½ grapefruit	Cinnamon steak skewers (p.20) & salad	Pot roast (p.26) & medley of vegetables	Date trail mix
Friday	Chorizo poppers (p.14)	Spaghetti squash with turkey tomato sauce (p.20)	Baked chicken (p.25) & roma salad	Watermelon
Saturday	Bacon wrapped scallops (p.14)	Chicken soup (p.15) & cauliflower salad (p.16)	Turkey drumsticks (p.26)	Baked apple

Recipes

Breakfast Recipes

Breakfast Sausage

- 1 lb ground pork
- 1 tsp garlic
- 1 tsp paprika
- 1/2 tsp sage
- 1 tsp fennel seeds
- 1/4 tsp cayenne
- 1/4 tsp white pepper
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 tbsp coconut oil



Combine pork, garlic, and all spices in a mixing bowl, mixing until it reaches an even consistency. Form pork mixture into 2-ounce patties (approximately 8 patties). Heat a skillet to medium heat with 1 tablespoon of coconut oil per 4 patties. Cook the patties for approximately 3-4 minutes per side. Each side should be golden, and the center of the patties should no longer be pink.



Grain-free Granola

- 1 cup raw sunflower seeds
- 1 cup raw pecans
- 1 cup raw walnuts
- 1 cup raw pumpkin seeds
- 1 cup raw sliced almonds
- 1 cup shredded unsweetened coconut
- 1 cup chopped medjool dates
- 1 cup raisins



Soak nuts and seeds in warm water and a tablespoon of salt overnight for 10-12 hours. Drain and spread onto a baking sheet. Set oven temperature at 110°F, and dehydrate for 10-12 hours (if your lowest oven setting is higher than 110°F, leave the oven door slightly ajar). Coarsely chop dehydrated nuts and place in a large bowl. Mix in shredded coconut, chopped dates, and raisins. Toss lightly to evenly distribute all ingredients. Serve granola with unsweetened almond milk, or coconut milk. Store any excess in an airtight container.

Tropical Fruit Gazpacho

- 1 pineapple, chopped
- 1 mango, chopped
- 1/2 cucumber, peeled, seeded, and chopped
- 1/2 coconut, chopped
- Juice of 1 lime
- Lime wedges and grated coconut to garnish

Peel and chop pineapple, mango, and cucumber. Reserve 1/2 cup of diced pineapple to add after blending. Tap open coconut using blunt edge of a chef's knife, separate meat from shell. Using a vegetable peeler, remove the thin inner skin. Chop coconut meat into chunks.

In a high-speed blender or food processor, blend coconut chunks on high until finely shredded. Add mango, pineapple, and cucumber, and puree. Squeeze in lime juice, and continue to process until smooth. Stir in the diced pineapple. Garnish with lime wedges and shredded coconut. Serve.



Asparagus Soup

- 1 Vidalia onion, chopped
- 3 cloves garlic, minced
- 1 tbsp coconut oil
- 2 lbs fresh asparagus, ends removed, and chopped into 1-2 inch pieces
- 1 quart (4 cups) chicken stock
- Salt and pepper to taste

Garnish

- 2 tbsp chopped chives
- 1 cup chopped prosciutto (or pancetta), sautéed
- Ground black pepper



In a large soup pot on medium heat, sauté onion and garlic in coconut oil, adding salt and pepper to taste. Sauté until the onion becomes translucent. Add the asparagus to the pot, and cover with the chicken broth. Cover the pot with a lid and boil the asparagus until soft and tender. In a medium-sized frying pan, sauté prosciutto for 5 minutes, set aside. Transfer the soup to a food processor, or high-speed blender, and process until smooth. (You want a smooth, creamy soup. No chunks of asparagus.) Pour into soup bowls and sprinkle with ground pepper, prosciutto, and chives.

Chorizo Poppers

- 1 lb ground turkey
- 4 cloves garlic, minced
- 2 tbsp chili powder
- 1 tbsp paprika
- 1/2 tsp oregano
- 1/2 tsp cumin
- 1 tsp red pepper flakes
- 1/2 tsp salt
- 1 tsp black pepper
- 1 tbsp apple cider vinegar
- 1 lb mini bell pepper
- 1/2 onion, chopped
- 1 large tomato, diced
- 1 tbsp cilantro, minced



In a medium-sized mixing bowl, season ground turkey with garlic powder, chili powder, paprika, oregano, cumin, red pepper flakes, salt, black pepper, and apple cider vinegar. Combine turkey with chorizo spices until the spices are evenly distributed throughout the ground turkey. Cover mixing bowl with plastic wrap and refrigerate overnight. Preheat oven to 400°F. Rinse mini bell peppers under cool water. Remove tops of peppers, as well as the seeds and membrane from the inside of the peppers, set aside peppers. Remove seasoned ground turkey from refrigerator and brown in a skillet over medium heat. Remove ground turkey from heat, and stir in chopped tomato, onion, and minced cilantro. Stuff mini bell peppers with chorizo turkey mixture, and place on a baking sheet. Bake peppers for 20-25 minutes at 400°F, or until edges are golden and peppers are somewhat soft. Garnish with cilantro and serve.



Bacon-wrapped Scallops

- 12-18 medium wild-caught scallops
- 1lb bacon
- Smoked paprika

Preheat oven to 425°F. Rinse scallops under cold water. Cut bacon strips in half. Wrap each scallop with 1/2 strip of bacon. Skewer 2-3 bacon-wrapped scallops per skewer. Sprinkle with smoked paprika, seasoning both sides. Bake at 425°F for 20 minutes. Flip, then bake for an additional 15 minutes.



Lunch Recipes

Grilled Salmon

- 1 lb wild-caught salmon
- 1/4 cup extra-virgin olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp salt
- 1 tsp pepper

Rinse salmon under cold water, pat dry with a paper towel, and cut into 4 equal-sized portions. In a glass jar, combine olive oil, fresh lemon juice, garlic, basil, oregano, salt, and pepper. Seal jar and shake vigorously to combine. Place salmon in a 1-gallon ziplock bag, pour marinade over salmon, seal and toss to ensure the salmon is fully coated in the marinade. Marinate in the refrigerator for up to 1 hour prior to grilling. Preheat the grill to medium-high heat. Grill salmon 4 minutes per side over medium-high heat.



Chicken Soup

- 5 boneless, skinless chicken breasts
- 1 large onion
- 3 quarts chicken stock
- Garlic powder
- Pepper to taste
- Dill weed to taste
- 2 cups celery, chopped
- 1 cup baby carrots



Rinse chicken breast and place in a large soup pot. Chop whole onion into bite-size pieces and place into soup pot. Pour in chicken broth and season with garlic powder, pepper, and dill weed. Turn burner onto medium and bring soup to a boil. Reduce heat to simmer, cover and cook for 30 minutes. After 30 minutes add in celery and baby carrots and cook for another 45 minutes to an hour.

Cauliflower Salad

- 1/2 head cauliflower
- 1/2 red bell pepper
- 1/2 yellow bell pepper
- 1 cup carrot
- 1 cup cucumber
- 1 cup cherry tomatoes
- 3 radishes
- 2 green onions
- 2 tbsp parsley
- 1 tbsp extra-virgin olive oil
- Juice of 1 lime



Grate cauliflower. Place in a bowl, and microwave for 45 seconds on high. Rinse all vegetables, and cut into 1/2-inch chunks. Add chopped vegetables to grated cauliflower. Add in parsley, and stir. Drizzle 1 tablespoon of olive oil, and squeeze the juice of 1 lime over salad. Toss to mix and serve.



Crab Cakes

- 16 oz wild-caught lump blue crab meat
- 1 egg, whisked
- 2 tbsp mayonnaise
- 1 shallot, minced
- 1 tbsp flat-leaf parsley, chopped
- 1 tbsp Old Bay seasoning
- Dijon mustard



Preheat the oven to bake at 350°F. In a large mixing bowl, combine crab meat, egg, mayo, shallot, parsley, and Old Bay seasoning. Form crab mixture into cakes, about the size of the palm of your hand. Place cakes on a parchment-lined baking sheet. Sprinkle tops of cakes with additional Old Bay seasoning. Bake for 25 minutes. Top crab cakes with the mustard sauce and serve. Garnish with parsley, fresh chives, or a lemon wedge.

Bone Broth

- 2-3 lbs soup bones (marrow, knuckle, or meaty bones)
- Purified water
- 1 tbsp apple cider vinegar

Add bones to a large soup pot, or slow cooker. Pour in enough purified water to cover the bones. Add in 1 tablespoon of apple cider vinegar. Cover and simmer for 24-48 hours. Remove bones from broth. Pour broth into a large bowl or pot through a fine mesh strainer. Use immediately, or refrigerate up to 1 week.



Cajun Sweet Potato Fries

- 1 large sweet potato
- 1 tsp each: salt, pepper, garlic powder, onion powder, paprika, and cayenne pepper
- 1 tbsp extra-virgin olive oil

Preheat oven to bake at 400°F. Rinse sweet potato under cold water. Pat dry, then cut into small spears. Combine Cajun spices in a small bowl. Drizzle sweet potato spears with olive oil to lightly coat. Dust spears with the spice mix, then place on a large baking sheet. Bake at 400°F for 30 minutes.



Butternut Squash Soup

- 1 onion, chopped
- 2 tbsp coconut oil
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp salt
- 1 medium butternut squash, peeled & chopped
- 1 quart chicken stock



Sauté chopped onion in coconut oil in a large pot. Add in cinnamon, nutmeg, and salt. Add chopped butternut squash to pot, and pour in broth. Boil the butternut squash in the broth until tender. Puree soup in a food processor or high-speed blender until smooth. Garnish with a sprinkling of cinnamon and chopped walnuts.

Sunflower Sprout Salad

- 1 cup sunflower sprouts
- 2 large carrots, grated
- 2 green onions, chopped
- 2 hearts of palm, chopped
- 2 cups spring mix salad greens
- Juice of 1 lemon
- 1 tbsp extra-virgin olive oil



Rinse spouts under cool water, and allow to dry on a dish cloth. Rinse and peel carrots, and grate using a cheese grater. Set aside. Rinse green onions under cool water, pat dry, and chop into bite-size pieces. Chop hearts of palm into bite-size pieces. Toss all ingredients with greens, drizzle with freshly squeezed lemon and olive oil.



Grilled Chicken Salad

- 2 chicken breasts, sliced
- 1 celery stalk, chopped
- 1/2 cucumber, chopped
- 1 head broccoli, chopped
- 1 tomato, cubed
- 1/2 red onion, thinly sliced
- 1/2 small jicama, julienned
- 1/3 cup black olives
- 5 cups spring salad greens



Preheat grill to medium-high heat. Grill chicken breasts for 7-10 minutes per side on medium-high heat, flipping once. Slice chicken into 1/4-inch strips, set aside. Rinse and chop all vegetables. Toss vegetables with spring salad greens. Top with grilled chicken, drizzle with dressing, and serve.

Taco Salad

- 1 lb ground bison
- 8 cups mixed salad greens
- 1 red bell pepper, julienned
- 1/2 of a red onion, julienned
- 10 cherry tomatoes, sliced in half
- 1 avocado, skin and pit removed and chopped
- 1/2 cup cilantro
- Juice of 1/2 lemon
- Buffalo sauce



Seasoning

- 1 tsp each of: smoked paprika, garlic powder, cumin, chipotle, and black pepper

Brown bison in a large skillet over medium heat. Once bison is no longer pink, top with seasonings and stir until meat is evenly coated in spices. Remove seasoned meat from heat and allow to cool slightly. Rinse, dry, and prepare all vegetables. Plate 2 cups lettuce per serving, and top each plate with red bell pepper, red onion, cherry tomatoes, ground bison, avocado, cilantro, freshly squeezed lemon, and a drizzle of buffalo sauce.



Strawberry Salad

- 4 cups spring mix greens
- 6 fresh strawberries, thinly sliced
- 1/4 red onion, thinly sliced
- 1/4 cup walnuts, chopped
- Raspberry vinaigrette

Top spring mix greens with sliced strawberries, sliced red onion, and chopped walnuts. Drizzle lightly with raspberry vinaigrette. Lightly toss, and serve.



Cinnamon Steak Skewers

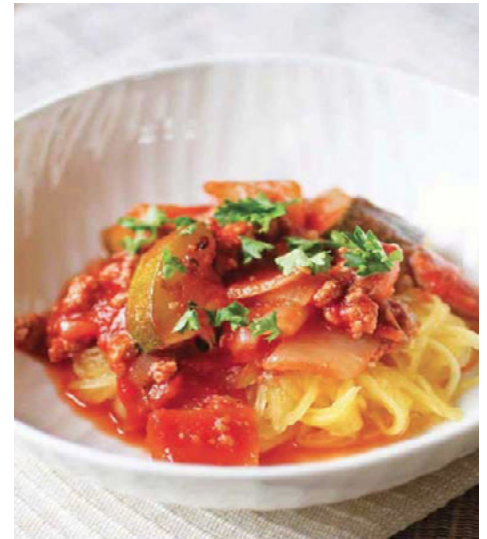
- Four, 6 oz steaks
- Juice of 1 lemon
- 1 tbsp extra-virgin olive oil
- 1 tbsp cinnamon
- 1 tsp curry powder
- 1/2 tsp ground ginger
- Salt and pepper to taste

Soak wooden steak skewers in water for an hour prior to grilling. Cut steaks into cubes and place in a 1-gallon ziplock bag. In a small mixing bowl, whisk together marinade ingredients. Pour marinade over steak, seal ziplock bag, and marinate in the refrigerator at least 1 hour, up to 24 hours. Preheat grill to high heat. Skewer steak onto wooden skewers. Grill skewers 12-16 minutes, turning every 3-4 minutes. Plate steak skewers over your choice of salad and serve.



Spaghetti Squash with Turkey Tomato Sauce

- 1 tbsp coconut oil
- 1 Vidalia onion, chopped
- 1 medium-to-large zucchini, chopped
- 1 lb lean ground turkey
- 1 tsp cayenne pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 cans of tomato sauce, plus 1/2 can of water
- 1 pack sliced white mushrooms
- Baked spaghetti squash



In a medium frying pan, heat 1 tablespoon of coconut oil. Add onion and zucchini to the frying pan and sauté in coconut oil until both onion and zucchini are tender. Remove from heat. Brown the ground turkey in a large soup pot on medium heat. Once the turkey is fully cooked, add the sautéed onion and zucchini, and season with cayenne pepper, garlic powder, and onion powder. Pour two cans of tomato sauce, and half a can of water over the ground turkey and veggies. Add in sliced mushrooms. Bring sauce to a boil, then turn down to a simmer and cover. Simmer for 20-30 minutes, or until the mushrooms are tender.

Dinner Recipes

Chili

- 1 yellow onion, chopped
- 2 green peppers, chopped
- 1 fist garlic, peeled and chopped
- 2 tsp coconut oil
- 3-4 lbs rump roast, cubed
- 1 tbsp smoked paprika
- 2 tsp cumin
- 1 tsp chipotle
- 1 tsp salt
- 1 tsp ground black pepper
- 6 oz tomato paste (small can)
- 30 oz fire-roasted tomatoes, diced (two medium cans)



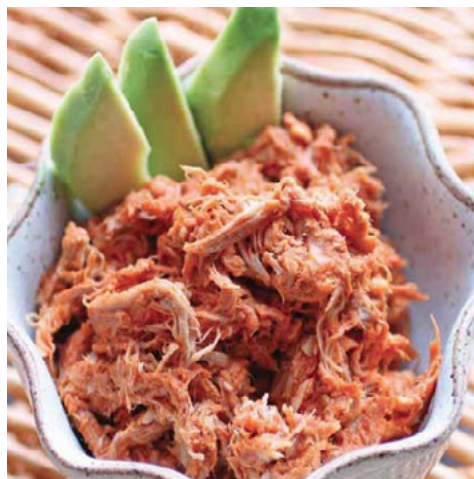
Rinse and chop the onion and pepper. Peel the garlic and give it a rough chop. Heat a cast-iron skillet over medium heat with 1 teaspoon coconut oil. Sauté the onion and garlic until the onion starts to turn translucent. Transfer to a large soup pot. Sauté the peppers for 3-5 minutes to give a slight char. Add to large soup pot. Add remaining 1 teaspoon of coconut oil to skillet and sear the cubed meat, approximately 5 minutes. Add to large soup pot. Add seasonings and continue to cook over medium heat, stirring the beef through the peppers and the onion. Add the diced tomatoes and tomato paste, continue to stir until the tomato paste dissolves into the chili. Cover, reduce heat to low, and simmer for 3-4 hours.



Pulled Pork

- 3 lb "Boston butt" pork shoulder
- 1 fist of garlic, peeled
- 3 cups chicken broth
- Barbecue sauce

Rinse pork under cold water and pat dry with a paper towel. Cut slits into the entire pork shoulder and stud with cloves of garlic. Place pork in crock pot and cover with chicken broth. Cook pork on low for 8 hours. While the pork is cooking, make the barbecue sauce. After 8 hours of cooking, remove the pork from crock pot, and let cool. Discard thick layers of fat, connective tissues, or veins. Shred pork by pulling apart the meat using two forks. Toss pork with barbecue sauce, garnish with avocado slices, and enjoy!



Beef with Broccoli

- 2 tbsp sesame oil
- 5 cloves garlic, minced
- 2 tbsp ginger, minced
- 1 lb of beef, cut into 1" cubes
- 4 cups broccoli florets
- 1/4 cup green onion, thinly sliced
- 1/4 cup coconut aminos
- 1 tsp each, salt and pepper
- 1 tsp red pepper flakes



Heat sesame oil in a wok or skillet over high heat. Add garlic and ginger to wok, and sauté for 2 minutes to infuse the sesame oil with their flavor. Add steak, stirring frequently, until browned on all sides. Once the steak has seared, add in the broccoli and continue to sauté over high heat. Add green onion, and an extra tablespoon of oil if necessary. Pour in coconut aminos, and season with salt, pepper, and red pepper flakes. Continue to sauté for another 2-3 minutes, until all flavors have combined. Garnish with a sprinkling of sesame seeds and serve.



Roasted Turkey

- 2 tbsp extra-virgin olive oil
- 6-7 lb turkey breast
- 2 tbsp rosemary, roughly chopped
- Salt and pepper to taste

Preheat oven to 325°F. Drizzle olive oil over turkey breast, brush to coat. Separate rosemary from stems, roughly chop and sprinkle liberally on turkey. Add salt and cracked pepper to taste. Place turkey in shallow roasting pan. Cook turkey approximately 25 minutes per pound (turkey is done when a meat thermometer inserted into the breast reads 170°F). Periodically baste turkey with juices in the pan, especially toward the end of the cooking. Let rest for 10 minutes, carve, and serve.



London Broil with Balsamic Marinade

- 1/4 cup extra-virgin olive oil
- 1/8 cup balsamic vinegar
- 1/2 cup red onion, finely chopped
- 4 cloves garlic, smashed and roughly chopped
- 1 tbsp spicy brown mustard
- Salt and pepper to taste
- 1 lb London broil

Combine in a mixing bowl the olive oil, balsamic vinegar, red onion, garlic, mustard, salt, and pepper. Whisk together. Place London broil in a ziplock bag or baking dish and cover with the marinade up to 24 hours prior to cooking. Preheat grill to high heat. Grill London broil on high for 4-5 minutes for the first side. Flip, reduce heat to medium-high, and grill for another 5-6 minutes. Remove from heat, allow to rest 5 minutes, then slice thinly and serve.



Stuffed Banana Peppers

- 8 hot banana peppers, tops and seeds removed.
- Reserve 1 tbsp of seeds for seasoning
- 1 lb grass-fed ground beef
 - 3 cloves garlic, minced
 - 1/2 Vidalia onion, finely chopped
 - Salt and pepper to taste

Rinse banana peppers, and removed ends to seed them. Save 1 tablespoon of the hot pepper seeds to season the ground beef. On medium heat, brown the ground beef, adding the garlic, onion, salt, pepper, and hot banana pepper seeds. Once the meat is cooked, allow to cool. Preheat grill to medium-high heat. Carefully stuff the hot peppers with the ground beef. Grill peppers 8-10 minutes, turning every 2-3 minutes.



Tomato Basil Soup

- 5 vine ripened tomatoes
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 tbsp coconut oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 3 cups chicken stock
- 1/2 loose cup basil leaves, sliced
- 6 oz tomato paste (1 small can)
- 2 tsp each of salt and pepper



Preheat oven to roast at 350°F. Clean and quarter tomatoes. Toss with olive oil, salt, and pepper. Roast on a baking sheet for 30 minutes. In a large soup pot, heat coconut oil over medium heat. Sauté onion and garlic until onion is translucent. Add in the roasted tomatoes, and continue to sauté for 1 minute. Add in 3 cups chicken stock, the basil, and tomato paste and stir continuously over medium heat until the tomato paste has dissolved into the broth. Season with 2 teaspoons each of salt and pepper. Bring to a low boil, reduce heat to low. Cover pot and simmer for 30 minutes. Pour soup into a food processor or high-speed blender, and puree until smooth. Serve hot, garnished with chopped basil.



Spring Slaw with Smoked Shrimp

- 1/2 head green cabbage, shredded
- 1/4 cup carrots, shredded
- 2/3 cup celery, chopped
- 2/3 cup red radishes, thinly sliced
- 1/4 cup green onion, chopped
- 1/2 cup flat-leaf parsley, chopped
- 1.5-2 lbs uncooked shrimp
- 3 tbsp extra-virgin olive oil
- 1 tsp smoked paprika
- Salt and pepper to taste
- 1 tbsp minced garlic
- 4 strips bacon, cooked and chopped



Rinse and prepare all vegetables, set aside. In a large bowl, toss shrimp, olive oil, paprika, salt, pepper, and minced garlic. Preheat a large nonstick frying pan to medium heat. Sauté shrimp until they turn pink and are opaque. Remove from heat. Cook 4 strips of bacon over medium-low heat until crispy. Remove from heat and allow to cool before chopping. Toss shrimp with slaw until evenly combined. Sprinkle with chopped bacon, and serve.

Mutton Stew

- 3-4 lb leg of lamb
- 2 tsp coconut oil
- 3 leeks, chopped, dark green tips discarded
- 1 fist garlic, roughly chopped
- Salt and pepper to taste
- 3-4 sprigs thyme 2 sprigs rosemary
- 5 large carrots, chopped
- 5 stalks celery, chopped
- 1 qt beef broth

Trim silver skin and excess fat from lamb leg. Cut into 1/2-inch cubes (bite sized), and set aside. Heat a skillet over medium heat with 1 teaspoon coconut oil, and sauté leeks and garlic for approximately 3 minutes. Remove from heat and add to a large soup pot. Brown lamb with 1 teaspoon of coconut oil in the skillet over medium heat. Season with salt and pepper to taste, then add to soup pot. Add herbs, carrots, celery, and broth to the soup pot. Season everything with a bit more salt and pepper. Bring the soup to a boil, then turn down to low to simmer. Cover soup and simmer for 4-6 hours.



Baked Chicken

- 4 free-range bone-in, skin-on chicken thighs
- 1 shallot, minced
- 3 cloves garlic, minced
- Salt and pepper to taste

Preheat oven to bake at 425°F. Rinse chicken thighs under cold water and place in a broiler pan. Pat thighs dry with a paper towel. Gently separate skin from thigh, without removing it completely from the corners. Place shallots and garlic under the skin. Sprinkle the skin with salt and pepper. Bake for 40-45 minutes, or until juices run clear.



Pot Roast

- 4-5 carrots, peeled and sliced
- 1 large onion, cut into chunks
- 5 turnips, quartered
- 2 parsnips, peeled and cut into chunks
- 3 lb chuck roast
- 2 cups beef broth
- 1 tbsp salt and pepper
- Bouquet garni: thyme, sage, 1 bay leaf, and 3-5 cloves garlic



Rinse and chop all vegetables. Place vegetables to cover the bottom of a crock pot dish. Place chuck roast on top of vegetables, and place remainder of vegetables around roast. Pour in two cups of beef broth, and sprinkle salt and pepper over the top. Place lid on crock pot, and cook on low for 6-8 hours. About 1-2 hours before finishing, place bouquet garni into the crock pot and continue to cook on low.



Turkey Drumsticks

- 1 tbsp cumin
- 1 tbsp garlic powder
- 1/2 tsp cayenne
- 1/2 tsp sea salt
- 1 tsp pepper
- 2 turkey legs (drumsticks)
- 3 tbsp red palm oil



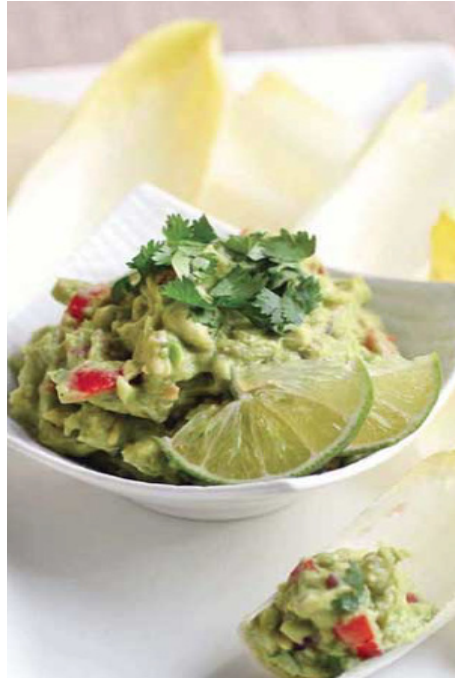
Preheat grill to medium-high heat. Mix together cumin, garlic powder, cayenne, sea salt and pepper in a small bowl. Rub drumsticks with seasonings. Sear drumsticks on the grill for approximately 3 minutes per quarter turn. After searing all sides, move drumsticks to a part of the grill where they can cook by indirect heat. (See notes below). Cook drumsticks via indirect heat for an additional 50-60 minutes. The grill temperature during this time should read around 300°F. Turn drumsticks 1/4 turn every 10 minutes until they have reached an internal temperature of 180°F. Baste drumsticks with red palm oil toward the end of their cook time, about the last 20 minutes or so. Reapply as necessary.

Snack Recipes

Guacamole

- 2 ripe avocados
- 1 medium Roma tomato, seeded and diced
- 1/2 red onion, diced
- 2 tbsp cilantro, chopped
- 2-3 cloves garlic
- Juice of 1/2 lime
- 1 tsp salt, or to taste

Split avocados in half, discard pits, and scoop the flesh out with a spoon into a medium-sized mixing bowl. Mash avocados with a fork until creamy with small chunks. Add in tomatoes, onion, and cilantro. Press garlic cloves over bowl, and add lime juice. Mix together, until all is combined evenly. Add salt to taste. Garnish with cilantro and lime slices.



Hot Pepper Hummus

- 2 medium zucchini
- 3/4 cup tahini
- 1/4 cup extra-virgin olive oil
- 1/2 cup lemon juice
- 2 large cloves garlic, minced
- 1/2 tbsp ground cumin
- 2 tsp salt

Garnish

- 1/4 cup red peppers, finely chopped
- 1/4 cup green peppers, finely chopped
- 1/4 tsp red pepper flakes
- 1 tbsp extra-virgin olive oil
- Salt and pepper to taste
- 2 tbsp pine nuts



Peel and chop zucchini. Place chopped zucchini in food processor, and pulse. Add in tahini, olive oil, and fresh lemon juice, and pulse again. Add garlic, cumin, and salt, and blend until smooth. For the garnish Sauté chopped peppers and red pepper flakes in olive oil until tender. Add salt and pepper. In a small sauce pan over low heat, lightly toast pine nuts. Garnish the hummus with the spicy peppers and pine nuts. Serve with fresh vegetables.

Supplements for Hashimoto's

Phase 1

GI Revive – Used to correct Leaky Gut start with 1 teaspoon per day increase to 2 teaspoons per day after 10 days.



Probiotics – Dose start with 50 billion units increase to 100 billion units after 10 days.



Vitamin D – Modulates the immune system dose 6000 – 10000 iu per day



Omega 3 – Another immune system modulator dose 1 gram per day of EPA and DHA combined.



Immuno PRP Spray – Natural immune balancing spray.



Selenium – dose 200 mcg per day



Reishi – to strengthen the Immune System



Glutathione –



Adrenal Support

Phosphatidylserine

Ashwaganda

Ginseng



Protein



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

Berberine



Putting Together your Supplement Plan ?

The maintenance Diet would follow after 12 weeks. Along with the supplements of vitamin D, Omega 3's and probiotics to help manage your Hashimoto's.

It always helps to work with a trained professional in these instances.

I also know that some patients have limited budgets and others do not. Therefore, I will list make two lists maximum and minimum. These should be taken for 12 weeks. In the end, you would be left with taking vitamin D, Omega 3's and probiotics to help manage your Hashimoto's.

After the initial 12 week period, you can begin to add foods back. This is where lab testing is useful as tests can identify what you are sensitive to and may allow you to have a broader diet than without testing. Reintroduction is a method that we previously used prior to testing. The problem with reintroduction is that in the absence of symptoms you still could have sensitivities.

For example, you would add eggs back first for 3 days. If you had no symptoms, we would assume that would be OK. I have outlined a Maintenance Diet below which you could follow after completion of the Hashimoto's Diet.

Always add a food back by itself for three days and then add a different food. That way if you have a problem you will know exactly what food caused the problem.

Remember:

Adding certain foods in one at a time allows you to pinpoint which foods cause you problems.

Maximum

Start with –

- GI Revive
- Probiotics
- Vitamin D
- Omega 3

After 3 weeks add –

- Immuno PRP Spray
- Selenium
- Reishi
- Glutathione

Minimum –

- GI Revive
- Probiotics
- Vitamin D
- Omega 3

You may have noticed that I have not included anti microbial or any natural thyroid support.

This is best determined through testing and working with a trained professional. However, following the maximum or minimum plan listed for 12 weeks will have a tremendous impact on managing your Hashimoto's. Not to mention , that many patients begin to feel incredibly well.

Maintenance Diet

(Phase 2)

Remember:

Eating this way will be a new and challenging at times. But over time will become easy and you'll feel great.

It's important to shop for quality foods at butcher's shops, farmers markets, fish markets and natural food stores.

The worst foods to cheat with are going to be gluten (wheat, barley, rye, spelt), dairy and soy proteins.

Basic guidelines:

1. Eat 4-6 small meals per day.
2. Make sure you eat within 1 hour of rising in the morning.
3. Always have some fat when you eat a fruit. For example, an apple plus a handful of almonds.
4. Eat twice as many vegetables as fruit over the course of the day. Raw vegetables are best if you want to lose weight.
5. Remember that eating this way will be new and sometimes a challenge to achieve.
6. Preparing single servings of food that can be frozen will save you from having to cook meals when life gets busy.
7. Prepare large batches of staples like spaghetti sauce and soups for freezing in single serve containers. If you must reheat food in the microwave, transfer the food to a glass container. Plastic releases harmful chemicals into your food when heated in a microwave.
8. Juicing helps detoxify as long as your Stomach can take it.*

*Use cucumbers and Celery as Your Base. Cucumbers and celery are perfect as a base for a green juice. Cucumbers are an excellent source of Vitamin C, and celery is high in minerals (especially potassium) and B vitamins. Both are highly alkalizing and cleansing. They are full of water, and have a kind flavor. A cucumber and celery cocktail with a little apple or pear is a nice way to ease yourself in. Organic cucumbers are okay to juice with the skin on, but conventional cucumbers should be peeled. Try this combination: 1 cucumber, 4 celery stalks, 2 apples, 6-8 kale leaves and 1 lemon.

Foods Specific Guidelines:

Meats (from best to worst):

- Fish
- Wild Game (venison, bison)
- Chicken
- Beef
- Turkey
- Pork

Vary the other meats in frequency. Cured meats like ham, bacon and sausage can be eaten but not as an everyday staple.

“Al Fresco” is a great chicken sausage that is gluten free, dairy free, nitrate free and available at local grocers.

Organic, grass fed, free range is best. If it is wrapped in plastic or packaged, you probably don't want to eat it.

Seafood:

4-5 servings of fish a week is recommended.

Avoid farm-raised fish. Smoked salmon is acceptable.

Vegetables:

Fresh veggies are best. Multiple colors are even better. Eat at least a couple of servings of raw veggies per day. This is where you will get most of your really good minerals and vitamins.

Focus on what is in season. Pass on veggies in cans. Kale is a versatile lettuce that works well in salads, sautés and soups and is your best choice for nutrition.

Sweet potatoes are okay but skip the white potatoes. Spaghetti squash is a staple for us. Always keep spaghetti sauce available for a quick meal. Add different meats each time for variety.

Grains:

Avoid rice but try quinoa. It is a grain with a nutty flavor and works well as a substitute for rice and potatoes.

Salads:

Choose dark green leafy lettuces like kale, spinach or spring mix. Avoid iceberg altogether. Use many different vegetables in your salads and always top with some sort of protein. Grilled chicken, fish, beef, shrimp are some of our favorites. Nuts and fruit are great in salads. Avoid bottled salad dressings. Choose vinegar and oil or seasonings to spice up your salad. Juice from a half lemon or orange also makes a great dressing.

All Fruits:

2-3 servings per day. Keep in mind this is a sugar source and sugar addicts can easily eat too much fruit. Frozen berries are OK, in small amounts. Diabetics should be very careful here. Wash all fruit prior to eating it.

Eggs:

Farm fresh, no egg substitutes. Yolks ARE good for you. Eat them.

Broth:

For soups. Read the labels and make sure there is not gluten or other thickening agents. Choose low sodium brands or use the water from blanching vegetables and cooking meats as your broth.

Nuts:

Raw nuts are best but roasted are also okay. Avoid nuts that are salted and covered in honey. Choose a variety but watch the amount if you wish to lose weight. A serving of nuts should be the equivalent of 8 almonds.

Drinks:

Water with lemon is going to be the drink of choice. Have a 32 fluid ounce bottle filled in the morning and drink it by lunch. Repeat in the afternoon. Seltzer water and herbal tea is OK also. Coffee and alcohol are no-no's. Almond milk (unsweetened if you are diabetic) and coconut milk. If you need a sweetener, try Stevia.

Remember:

Organic, grass fed, free range is best. If it is wrapped in plastic or packaged, you probably don't want to eat it.

*Remember:
Processed carbohydrates
appeal to the same parts
of the brain involved in
substance abuse and
addiction.*

Cooking Oils:

Sauté with olive oil. If you need to use higher temps, use Coconut Oil. If I let you eat dairy, then butter is ok, not margarine. Canola oil, vegetable oil, corn oil and soybean oils are BAD.

Spices:

All are OK. Use sea salt. Keep salt to under 1,500 mg. if blood pressure is an issue.

Desserts:

Coconut ice cream is a special treat and should be savored. Baking fruit like apples and peaches are fabulous alternatives to processed desserts. Use spices to add flavor.

Snacks:

Hummus with carrot and celery sticks is a favorite. You can purchase pre-made brands or make your own with garbanzo, black or Northern white beans. Organic almond or cashew butter is a better choice than peanut butter but as long as it is organic and natural, peanut butter is fine. No processed brands like Skippy or Jif. Whole food snack bars like Macro or Kind may be eaten as a snack, ½ bar at a time, no more than one bar per day.

Starches, carbohydrates & gluten free foods:

Rice, tapioca, sweet potato, quinoa, buckwheat, and millet are gluten-free. Bob's Red Mill also makes a gluten-free oatmeal. I would suggest staying away from wheat products (gluten). As I mentioned, food testing from Cyrex or ELISA ACT can help you determine if you have any sensitivities to these foods. Following a gluten-free diet is good. However, I have many patients that are sensitive to certain gluten-free foods. If you have an autoimmune condition, get tested. Without testing, it's best to stay away from these foods.

Carbohydrate Addiction

Scientists may have confirmed what millions of us could have already told you: One cookie is too many and 20 are

not enough. Many people have found they can go along comfortably on a diet free of sweets, pastries, and desserts until they have that one bite. Then—zing!—the addiction sets in and you feel like you might die if you don't eat more. Turns out you're not weak or gluttonous. It's just your brain responding to the highly pleasurable and stimulating effect of cookies, cake, chips, and candy as if they were powerful drugs (which, really, they are). It's no mystery why they're also referred to as comfort foods.

These processed carbohydrates appeal to the same parts of the brain involved in substance abuse and addiction, as anyone with a carb addiction can tell you. A major player in addiction is the neurotransmitter dopamine, which gives us the feeling of reward and pleasure associated with activities that can be addictive. For instance, drug use, smoking and gambling all release dopamine. In rat studies, rats given the option of pressing a lever that stimulates dopamine's pleasurable effects or a lever for food chose the dopamine to their death.

In the recent study, researchers gave two groups of overweight men a milkshake. One group's milkshake was higher on the glycemic index than the other group. This means it was sweeter and more processed, causing blood sugar to rise more quickly and then crash. Four hours later, researchers scanned the brains of both groups using an MRI. The men receiving the high-glycemic milkshake felt excessively hungry and scans revealed intense activation in the area of the brain involved in addiction. These brain changes can trigger overeating.

Avoid high-glycemic foods

Not triggering the pleasure centers of your brain with food is one of your most powerful allies in healthier eating and weight loss. Eating a whole foods diet that is satiating and prevents hunger is key to curbing cravings and taming carb addiction. This means including healthy proteins and fats to stabilize your blood sugar and sustain your energy, as well as plenty of vegetables for the fiber, which also helps keep your energy on an even keel.

The glycemic index measures how quickly foods become glucose after you eat them. The glycemic load factors in the amount of the carbohydrate eaten. So, although a piece of candy has a high glycemic index, the glycemic load might be small if you eat a very small piece.

High-glycemic foods that can trigger carb addiction include:

- White potato
- White rice
- White bread, bagels, muffins, rolls, etc.
- Pastries, cake, cookies, etc.
- Breakfast cereal
- Popcorn
- Dried fruit
- Ripe banana
- Soft drinks
- Fruit juice
- Pizza
- Candy bars

GMO's

Scientific studies are showing that genetically engineered foods, or genetically modified organisms (GMOs), can damage the organs of the body, including the liver, kidneys and brain. Researchers also found significant changes that affected weight gain, eating behaviors, and immune function.

You won't get sick from one meal containing GM corn or soy (just as you won't get sick from one pack, or even 10 packs, of cigarettes) but most people have far greater exposure.

About 90% of America's corn, cotton, soy, canola and sugar beet crops are genetically engineered. You will find GMOs in fresh produce and processed foods and in such animal products as milk, meat and eggs because of GM animal feed.

The GMO industry claims its crops are safe, but even before Monsanto, the international agricultural biotechnology corporation, was allowed to plant its first

commercial crop in 1996, Food and Drug Administration scientists were calling for more research. They predicted that engineered foods would contain rogue proteins that could be toxic and cause allergies, nutritional deficiencies and other diseases. Their calls for better testing were ignored.

GMO foods and crops are closely regulated in Europe. According to the European Commission, the rules are in place "to protect human and animal health through stringent safety assessment of GM food and feed before it can be sold" and "to ensure clear labeling that responds to the concerns of consumers and enables them to make informed choices."

Why is the U.S. policy so different? Food and agricultural companies spent millions to defeat California's proposition demanding better food labeling, a move that thrust GMOs into the spotlight. Many weren't aware about the GMOs in their foods until that battle.

Then, the Farmer's Assurance Provision (a/k/a the Monsanto Protection Act) was tacked onto a U.S. spending bill in March, 2014. It actually requires that the Dept. of Agriculture ignore a Court Order and allow the planting of new genetically engineered crops while the agency conducts further review.

The best way to avoid GMOs is to buy organic foods or foods with the Non-GMO Project seal. When buying conventional foods, avoid those with corn, soy, canola, cottonseed and "sugar" (but not "cane sugar") as ingredients! You can also download a shopping guide at NonGmoShoppingGuide.com to help you steer clear of GMOs.

How safe are GMOs?

More often than not, unless the research is tainted by industry ties, studies into the effects of genetically engineered foods demonstrate that it is anything but safe. This isn't so surprising when you consider that simple logic will tell you it's probably not wise to consume a plant designed to produce its own pesticide, for example.

So-called "Bt corn" is equipped with a gene from the soil bacteria *Bacillus*

Remember:

About 90% of America's corn, cotton, soy, canola and sugar beet crops are genetically engineered.

Remember:

It's probably not wise to consume a plant designed to produce its own pesticide

thuringiensis (Bt), which produces Bt-toxin—a pesticide that breaks open the stomach of certain insects and kills them. This pesticide-producing corn entered the food supply in the late 1990's, and over the past decade, the horror stories have started piling up.

Monsanto and the U.S. Environmental Protection Agency (EPA) swore that the toxin would only affect insects munching on the crop. The Bt-toxin, they claimed, would be completely destroyed in the human digestive system and would not impact animals and humans. The biotech companies have doggedly insisted that Bt-toxin doesn't bind or interact with the intestinal walls of mammals, and therefore humans. The research proves all such claims false.

Prior findings have already shown that Bt corn is anything but innocuous to the human system. Just last year, doctors at Sherbrooke University Hospital in Quebec found Bt-toxin in the blood of:

- 93 percent of pregnant women tested
- 80 percent of these women's umbilical blood in their babies
- 67 percent of non-pregnant women

Bt-toxin breaks open the stomach of insects. Could it similarly be damaging the integrity of your digestive tract? If Bt-toxins can damage the intestinal walls of newborns and young children, the passage of undigested foods and toxins into the blood from the digestive tract could be devastating to their future health. Scientists speculate that it may lead to autoimmune diseases and food allergies. Furthermore, since the blood-brain barrier is not developed in newborns, toxins may enter the brain causing serious cognitive problems. Some healthcare practitioners and scientists are convinced that this is one mechanism for autism.

If Bt genes are colonizing the bacteria living in the digestive tract of North Americans, we might expect to see an increase in gastrointestinal problems, autoimmune diseases, food allergies, and childhood learning disorders since the advent of Bt crops in 1996 and that is exactly what's being reported. For example, between 1997 and 2002, the

number of hospitalizations related to allergic reactions to food increased by a whopping 265 percent. One out of 17 children now has some form of food allergy and allergy rates are rising.

So-called "Roundup Ready" crops are another type of genetically engineered crops. While Bt crops contain a gene that produces a pesticide inside the plant itself, Roundup Ready crops are designed to withstand otherwise lethal topical doses of glyphosate, a broad spectrum herbicide, and the active ingredient in Monsanto's herbicide Roundup as well as hundreds of other products.

This way, the crop survives while theoretically all weeds are eliminated from the field ... that is 'theoretically' because the overuse of the herbicide has led to the rapid development of glyphosate-resistant superweeds. It is estimated that more than 130 types of weeds spanning 40 U.S. states are now herbicide-resistant and the superweeds are showing no signs of stopping.

Roundup Ready crops have also been linked to serious health problems—particularly relating to fertility and birth defects—as has glyphosate itself.

Top 10 Worst GMO Foods that you should Avoid Eating

1. **Corn** – Corn is one of the most prominent GMO foods. Avoiding corn is a no-brainer. If you've watched any food documentary, you know corn is highly modified. Monsanto's GMO corn has been tied to many health issues, including weight gain and organ disruption.
2. **Soy** - found in tofu, vegetarian products, soybean oil, soy flour, and numerous other products. Soy is also modified to resist herbicides. As of now, biotech giant Monsanto still has a tight grasp on the soybean market, with approximately 90 percent of soy being genetically engineered to resist Monsanto's herbicide, Roundup.
3. **Sugar** - Genetically-modified sugar beets were introduced to the U.S. market in 2009. Like others, they've been modified by Monsanto to resist herbicides.

4. **Aspartame** is a toxic additive used in numerous food products and should be avoided for numerous reasons, including the fact that it is created with genetically modified bacteria.
5. **Papayas** – GMO papayas have been grown in Hawaii for consumption since 1999. Although they can't be sold to countries in the European Union, they are welcomed with open arms in the U.S. and Canada.
6. **Canola** is one of the most chemically altered foods in the U.S. diet. Canola oil is obtained from rapeseed through a series of chemical actions.
7. **Cotton** - Found in cotton oil, cotton originating in India and China in particular has serious risks.
8. **Dairy** - Your dairy products may contain growth hormones, since as many as one-fifth of all dairy cows in America are pumped full of these hormones. In fact, Monsanto's health-hazardous rBGH has been banned in 27 countries but is still in most US cows. If you must drink milk, buy organic.
9. **Zucchini and Yellow Squash** - these two squash varieties are modified to resist viruses.

DISCLAIMER

The information and recommendations in this book are not intended as a substitute for professional medical advice. It is the sole responsibility of the user to determine if the procedures are appropriate. This author cannot be held responsible for the information or any inadvertent errors resulting from attempting any of the protocols. The nutritional supplements mentioned are not intended to be used to diagnose, treat, cure or prevent disease. This book should not be used as replacement for any medical treatment.

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