

# THYROID HEALTHY CHECKLIST

*This checklist is not a substitute for medical advice. Please speak with your doctor before making any changes to your diet or for your health.*

- Full thyroid panel
- Free T3 in upper range
- Test ferritin, Test vitamin D
- Know your MTHFR status
- No long endurance exercise
- Move daily (Ie, stretch, walk)
- 1 - 3 fresh fruits per day
- 4-8 cups vegetables per day
- Avoid keto diet
- Avoid plastic and filter water
- Consider non-hormonal birth control
- Max 16 oz coffee per day
- Test for mold at home
- Consider GI MAP
- Consider LEAP MRT
- Consider gluten free, dairy free
- Limit soy/very low soy diet
- Low added sugars (15 g/day total)
- Consider iodine urine test (in non-autoimmune)
- Address and reduce stress
- Consider high quality multi
- Consider SIBO if constipated
- Low stomach acid or lack of digestive enzymes in stomach?

NOTES: