



WEIGHT GAIN &
Hashimoto's

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ABOUT HASHIMOTO'S

Hashimoto's is an autoimmune disease, which attacks and destroys the thyroid gland. Unfortunately for us women, we are much more likely than men to develop Hashimoto's; it is the most common autoimmune disease in the United States.

Hashimoto's causes hypothyroidism. Your thyroid gland produces hormones that are mainly responsible for regulating the rate of metabolism in your body. They also play essential roles in development and protein synthesis. The two hormones produced and released by the thyroid are known as T3 and T4. Hashimoto's is a disease in which the thyroid is not producing sufficient amounts of thyroid hormones.

People with Hashimoto's have a slower metabolism and therefore are more susceptible to weight gain. This is a very common symptom of the condition. Other signs of Hashimoto's include fatigue, being unable to tolerate colder temperatures, muscle weakness and aches, irregular menstrual cycles, and depression.

WHY DO WE GAIN WEIGHT WITH HASHIMOTO'S?

Because your thyroid hormones are responsible for regulating the rate of metabolism, a deficiency in thyroid hormones will slow down your metabolic rate. The slower your body breaks down and digests food, the longer it takes for calories to burn. Therefore, even if you aren't increasing your calorie intake, you might be gaining weight.

As well, the chronic low-level inflammation associated with Hashimoto's causes:

1. HPT (hypothalamic - pituitary - thyroid) axis dysregulation.
2. Problems with thyroid hormone conversion.
3. Decreased sensitivity of the thyroid hormone receptors.

All of which will affect thyroid hormone balance and weight loss, regardless of how much medication you take!

THYROID MEDICATION AND WEIGHT LOSS

Levothyroxine (LT4) is a very effective medication for treating hypothyroidism. It essentially is a synthetic version of the thyroid hormone T4.

However, LT4 is not significantly associated with weight loss for individuals with Hashimoto's. Studies show only half (52%) of the patients taking Levothyroxine for hypothyroidism experience a reduction in weight and the weight loss was very modest (less than 10 lbs.).

The simple explanation for this is that thyroid medicine does not address the autoimmune component of Hashimoto's - the root cause of the weight gain.

Unless the immune system is addressed, the chronic inflammation associated with autoimmunity will continue to damage your thyroid health and pose a significant roadblock to weight loss.

HOW TO REDUCE INFLAMMATION

- ✓ Reduce your exposure to endocrine disrupting chemicals
- ✓ Eliminate foods that cause inflammation such as coffee, grains, industrialized cooking oils, refined sugar, alcohol, nightshade vegetables, high lectin foods, and processed foods
- ✓ Reduce stress and improve happiness
- ✓ Take supplements such as ultra-pure fish oil, enzymes, turmeric, collagen and probiotics
- ✓ Support your adrenals with adaptogens like ashwagandha.
- ✓ Detox your liver!
- ✓ Heal your leaky gut
- ✓ Balance your female sex hormones – especially estrogen
- ✓ Move your body
- ✓ Sweat regularly

HASHIMOTO'S WORKSHOP

This workshop is not intended to diagnose or prescribe treatment. The information provided is for educational purposes only and does not take the place of medical advice.