

# Your Hashimoto's Credo

## 25 tenets for taming Hashimoto's

Credo: 1. an idea or set of beliefs that guides the actions of a person or group

2. Middle English: Latin, "**I believe**"

Tenet: 1. a principle or doctrine generally held to be true

2. **belief**, position

**I believe** that healing my hypothyroidism and Hashimoto's is attainable. I deserve to live life to the fullest; I deserve to be well. For this to happen, I will ask myself:

1. To stop sinking in the mental and emotional quicksand of internet research. There is no one-size-fits-all approach in overcoming hypothyroidism and Hashimoto's. I commit to fully engaging with a qualified practitioner(s) who views me as an individual; together, we will create my personalized healing plan.

*The web is an incredible tool, if used properly. Too many people are attempting to save time and money by diagnosing and treating themselves. Sure, you'll likely find golden nuggets that may be applicable to your condition, but implementing those nuggets without a more inclusive, integrative, and proven approach is mostly counterproductive. There is a lot of contradictory information on the web, often written by people who aren't experts in managing hypothyroidism and Hashimoto's.*

*With an "I'll figure this out myself" approach, people end up spending more time and money and don't attain remission from Hashimoto's – and suffer much longer than necessary. Most people require a holistic, supportive program, whether it's coaching or a self-study course.*

*We hear it all the time: "I tried to figure this out myself, but I've been spinning my wheels – I'm no better than when I started this journey. In fact, I feel worse. I'm at my wits' end. Help me!"*

*Finding an experienced, educated practitioner who respects your innate wisdom and who will truly partner with you on your journey towards remission from Hashimoto's is incredibly empowering and worth the time and patience that may be required to discover that right person(s).*

2. To release myself from believing that I did something wrong – that I caused my Hashimoto's. "Genetics loads the gun and environment pulls the trigger." There are multiple factors that could have contributed to my condition. I am not at fault.

*If only we had a crystal ball. Or a time machine. It's completely normal for anyone with any chronic disease or illness to wonder, "Could I have done something to prevent this?" "If I had only ..." "What if I hadn't ..."*

*You can ask all the questions you want, but you'll be hard-pressed to find all of the answers. What's more, living in the past, beating yourself up, and obsessing over "what ifs" could truly do you more harm than good, as emotional stress has been shown to fuel antibody production and up the ante on autoimmunity. There is no guilt allowed, especially when guilt is hard on digestive function – optimizing gut function is one of the single most critical factors in taming Hashimoto's. (See below.)*

*Genuine healing requires self-compassion and acceptance of all the many things that we simply cannot control. Change what you can right now, knowing that the body is constantly in search of homeostasis – it has an amazing capacity to heal.*

3. To understand that I will need to adopt a trial and error approach. No single protocol or diet works for everyone. Every body is unique and complex and only I can know what's best for me.

*And what's best for you may change. Our bodies adjust over time as our days present different challenges and opportunities. You may need to adopt a therapeutic diet for a period of time and then a maintenance diet going forward. This doesn't mean that you're doomed to bland, boring food. (And by "diet," we're not implying caloric restriction. [Forget that.](#))*

*The functional medicine community says that the best indicator of improvement when overcoming hypothyroidism and Hashimoto's is alleviation of symptoms – seeing and feeling relief from how your Hashimoto's manifests. More energy? Hotter metabolism? Better outlook? Warmer? Hair regrowth? Sleeping better? Thinking more clearly?*

*Listen to your body and adjust as necessary. If something that was once easy becomes a burden, if something that once worked like a charm is now failing, if what felt good before no longer feels good, try a different approach until you discover what works to bring you the relief you need. Pay attention, keep an open mind, and your unique solutions will always present themselves.*

4. To be patient and compassionate with my body. Holistic healing takes time and lasting, sustainable change will occur gradually, yet profoundly.

*Unfortunately, thyroid antibodies could have been in your system for a while – years, even – before you became symptomatic or before you finally got an accurate diagnosis. What took time to develop cannot be reversed overnight. With a holistic approach, you have to take the long view.*

*Ask yourself this – what option do you have, other than to do the necessary work and be patient? If you knew that with some genuine open-mindedness and effort, you could be feeling like yourself again in six months to a year, would you be willing to do what needed to be done? Or would you prefer to let the year pass, struggling all the while, and to find yourself in the exact same place a year from now?*

*Think of it this way – that time will pass, regardless. (Really think about that one.) Spending a few months working toward healing is your best choice. Your future depends on it.*

5. To acknowledge that Hashimoto's isn't a thyroid problem, it's an autoimmune disease. I will never fully heal unless I approach it with this understanding.

*Trying to heal your thyroid condition with no consideration of the immune system (whether you approach it with or without thyroid hormone supplementation) is like bailing water from a leaky boat – it will only get you so far. If you want to stop the boat from sinking, you've got to plug the leaks. To allow the thyroid to truly heal, you must employ dietary, lifestyle, and likely some supplemental strategies that tame the autoimmune attack on your thyroid. This largely involves healing the gut – some level of leaky gut syndrome is present in most everyone with Hashimoto's (and all autoimmune diseases). Plugging the leaks in the gut = plugging the leaky boat.*

*Many people present with more than one manifestation of autoimmunity – Hashimoto's rarely operates in a vacuum. Experts in the functional medicine community claim that, in the presence of an autoimmune disease, if it goes unaddressed, you have a considerable chance of developing at least one additional autoimmune disease.*

*By recognizing that Hashimoto's is an autoimmune condition (and not simply a thyroid problem) and adopting strategies to quiet the autoimmune attack, not only will you allow your thyroid to heal, but you'll also decrease your risk of developing additional autoimmune diseases and experiencing a worsening of your Hashimoto's symptoms.*

6. To recognize that autoimmunity and inflammation go hand-in-hand. Inflammation fuels autoimmunity and vice versa. I will start by eating an anti-inflammatory diet, rich in low-glycemic foods; quality fats; and clean, hormone- and antibiotic-free protein.

*Fortunately, taming inflammation won't just benefit your thyroid. Chronic, cellular, systemic inflammation is also linked to Alzheimer's, obesity, congestive heart failure, GERD, type 2 diabetes, fibromyalgia, and all autoimmune diseases, to name a few.*

*Many functional medicine doctors say that all inflammation starts in the gut. The basics of an anti-inflammatory diet are: cut out the junk by shopping the perimeter of your grocery store. Optimize your gut health by venturing minimally into those center aisles, whereby you'll eliminate (or greatly reduce) processed, chemical- and sugar-laden foods, including foods with processed grains (crackers, bread, pasta, pancakes, muffins, etc.). Even if these foods are touted as "healthy," (gluten free, trans fat free, etc.) they're still highly processed. And inflammatory. Remember: moderation. Or better yet, elimination.*

*Two supplements that are like a bucket of cold water for inflammation are turmeric and mercury-free fish oil.*

*Addressing systemic, cellular inflammation (focus on healing your gut!) will go a long way toward promoting lasting health for your entire body, not just your thyroid.*

7. To understand that any autoimmune disease that is allowed to smolder on increases my chances of developing another autoimmune disease by 50%.

*Unfortunately, if your body is genetically predisposed to turn on itself (autoimmunity), you'll always carry a risk of developing an autoimmune condition. It's common for people to have more than one. If you have Hashimoto's, do you also have food allergies (which are different than food sensitivities)? Seasonal allergies? Eczema? These conditions are generally considered autoimmune in nature. Do you, or does anyone in your family, have type 1 diabetes, psoriasis, lupus, scleroderma, rheumatoid arthritis, MS, or celiac disease? [All autoimmune diseases](#).*

*Remember, "Genetics loads the gun and environment pulls the trigger." There are certainly myriad tactics you can employ to mitigate your risk of developing another autoimmune disease – dietary, lifestyle, and supplemental.*

*There is no pharmaceutical cure for any autoimmune condition; there are only drugs to mask symptoms. Many doctors prescribe immunosuppressants, which have been linked to cancer. What's beautiful about addressing Hashimoto's holistically is that you; 1. Reduce your risk of developing another autoimmune disease and, 2. If you already have another autoimmune disease, you'll very likely see considerable relief from that condition as well.*



8. To recognize that 80% of my immune system is housed in my digestive tract. I will never go into remission from Hashimoto's unless my gut function is healed and optimized. To heal the inflammation in my gut, I will start by drinking [healing bone broth](#), eating probiotic-rich (fermented) foods, and taking glutamine.

*Symptoms of gut dysbiosis can vary widely. Everything from acne to headaches to achy joints can be caused by issues that originate in the gut. Digestive problems can manifest well beyond constipation, bloating, and diarrhea.*

*The most important step in healing the gut is identifying and removing (temporarily) any offending foods. (See below.) As critical as identifying triggers is, it may only get you so far. While it will go a long way in healing the intestinal wall and tightening the loose cellular junctions that contributed to leaky gut syndrome (imagine the lining of the gut as a fishnet – it's what precedes autoimmunity), for thorough healing, employ these powerful gut-regenerators: fortifying, nourishing bone broth; glutamine ("the miracle gut healer"); and fermented foods, rich in beneficial bacteria. Fermented foods include but are not limited to sauerkraut, kimchi, pickles, yogurt and kefir (including coconut yogurt and kefir, if you're intolerant to dairy), and kombucha tea.*

9. To acknowledge that there are foods that I currently eat – and enjoy – that may be triggering and fueling my Hashimoto's antibodies and therefore my symptoms. I commit to identifying these foods, removing them temporarily, and enjoying them again once my gut is healed.

*Experts in the functional medicine community have claimed repeatedly that one of the keys to long-term health, vitality, and longevity is identifying which foods we're intolerant of. If you continue to eat foods that ignite systemic inflammation, it sets the stage for an unwanted autoimmune response and an increase in the antibodies that fan the flames of Hashimoto's.*

*Many have food intolerances that they're unaware of. Some of the most common offenders are eggs, dairy, corn, wheat, gluten (if you have Hashimoto's, you should be 100% gluten free anyway), nuts, peanuts (a legume), shellfish, and nightshade vegetables (including potatoes). If your body is intolerant of any of these foods, even mildly intolerant, that systemic irritation could manifest itself in a host of ways, not just exacerbation of Hashimoto's:*

- *Are you having trouble lowering your thyroid antibodies, or alleviating the symptoms of a sluggish thyroid?*
- *Do you have stubborn acne? Or any other skin issue, like eczema?*

- *Do you have frequent headaches?*
- *Do you have frequent bloating? Indigestion?*
- *Do you have acid reflux or heartburn?*
- *Do you experience a runny nose or congestion that doesn't seem to be caused by a cold?*
- *Do you have unexplained joint aches or stiffness?*
- *Are you prone to brain fog?*

*All of these issues could be caused by a food intolerance and until that trigger is removed from your diet and your gut healed, the symptoms will likely persist. Remember, a food intolerance is not the same as a food allergy. With food intolerances, most of the time, the troublemaker can be eliminated temporarily and then reintroduced after the healing phase – with the exception of gluten for those with Hashimoto's. For example, if you have a dairy sensitivity, it probably doesn't mean you can never have your beloved cheese again.*

**10.** To understand that my liver is a primary gland of detoxification and that much of my thyroid hormone conversion (T4 to T3) takes place here. I will start treating my liver well by squeezing the juice of half a lemon into a cup of hot water first thing in the morning and drinking.

*We really want to [show our liver some tender, loving care](#) for all the important work that it does. The simple morning habit of squeezing the juice of half a lemon in a cup of warm water is a richly beneficial habit to incorporate into your morning. Do it before any coffee, tea, or food. For many, it's a contemplative morning ritual. In addition to helping to purify and stimulate the liver, warm lemon water offers a host of other health benefits. It:*

- *balances pH*
- *aids in digestion*
- *acts as a natural diuretic*
- *oxygenates the body*
- *boosts the immune system*
- *hydrates lymph system*
- *aids in weight loss*
- *helps to purify and stimulate the liver*

- 11.** To understand that supplements will never supersede whole foods nutrition. They have their place, but won't heal me.

*Supplements can be costly and it can be confusing and overwhelming to identify reputable, high-quality products that live up to their claims. You could take some antioxidant supplements, for example, hoping that the manufacturing process was safe, that the ingredients were high quality, and that the bottle hadn't been sitting on a shelf in a warehouse for too long. Or you could buy some dark, rich, gorgeous berries, or eat black beans, or add beets to a salad, or indulge in a glass of red wine and some dark chocolate. All of these foods are rich in antioxidants and taste a lot better than a pill.*

*Additionally, these foods all contain countless other nutritious, beneficial properties that those antioxidant supplements will inherently lack.*

*A targeted yet conservative approach to supplementation can make all the difference in the world for those with Hashimoto's. But there are few things that need to be taken in perpetuity. Some specific supplementation during the therapeutic/healing phase is often warranted, but it's never a good idea to begin your Hashimoto's healing thinking that supplements are the cure. Plus, no one wants to walk around feeling like a rattling bag of pills.*

*No manufacturer can improve on nature. If given the choice, always get what you need from real, whole, food (local and/or organic/sustainably-grown is best).*

*Resources:*

[Eat Well Guide](#)

[Local Harvest](#)

[Eat Wild](#)

- 12.** To recognize that although there is much confusion about "goitrogenic" foods such as broccoli, cauliflower, cabbage, and kale, which have been purported to thwart thyroid function, research has shown that these foods are fine for people with Hashimoto's and are even recommended for their rich antioxidant content and cancer-fighting and detoxification properties.

*This topic arguably garners the most misunderstanding around thyroid health. In short, if you have Hashimoto's, there is no reason to shun "goitrogenic" foods. In fact, you should eat them regularly. We've stayed abreast of the research and you can learn everything you need to know [here](#).*



13. To replace deficient nutrients, such as zinc, selenium, iodine, copper, iron, and the B vitamins with whole foods.

*As noted in tenet #11, supplements will never take the place of whole foods nutrition. Spinach, Swiss chard, asparagus, egg yolks, grass-fed beef, Brazil nuts, sunflower seeds, wild caught fish, and sea vegetables are just a few foods that are chock full of thyroid-boosting nutrients. Given the bounty of foods rich in what our thyroids need, supplementing with these nutrients is simply unnecessary for most of us.*

*Are you stumped or overwhelmed thinking about how to cook to ensure you're properly nourishing your thyroid? Rest assured, our [Essential Thyroid Cookbook](#) can help you in a big way. The recipes are chock-full of the most thyroid- and immune-supportive nutrition and it's a staple for the kitchen of anyone who suspects or who's been diagnosed with hypothyroidism or Hashimoto's.*

14. To understand that iodine deficiency is not the cause of Hashimoto's. I don't need to supplement with iodine, which is likely to cause further harm.

*Iodine deficiency is reportedly the most common cause of hypothyroidism in the world. Once this was discovered, iodine began to be added to table salt, which corrected iodine deficiency, but had an unintended consequence – rates of autoimmune thyroid disease increased.*

*Ingesting supplemental iodine – including iodized salt – is, according to Dr. Datis Kharrazian, “like throwing gasoline on a fire” for those with Hashimoto's because it's been shown to increase TPO (thyroperoxidase) antibodies. Many people report feeling terrible on supplemental iodine. So toss that pill bottle and read labels on your other supplements, especially your multi-vitamin, to sleuth out iodine. (If your multi-vitamin is food-based (we recommend supplements be food-based as much as possible), the iodine is likely from kelp, a food source, and not synthetic.)*

*Yet it's critical to understand [how important iodine is](#) – adequate levels have shown to significantly cut the risk of breast cancer, for example. Because it's a necessary nutrient, foods such as wild caught fish and sea vegetables (your best sources) should be a regular part of your diet.*

15. To recognize that toxins and chemicals not only in my food but also in my kitchen tools, cleaning supplies, and skin care products, including cosmetics, can negatively affect my immune system and cause hormonal imbalance.

*For many of us, the trappings of modern life are inundating our bodies with toxins and causing an epidemic of autoimmune disease. Says Dr. Datis Kharrazian about the autoimmunity/toxin association, "We have chemicals like we've never had before and we've changed our food supply. This explosion is a major problem."*

*Arsenic, lead, mercury, PCB, BPA, parabens, phthalates, and sodium laurel sulfate, to name a few, can negatively impact our hormones, metabolism, and nervous, immune, and endocrine systems. Add chemical- and preservative-laden processed foods (the "crystal meth" of food) and you've got the perfect storm for the triggering of autoimmune disease.*

*Here are some of our favorite "starter" tips to decrease your toxic exposure:*

- *Avoid pesticides, herbicides, fungicides, antibiotics, and synthetic hormones by purchasing organic and sustainably-raised food, ideally from local, trusted growers. (See links in #11.)*
- *Forget the chemical hand sanitizers. Nasty stuff.*
- *Remove all plastics and non-stick cookware from your kitchen. Use only glass, cast iron, stainless steel, or ceramic.*
- *Refuse to put anything on your skin that is loaded with unpronounceable, dubious ingredients. Your skin is your largest organ and will mop up anything you slather on it – all of those chemicals and compounds go straight to your bloodstream and can antagonize your already-hypervigilant immune system.*

16. To acknowledge the intimate connection between my thyroid and adrenal glands. Addressing my thyroid without addressing my adrenals will hamper my progress. I will start by taking an adaptogenic herb, like ashwagandha, incorporating meditation and/or breathing exercises into my daily routine, committing to managing the stressors in my life, and keeping my blood sugar stable.

*When the thyroid is under-functioning, fatigue often sets in. The body then leans on the adrenals for more cortisol and adrenaline, stress hormones that, if overproduced, can hinder thyroid function. A vicious cycle, right? So although Hashimoto's is the root of hypothyroidism for well over 90% of us, [nourishing and supporting the adrenal glands](#) is critical for keeping the thyroid humming along.*

*Mitigating the stressors in your life helps keep those stress hormones in check. We all know we'll never rid our lives of all of our stressors. But it's imperative that we all learn to manage stress and to counterbalance it with periods of rest and relaxation. It's also critical to say, "no" to anything that no longer serves you. Toxic relationships? A job you hate? Being overscheduled? No time for yourself?*

*Meditation and breathwork are unequivocally some of the best ways to cope with daily stress. Your breath is always with you and connecting with it for even a few seconds will put that biological stress response in check. Your adrenals will then be better able to function appropriately, when most needed, and your thyroid function will not be a victim of excess stress hormones.*

*You can start with something as simple as a deep inhale to the count of four and a deep exhale to the count of four, for a total of four rounds. On the inhale think, "I am" and on the exhale "at peace."*

17. To recognize that unstable blood sugar and hypoglycemia play a role in thyroid and adrenal function. The hormone insulin regulates blood sugar and is a foundational hormone – it will be difficult to balance other hormones, especially stress hormones, with blood sugar dysregulation.

*[Balancing blood sugar is crucial](#) in mitigating the risk of heart disease and type 2 diabetes as well as in promoting proper thyroid and adrenal function. Staying off the blood sugar bungee cord is also key in maintaining sufficient energy levels throughout the day, facilitating weight loss, and improving sleep.*

*Just as there is an intimate connection between the adrenals and thyroid, there is also an intimate relationship between the adrenals and pancreas, the gland that produces insulin. If blood sugar is unstable (dysglycemia), it initiates a considerable stress response for the body, causing the adrenals to pump out more stress hormones, adrenaline and cortisol. When we're generating too many stress hormones, it makes it much more challenging for the pancreas to regulate insulin to keep blood sugar stable. A negative feedback loop ensues.*

*One of the best ways to support your adrenals? Keep blood sugar as stable possible. The best way to keep blood sugar stable is to balance macronutrients (protein, fat, carbohydrates), but a close second is to nourish and support your adrenals and mitigate overproduction of adrenaline and cortisol.*

*Additionally, staying active, avoiding foods high on the glycemic index (sugars, refined carbs, processed foods), and drinking a tablespoon of apple cider vinegar in a glass of water can also help keep blood sugar stable. Cinnamon tea is also helpful in keeping blood sugar in check. And back to those macronutrients – a balance of protein, fat, and carbohydrate at each meal (leaning a little heavier on the protein and fat) will help keep things steady steady Helen Reddy.*

*If you're not making it to your next meal without getting hungry or without bonking (melting in a pool of low blood sugar with its irritability, impatience, shakes, emotions run amok, and feelings of "I gotta eat now or I'm gonna hurt someone"), look back at your last meal and ask yourself, "Did I have too many carbs and/or did I not have enough fat and protein?" and adjust your subsequent meals accordingly. Some small tweaks in your meals can make all the difference in the world.*

- 18.** To understand that [fluoride negatively affects my thyroid](#). I commit to clean drinking water and fluoride-free dental visits and toothpaste.

*This is admittedly a contentious topic. We've been lead to believe that fluoride reduces the risk of cavities, but what many don't know is that fluoride was administered in the 1950's to suppress thyroid function in those with HYPERthyroidism.*

*Fluoride is most commonplace in water supplies and toothpaste, but it's also found in non-stick cookware, some medications, and even some teas.*

*According to Dr. John Douillard, "Research in the 1950's showed that all that was needed to suppress the thyroid was 2-5 mg of fluoride per day for a couple of months. It's now estimated that the average American gets somewhere between 1.6 to 6.6 mg/day of fluoride each day."*

- 19.** To acknowledge that while thyroid hormone replacement can help in some circumstances, it will only replace missing hormones; it does little to heal Hashimoto's and thus cannot be effectively utilized without also implementing the dietary and lifestyle strategies necessary for nourishing the thyroid and taming autoimmunity.

*Following a Hashimoto's diagnosis, you'll likely hear your well-meaning doctor or endocrinologist offer their take on which medication is best (for most of them, it's Synthroid! Synthroid! Synthroid!), try and force a prescription on you, or chide you for questioning whether you need to take meds at all. Most doctors' response is, "Okay, you have Hashimoto's, so you definitely need to take thyroid hormone replacement for the rest of your life."*

*As holistic health coaches, we're not categorically against thyroid hormone replacement. But our take is, "Okay, you have Hashimoto's – you're likely a good candidate for not taking any hormone replacement."*

*Consider this – you can replace missing thyroid hormones 'til the cows come home, but it won't get to the root of your low thyroid function – autoimmunity. Thyroid meds can be helpful in some circumstances and can, in fact, be taken short-term, despite what we're often told.*

*Only you can decide whether medication is right for you (there are many choices – synthetics, naturally desiccated, T4-only, T3-only, T3/T4 combination) and for how long you can or should take it. But remember, the dietary and lifestyle strategies outlined in this credo and the recommendations that we make for our clients should be adopted regardless of whether you take supplemental thyroid hormone replacement, not only to ensure that you're addressing the underlying autoimmunity, but also to help your medications work as effectively as possible.*

**20.** To understand that thyroid labs are a snapshot in time. While they reveal important information, hormones are ever-changing. The real litmus test of how I'm progressing and improving is how I feel.

*Sure, we get good information from [thyroid hormone labs](#). But they're simply a tool, not the single marker from which we should determine someone's thyroid function.*

*This is especially important to consider when many people have hypothyroid symptoms, but their thyroid hormone labs may be normal. (It's important to know what your doctor feels is "[normal](#).") Also, some people have thyroid hormone resistance – they may be making T3 and T4, but their cells are unable to uptake the hormones. This is similar to the concept of insulin resistance.*

*There are countless factors that can affect what your thyroid lab results are on any given day.*

- *Did you have a big, satiating breakfast, or did you skip the meal altogether?*
- *How many cups of coffee or tea did you drink this morning?*
- *Do you feel a cold coming on?*
- *Have you had any overt digestive issues lately?*

- *Where's your vitamin D level?*
- *How did you sleep last night?*
- *Are you experiencing more stress than usual?*

*The presence or absence of symptoms is a much better indication of thyroid function. Be mindful of those symptoms and allow them to be your guide. We love this quote from Dr. Richard Shames: "The goal of our treatment is not simply to normalize lab values – it is to restore our patients, each with individual needs, to full healthy lives."*

- 21.** To recognize that, as with most conditions, there is a mind-body connection with Hashimoto's. Negative self-talk, thoughts, feelings, and emotions can affect my health and how both my thyroid and my immune system work.

*This is pretty straightforward – healing won't come from a place of self-loathing, punishment, degradation, fear, or desperation. This holds true regardless of whether you're trying to heal your thyroid or your gut, recover from a period of chronic stress that taxed your adrenals, or lose weight that may have crept on when your thyroid wasn't functioning well.*

*If any of these seems woo-woo to you, please know that this isn't new-agey, unicorns and moonbeams stuff. Our brains are constantly talking to our immune system, and our immune system constantly provides critical information to our brain.*

*Dr. Richard Shames talks quite a bit about mind-body healing for the thyroid, including the mind/body/autoimmune connection. He states that the triggering of Hashimoto's is possible from stress alone and that this should not be surprising, given the number of documented incidents in which stress has been shown to affect immune function. It may be part of the genetic makeup of certain individuals to be anxious and worried, which itself predisposes them to a kind of autoimmune triggering.*

*You might not be able to change your genetic predisposition, but you can learn to handle stress differently, reducing the likelihood of triggering an autoimmune attack. Dr. Shames says that we should visualize our immune system getting smarter and leaving our thyroid alone. "Just imagine it getting to the point that its best job will be to protect you from outside invaders, like bacteria and viruses. Picture it leaving your glandular system, especially your thyroid, completely free to do its job, unencumbered."*

**22.** To listen to my body. It will never lie to me.

*To harken back to tenet #20, the real litmus test of how you're progressing and improving is how you feel. And our bodies are constantly communicating important messages.*

*During any healing period, instead of being on autopilot, it's important to slow down and really tune into your body. What's working? What's not working? Be mindful of the subtle and not-so-subtle shifts that your body is experiencing. Your body is constantly communicating messages and it's important to listen and heed.*

*As Dr. Aviva Romm wrote, "Life can be stressful, demanding, and distracting. When we're stressed and distracted we often don't make the best choices for our health. Learning to be mindful – which means living from a place of self-awareness – increases conscientious decision-making. Conscientious decision-making is what this is all about."*

**23.** To believe in myself and not let anyone challenge my beliefs and what I know to be right for me.

*Your doctor is not an expert on YOU – your mind or your body.  
Neither is your nutrition coach, naturopath, chiropractor, or acupuncturist.  
Neither is your therapist.  
Neither is your mom or your best friend.  
Neither is your partner or spouse.  
Neither is your child.*

*Only YOU. None of these people live in your body.*

*Managing Hashimoto's requires an unconventional, off the beaten path approach. Not a prescription. Respect the wisdom and experience of others as theirs. Maybe the advice and opinions of those you trust can help you on your journey. Maybe not. Only you get to decide.*

**24.** To embrace change. Remission is attainable.

*Countless Hashimoto's sufferers have successfully healed their thyroid condition and returned to vibrancy and vitality. Both the allopathic and integrative medicine communities agree that once you have an autoimmune condition, you're always thought to have it. But most can be brought into remission.*

*There's no magic pill. No silver bullet. No "single symptom/single drug" solution. Hashimoto's is a multi-faceted, multi-factorial disease for most of us and requires a multi-pronged approach. Think about the spokes of an umbrella – those spokes represent the necessary approaches for healing and the fabric represents remission.*

*Embrace willingness versus white-knuckled willpower, which is a [finite resource](#). You need to trust that healing is possible and move forward with an open mind, having faith that a commitment to deepening your relationship with your body and to treating it well is all you need to invite change and bring about healing.*

**25. To believe** that healing is possible. I deserve to be well. I'm worth it.

*Enough said. Here's to your health and to lifelong remission from Hashimoto's.*