

# Thyroid Hormone

JUMPSTART

## Hormone Producing Recipes

I have been raw vegan, paleo, lacto-ovo-vegetarian, liquid tarian, and the list keeps on going, haha.

These recipes however are meant to be used as tools not so much a diet.

Here's what I mean.

I don't eat this everyday, but if I ever start to feel my thyroid become sluggish, I know these foods will kick start my hormone production, makes sense?

In other words, these are meant to be used as needed, so listen to your body.

Don't get me wrong, you can do these everyday if you want, but I personally like variety and I like to be normal, live life, enjoy other stuff too!

**\*\*IMPORTANT\*\***

These recipes work best when you do intermittent fasting.

If you are hypothyroid, it is very likely you follow a carb heavy diet (probably too much sugar). This is the exact opposite. Fat heavy, no sugar.

Want to stay hypothyroid? keep the heavy carb, sugar diet. Otherwise, do the opposite.

Pretty simple when you look at it that way, huh?

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Here's the problem. Your body may not be ready for these foods. If you get hiccups, it just means your body is not used to using fat as a source of fuel and it needs to adapt. To get rid of hiccups and help your body adapt, use lemon water (recipe below).

## The Hormone Protocol

- 2 capsules [Fermented Cod Liver Oil + Vitamin-Rich Butter Fat](#)
- 1 Capsule [Selenium](#)
- 1 mL of [Suntrex \(Vitamin D\)](#)

You'll want to do this upon waking and before going to bed.

Only use Vitamin D until you reach blood levels of 55ng/mL of Vitamin D.

## The Green Hormone Elixir

- 1 scoop of [Organifi green juice](#)
- 12 oz of water

Drinking green juice in the morning allows me to get nutrition, nourish my body, and keeps me in a fasted state.

When your body enters a fasted state (12-14 hours after your last meal), magical things begin to happen when it comes to hormones and hypothyroidism.

One of the hormones that increases almost six-fold is Growth Hormone which is key to maintaining muscle while you fast, burning fat, and getting your energy back.

This is very very important so let me cover it in more detail, and think of this section as a bonus.

You may have heard that with hypothyroidism you need to lower your stress levels.

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Turns out that when the body doesn't get enough nutrients, it releases the stress hormone cortisol to break down your muscle and get the amino acids or glucose it needs to function (this is one way you become hypothyroid).

Follow me here...

If you are hypothyroid, fatigued and can't lose weight no matter what you do, chances are your body is breaking down muscle to make new glucose because your body feels that it needs more fuel to keep going.

Breaking down muscle by releasing cortisol makes you even more tired and puts you in that thyroid tired category that one understands or knows what it feels like unless they've experienced it for themselves... it's worse than zero energy.

It's like over-drafting your bank account. Say you have \$10 left in your bank account and make a purchase that is \$10.01... just one penny over puts you over, the bank allows the transaction, but charges you \$25 dollars. So you go from -\$0.01 to -\$25.01...

Well, with hypothyroidism is the same. You have enough energy from glucose to survive, but the moment you go over, even if the activity is light like walking, if you go over just one penny's worth of glucose, your body allows you to function (kind of), but it starts breaking down muscle for glucose putting you way deep in the negative.

That's the best way I can explain thyroid tired at this time.

That's why, you **MUST** learn how to use fat as a source of fuel, not just glucose.

When you fast, you force your body to use fat as a source of fuel. The more fat you use as fuel, the more you reduce your need to burn glucose as fuel. By reducing the amount of glucose your body needs for energy, you will reduce your body's need to release cortisol to break down muscle to get glucose. Voila, you have officially claimed what's rightfully yours... your energy!

I cover this in more detail in my "Eliminate Thyroid Fatigue" program.

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## The HULK hormone smoothie

- 12 oz whole RAW milk (or RAW goat milk)
- 4 tbsp RAW almond butter
- 2 RAW egg yolks (no whites)
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- 1/2 tsp cinnamon

I grew up with 2% pasteurized milk, which seemed normal to me. I am now more scared of conventional foods like pasteurized milk from stores than I am from raw dairy. The key is to find a local farm or neighbor and get milk from their grass-fed cows. Same goes for eggs.

Instructions: Throw all ingredients in blender and blend until smooth.

### Nutrition

1 Serving:

Calories: 897

Carbs: 47.1 grams

Fat: 62.5 grams

Protein: 40.9

Cholesterol: 420.4 mg

Best consumed at both 4 pm and before bed until you feel your hormones jumpstart. Then use it as a tool.

This is a very powerful "fat" shake that is counter intuitive as it will actually help you burn fat (I cover this in more detail in my 6 month thyroid weight loss program).

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## Green "Break" Fast

- 1/2 tsp (1 g) matcha powder
- 1 cup almond milk
- 1/2 small hass avocado
- 1 scoop vanilla [bone broth protein](#)
- 2-4 ice cubes

Instructions: Throw all ingredients in blender and blend until smooth.

Nutrition

1 Serving:

Calories: 186

Carbs: 5.7 grams

Fat: 5.8 grams

Protein: 21.2

This is a great transitional smoothie. I talk a lot more about bone broth protein in my 6 month "Thyroid Weight Loss" program.

If the other recipes seem to be too much, then start with this. This can be an easy meal replacement and it's one of my go-to foods when I'm not actively trying to increase my hormones.

## Skinny Chocolate "Break" Fat

- 7 fl oz centrifuged coconut oil
- 1/4 MCT oil
- 2 cups hemp milk
- 8 RAW egg yolks

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- 1/4 cup unsweetened cocoa powder
- 1/4 cup Swerve confectioner's style sweetener
- 1/4 tsp Celtic sea salt
- 4 cups crushed ice

This recipe makes 4 servings

Instructions: Throw all ingredients in blender and blend until smooth. You may make in bulk and freeze in to-go cups

### Nutrition

1 Serving:

Calories: 706

Carbs: 19.3 grams

Fat: 76.5 grams

Protein: 6.9

Cholesterol: 364.9 mg

I call this a "break" fat (that's not a typo), because it literally helps your body burn fat. It's almost like it extends your fast. So if you are following the program, drinking green juice in the morning and going as long as you can before you eat your first meal, if you make this your first meal, you'll essentially stay in that fasted state and because you will be feeding your body a healthy dose of healthy fats, you will have energy for the rest of the day!

This is almost as powerful as the Hulk hormone smoothie. If you want to make it just as powerful, use raw milk (or raw goat milk) instead of hemp milk.

## Lemon Water

- 1 pint water
- 1 organic lemon (juice only)

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To prepare you for some of the meals ahead, it's good to drink as much lemon water as you can throughout the day. Lemon is the best emulsifier for these fat meals, which are key to helping your body make hormones.

## Lemon, MSM, Turmeric

- 750 mL water
- 2 organic lemons (juice only)
- 1/2 tsp turmeric
- 1 tsp - 1 tbsp MSM
- 1/2 tsp nutmeg (add to taste)

This is one of the drinks I share in my "Eliminate Thyroid Fatigue" program. MSM and Turmeric help with inflammation and adrenal fatigue, which is one of the most common sources of fatigue.

Once you get your hormone production going, to eliminate fatigue, the liver and adrenals become our main focus.

For hormones, the lemon acts as an emulsifier for the fat heavy recipes needed to produce hormones.

This drink is great to drink in the morning after green juice or in between meals.

## Good Afternoon "break" fast

- 16 oz Greek Yogurt (5% fat)
- 2 tbsp cacao nibs
- 2 tbsp hemp seeds (shelled)
- 1 banana
- 4 strawberries (or a handful of blueberries)
- 1 tbsp coconut shavings

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- 1 tbsp maca powder

### Nutrition

1 Serving:

Calories: 1,350

Carbs: 124.7 grams

Fat: 66.3 grams

Protein: 62

Cholesterol: 77 mg

This is one of my "go-to" meals I use to break my fast. It is also an excellent transitional meal as you help your body adapt to using fats as a source of fuel.

Because of the fruit, it will definitely break your fast, but it will keep you full and satisfied without feeling heavy. I like to have this around 1 pm, and I'm usually not even hungry by dinner time 6pm.

Get organic Greek yogurt and if you are tempted to get fat free, then you are not understanding that healthy fats help you produce hormones. The healthy fat in Greek yogurt is what your body will use for energy, so look for Greek yogurt with the most amount of fat (it tastes better too!)

Added benefit?

They have live cultures of probiotics, which are key for digestion and producing hormones.

One last note - these foods, will inevitably make your body burn fat.

Here's what that means. Fat in your body is used to protect your body from toxins. As you start burning fat, stored up toxins will be released and you may feel the effects of the toxins that have been stored up in your body, but are now exposed.

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Embrace the idea, but at the same time if you start to get headaches or feel more fatigue here's what you should do.

- a) Drink more water
- b) take a step back, take a day or two break from this protocol and then come back to it.
- c) Follow a two steps forward, one step back approach. (basically ease into this)

Please give this the time it needs to work!!

Try this for at least 90 days!



- "Hip Hip" Jorge