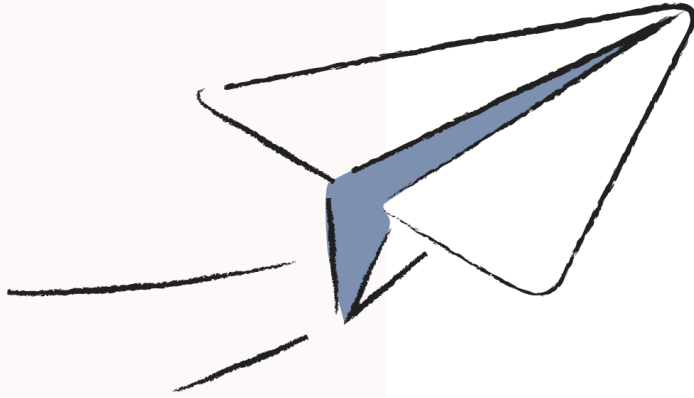




How to Maintain a Healthy Gut



Learn more at
palomahealth.com



A note from Paloma Health

Paloma Health is the first online medical practice focused on hypothyroidism. We offer at-home blood test kits, live video consultations with thyroid specialists, and prescription management.

Ahead, a few tips for how to maintain a healthy gut to support your thyroid health.



The thyroid-gut connection

Nearly all adult cases of hypothyroidism in the US are due to Hashimoto's thyroiditis, an autoimmune condition. With Hashimoto's, the immune system makes antibodies that attack the thyroid gland. Research suggests that 70% of our immune system resides in our gut, so it's essential to keep her healthy!

Quick tips for a healthy gut

1

Get a good water filter.

A purification system can help remove fluoride in water that may interfere with thyroid functions. We recommend the [Big Berkey](#) or [Aqua Tru](#).

2

Avoid chemical antibacterial hand soaps or sanitizers.

These chemical hand soaps and sanitizers end up in our mouths (and subsequently, our gut) and can induce resistant superbugs. Instead, use natural hand soap and alcohol-based hand sanitizers. We like [EO products](#).

3

Avoid GMOs.

Genetically modified organisms (GMOs) are any organism whose genetic material has been altered using genetic engineering techniques. Many are sprayed with glyphosate, a broad-spectrum systemic herbicide and crop desiccant. This chemical not only kills weeds, it also negatively affects the gut. The top foods to look out for are corn, wheat, and soy. To protect your gut, make sure to buy organic (non-GMO).

4

Eat a little dirt – for real!

Buy organic produce. Even better if it's local from the farmer's market! Lightly rinse it under water. Do not scrub or sanitize. Healthy dirt has soil-based organisms that support a healthy gut.

5

Shop organic.

Strawberries, spinach, kale, nectarines, and apples are the mostly highly sprayed foods conventional foods, so buy ORGANIC whenever possible. You can see the full [Dirty Dozen list here](#) and the [Clean Fifteen list here](#).

6

Eat fermented foods.

Fermented foods contain beneficial bacteria that support your microbiome. Try raw sauerkraut, kimchi, low sugar kombucha, kefir, organic tempeh, organic miso soup, pickled fruits and veggies (pickled in brine, not vinegar), active culture yogurts. Make sure your yogurt is unsweetened and made with whole milk. We recommend a brand called Nancy's.

7

Implement a daily prebiotic.

Feed your bacteria regularly with prebiotics to keep them happy. Prebiotics are found naturally in jicama, avocado, raw Jerusalem artichoke, raw garlic, cooked or raw onions including scallions and leek, chives, raw asparagus, raw dandelion greens.

8

Avoid inflammatory foods.

Avoid wheat or gluten-containing foods, dairy (some may be fine with yogurt/kefir), and any processed foods and sugars. Corn and soy are irritating for some people. Talk to your Paloma care team about specific testing and elimination diets for thyroid/autoimmune health.

9

Strengthen your gut lining.

Add foods that help keep the gut lining healthy like coconut, flax seeds, chia seeds, organic bone broth, plantains, and cabbage.

10

Create a supplement routine.

Take supplements if recommended by your doctor. [Learn more about our thyroid support supplements here.](#)





You deserve better care.

[Schedule a consultation](#) with a thyroid nutritionist to determine nutritional status for optimal thyroid health.

