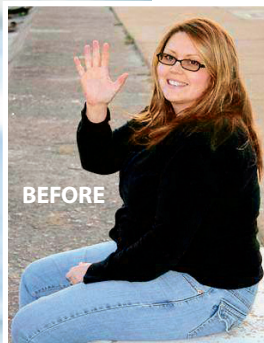


# THYROID CURE melts 21 lbs in 21 days!

Try a top doc's amazing plan that uses special carbs, vitamins and other tricks to rejuvenate your thyroid—so you can slim down *fast!*

**H**ow good are you at taking care of your thyroid? “If I was giving out grades, I would say most women get a C,” reveals Sara Gottfried, M.D., instructor at the University of California and author of *The Hormone Reset Diet*. “Your thyroid plays a big role in metabolism and energy—so anyone frequently tired or carrying excess weight could probably be doing better in the thyroid department.” Luckily, Dr. Gottfried is here to get our grades up fast. Over the course of three A+ weeks, she can help us make simple-but-dramatic improvements that invigorate and slim. “I’ve seen patients lose 15, 17, even 21 pounds in 21 days,” the doc reveals. No wonder thousands are already raving about her “reset” approach—which boosts thyroid function and also corrects hormonal issues linked to slow thyroid and weight gain. “When you reset your hormones and rev your thyroid, it transforms your body like nothing else!”



BEFORE

## Is it the right plan for you?

Your thyroid is a little gland in your neck that secretes hormones largely responsible for how fast your body turns fuel into energy, Dr. Gottfried explains. For that reason, the strategies she recommends are smart even if your thyroid tests normal. “You can never have a thyroid that’s too healthy!” she insists. And if you’re one of over 15 million Americans who has a diagnosed slow-thyroid condition? Talk to your health-care provider, but there’s a good chance he or she will agree the *Hormone Reset* can be a beneficial part of your treatment. “A number of my thyroid patients have not only lost weight but gotten off medication,” says Dr. Gottfried. (For safety’s sake, never stop taking prescription meds unless instructed to do so by your doctor.) “And when something works well for thyroid patients, it’s going to work well for almost anyone!”

## Make thyroid magic

Here’s your cheat sheet of strategies that power Dr. Gottfried’s plan:

● **Start with the perfect amount of food.** Cutting too many calories triggers the release of thyroid-slowing hormones “to prevent starvation,” explains Dr. Gottfried. Her approach ensures you get about 1,500 calories daily—an ideal amount to prevent the release of these thyroid-blockers while still encouraging the release of stored fat.

● **Get thyroid repairs underway!** Factors like stress, sugar and pollution can all cause damage to the

little mechanisms that let thyroid hormone function properly. Getting 100 grams of protein a day loads you up with “building blocks” the body needs to repair damage, “allowing the thyroid to function at its best again,” says Dr. Gottfried. Bonus: Protein also contains building blocks of the hormones themselves; upping protein intake has been found to automatically up levels of thyroid hormone!

● **Avoid thyroid blockers!** If you’ve struggled to lose more than 15 pounds on a low-carb plan, your thyroid is likely the reason. “Cutting too many carbs raises stress hormones, which dampen thyroid function—sometimes even dangerously so,” says Dr. Gottfried, who recommends about 90 grams of unprocessed gluten-free carbs daily (from sources like low-sugar fruit, veggies, sweet potatoes and beans). Why no gluten? The wheat protein is increasingly linked to low thyroid function. “I’ve definitely seen that going gluten-free perks the thyroid up!”

● **Set your thyroid free with good fat!** Nuts, avocado and olive oil have all been shown to help speed away cellular inflammation that inhibits thyroid function. Another great bet: “Coconut oil,” says the doc. Its special fatty acids not only reduce inflammation,



they’re also proven to jumpstart a sluggish metabolism by up to 50%!

● **Flush away anti-thyroid compounds.** Thanks to aging, hormones in food, even environmental toxins, most of us have excess estrogen circulating in our bodies. It can contribute to PMS, fibroids and breast cancer. It can also spur production of thyroid-hindering compounds. So Dr. Gottfried wants you to flush excess estrogen away. How? Skip estrogen-promoting poultry, meat and alcohol for three days. And up fiber intake to 41 grams a day—since fiber “sticks” to excess estrogen and draws it out of the body. After

three days, you can resume eating chicken and steak—but do keep fiber intake up to maintain normal estrogen levels.

● **Take the healthy thyroid vitamin!** “We’re still searching for the reason, but keeping levels of vitamin D in a healthy range goes hand in hand with keeping your thyroid in great shape,” says Dr. Gottfried, who recommends 2,000 IU to 4,000 IU of D a day.

## Safety first!

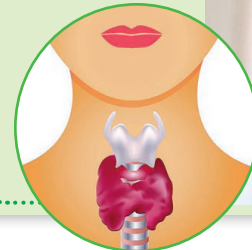
If you have such symptoms as unexplained weight gain, fatigue, dry skin, thinning hair, intense PMS and extreme sensitivity to cold, talk to your doctor. If your thyroid is especially low, medication may be necessary to protect your health.

## Hello, skinny!

Put them all together, and Dr. Gottfried’s little tricks have a huge impact. After resetting her thyroid, Arizona reader Jeanette Brislan, 60, shrunk four sizes. “I didn’t have a serious thyroid problem—but I still got serious results. My pants were literally falling off me!” says the Arizona reader. Meanwhile, California mom Cathy Pickle saw her thyroid numbers improve as 17 pounds disappeared. “I just wanted to feel better and have more energy. Losing weight was such an amazing bonus!”

## “Hug” your thyroid to boost energy!

Whether you’re hoping to lose weight or not, revving your thyroid helps rev metabolism—which means you turn fuel to energy faster. And Dr. Gottfried has an ingenious trick to help. “While studying yoga, I found a simple way to enliven the thyroid,” she reveals. Here’s what you do: Inhale, hold your breath, and dip your chin so you’re literally squeezing the thyroid gland—located against and around your larynx (inset, below). Hold for 10 seconds, raise your head, and slowly exhale through the nose. “It allows all this fresh blood to come into the thyroid, and it’s a way of adding external pressure that’s like squeezing out a sponge,” she explains. “It’s empowering to my patients to know that something so easy can be effective!”



## Your “thyroid reset” eating plan!

**W**e’ve created an ultra-simple version of Sara Gottfried, M.D.’s thyroid-rejuvenating *Hormone Reset Diet* for you to try. While using it, drink plenty of water and caffeine-free tea. To ensure lots of variety, you’ll find vegetarian/seafood and poultry/beef protein options at most sittings; remember to *skip poultry and meat during your first three days* to help eliminate thyroid-dampening excess estrogen. Flavor meals with natural low-sugar extras (herbs, vinegar, lemon). Dr. Gottfried recommends a high-potency multi and 2,000 IU–4,000 IU vitamin D daily. As always, get a doctor’s okay to try any new plan or supplement.

### Breakfast CHOOSE ONE DAILY

**OPTION 1**  
**Thyroid Reset Shake:** In a blender, whip 2 scoops pea protein powder (any flavor), 2 scoops fiber supplement (such as GNC “Super Fiber”), 1 cup unsweetened almond milk, 1 cup baby spinach, 1 Tbs. coconut oil, and 4 ice cubes  
**OPTION 2**  
2 hard-boiled eggs or 2 organic chicken sausages  
1 cup kale or any veggie sautéed in 1 Tbs. coconut oil  
1 serving low-sugar fruit, such as 1/2 large grapefruit



### Lunch CHOOSE ONE DAILY



**OPTION 1**  
2 hard-boiled eggs or 3 oz. any leftover protein  
1/2 oz. nuts, such as 12 almonds

3 sliced raw veggies, spicy mustard for dipping  
1 oz. dark chocolate

**OPTION 2**  
5 oz. tuna or any lean protein with 1/2 cup beans over 3-4 cups mixed salad with 3 Tbs. olive-oil vinaigrette

**OPTION 3**  
3 1/2 oz. bunless burger (veggie, salmon, turkey or lean beef), mustard  
2 cups veggies (such as mushrooms, pepper and onion) sautéed in 2 tsp. coconut oil  
1 small baked sweet potato, 1 tsp. coconut oil

### Dinner CHOOSE ONE DAILY

**OPTION 1**  
6 oz. shrimp or chicken breast sautéed in 2 tsp. coconut oil with lemon juice and seasoning to taste  
1/2 cup quinoa mixed with 1 1/2 Tbs. nuts and fresh herbs to taste  
2 cups assorted steamed veggies

**OPTION 2**  
5 oz. baked cod or 4 oz. lean steak  
**Quick Chickpea Salad:** Toss 1/2 cup chickpeas, 1 cup each chopped cucumber and tomato, 1/4 sliced avocado, 1 Tbs. olive oil, lemon juice to taste



**OPTION 3**  
**Quick Bean Soup:** 1/2 cup beans, 1 cup minestrone-style veggies and pinch oregano warmed in 1 1/2 cups vegetable broth  
3 oz. white fish or chicken breast baked with sliced tomato, lemon, herbs, 2 tsp. olive oil  
1 cup steamed spaghetti squash strands with 2 tsp. prepared pesto

## Make your own menus!

**A** basic formula for whipping up your own *Hormone Reset* meals: Enjoy 33 grams of lean protein; 33 grams gluten-free carbs; 1-2 servings good fat; and 12 grams-14 grams fiber per sitting. Aim to get a full pound of vegetables and at least one serving of low-sugar fruit daily. Read labels or use a free app like MyFitnessPal.com to get nutrient info for your meals.

Dr. Gottfried’s plan is designed to be used for 21 days at a time to “reset” your thyroid and other hormones so weight control becomes a cinch. Use it as often as you like. And when you do take a break, Dr. Gottfried recommends keeping protein, veggie and fiber intake high to maintain results. For more tips and inspiration, go to SaraGottfriedMD.com.

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Shake recipe from The Hormone Reset Diet. Copyright © 2015 by Sara Gottfried. Reprinted with permission by HarperOne, a division of HarperCollins Publishers.

**IT WORKS!**

**Kristy lost 74 pounds!**

“For years, I was deeply depressed about my body. I had borderline low thyroid, no energy, couldn’t lose weight—and I had zero confidence,” Texas teacher Kristy Loye recalls. Then she heard about *The Hormone Reset Diet* at church. And has it ever made a difference! After just 21 days, her mood and energy improved, her joints stopped aching. And she shed up to three pounds every 24 hours. After losing 20 pounds in just the first three weeks, “I truly never imagined I could feel this good at 40!”

**Kristy’s best tip:**

● **Take a hot bath!** “You melt away thyroid-damaging stress!”