



# Your Comprehensive Guide to Life without a Functioning Thyroid

Hey there, Butterfly Warrior! Are you feeling like your energy levels have taken a nosedive ever since saying goodbye to your thyroid? Don't worry, we've got your back. In this guide, we'll walk you through practical strategies to reclaim your energy and embrace life again. Get ready to seize the day and bring that energy back in full force!

I'm Lori, mom to two Boston terriers named Bonnie & Clyde. I love learning, good coffee and reading books that are turned into movies! As a stroke and cancer survivor I've been where you are, and now I help women living without a thyroid overcome exhaustion, brain fog and fatigue so they can find the peace to live a happier, healthier life.

I'm a certified health and life coach but I am not a nurse or doctor. I do not give medical advice. I share research and facts with the strategies that have helped me, in hopes you can benefit from the information as you search for your new normal.

Let's start with a mini crash course on your thyroid and its impact on your energy levels. Then we'll explore the common challenges faced by those living with a non functioning or surgically removed thyroid and help set the stage for our energy-reclaiming journey.

Let's dive in

# Understanding the Thyroid & Hormonal Challenges

If your thyroid is not functioning or has been removed, your body can no longer make thyroid hormone. Without medication, you'll develop signs of an underactive thyroid as your new normal. These most often include dry skin, hair loss, fatigue, insomnia and brain fog. Then there's the dreaded phantom hunger and its friend, never ending weight gain.

Are you constantly feeling tired, sluggish, and struggling to find enough energy to get through your day? Do you often find yourself battling weight gain, hair loss, and dry skin?

These signals are indicating your thyroid gland, located at the base of your neck, doesn't produce enough thyroid hormone, or if you're like me it's because you have no thyroid so you need medication to provide specific level of hormones for your specific body. You need to work with a doctor on that!

Either way, you also want to understand these hormones are responsible for regulating your body's metabolism, energy production, and maintaining a healthy weight. So again, when your thyroid is underactive, it can lead to a range of unpleasantities, including:

1. Fatigue and low energy levels: Despite getting enough sleep, you may be challenged to muster up the energy to get through the day.
2. Weight gain: Unexplained weight gain, even with a healthy diet and regular exercise, can be a frustrating new normal.
3. Cold intolerance: Feeling constantly chilly, even in normal temperatures, can be a sign that your thyroid isn't functioning optimally.
4. Hair loss and dry skin: Your skin may become dry, itchy, and prone to flaking. Additionally, you may notice excessive hair shedding or thinning.
5. Brain fog and poor concentration: This can affect cognitive function, leading to difficulties with memory, focus, and mental clarity.
6. Mood swings and depression: Feeling low, irritable, or experiencing mood swings are common.

But here's the good news - you can take charge of your health and reclaim your energy! Imagine waking up each morning feeling rested, vibrant, and ready to go conquer the world.

It's time to take the steps towards a healthier, energized you.

## 1. Fueling Your Body Right

I'm telling you, it's all about the fuel for your mitochondria!! Let's look at the role of nutrition and how it can be your secret weapon in the battle against fatigue. Thyroid-friendly foods, with smart meal planning, and nutritional supplements that can boost your energy reserves make all the difference.

Focus on incorporating nutrient-dense foods into your diet to support overall health and wellbeing. These include fresh fruits and vegetables, lean proteins, whole grains, and healthy fats. Building your meals around these essential nutrients provides you with energy, supports metabolism, and promotes a healthy immune system.



2. **Adequate hydration** is critical for maintaining a healthy digestive system. Water helps break down food, facilitates the absorption of nutrients, and prevents constipation. Make it a habit to drink plenty of water throughout the day, and limit your consumption of dehydrating beverages like caffeine and alcohol. It's helpful to keep a full water bottle with you when you leave the house and keep a glass or bottle of water with you at your desk as a reminder to drink enough.



3.



### **Chew Food Thoroughly:**

Proper digestion begins in the mouth. Take the time to chew your food slowly and thoroughly before swallowing. Chewing breaks down food into smaller particles, making it easier for your digestive system to process. Additionally, it signals the release of enzymes that aid in digestion, leading to better nutrient absorption.

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### **Include Probiotic-Rich Foods:**

Probiotics are beneficial bacteria that support a healthy gut. Incorporate fermented foods such as yogurt, sauerkraut, kimchi, kefir, and kombucha into your diet. These foods introduce good bacteria into your gut, promoting a balanced microbiome and enhancing digestion.



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### **Reduce Stress:**

Stress can have a big impact on our digestive health. Chronic stress can disrupt digestion, leading to issues like indigestion, bloating, and inflammation. Engage in stress-reducing activities such as yoga, meditation, deep breathing exercises, or any other activity that helps you unwind and relax.

## 6. Exercise Regularly:

Regular physical activity not only benefits your cardiovascular health but also supports digestion. Exercise helps stimulate the muscles in your digestive tract, promoting efficient movement of food through your system. Aim for at least 30 minutes of moderate exercise most days of the week.



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## Avoid Trigger Foods:

Identify foods that may be triggering digestive discomfort or sensitivities and avoid them. Common culprits include spicy or greasy foods, processed foods, refined sugars, and artificial additives. Pay attention to how your body reacts to different foods and make adjustments accordingly.

## 8. Practice Mindful Eating:

Eating mindfully involves paying attention to your food, savoring each bite, and eating slowly. By doing so, you become more aware of your body's signals of hunger and fullness, which can prevent overeating and promote better digestion.



## 9. Get Enough Sleep:

Quality sleep is essential for overall health, including digestive health. Poor sleep can disrupt the digestive process and contribute to issues like indigestion and inflammation. Aim for 7-9 hours of uninterrupted sleep each night to support optimal digestion.



## 10.



## Manage Medications Wisely:

Certain medications, such as antibiotics and non-steroidal anti-inflammatory drugs (NSAIDs), can negatively impact gut health. While sometimes necessary, it's important to manage their usage wisely. If you're on long-term medication, consult with your healthcare provider to explore ways to mitigate any potential digestive side effects.

Improving digestion and supporting gut health naturally doesn't have to be complicated or time consuming. By adopting these ten strategies consistently, you should start to see improvement over time. Paying attention to how you feel and tuning into what makes your digestion better or worse is also an important step because the more observant you are, the easier it will be for you to make the changes that will work best for you.

**Disclaimer:** The information provided in this guide is for educational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare providers with any questions you may have regarding a medical condition.