



FOOD AS MEDICINE

REASON AND RECIPE'S

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Food as Medicine

Reason and Recipe's

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1

The Healing Power of Anti-Inflammatory Foods

For many of us, the journey to health and wellness can feel like a winding, uphill battle, especially when faced with a diagnosis of an autoimmune condition that is deemed irreversible. However, my own experience has taught me a powerful lesson: food is medicine. Through a carefully curated diet of anti-inflammatory foods, I was able to reverse my autoimmune condition, achieving what many thought was impossible. This chapter is dedicated to sharing that journey with you, and to offering hope and practical advice for those who are ready to embrace the healing power of food.

Understanding Food as Medicine

The concept of food as medicine is both ancient and modern. While pharmaceuticals have their place, nothing is more authentic or intrinsic to our bodies than the nutrients found in natural foods. Unlike synthetic medications, which often come with side effects and only treat symptoms, anti-inflammatory

foods work at a cellular level to heal and nourish our bodies, addressing the root causes of inflammation and disease.

Removing Common Allergens

A critical step in the healing process is eliminating common allergens from your diet. These allergens often contribute to inflammation and can exacerbate autoimmune conditions. The most common allergens to remove include:

- **Gluten:** Found in wheat, barley, and rye.
- **Dairy:** Milk, cheese, yogurt, and other dairy products.
- **Soy:** Soybeans and soy products like tofu and soy milk.
- **Eggs:** Both the whites and yolks can be problematic.
- **Peanuts:** A common allergen that can cause severe reactions.
- **Tree Nuts:** Such as almonds, walnuts, and cashews.
- **Fish and Shellfish:** Common allergens that can cause inflammation.
- **Corn:** Corn and corn-derived products like corn syrup.
- **Nightshades:** Tomatoes, potatoes, eggplants, and peppers.

Less commonly known allergens that can also contribute to inflammation include:

- **Artificial Additives:** Preservatives, colorings, and flavorings.
- **Processed Foods:** High in trans fats and refined sugars.
- **Alcohol:** Can cause inflammation and disrupt gut health.

Understanding Food Sensitivities vs. Allergies

An important aspect of managing your diet is understanding the difference between food sensitivities and allergies, as well as how they can change over time.

Food allergies involve an immediate and often severe reaction by the immune system. When a person with a food allergy consumes an allergen, their body mistakenly identifies it as harmful and releases chemicals like histamine, leading to symptoms such as hives, swelling, difficulty breathing, and even anaphylaxis. Common food allergens include peanuts, tree nuts, fish, shellfish, milk, eggs, soy, and wheat.

Food sensitivities, on the other hand, are more subtle and involve a delayed reaction by the digestive system. Symptoms can include bloating, gas, diarrhea, headaches, and fatigue. Unlike allergies, food sensitivities are not life-threatening but can significantly impact quality of life. Common food sensitivities include gluten, dairy, and certain food additives.

Both food allergies and sensitivities can change over time. Children often outgrow certain food allergies, though some, like peanut or shellfish allergies, can persist into adulthood. Sensitivities can also fluctuate, sometimes improving as gut health is restored through diet changes and healing protocols. However, new sensitivities can develop due to factors like stress, illness, or changes in gut flora.

Embracing Healing Foods

Now that we've identified what to remove, let's focus on the abundance of delicious, healing foods you can add to your diet. These foods are rich in anti-inflammatory compounds, vitamins, minerals, and antioxidants that support your body's natural healing processes... Skip a food item if you know you have an allergy or sensitivity! Here's an exploration of the foods you'll want to include on your next shopping list:

Vegetables

- **Beets:** High in antioxidants and anti-inflammatory compounds. Combine with healthy fats or protein to balance their natural sugars.
- **Cruciferous Vegetables:** Cabbage, broccoli, cauliflower, turnips, radishes. These are excellent for detoxifying the body.
- **Leafy Greens:** Lettuce, kale, arugula, spinach, watercress. Packed with vitamins and minerals.
- **Others:** Celery, cucumbers, asparagus, zucchini, spaghetti squash, sweet potatoes.

Aromatics and Spices

- **Garlic, Ginger, Onions, Scallions:** Powerful anti-inflammatory and immune-boosting properties.
- **Herbs and Spices:** Cilantro, basil, parsley, thyme, fennel, turmeric, sesame seeds. These add flavor and health benefits.

Nuts and Seeds

- **Walnuts, Almonds, Brazil Nuts, Hemp Seeds:** Great sources of healthy fats and protein.

Fruits

- **Berries:** Blackberries, raspberries, blueberries, strawberries. Aim for 1/2 to 1 cup a day.
- **Others:** Apples, pears, bananas, avocados, lemons and limes, mangoes, papayas, coconut, oranges and tangerines, pomegranate.

Natural Sweeteners

- **Dates, Figs, Maple Syrup, Raw Honey:** Use these in moderation as healthier alternatives to refined sugar.

Sea Vegetables

- **Dulse and Kelp:** Rich in minerals and support thyroid function.

Fermented Foods

- **Coconut Yogurt, Fermented Coconut Water, Fermented Cabbage:** Excellent for gut health.

Fiber-Rich Foods

- **Fruits and Vegetables:** Such as apples, pears, berries, or-

anges, bananas, broccoli, carrots, Brussels sprouts, spinach, kale.

- **Whole Grains:** Oats, rice, quinoa, barley.
- **Nuts and Seeds:** Almonds, chia seeds, flaxseeds, pumpkin seeds.
- **Legumes:** Beans, lentils, chickpeas, peas.
- **Psyllium Husk**

Healing Herbs and Supplements

In addition to whole foods, certain herbs and supplements can further support your healing journey:

- **Vitamin B12, Liquid Zinc Sulfate, Vitamin C**
- **Spirulina (preferably from Hawaii), Cat's Claw, Licorice Root, Lemon Balm, L-Lysine**
- **Chaga Mushroom, Barley Grass Juice Extract Powder, Monolaurin, Silver Hydrosol**
- **L-Tyrosine, Ashwagandha, Red Marine Algae, Nettle Leaf, B Complex, Magnesium**
- **EPA and DHA, Bladderwrack, Selenium, Curcumin, Chromium, Vitamin D3**
- **Manganese, Elderberry, Red Clover, Eleuthero/Siberian Ginseng, Star Anise**
- **Copper, Rubidium, Bacopa Monnieri**

Natural Laxatives and Detox Aids

Incorporating natural laxatives and detoxifying foods can help your body eliminate toxins and support digestive health:

- **Prunes, Kiwi, Leafy Greens, Figs, Rhubarb, Chia Seeds, Water**
- **Apples, Pears, Berries, Bran, Coffee, Kefir, Whole Grains**
- **Mediterranean Fruits, Avocados, Bananas, Fennel, Ginger, Senna, Beans**
- **Flaxseed, Aloe, Castor Oil**

Creating a Positive Outlook

While it may seem daunting to eliminate common allergens, focusing on the vast array of delicious and nutritious foods you can enjoy will make this journey more enjoyable. Embrace this opportunity to discover new flavors, experiment with recipes, and nourish your body with the best nature has to offer.

Your Healing Shopping List

Here's an example of a shopping list to get you started on your healing journey:

- **Lemon to add to hot water**
- **Beets (with healthy fats/protein)**
- **Cruciferous Vegetables:** Cabbage, broccoli, cauliflower, turnips, radishes
- **Leafy Greens:** Lettuce, kale, arugula, spinach, watercress
- **Other Vegetables:** Celery, cucumbers, asparagus, zucchini, spaghetti squash, sweet potatoes
- **Aromatics and Spices:** Garlic, ginger, onions, scallions, cilantro, basil, parsley, thyme, fennel, turmeric, sesame seeds
- **Nuts and Seeds:** Walnuts, almonds, Brazil nuts, hemp seeds

- **Fruits:** Berries, apples, pears, bananas, avocados, lemons and limes, mangoes, papayas, coconut, oranges and tangerines, pomegranate
- **Natural Sweeteners:** Dates, figs, maple syrup, raw honey
- **Sea Vegetables:** Dulse, kelp
- **Fermented Foods:** Coconut yogurt, fermented coconut water, fermented cabbage
- **Fiber-Rich Foods:** Various fruits, vegetables, whole grains, nuts, seeds, legumes, psyllium husk
- **Healing Herbs and Supplements:** personalized from choices above
- **Natural Laxatives:** Prunes, kiwi, leafy greens, figs, rhubarb, chia seeds, water, etc.

By embracing these foods and making them a central part of your diet, you can support your body's natural healing processes and enjoy a healthier, more vibrant life. Remember, food is medicine, and every meal is an opportunity to nourish your body and promote healing.

2

Fasting

Intermittent Fasting and Its Benefits

Intermittent fasting is a powerful dietary practice that involves cycling between periods of eating and fasting. This approach offers numerous health benefits, including weight loss, improved metabolic health, and enhanced cellular repair. By limiting the eating window, the body can better regulate blood sugar levels, improve insulin sensitivity, and reduce inflammation. Additionally, intermittent fasting promotes autophagy, a process where cells remove damaged components, leading to increased longevity and a lower risk of chronic diseases. To do intermittent fasting, stop eating in the early evening, and don't eat again until the early morning. This is the most common and easily accessible type of fasting.

Ketosis and Extended Fasting

When fasting extends to three days or more, the body enters a state of ketosis, where it burns fat for energy instead of carbohydrates. Ketosis is also attainable through limiting carbs to below 3g per meal. This metabolic shift provides several benefits:

- **Enhanced Mental Clarity:** Ketones, the byproducts of fat metabolism, are an efficient fuel source for the brain, improving focus and cognitive function.
- **Reduced Inflammation:** Ketosis helps lower inflammation, which is associated with many chronic conditions.

Healing Through Fasting

There are inspiring cases where individuals have experienced cancer remission through fasting. By eliminating glucose, fasting can inhibit the growth of cancer cells, providing the body with an opportunity to heal naturally. This approach underscores the profound impact that dietary practices can have on health and wellness. While this is an extraordinary claim, it is worth exploring for those who are battling not only cancer, but chronic inflammatory conditions.

Spiritual Fasting

Fasting has been practiced for centuries across various cultures and religions as a means to purify the body and mind. Among the many advocates of fasting, Paramahansa Yogananda, a revered spiritual teacher, offers an easy approach that doesn't

eliminate foods such as juices and steamed vegetables. His fasting protocol aims to cleanse the body of toxins, promote physical and mental clarity, and may be more appropriate for those with cortisol or adrenal issues that can cascade into a range of hormone issues. Let's delve into Yogananda's fasting practices:

Paramahansa Yogananda's Fasting Protocol

- **Frequency:** One day a week or three days a month. Any fasts over 3 days long should be done under medical supervision.
- **Protocol:** Drink only juice or water during the fasting period to help eliminate toxins from the system.
- **Natural Laxatives:** Use natural laxatives as needed to support detoxification.

Nine-Day Cleansing Diet

- **Citrus Fruits:** Consume 1.5 grapefruits, 1.5 lemons, and 5 oranges daily. These fruits are high in vitamin C and antioxidants, which help detoxify the body.
- **Cooked Vegetable with Juice:** Include one cooked vegetable per day, accompanied by its juice.
- **Raw Vegetable Salad:** Incorporate a raw vegetable salad each day to provide fiber and essential nutrients.
- **Natural Laxatives:** Take a natural laxative with a glass of orange juice at bedtime to support regular bowel movements.
- **Fresh Fruit:** Eat any fresh fruit at any time to satisfy hunger and provide natural sugars and nutrients.
- **Vitality Beverage:** Drink three cups daily, made from:
 - 2 stalks of celery

- 5 carrots
- 1 bunch of parsley
- 1/2 quart of chopped dandelion, turnip greens, or spinach

One- to Three-Day Fast

- **Breathing Exercises:** Practice slow, deep breathing every hour in open air to enhance oxygen intake, energize the body with prana, and support detoxification.
- **Hydration:** Drink at least 8 glasses of water daily to stay hydrated and flush out toxins.

Scientific Best Practices for Fasting

Let's integrate modern scientific best practices to ensure the fasting process is safe and beneficial for everyone.

Key Considerations and Contraindications

1. **Cortisol or Adrenal Issues:** Individuals with cortisol imbalances or adrenal fatigue should avoid fasting, as food provides necessary comfort and stability to the central nervous system.
2. **Eating Disorders:** Those with a history of eating disorders should refrain from fasting, as it can trigger unhealthy eating patterns and behaviors.
3. **Diabetes:** People with diabetes need to be cautious, as fasting can affect blood sugar levels. It is essential to consult with a healthcare professional before attempting any fasting regimen.
4. **Pregnancy and Breastfeeding:** Fasting is not recom-

mended during pregnancy and breastfeeding, as it can deprive both the mother and baby of essential nutrients.

5. **Chronic Illness:** Individuals with chronic illnesses or those taking medications should seek medical advice before fasting to ensure it does not interfere with their treatment plans.

Integrating Fasting into Your Lifestyle

Fasting, when done correctly, can be a powerful tool for enhancing health and well-being. Here are some tips for integrating fasting into your lifestyle:

- **Start Slowly:** If you are new to fasting, begin with shorter fasting periods, such as the one-day juice fast, before attempting longer fasts.
- **Listen to Your Body:** Pay attention to how your body responds to fasting. If you experience severe discomfort, dizziness, or fatigue, it may be necessary to break your fast and consult with a healthcare professional.
- **Stay Hydrated:** Adequate hydration is crucial during fasting. Drink plenty of water, herbal teas, and the vitality beverage recommended by Yogananda.
- **Focus on Breathing:** Incorporate deep breathing exercises to enhance the detoxification process and support mental clarity.
- **Maintain a Positive Mindset:** Approach fasting with a positive attitude and mindfulness. Fasting can be a time for introspection, spiritual growth, and connection with your body's natural healing processes.

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Healing Beverages

Smoothies are a fantastic way to pack a variety of nutrients into one convenient, delicious drink. They're perfect for busy mornings, a post-workout boost, or a refreshing snack. The best time to enjoy a smoothie is often in the morning to kickstart your day with a dose of vitamins and minerals or in the afternoon for sustained energy.

Each recipe below follows a simple process:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Add ice cubes if desired.
4. Serve immediately.

Green Smoothie Recipe #1

Ingredients:

- 1 cup coconut milk

- 1 avocado
- Sea salt (to taste)
- 1 cup baby greens
- 2 large carrots
- 1 celery stick
- 1 cucumber
- 1 bunch basil
- 1 scoop pea protein powder

Green Smoothie Recipe #2

Ingredients:

- 2 bananas
- 2 cups wild blueberries
- 1 cup cilantro
- 1 tsp barley grass juice powder
- 1 tsp Hawaiian spirulina
- 1 tbsp Atlantic dulse
- 1 orange, peeled
- 1 cup water

Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Serve immediately.

Green Smoothie Recipe #3

Ingredients:

- 2 cups mango
- 1 banana
- 1 cup water

Optional Add-ins:

- 1/2 cup aloe vera gel
- 1/2 cup raspberries
- 1/2 cup cilantro
- 1 juiced orange
- 1/2 inch peeled ginger
- 1 tsp kelp powder
- 1/2 cup arugula
- 2 cups spinach

Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Serve immediately or turn into a smoothie bowl with your choice of toppings such as banana, peach, mango, papaya, diced pear, pomegranate seeds, berries, raisins, dates, figs, or apricots.

Options:

- Replace avocado with chia seeds.

- Add lemon or lime juice.

Green Juices and Chlorophyll

Note: You can blend these juices with coconut oil or avocado for better blood sugar control. The instructions for making green juices are all as follows:

1. Juice all ingredients.
2. Stir well and serve.

Green Juice #1

Ingredients:

- 6 baby carrots
- 1 green apple
- 3 stalks celery
- 1 small cucumber
- 3 cups kale
- 1 peeled lime
- Sea salt (to taste)

Green Juice #2

Ingredients:

- 1 head of celery
- 1 bunch of kale
- 3 cucumbers
- 1 lemon, peeled
- 1 inch piece ginger

- 2 sweet apples

Green Juice #3

Ingredients:

- 2 grapefruits, peeled
- 2 limes, peeled
- 2 lemons, peeled
- 2 sweet apples

Green Juice #4

Ingredients:

- 2 lbs carrots
- 3 apples
- 2 large oranges, peeled
- 1 inch ginger

Other liquids to enjoy

Turmeric Tea

Ingredients:

- 1 tsp turmeric
- 1 tsp ginger
- Pinch of pepper
- Pinch of cinnamon
- Juice of 1 lemon
- Sweetener (to taste)
- 1 cup hot water

Instructions:

1. Combine all ingredients in a cup.
2. Stir well until combined.
3. Serve hot.

Healing Broth

Ingredients:

- 2 cubed sweet potatoes
- 2 diced celery sticks
- 2 diced onions
- 6 garlic cloves, minced
- 1 inch peeled and minced turmeric root
- 1 inch peeled and minced ginger
- 1 cup finely chopped parsley
- 4 sprigs thyme
- 2 tbsp Atlantic dulse flakes
- 1 tbsp kelp powder
- 8 cups water

Instructions:

1. In a pot, bring all ingredients to a boil.
2. Reduce to a low simmer and cook for 1 hour.
3. Option: add salt and a splash of coconut oil.
4. Strain and enjoy as a drink or keep the vegetables for a chunky soup. Alternatively, puree the mixture for a smooth soup.

Spinach Soup

Ingredients:

- 1 1/2 cups grape tomatoes (omit if nightshade sensitive)
- 1 stalk celery
- 1 garlic clove
- 1 orange, peeled
- 4 cups baby spinach
- 2 basil leaves
- 1/2 avocado (optional)
- 1/4 cup cilantro (may be used in place of basil)

Instructions:

1. Combine all ingredients in a blender.
2. Blend until creamy and smooth.
3. Serve immediately

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Meals

In this section, we're excited to introduce you to a collection of nutritious and delicious recipes that align with the health recovery protocol advocated by the Root Cause Renegades of Isabella Wentz's protocol. Contrary to popular belief, fasting is not a recommended protocol during this journey. Instead, we emphasize the consumption of plenty of good, wholesome, anti-inflammatory foods. This portion of the book is pivotal, offering ideas for meals that cater to various dietary restrictions, including those avoiding wheat, gluten, soy, and other potential allergens or sensitivities. Whether you're looking to support your body's healing process or simply nourish yourself with wholesome meals, we've got you covered. Let's dive into the world of healthy eating together.

Veggie and Herb Salad in Mason Jars

Ingredients:

2 cups shredded cabbage

2 cups shredded carrots

2 cups chopped asparagus

1 cup sliced radish

1 cup chopped fennel

1 cup chopped celery

1 cup chopped cilantro

½ cup chopped parsley

½ cup sliced scallion

Instructions:

Layer ingredients into two large mason jars.

Top with leafy greens such as spinach or arugula.

“Ranch Dressing”:

Blend ¼ cup brazil nuts

¼ cup cashews

6-inch piece of celery

1 garlic clove

1 tbsp dried parsley

1 tbsp fresh dill

¼ tsp celery seeds

¼ tsp sea salt

1 lemon.

Slowly add up to ½ cup water until desired consistency is reached.

Stores for up to 3 days.

Fruit Salad with Leafy Greens

Ingredients:

2 cups orange sections

2 cups raspberries

2 cups diced mango

2 cups diced cucumber

1 cup pomegranate seeds

1 cup chopped cilantro

½ cup chopped basil

Lime wedges

Instructions:

Layer ingredients into two large mason jars.

Top with lime wedges.

Store in the fridge for up to 3 days.

Serve over a bed of mixed leafy greens with lime juice.

Tandoori Chicken

Ingredients:

1 tsp curry

1 tsp turmeric

1 tsp paprika (unless nightshade sensitive)

1 tsp garlic powder

½ tsp pepper

1 tsp sea salt

2 cups coconut milk

1 whole chicken cut up or 8 drumsticks

Instructions:

Combine all ingredients in a slow cooker.

Cook on medium for 8 hours.

Spaghetti Squash

Ingredients:

1 medium squash (spaghetti, acorn, or butternut)

1 cup of chicken/beef

1 tbsp coconut oil

1 tsp basil

Sea salt

Water

Instructions:

Place all ingredients in a slow cooker.

Cook on low overnight or for 8 hours.

Quinoa Bowl

Ingredients:

- 1 cup cooked quinoa
- 1 cup broccoli florets
- 1/2 cup chopped carrots
- 1/4 cup chopped red onion
- 1/4 cup cilantro
- 2 tbsp lime juice
- 2 tbsp tamari
- 1 tsp sesame oil
- 2 tsp sesame seeds
- 2 cloves garlic, minced
- 1 tbsp grated ginger

Instructions:

1. Combine quinoa and vegetables in a bowl.
2. Whisk together lime juice, tamari, sesame oil, sesame seeds, garlic, and ginger.
3. Pour over quinoa mixture.

Pesto Zucchini Noodles

Ingredients:

- 3 medium zucchinis
- 2 cups basil leaves
- 1/4 cup hemp seeds
- 1/4 cup walnuts
- 1 tsp olive oil
- 1/2 date
- 2 garlic cloves
- 1/4 tsp sea salt
- 1 lemon

Instructions:

1. Prepare zucchini noodles.
2. Blend basil, hemp seeds, walnuts, olive oil, date, garlic, salt, and lemon.
3. Toss pesto with zucchini noodles.

Red Cabbage Slaw

Ingredients:

- 1 small head of red cabbage, sliced/shredded
- 1/4 cup olive oil
- 3 tbsp apple cider vinegar
- 2 tbsp honey
- 1 tsp Dijon mustard
- Salt and pepper to taste

Instructions:

1. Whisk together olive oil, apple cider vinegar, honey, mustard, salt, and pepper.
2. Toss with red cabbage.
3. Optional: Add minced garlic and fresh herbs.

Apple Porridge with Cinnamon and Raisins

Ingredients:

- 3 sliced apples
- 1/4 tsp cinnamon
- 1 pinch vanilla bean powder
- 2 pitted dates
- 1 tsp raw honey
- 1/2 lemon
- 1/4 cup raisins
- 1 tbsp walnuts
- 2 tbsp shredded coconut

Instructions:

1. Process apples, cinnamon, vanilla, dates, honey, and lemon until combined.
2. Stir in raisins, walnuts, and coconut.

Wild Blueberry Pancakes

Ingredients:

- 2 ripe bananas
- 4 tbsp raw honey
- 1 tsp baking powder
- 1/2 tsp sea salt
- 1/2 cup water
- 2 cups almond flour
- 1/4 cup potato starch
- Coconut oil for cooking
- Wild blueberries

Instructions:

1. Blend bananas, honey, baking powder, salt, and water.
2. Add almond flour and potato starch.
3. Cook pancakes with coconut oil, sprinkling with wild blueberries.

Chicken, Lime, and Cilantro in Coconut Cream

Ingredients:

- Onion
- Garlic
- Chicken
- Herbs

- Coconut cream
- Lime

Instructions:

1. Sauté onion and garlic.
2. Add chicken and herbs.
3. When cooked, add coconut cream and lime.

Dessert

No-Flour Black Bean Brownies:

- 1 15-oz can black beans, drained and rinsed well (about 1 1/2 cups or 250g after draining)
- 2 tbsp cocoa powder (about 10g)
- 1/2 cup quick oats (about 40g)
- 1/4 tsp salt
- 1/3 cup pure maple syrup, honey, or agave (about 75g)
- Pinch of uncut stevia OR 2 tbsp sugar (optional)
- 1/4 cup coconut or vegetable oil (about 40g)
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup to 2/3 cup chocolate chips (not optional)
- Optional: additional chocolate chips for presentation

Instructions:

1. Preheat oven to 350°F (175°C).
2. In a food processor, combine all ingredients except chocolate chips and blend until smooth.

3. Stir in the chocolate chips.
4. Pour the batter into a greased 8x8 inch pan. Optionally, sprinkle extra chocolate chips over the top.
5. Bake the brownies for 15-18 minutes.
6. Let the brownies cool for at least 10 minutes before cutting. If they seem undercooked, refrigerate them overnight to firm up.
7. Enjoy your black bean brownies

Hashimoto's Protocol

Isabella Wentz's "Hashimoto's Protocol" offers a comprehensive approach to managing Hashimoto's thyroiditis, a common autoimmune thyroid disorder. Through her book and community, the Root Cause Renegades, Wentz provides valuable insights into addressing the root causes of Hashimoto's and optimizing thyroid health. Her protocol emphasizes a multifaceted approach, focusing on stages such as liver detox, adrenal reset, and gut biome restoration. In collaboration, we have crafted the Hashimoto's Protocol Checklist, which outlines specific supplements, dietary adjustments, and lifestyle modifications tailored to each stage of the protocol.

Stage 1: Liver Detox

Supplements:

- Milk thistle
- N-acetyl cysteine (NAC)
- Glutathione
- Selenium
- Alpha-lipoic acid
- Amino support (L-carnitine, taurine)

Foods to Include:

- Cruciferous vegetables (broccoli, cooked kale, cauliflower)
- Beets
- Garlic
- Turmeric & black pepper
- Lemon

Foods to Avoid:

- Alcohol
- Caffeine
- Soy
- Sugar
- Gluten
- Dairy

Environmental Toxins to Eliminate:

- Tap water
- Non-natural cleaning supplies (check EWG.com/guides)
- Toxic personal hygiene products

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Stage 2: Adrenal Reset

Supplements:

- Adaptogens
- Vitamin C
- Magnesium
- B vitamins

Foods to Include:

- Healthy fats (avocado, coconut oil, nuts)
- Protein-rich foods (organic meats, eggs, legumes)
- Leafy greens
- Sea salt (for adrenal support)

Foods to Avoid:

- Caffeine
- Sugar
- Refined carbohydrates

Stress Management:

- Identify stressors (work, relationships, lack of sleep)
- Activities that relieve stress (yoga, meditation, walking in nature, journaling)
- Proper type of exercise for your constitution (consider gentle activities like walking, yoga, tai chi)

Sleep Hygiene Checklist:

- Establish a consistent sleep schedule
- Create a dark, cool, and quiet sleeping environment
- Avoid screens 1-2 hours before bed
- Use relaxing bedtime routines (reading, warm bath)

Stage 3: Gut Biome Restoration

Supplements:

- Probiotics (Lactobacillus acidophilus, Bifidobacterium bifidum, Lactobacillus rhamnosus, Lactobacillus plantarum, Saccharomyces boulardii, Bifidobacterium longum)
- Prebiotics (inulin, fructooligosaccharides)
- Digestive enzymes
- L-glutamine
- Zinc carnosine

Foods to Include:

- Fermented foods (sauerkraut, kimchi, kefir)
- Bone broth
- Fiber-rich foods (vegetables, fruits, legumes, whole grains)

Foods to Avoid:

- Processed foods
- Sugar
- Gluten
- Dairy

Additional Steps:

- **Reintroducing Foods:** Gradually reintroduce foods to identify triggers.
- **Hydration:** Ensure adequate water intake.
- **Regular Exercise:** Moderate physical activity to support overall health.

6

Taking Charge

In today's world, our medical system often seems more focused on treating symptoms rather than addressing the root causes of illness. It's a system where corporate greed, lobbying, and government subsidies play a significant role in shaping the foods we eat and the treatments we receive. But amidst this chaos, there is a powerful truth that has stood the test of time: "Let thy food be thy medicine."

Corporate interests, driven by profit margins rather than genuine concern for public health, have led to the proliferation of processed foods laden with sugars, unhealthy fats, and artificial ingredients. These foods, subsidized by government programs, are contributing to an epidemic of chronic health conditions, from obesity and diabetes to heart disease and autoimmune disorders.

In this landscape, pharmaceutical companies profit from our illness, offering expensive medications that often come with a laundry list of side effects. Meanwhile, doctors, constrained by

insurance policies and limited time with patients, are often unable to provide the holistic care needed to address the underlying causes of disease.

But we don't have to be victims of this broken system. We have the power to take charge of our health and reclaim our well-being. It starts with recognizing the profound impact that our diet and lifestyle choices have on our health.

Functional medicine, an approach that seeks to address the root causes of illness, offers a beacon of hope in this sea of medical complexity. While not yet fully embraced by mainstream medicine, functional medicine doctors understand that each person is unique, and that true healing requires a holistic approach that considers the interconnectedness of body, mind, and spirit.

Contrary to the belief perpetuated by the pharmaceutical industry, we don't always need expensive tests and medications to restore our health. Often, the solution is simple: food and lifestyle changes. By adopting a diet rich in whole, nutrient-dense foods and prioritizing habits like regular exercise, stress management, and adequate sleep, we can reverse chronic health conditions and reclaim our vitality.

So let's be our own doctors, empowered to make informed decisions about our health. Let's choose real food over processed junk, and let's prioritize self-care and preventive measures over reactive treatments. Together, we can rewrite the narrative of our health and build a future where wellness is the norm, not the exception.

