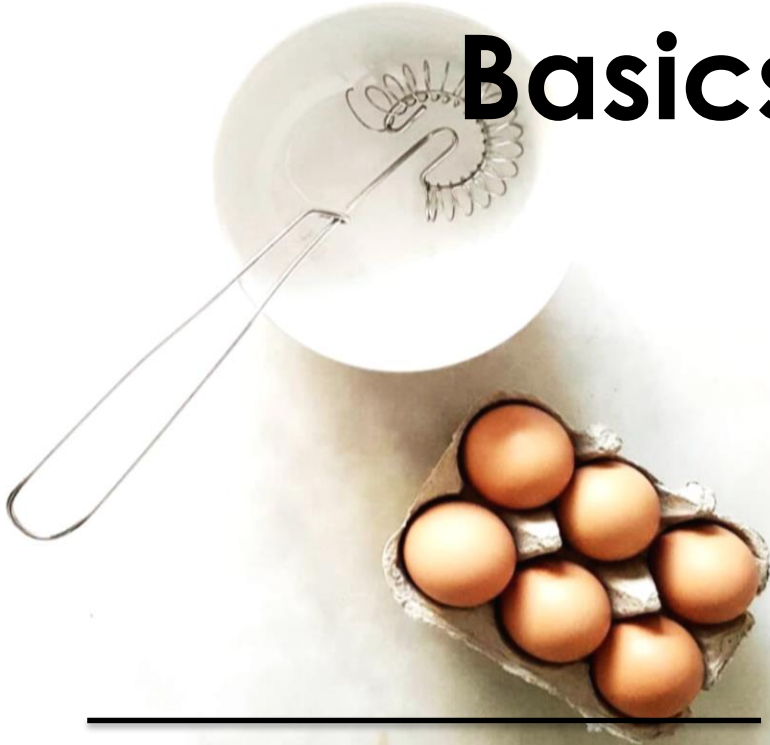


Chit. Chat. Basics.



My Hashimoto Fundamentals

- the natural way

Welcome . . .

My personal journey since being diagnosed with Hashimoto Thyroiditis (hypothyroidism) in 2013, has led me down the pathway of eating nutrient-dense, seasonal, organic and anti-inflammatory wholefoods, which I've discovered my body thrives on.

My primary goal - To stop and reverse inflammation in my body and begin healing.

From healing my autoimmune disease and improving the health of my gut, to balancing my hormones and saying hello to energy and pure joy.

Within these pages, I share with you my own personal eating and lifestyle plan, based on personal research, trial and error, patience and time.

This "plan" has evolved through many years of consulting with (*picking the brains of*) health practitioners, from GP's and endocrinologists, to naturopaths, acupuncturist, Chinese medicine doctors and reiki healers.

This "plan" is my base line. A place I start from each morning.

My hopes in sharing this information, is to potentially help you jump start and build your own personal plan. One that is based on your own body's needs and fits into your own lifestyle.

What's Inside . . .

- ❖ First Up:
 - ❖ The Thyroid
 - ❖ What is Hashimoto's Thyroiditis (Hypothyroidism)
 - ❖ The Role Gut Health Plays

- ❖ Where to Begin:
 - ❖ Remove immune reacting foods
 - ❖ Consume gut healing foods
 - ❖ Reduce and manage stress

- ❖ My Routine

- ❖ 3 on a Plate:
 - ❖ Protein
 - ❖ Fats
 - ❖ Vegetables/Fibre

- ❖ Recipes:
 - ❖ Breakfast
 - ❖ Lunch
 - ❖ Dinner
 - ❖ Sweets
 - ❖ Weekend

- ❖ About Me

First Up...

The Thyroid

A butterfly shaped gland located at the base of our throat, producing hormones that communicate with every part of our body. From our metabolism, cardiovascular and digestive function, to our muscle control, brain development and bone maintenance. Not forgetting our body's temperature regulation, liver and kidney function as well as our cholesterol and glucose metabolism.

As you can see, the health of our thyroid is *ESSENTIAL!*

What is Hashimoto's Thyroiditis (hypothyroidism)

An autoimmune condition - whereby our immune system attacks the thyroid gland, and the resulting inflammation and destruction of the thyroid tissue reduces our thyroid's ability to make these essential hormones.

Symptoms of Hashimoto's can include (*but not limited to*):

- ❖ Fatigue
- ❖ Poor concentration, brain fog, dementia
- ❖ Weight gain (and difficulty losing weight)
- ❖ Bloating, digestion issues, constipation
- ❖ Anxiety and depression
- ❖ Dry skin and hair loss
- ❖ Joint and muscle pain

The Role Gut Health Plays

There are many factors, both root causes and triggers, leading to the development of Hashimoto's. It's good to note that everyone's root cause and trigger is different, with some having more than one. Some of these could include:

- ❖ Our genes
- ❖ Our diet
- ❖ Environmental influences
- ❖ Stress levels
- ❖ Hormone levels
- ❖ Digestive disorders (leaky gut)
- ❖ Food allergies/sensitivity
- ❖ Nutrient deficiencies

Thanks to the work of Dr. Alessio Fasano, we now know that intestinal permeability, or "leaky gut" is one of the primary triggers for all autoimmune disease, including Hashimoto's.

Leaky gut occurs when holes in the lining of our intestine become larger due to excessive inflammation, infections, toxins and stress, allowing particles to escape and travel through to the bloodstream. Our immune system sees these particles as "foreign invaders", and attacks.

Some of the root causes of intestinal permeability (leaky gut) as described by Dr Izabella Wenz, Pharm D, include:

- ❖ Gluten sensitivity and Celiac disease - the number one cause of leaky gut
- ❖ Cross Reactive Proteins - in addition to gluten, individuals may also react to other proteins including grains (rice, quinoa, corn), dairy, eggs, nuts, seeds and nightshades
- ❖ Parasites - causing intestinal damage, food sensitivities and autoimmune disease
- ❖ Small Intestinal Bacterial Overgrowth (SIBO) - a bacterial overgrowth in the small bowel or small intestine caused by antibiotic overuse and starchy foods
- ❖ Fungal Infections (Candida) - causing intestinal permeability, autoimmune disease and food sensitivities

Studies are now showing that you cannot have a healthy gut without a healthy thyroid, and you cannot have a healthy thyroid without a healthy gut. To restore health, both must be addressed simultaneously.

Healing the gut is a huge topic (*not covered in these pages*), however finding out your root cause(s), addressing and removing potential triggers and then restoring your gut barrier, I believe, to be your 3 key steps on a pathway to health.

Where to Begin . . .



To effectively help manage hypothyroid symptoms and to begin the process of healing my body, I have made the following 3 changes to my diet and lifestyle:

- ❖ Remove immune reacting foods
- ❖ Consume gut healing foods
- ❖ Reduce and manage stress

STEP 1: Remove Immune Reacting Foods

In order for your body to heal, you must let it rest and allow your gut time to heal. This (for me) included the removal of the following immune reacting foods:

GLUTEN | removing gluten was one of the most important changes I made as it is the biggest autoimmune and allergen culprit contributing to gut inflammation

SUGAR | blood sugar imbalances inflame the digestive track, leading to "leaky gut". In turn, leaky gut is a major trigger in the development of autoimmune diseases, like Hashimoto's

COW'S MILK DAIRY | milk proteins (casein, casomorphin, milk butyrophilin and whey) can cause immune reactions. These proteins are known as "cross reactor proteins" as they closely resemble gluten proteins and can cause similar immune responses in the body

GRAINS | including gluten free grains like rice, polenta, quinoa, corn, cornflour, sorghum and teff flour. When your thyroid is compromised, grains can further irritate, as when they enter the body they cause insulin levels in the blood to rise. Eaten in excess over time, the body becomes overtaxed which causes inflammation

REFINED OILS | including vegetable oils like safflower, sunflower, canola and corn oil. They are all inflammatory and very low in nutrients

PROCESSED/PACKAGED FOODS | Contain the above! Enough said!

STEP 2: Consume Gut Healing Foods

Having removed “trigger” foods which cause your body inflammation, it’s now time to rebuild your healthy gut and repair your intestinal walls. This is especially true if you have any kind of autoimmune disease, whether you experience digestive issues or not.

FRESH VEGETABLES | high in antioxidants, vitamins, minerals and fibre - helping to improve digestive health, fight inflammation, balance blood sugar levels and support a healthy weight

COCONUT OIL | provides medium-chain fatty acids (caprylic acid, lauric acid and capric acid) which support a healthy metabolism, increase energy, nourish the gut and fight fatigue

WILD CAUGHT FISH | provides anti-inflammatory omega-3 fatty acids - essential for hormone balance and thyroid function

PROBIOTIC-RICH FOODS | includes kefir, organic goat’s milk yogurt, kimchi, kombucha, sauerkraut and other fermented veggies. Probiotics help repopulate the gut with beneficial bacteria, helping to support the healing of the gut and immune systems

BONE BROTH | helps to heal the gut lining by providing collagen, amino acids and nutrients such as calcium, magnesium, phosphorus and silicon

STEP 3: Reduce And Manage Stress

Stress reduction can have positive therapeutic effects for those of us with an autoimmune disease (like Hashimoto's), according to research conducted by the Immunology And Allergy Clinic of North America.

It seems that in today's world, stress-related illnesses are on the rise and studies are showing that emotional, mental and physical stress can actually be the primary cause of autoimmune disorders, as well as ulcers, diabetes, hormone imbalances and even heart disease.

You see, stress is processed through our adrenal glands which releases stress hormones (including cortisol) when activated. When we get a cold or cut our finger, our body's short term inflammatory response is exactly what we need - to help our body repair itself. However, these days due to longer working hours, constant demands, over commitment and not giving our bodies time to rest and recover, we find ourselves with long term chronic levels of stress. As a result, we cause damage to our gut, digestive system and immune system. In this state, harmful bacteria multiplies in our body causing more stress (*as 95% of serotonin - the "feel good" neurotransmitter regulating our mood, is produced in the gut*). And the cycle then continues, according to Amy Myers MD.

To help our bodies heal, stress reduction MUST BE prioritised and finding stress management tools to help you manage this is paramount. Remember different tools work for different people, with some of my favourites that I now include in my life, being:

- ❖ Epsom salt baths with coconut oil and pure essential oils
- ❖ Moving my body daily - from walking, bike riding, pilates and yoga
- ❖ Spending time outdoors - enjoying a picnic or reading a book in my local park
- ❖ Deep breathing
- ❖ 5-10 meditation at bedtime
- ❖ Saying "no" and not over committing (*still working on this!*)
- ❖ Practicing gratitude



All disease
begins in
the gut.

- Hippocrates

My Routine . . .

After years of trial and error, I have discovered my own perfect eating guideline/routine. I share them with you here, not as a strict "you must follow me" tool, but as a jumping off point for you to discover your own wellness guideline/routine.

Be consistent, not perfect!

1. Eat three well balanced, nutritious meals per day.
2. Each meal to contain "3 on a plate"
:
 - ❖Vegetables (fibre)
 - ❖Protein
 - ❖Good fats
3. Leave time between meals (for me, approx. 5 hours). Allowing your body and gut time to digest and rest.
4. Avoid snacking - again, allowing your body time to digest and rest. Cravings and hunger are often emotional, fuelled by sugar, or simply thirst. By focussing (and tweaking) your three daily meals, your body in time, will adjust and the need for snacking will be a thing of the past.
5. Choose seasonal produce - it's fresher, has a higher nutrient value and is more often than not cheaper.
6. Mindful eating - digestion starts in the mind, so get present while eating - no distractions! Sit down, breathe and chew your food 10-15 times. Relax whilst you eat and don't rush. You will feel calmer and any sweet craving will diminish.
7. Cook once, eat twice - to keep things super simple, cook extra at dinner time to have a meal ready and waiting for you the following day - or to pop into the freezer for another busy "*can't be bothered cooking*" day. It's a great money and time saver and a golden rule I cannot recommend enough!
8. Sunday planning - spend a little time planning meals, shopping and prepping food for the week ahead. This could include prepping veggies, poaching fish/chicken, boiling eggs or whipping up a slow cooked meal to pop into the freezer. This step is crucial for me!

At the end of the day,
eating right makes
optimal health
possible!



Three On A Plate. . .

When planning my meals (*a thought that is consistently on my mind*), I use my **"3 on a plate"** protocol. Whereby each of my meals *ideally* contains the following three food groups:

- ❖ Vegetables (*at least half of the plate*)
- ❖ Protein
- ❖ Good fats

I have personally found through trial and error, patience and time that this combination leaves me feeling satiated and completely nourished after each meal. No need for snacking!

**Remember – everyone's body is different.
Experiment and find the combination that works best for you.**

Protein

Eating protein at each meal (*whether plant or animal based*) has been scientifically proven to keep blood sugar levels stable and increase our ability to keep hunger at bay.

When eating meat, I always choose grass-fed as it contains high levels of omega-3 fatty acids and is a great source of CLA (conjugated linoleic acid), a fat that reduces the risk of obesity, diabetes and many immune disorders.

FISH | salmon, mackerel, sardines, sole, cod, seabass, seabream, haddock, trout, monkfish

SEAFOOD | prawns, mussels, clams, oysters, scallops, lobster, crab

MEAT | beef, lamb, pork

POULTRY | chicken, duck, quail, turkey

ORGANIC PASTURED EGGS

GOATS CHEESE

Fats

Are an amazing source of energy, helping keep you full all day long. They boost your immune system, help regulate your blood sugar levels and contain essential fatty acids that are vital for your body, hair, nails and skin.

OILS | coconut oil, olive oil, avocado oil, ghee, butter (*if you can tolerate*)

NUTS | almonds, cashews, brazil, pecans, walnuts, pine nuts, pistachios, hazelnuts

SEEDS | sesame, pepitas, sunflower, chia, hemp, flax

ORGANIC PASTURED EGGS

COCONUT MILK

AVOCADO

Vegetables / Fibre

The fibre in vegetables increases satiety (sense of fullness) and is wonderful in helpful remove toxins from the body, helping lower cholesterol and improve immunity.


STARCHY VEG | sweet potato, beetroot, potato, peas, parsnips, pumpkin, zucchini

NON STARCHY VEGGIES | capsicum, cauliflower, asparagus, broccoli, cucumber, spinach, mushrooms, onions, green beans, sugar snaps, cabbage

LEAFY GREENS | spinach, kale, rocket, lettuce, silverbeet, chard

LOW FRUCTOSE FRUIT | berries, kiwi fruit, avocado

CHIA SEEDS



*By keeping the heat low,
I find the eggs stay
soft and fluffy...*

Breakfast

Scrambled Green Eggs

Serves 1

1 tbsp. coconut oil
2 organic eggs
1 tbsp. milk of your choice
1/2 tsp turmeric
Seasoning
1 tbsp. frozen (or fresh) peas
Small handful of baby spinach leaves
Small handful of sprouts (optional)

In a small pan over medium heat, heat the coconut oil. Meanwhile in a small bowl, whisk together eggs, milk, peas, turmeric and season well. Add the egg mixture to the hot oil and turn the temperature down to low. After a minute, add the spinach leaves.

Using a spatula (I find a wooden spoon doesn't work well), very gently scrap the bottom of the pan, flipping the cooked egg over every so often. Do not stir.

When almost cooked through, turn off the heat and serve topped with some fresh sprouts.

*If carrying to work
for lunch - keep the
dressing separate
and add when ready
to eat...*



Lunch

Tuna Bean Salad

Serves 1

1 tin of tuna (in 100% olive oil), drained
1 stick of celery, finely sliced
Small handful of snow peas
Small handful of sugar snap peas
Small handful of green beans

Dressing

1 tbsp olive oil
1 tbsp apple cider vinegar (I like my dressings to be heavy in vinegar)
 $\frac{1}{2}$ tsp Dijon mustard
Seasoning

To begin, lightly steam for just 1-2 minutes, your snow peas, sugar snap peas and green beans. Remove from heat and place into an ice bath to keep them crisp and stop them cooking further.

Meanwhile, make the dressing by combining all ingredients in a small jar and shake well. Test for seasoning.

Once the beans have cooled, drain and add the chopped celery, tuna and dressing. Toss gently to combine and serve immediately.



Dinner

Pea + Spinach Puree

With Lamb Cutlets

Serves 1

1 tbsp. coconut oil
2 organic grass-fed lamb cutlets
½ tbsp coconut oil
½ cup frozen peas
Small handful of spinach leaves (plus extra to serve)
Zest and juice of ½ lemon
Olive oil
Small handful of cherry tomatoes
Seasoning

Cook peas according to the package.

Drain and place in your blender along with spinach leaves, lemon zest and juice and season well. Blitz whilst slowly adding a drizzle of olive oil until you reach the consistency you want.

Meanwhile in a small pan over a medium heat, melt your coconut oil and when hot, add the lamb cutlets and cherry tomatoes. I cook the fatty edge of the cutlets first (using tongs to hold in place), until the fat becomes golden. Then place them flat in the pan and cook for approx. 3 minutes each side (for meat that is pink). Remove cutlets and tomatoes from heat and allow to rest for a few minutes.

Serve cutlets and cherry tomatoes on top of your pea & spinach puree with a few extra spinach leaves for freshness.



Sweets

Avocado + Chocolate

Ice Cream

Serves 2

2 small ripe avocados (or 1 large)
1/4 cup coconut cream (use mostly the thick cream section with just a little of the liquid)
1 tbsp of rice malt syrup
1 heaped tsp of raw cacao powder

In a blender, blitz together all ingredients until silky smooth.
Test for sweetness.

Place in an airtight container and pop into the freezer for an hour. Remove, give a good stir by scraping down the sides, then pop back into the freezer for at least another hour.

Remove, scoop and enjoy!

Serve alongside
mashed potato/
sweet potato, add
some extra
vegetables or
serve with a
fresh, crisp
salad ...



Weekend

Creamy Chicken + Tomato Bake

Serves 3-4

*500g organic chicken breast fillets, sliced in half
1 tbsp coconut oil
1 small onion, roughly diced
2 garlic cloves, thinly sliced
3 ripe tomatoes, roughly chopped
1 cup coconut milk or cream (1 use the rest from making the ice-cream above)
Seasoning*

In a heavy based pot over a low -medium heat, melt your coconut oil and add the chicken pieces to brown.

Once the chicken has browned, remove from the pan, lower the heat slightly and add in the onion, sautéing for a few minutes to soften. Add the garlic and cook for a further minute.

Return the browned chicken pieces, tomatoes and coconut milk/cream to the pan and bring up to a gentle simmer. Now turn the heat down to very low, pop on the lid and allow to cook for 20 minutes.

After 20 minutes, remove the lid and give a good stir, breaking down the tomatoes into the sauce. Continue cooking for another 10 minutes to help reduce the sauce and season well.

About Me...



I am a Melbourne based Taurean, freestyle cook, self confessed food addict, student of nutrition and lover of all things French.

I have held a deep and long love affair with food, in all its forms and over the years this love affair has allowed me the immense pleasure of creating food for client's special occasions. I have loved being part of and honoured to be invited to share these memorable experiences.

Today, the food I cook is all about my own personal health journey since being diagnosed with Hashimoto's Thyroiditis (hypothyroidism). Dealing with the effects of this Autoimmune Disease has led me to embrace recipes and ingredients that inspire, heal and nourish my thyroid and in turn, my whole body.

I spend my weekdays working in the corporate world, creating "inflammation-free" sweet treats for clients on weekends, and I share my food, health and healing journey inside the on-line pages of my blog **Chit Chat Chomp**. Through this outlet, my hope is to inspire others to simply get back into the kitchen and to create their own health journey.

Obviously I love cooking! I also love pots of tea, farmers markets, French jazz and lots of fresh flowers. I love Winters spent rugged up under knitted blankets and I love, love, love twinkling Christmas lights. It's the little things in life that make me smile.

Leigh x

Disclaimer. . .

I am not a doctor and this paper and blog does not provide medical advice. Chit Chat Chomp is about my own healing journey. If you know or believe that you have Hashimoto's, hypothyroidism or other thyroid health problems, please get yourself tested and find a doctor or natural health practitioner who is willing to help you find the root cause and work with you to develop a personalized treatment plan for your particular body. Chit Chat Chomp is provided for informational purposes only, and the content is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider for answers to any questions you may have regarding a medical or health related condition. The content here is not intended to be relied upon for medical diagnosis or treatment. Always consult a health professional before making dramatic changes to your diet or lifestyle and before taking supplements. You are ultimately responsible for your own health. Reliance on this website, this paper and its content is solely at your own risk.

Published by Chit Chat Chomp
Melbourne
Victoria, Australia 3000
www.chitchatchomp.net

All rights reserved. No part of this publication may be reproduced, sold or attributed to other parties in any form or by any means (electronic, printing, recording) without the written permission of the publisher of this book.

All photos by Chit Chat Chomp

