Avoid These Foods and Avoid Microwaving

PUFAs: Unsaturated oils, omega-3 and -6 oils (all liquid oils except olive oil): soybean, canola, fish, flaxseed, corn, seed, nut or bean oils, EPO, DHA, borage, called omega-3 &-6 oils, or "essential fatty acids" and all products containing them.

Vegetable juices (concentrates the PUFA toxic oils)

Vegetable shortening or margarine (partially hydrogenated oils)

Non-dairy creamers (Mocha Mix, soymilk, etc.)

Soy products (soymilk, soybeans, tofu, tempeh, soy protein, textured vegetable protein or TVP)

All protein powders (soy, whey and rice protein)

Fluoride - all sources: tap water, reconstituted beverages, beer from fluoridated areas, toothpaste, many drugs, commercial green tea

Refined carbohydrates (white bread, white rice, white sugar, white pasta, commercial cereals)

Refined sugars (white, fructose, brown, artificial syrups, etc.), candy bars, health food store energy bars (expensive junk), commercial desserts, soda pop.

Synthetic sugars : NutraSweet, Saccharin, Splenda (Sucralose), Neotame, etc.

RAW cruciferous (broccoli, cabbage, cauliflower, etc.) are goitergens. Must be COOKED to destroy thyroid inhibitors

Least healthy starches: seeds, nuts, nut butters, beans (except green), wheat, rye and barley – all contain gluten (storage proteins) and PUFA. More toxic when raw.

Sprouted seeds can contain various amounts of cyanide

Commercial (table) salt (sodium chloride). Avoid all colored salts, especially Himalayan salt (high in toxic iron).

Pork and deli meats (by-products of the meat industry. (Organic pork would be okay but try to find it!).

The Organic Pro-thyroid Diet

Animal protein, 4 oz, 3x/d (raw dairy, raw cheese, yogurt, cottage cheese, fish except for farmed fish, *grass fed soy-free* chicken, turkey, lamb, beef, bison, eggs from grass fed chickens. *Organic Valley* is a good organic dairy and sells juices and eggs too. *Great Lakes Gelatin (cooked collagen)* is the only protein powder I recommend (a pro-thyroid protein).

Fresh fruits (except grapefruit or its juice and apple juice) 3x/d

Fresh fruit juices (NOT from concentrate, e.g. reconstituted) 3x/d

Best juices/fruits: oranges, tropical, coconut, cherries, berries, melons

Fats: Coconut oil (the best for cooking), extra virgin olive oil and butter. Can get refined (no taste) or unrefined (mild coconut taste) coconut oil.

Raw carrots daily

Fresh salads with homemade dressings (to avoid the unsaturated oils in all commercial and health food store salad dressings)

Sugars: Sucanat (whole cane sugar), maple syrup, raw honey, stevia, agave (cactus sugar), xylitol (wood sugar from xylose – anti-cariogenic)

White non-iodized sea salt on all foods and add 1/4th tsp to your fruit juices. Eat to taste.

Caffeinated coffee with milk, half & half or cream

Safest grains are organic oats, corn and rice. Some can tolerate heirloom grains (spelt, kamut, quinoa, kamut, amaranth, etc.).

Sprouted beans have double the protein so sprout them. *But they can still cause allergies and contain PUFA.*

Drink pure water. Use ion exchange if your water is fluoridated. Carbon filters DO NOT remove fluoride. See Friends of Water at sales@friendsofwater.com Call Tim Hickey at (360) 326-8834

Avoid These Supplements

- Synthetic vitamins, minerals, isolated amino acids
- All PUFAs: unsaturated oils: flaxseed oil, EPO, borage, beta-carotene, lecithin, Canola, fish, soybean, safflower, DHA, EPA, sometimes called EFA or omega-3 and-6 oils.
- Melatonin (raises estrogen)
- Tryptophan and 5-HTP (carcinogenic and raises serotonin)
- St. John's Wort (raises serotonin)
- Chelated minerals (with amino acids) – some of these are very toxic, especially glutamates and aspartates
- Colloidal silver (just a tad less toxic than lead)
- Colloidal minerals (most contain large amounts of toxic minerals, such as Aluminum
- Coral calcium (an expensive form of calcium carbonate or Tums)
- Antacids (all of them)
- Hydrochloric acid supplements
- Human Growth Hormone
- Testosterone, DHEA (both readily convert to estrogen)
- Estrogens (natural, synthetic - Premarin, herbal estrogens (black cohosh, sage, pennyroyal, licorice); estrogenic foods (unsaturated oils, soy products); xeno-estrogens (fluoride, pesticides).