



LIVINGOOD DAILY

# THYROID GUIDE



## Proper Thyroid Testing

There are many factors to understanding a true thyroid issue. Most doctors typically diagnose thyroid problems by testing your TSH level and sometimes your free T4 level, and those tests alone have come into question.

The diagnosis of “subclinical” hypothyroidism depends on having a thyroid-stimulating hormone (TSH) level higher than 5 mIU/L and lower than 10 mIU/L. But new guidelines from the American College of Endocrinologists suggest that **anything higher than 3 mIU/L is abnormal.**



## Key tests to understand a true thyroid issue

- 1 TSH ideally 1-2 mIU/L**
- 2 Free T4 1-1.4 ng/dl**
- 3 Free T3 300-400 pg/dl**
- 4 Thyroid Peroxidase (TPO) & Antithyroglobulin Antibodies under 20 IU/dL**

All numbers should then be ran through a thyroid checker by a health professional. Over 16+ different thyroid issues commonly exist. Over half are not direct thyroid issues. They are primarily driven by other hormone problems or autoimmune conditions. An autoimmune thyroid reaction is common even if TSH is “normal”.

## Other Tests To Consider

- 1 Iodine Patch Test**  
A simple at home test to see if you are deficient in iodine.
- 2 Iodine Loading Test**  
A urine collection test to see if you are deficient in iodine.
- 3 Vitamin D3 levels**  
The correct test is 25(OH)D, also called 25 hydroxyvitamin D (Ideally 50+ ng/dl)
- 4 Thyroid Underarm Test**  
This at home test uses a temperature reading to identify a sluggish thyroid.  
**\*\*SEE TEST BELOW**

# Thyroid Underarm Test

## A Simple at Home Way To Check Your Thyroid Health

This test will help you get an idea about your current thyroid function in relation to your hormones. Below are the instructions on how to complete this test.

### How to Perform the Test:

1. Place a digital thermometer at your bedside the night before performing the test.
2. The next morning, before getting out of bed, take your temperature under both arms.
3. Do this for a total of three mornings.
4. Record your results in the results section.

### Interpret Your Results:

Body temperatures below 97.2 degrees are indicators of a sluggish thyroid and hormone disturbances. Most patients who have hypothyroidism will have readings below 97.2.

Largely inconsistent body temperature readings are an indicator of an unstable thyroid as a result of adrenal fatigue/stress.

Body temperatures that are between 97.2 and 98.6 degrees with consistency across all 6 readings are considered stable.

### Notes:

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### THYROID UNDERARM TEST RESULTS

RECORD YOUR RESULTS BELOW.

#### DAY 1 RESULTS

RIGHT:

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LEFT:

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#### DAY 2 RESULTS

RIGHT:

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LEFT:

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#### DAY 3 RESULTS

RIGHT:

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LEFT:

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## Build Thyroid Health

Like all of our glands, the thyroid needs supportive nutrients from food or supplements for it to function properly. The pituitary gland produces thyroid stimulating hormone (TSH), which is needed in order to give thyroid cells the message to make thyroxine. Thyroxine, known as T4, needs to be converted into active triiodothyronine, or T3, in order for this conversion to happen successfully, not only must the appropriate precursors and coenzymes be available, but proper levels of the critical hormones cortisol and insulin must also be maintained. Cortisol is our stress fighting hormone, while insulin is needed to regulate sugar metabolism.

Keep in mind, did you get this way overnight? Then the problems will not go away overnight. The most powerful thing you can do is live out a thyroid-friendly lifestyle and surround it with some of the below thyroid helpers.



## THYROID ACTION STEPS

### 1. Rotational Fasting

Starting off when and how much you eat is more important than WHAT you eat. A poor metabolism and thyroid is simply due to a broken down metabolic system. The primary culprit is insulin. The fastest way to reset your system is to get insulin under control and continue to strengthen your system so it doesn't plateau.

### 2. Six Thyroid Foods to Add and Avoid

#### Foods to Add

- 1 Brazil Nuts
- 2 Chicken, Eggs, Fish
- 3 Greens
- 4 Omegas
- 5 Berries
- 6 Seaweed

#### Foods to Avoid

- 1 Sugar
- 2 Gluten
- 3 Toxic Meat and Dairy
- 4 Rancid Oils
- 5 Soy
- 6 Raw Cruciferous Veggies (Goitrogens)

### 3. Destress

Your thyroid is controlled in part by your Vagus Nerve. This nerve is impacted greatly by stress. Decreasing your stress and stimulating your Vagus Nerve produces normal thyroid function. Stress blocks your healing and paced breathing is the easiest way to control it.

Also add in sea salt to support your adrenals, the home of stress in your body. Many thyroid sufferers lack proper electrolytes and minerals and real sea salt is the easiest way to get them in.

### 4. Supplementation

Once the above lifestyle changes are in play, supporting the thyroid with the raw materials it needs to work well is very beneficial. Keep in mind this does not “fix” your problem it simply supports the healing and may allow some to not have to rely on drugs as much. Here are the top thyroid nutrients to intake:

**1. Selenium** - This mineral is a key constituent in the conversion of T4 to the more active T3. Additionally, selenium supports the generation of a very powerful antioxidant known as glutathione, and reduces the effects of free radicals and mercury to the thyroid gland.

**2. Iodine** - Iodine is an essential component of thyroid hormones and is necessary for normal thyroid function. If the body is deficient in iodine, the thyroid will have trouble making enough thyroid hormone. Potassium Iodine is ideal as it is necessary for getting thyroid hormones into our cells, and is also very energizing.

**3. American Ginseng Root** - Helps maintain healthy cortisol, blood glucose and insulin levels, along with a balanced conversion of thyroid hormone.

**4. Coleus Forskohlii Extract** - Promotes the proper function of TSH, which stimulates the synthesis and secretion of T3 and T4 thyroid hormones. This herb also supports the normal breakdown of body fat to use as energy.

**5. Tyrosine and Copper** - Support the production of “feel good” compounds such as dopamine and norepinephrine, which promote a level, stable mood.

**6. Chromium, Zinc, and Manganese** - These minerals are needed for support of the thyroid gland by maintaining healthy insulin, glucose, and cholesterol levels.

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## 5. Gut Health

The number one cause of hyperthyroidism is Hashimoto's Thyroiditis and the number one cause of hypothyroidism is Graves Disease. Both of these conditions are autoimmune conditions caused by something other than the thyroid. The thyroid issue is just a side effect.

Research shows **80% of the immune system is controlled in your gut**. When the gut is damaged and permeability issues persist the body gets flooded with unwanted toxins.

The true correction of this is through a Gut Reset. This is a 6-step protocol and there is a training and step-by-step workbook in the [Livingood Daily Lifestyle Members Area](#). If you are not a Lifestyle member, [click here](#) to join now.

## 6. Accountability

After overseeing 25,000 individual patients and leading hundreds of thousands of people to real health the number one thing that makes ANY health process successful is accountability.

# Procrastination Is The Thief Of Health

To truly get real thyroid health you need to change YOU. Your habits. Your whole health. That takes time, simplicity, encouragement, support, and accountability. The road to drug-free, thyroid health freedom, like thousands have achieved through this guide, is not a straight path. Thyroid health can be frustrating. You will make mistakes, fall off track, stumble, and go through fear. Without proper support this stops many on their journey. That doesn't have to be you! [Join the Livingood Daily Lifestyle now](#) and we'll help guide you every step of the way!

## We're Here to Help!

Finding the cause of your issues can be a frustrating and sometimes overwhelming process. The most important thing you can do is take action and just begin doing the activities that build health through diet, movement, supplementation, de-stressing, and detoxing.

This cheat sheet is a way to explore deeper with your doctor. If you need help on what to do next, making sense of your results, or a game plan to build health, please reach out to our team. You are not alone, and remember, you are the solution to experience real health.



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