

## *Your Thyroid, Your Gut & Keto*

- Going keto inadvertently reduces caloric intake which may lower T3
- Overtraining and decreasing carbs can lower T3 and increase Reverse T3
- Weight loss will lower conversion of T4 to active T3, which can lower thyroid activity
- When eat lower carb there is lower T3 activity because of lower carbs; when you eat carbs it increases the need for iodine in order to deal with the carbs consumed
- A high fat diet can feed fat bugs
- Not eating enough carbs from veggies disrupts the microbiome
- A low fiber diet can contribute to colon cancer

### Solutions:

- Carb cycling or carb re-feed days with fruits or clean starchy foods (sweet potatoes, cassava, squash) 1-2 times a week after fat adapted
- Eat a variety of cooked, raw and steamed vegetables
- Eat more plant based fats versus animal fats
- Avoid all conventional factory fats like canola oil, Wesson oil, pam spray, Crisco, mazola
- Eat fermented foods like kombucha, sauerkraut, pickles, olives, kimchi, cultured vegetables, full fat yogurt without sugar and from grass fed cows or goats
- Know your thyroid numbers TSH, Free T4, Free T3, Reverse T3, thyroid peroxidase antibody (TPO), antithyroid globulin antibody (TGAb) are the most important
- Check your gut health for fat bugs, leaky gut, stealth infections