

KETO THYROID

Emi Hosoda, M.D.,
53, Enumclaw,
WA

NOW:
135 lbs

Some 96% of us are at high risk of experiencing a sneaky thyroid slowdown that doesn't show up on blood work.

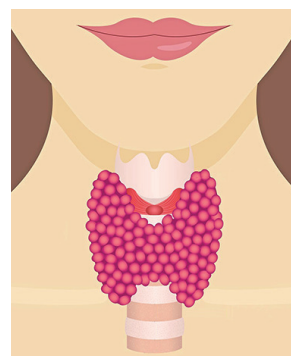
This doctor healed her own gland & dropped 100 pounds at age 50—her plan will work for you too!

"At 100 pounds overweight, I was doing all the things people tell you to do: I limited myself to 1,200 calories a day and hiked up a mountain for exercise. Yet my weight would not budge," recalls internist Emi Hosoda, M.D., 53. She also suffered from fatigue, brain fog, cold sensitivity and hair loss, though thyroid tests came back "normal." She figured, "My demanding life had taken its toll."

Then a doctor colleague made an off-hand comment, saying, "You shouldn't be this overweight. There must be something wrong with your gut." Dr. Hosoda thought about her childhood, riddled with antibiotic use, which is known to weaken the gut. She knew that chronic gut inflammation could manifest into a cluster of symptoms, even presenting like autoimmune diseases.

In fact, a breakthrough Dutch study finds that 80% of the body's immunity is housed in gut bacteria. Wanting to

EASY THYROID SELF-EXAM



This test, created by the American Association of Clinical Endocrinologists, can pinpoint an early sign of hypothyroidism

- 1 **Hold a mirror** in your hand so you can clearly see your neck.
- 2 **Take a sip of water** and lift your chin.
- 3 **As you swallow**, look above your collarbone, below your Adam's apple.
- 4 **If you see any lumps or bulges** when swallowing, you may have an enlarged gland. Report your findings to a doctor.



THEN: **235 lbs**

VANESSA KRALOVIC; GETTY (2); SHUTTERSTOCK; TEXT: LISA MAXBAUER

CURE

Lose 63 lbs
in 6 weeks!

learn more, Dr. Hosoda underwent a *Thyroid Peroxidase* (TPO) antibody test to see if she had the pro-inflammatory markers that signal an autoimmune thyroid attack. Her score was over 1,000 IU/ml.—a healthy reading is below 35. That day, she diagnosed herself with *Hashimoto's thyroiditis*, an autoimmune condition where the body's immune-fighting messaging system is overrun by inflammation and attacks the "master gland" critical for energy, mood, digestion and weight.

More than 90% of women with low thyroid have Hashimoto's, says Izabella Wentz, Pharm.D., who wrote *Hashimoto's Protocol* after curing her own thyroid disease. And Boston University research finds Hashimoto's is up to 15 times more common in women than men, plus chances of developing it rise with age.

But most women with Hashimoto's go undiagnosed. Why? The most common thyroid test, *Thyroid-Stimulating Hormone* (TSH), can be misleading for Hashimoto's cases, where hormones fluctuate rather than collapse all together. What's more, "normal" ranges originally set by scientists were flawed. Dr. Wentz says, "It's absurd: Thyroid antibodies can be elevated for 10 years before a change in TSH is seen!"

The key to healing? Addressing the root cause of the attack: gut damage. When the gut is inflamed, as it is for 96% of women, it can't absorb thyroid-supporting nutrients. A damaged gut also allows undigested food particles and toxins to spill into the

bloodstream (a condition known as "leaky gut"), where they trigger cellular dysfunction and illness.

The best, first step to restoring gut and thyroid function is by following an anti-inflammatory diet. It worked for Dr. Hosoda! She cut back on carbs, eliminated gut-irritating grains and ate the all-natural foods our hunter/gatherer ancestors were designed to digest best. She learned that when the

gut is supported, weight loss is easy. "It's the difference between pushing a boulder uphill to lose fat, rather than letting it roll downhill and take pounds with it."

This type of gentle keto/paleo hybrid plan is ideal for women over

50 because it cuts out the dairy difficult for aging bellies to digest, while sidestepping the *drastic* carb limits that can cause an uptick in stress hormones. Dr. Hosoda says, "Strict keto can impair thyroid function. Women need *some* carbs to make thyroid hormone."

Proof of the power of this plan: Italian researchers found that dieters eating anti-inflammatory foods lost 5% of their body weight in 21 days and slashed dangerous thyroid-related blood markers by 44%. Other research shows that when dieters cut carbs, they increase their intake of thyroid-healing nutrients by up to 1,000%. Plus, low-carb diets speed fat burn by 900%!

As the thyroid heals, the benefits multiply. Dr. Hosoda lost 100 pounds and restored her energy and clarity, plus her thyroid antibodies dropped by 90%! Now she helps patients with the same strategies that worked for her.

Ready to slim and heal *your* tired thyroid? Read on!

"If you set the right conditions in your body, the fat will fall off, never to return again"

—Emi Hosoda, M.D.

NO TIME FOR THE COMPLETE PLAN?

Just drink *this!*

Sipping aloe vera juice on an empty stomach cured a whopping 100% of slow thyroid cases in a study in the *Journal of Clinical & Translational Endocrinology*. Lead author Daniela Metro, Ph.D., stumbled on the cure when dealing with her own subclinical case of Hashimoto's. In the trial, subjects drinking 1 to 2 oz. of food-grade aloe vera juice (like Dynamic Health Aloe Vera Barbadosensis Miller Juice, Vitacost.com) first thing in the morning cut their fat-packing thyroid antibodies by 58% over nine months. Metro says, "The drink decreases the burden of thyroid autoimmune inflammation." The study focused on pure aloe juice, but experts believe we can get benefits from diluted mixes, like these:

Limeade: Mix 1 cup of fresh lime juice, 2 cups of water (ice optional) and ½ cup of chilled aloe vera juice. Sweeten to taste with a natural sweetener like stevia.

Bonus: British researchers find that consuming limes can ease indigestion and abdominal pain in 5 minutes, thanks to the fruit's gut-supporting compounds called *limonoids*.



Melon mixer: Blend 2 cups of chopped watermelon with 2 cups of water and ½ cup of aloe vera juice.

Bonus: This fruit contains an amino acid that inhibits the enzyme responsible for fat storage, so it keeps pounds from staying around!



Turn for your healing plan...

So delicious, so effective!

The best way to stop an autoimmune attack on the thyroid is by following a low-carb anti-inflammatory diet to heal the gut damage that triggers the attack, says Emi Hosoda, M.D., who did just that and lost 100 pounds. She explains, “In natural medicine, we say, ‘The road to good health is paved with good *‘intestines.’*” One woman FIRST spoke with used an anti-inflammatory diet to heal her thyroid and lose 37 pounds in a month!

Dr. Hosoda recommends trying this keto-paleo hybrid plan for six weeks—the time it takes the gut and hormones to begin to rebound.

For starters, you’ll focus on whole foods and dodge processed ingredients. You’ll cut out inflammatory grains and dairy and keep healthy carb intake between 70 and 100 grams of net carbs (total carb grams minus fiber grams) daily. That’s up to four times more carbs than strict keto allows—an approach that prevents

further fat-packing hormonal stress, while still guaranteeing slimming. Dr. Hosoda says, “For older women, even those with insulin resistance, this will cause significant weight loss.”

Secondly, you’ll eat cavewoman-style superfoods to heal an inflamed gut and soothe a nutrient-starved thyroid. Top picks: meat, fish, non-starchy veggies, sweet potatoes, berries, hydrating celery and cucumber and healthy fats like coconut oil. Soak raw nuts in water and cook legumes before eating to remove gut-irritating lectin proteins. And work in the steps that follow to turbocharge results.

✔ **Ease stress with selenium.** Most women with low thyroid are suffering from a selenium deficiency, which can trigger anxiety. To help, supplement with up to 200 mcg. of the mineral, which has been shown to improve thyroid function by 54%. Folks taking this miracle mineral also

lost 90% more belly fat than control subjects. Tip: Greek research finds the best form to take is *selenomethionine*, which can help with long-term prevention of thyroid problems. One to try: Pure Encapsulations Selenium (Walmart.com).

✔ **Balance blood sugar.** Blood-sugar regulation can get out of whack when the thyroid is under attack. To help, snack on collagen-rich bone broth (which soothes the gut lining) mixed with high-fiber, low-calorie shirataki noodles, like Skinny Pasta. “The noodles really help with blood-sugar control on your weight-loss journey,” says Dr. Hosoda. Or try her weight-loss supplement: Youthful Slim (\$50 for 90 capsules, at DoctorEmi.com), which contains blood sugar-controlling *berberine* and *chromium*. “It also helps to modulate the immune system.”

The bread that speeds results!

Craving a sandwich? Dr. Hosoda tells patients to seek out thyroid-friendly gluten-free breads that won’t create inflammation. Try this recipe with only 2 grams of net carbs, inspired by WhatGreatGrandmaAte.com: In a bowl, stir 2 cups of almond flour, 2 Tbs. of ground flaxseed and 2 Tbs. of psyllium husk powder with a dash of baking powder and salt. Add 4 eggs, ¼ cup of melted coconut oil, 1 Tbs. of apple cider vinegar and ⅓ cup of warm water. Stir and pour mixture into a greased pan; bake 50 minutes at 350°F.

Ask for these 2 thyroid tests

With health, Dr. Hosoda’s mantra is: “Test, don’t guess!” To get a clearer picture of your thyroid function—beyond the standard TSH test—ask a functional medicine doctor for these screenings:

✔ **Thyroid Peroxidase (TPO)** antibody test, which measures the level of autoimmune attack on the gland. (Healthy range should be below 35 IU/ml.)

✔ **Thyroglobulin (TG)** antibody test, which screens for proteins that signal an autoimmune thyroid problem. (Healthy range should be below 35 IU/ml.)

A sample day to get



breakfast

Pumpkin shake Blend 1 tsp. pumpkin puree with 1 cup coconut milk, ½ scoop vanilla protein powder, 1 tsp. nut butter and spices.



dinner

Salmon Grill 6 oz. salmon seasoned with red pepper flakes until cooked through. Serve on a bed of 1 cup grilled zucchini and legumes.

To learn more, find Dr. Hosoda on Instagram and TikTok @doctor.emi and at her personalized medicine practice MyVibrantWellness.com. Note: Patients should not stop taking thyroid meds without expert supervision.

Sherri healed her thyroid too!

"I had to go back to basics," says actress Sherri Shepherd, who improved all her lab results, including her low thyroid, following an anti-inflammatory modified keto plan. She avoided dairy and enjoyed veggies and lean protein. She also dropped 20 pounds. "My doctor was thrilled," Sherri tells FIRST. "I have so much more energy!"



Turn to page 42 for more of Sherri's inspiring advice

you started



lunch

Turkey sammy Stack three slices of turkey with Bibb lettuce, tomato and mashed avocado between two pieces of gluten-free bread.



dessert

Cake In a mug, mix 1/4 cup almond flour, 1 tsp. shredded carrots, 1 tsp. coconut oil, 1 tsp. nut milk and 1/2 tsp. cinnamon. Microwave 1 min.

ANTHONY CAMERA, H&M; AMANDA CRAZYBEAR, GETTY (3); SHUTTERSTOCK (2)

It worked for me

"I lost weight and gained happiness!"

Standing in the kitchen, Ashley Malik broke into tears. *What am I doing wrong?* she wondered. She'd been exercising faithfully, yet she could still gain 5 pounds in a week!

Ashley was exhausted. Joint pain made climbing stairs difficult and brain fog meant she forgot names in her tech start-up job. She also had mysterious anxiety, heart palpitations and brittle hair. But after running tests, an endocrinologist said, "You're fine."

After three years, Ashley figured her symptoms were menopause and went to a functional medical practitioner. After tests, the doctor shared, "No wonder you're not feeling well—you have Hashimoto's." Lab work also revealed gut inflammation and nutrient deficiencies.

So Ashley turned to an autoimmune protocol (AIP) diet. She ate anti-inflammatory foods and cut out gluten and dairy. "I love food, so I got excited to see how I could push basic ingredients to make them tasty." Best of all, she could think clearly again "almost overnight" and dropped 15 pounds the first month.

Skip ahead: During a checkup, the doctor told Ashley, "You've put your Hashimoto's into remission!" (Her thyroid antibody test fell from 50 IU/ml. to 1.7 IU/ml.) "What I've lost in physical weight, I've gained in mental joy," says Ashley, who is now a health coach (Instagram @theashley malik). "I want women to know weight loss is possible—even with thyroid issues!"



THEN: 203 lbs



Ashley lost 55 lbs!

Ashley Malik, 47, Centennial, CO
Height: 5'7"

NOW: 148 lbs