

11 Thyroid Hacks

To Skyrocket Your Energy

- Hydrate with H₂O
- Move Your Body All Day
- Get 8 Hours of Sleep
- Eliminate Gluten and Soy
- Avoid Sugar
- Eat a Carrot Daily
- Take a Probiotic Daily
- Limit Cardio to 15-20 Minutes a Day
- Get the Thyroid Supplementation you need
- Lose the Stress and Meditate
- Add Seaweed to your Nutrition

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Health and Fitness Disclaimer

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H y d r a t e w i t h H 2 o



HYDRATE HYDRATE
HYDRATE

Want more Energy?

Drink Water.

You need to be drinking half
your body weight in oz. DAILY.

Start with 1 liter of room
temperature water with lemon.
Before your coffee, tea, or green
juice. You will feel the
difference. Water activates the
organs & flushes out toxins.
If water is hard for you to drink,
try adding lemons, limes or
berries. 3-4 Liters of water a day
is ideal.

Mix it UP!

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M o v e y o u r b o d y a l l d a y



MOVE IT.

Movement is Life.

It is imperative you move your body as much as possible. This is the absolute best way to increase cellular energy, circulation, and promote fat loss. Our bodies were designed to walk and stand all day.

Before a meal do 15 minutes of exercise(walking, squats, jumping jacks) and move for 15-20 minutes after a meal(walking).

Take breaks and no sitting over 4 hours. Get a Fitbit or fitness app to track 20k steps daily.

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Get 8 hours of sleep



GET SOME ZZZ'S YO.

Energy will come when you add the perfect sleep schedule. It is time to reset your circadian rhythm and internal clock. Go to bed the same time every night and wake the same time every morning. Move your body first thing, grab some Vitamin D, and hydrate. Take naps and sleep as many hours needed for an optimal reset. Minimize electronics after 7pm and leave your phone in the other room. Get 8 hours a night if possible and 9 hours is ideal. You will look and feel AMAZING!

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E l i m i n a t e G l u t e n a n d S o y



THIS IS IMPORTANT.

Gluten and Soy can directly impact your thyroid function. Eliminate both and see your energy go through the roof! Gluten can ruin your gut health even with no autoimmune issues. Inflammation follows. Soy is in everything so check labels if not buying produce. Soy contains isoflavones which disrupts delicate hormone balance. You will see immediate results which includes weight loss, major decreases in inflammation, and of course huge energy boosts!

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A v o i d S u g a r



SUGAR IS NO BUENO.

Excess sugar deteriorates thyroid function. Make a list of your favs & swap out with healthy alternatives. Find what activates the craving, then replace the sugar habit.

Sugar - Stevia

Coffee/ Tea with Sugar - Sweet Drops with Stevia or unsweet dairy-free milk

Soft Drinks/Colas - Kombucha

Ketchup - Mustard

Candy Bar - Sugar Free Dark Chocolate

Use this method & feel amazing with the right fuel in your body.

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E a t a C a r r o t D a i l y



A CARROT A DAY.

Eating a carrot will give your thyroid a natural detox releasing toxins, improving function and energy levels.

A Recipe to try:

1 organic carrot

1 tsp. Refined Coconut Oil

1/2 tsp. White Vinegar

Salt to taste

(Himalayan Pink Sea Salt is perfect)

Peel carrot, melt oil & mix ingredients together for a yummy treat or side dish for meals. Your Thyroid will heal with plants & whole foods.

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T a k e a P r o b i o t i c D a i l y



PROBIOTICS ARE AWESOME.
A healthy gut is the best way to
an energized life!

Healthy Body = Energy!

Probiotics you can eat include
Bone Broth and Coconut Kefir.

Super easy to digest. When
taking a probiotic supplement
look for super high quality
containing at least 10 strains.
See my favorites in my shop at:
jenbaucom.com/connect

These are recommendations
only and what helped me on my
thyroid healing journey.

See my [health disclaimer](#) for
more information.

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Limit Cardio to 15 - 20 min a
Day



CARDIO AND YOUR THYROID.
For incredible cellular energy gentle movement throughout the day is key. If living with a thyroid deficiency, intense long cardio sessions will backfire on your thyroid. To your body, cardio is a stressor and unless it is done properly (shorter HIIT workouts) you will be drained and recovering for days. Limit cardio to 15-20 min a day and short Tabata + HIIT workouts are perfect for this. You will have energy all day & burn fat and calories for hours.

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Get the right thyroid
supplementation you need



THYROID SUPPORT

Get the right thyroid support
you need with thyroid
medication or supplementation.

When it can be possible to
reverse hypothyroidism
without full medication, you
should always get a full
comprehensive thyroid panel
with your doctor to see where
your levels are at and what to
tackle first. Curate the perfect
thyroid toolkit for yourself with
personalized labs and the right
support for your body. You will
be happy you did this first!

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L o s e t h e s t r e s s a n d m e d i t a t e



MEDITATION IS LIFE.

Have you tried meditation yet?
2 to 5 minutes is a perfect start.

Stress, anxiety, trauma, and
feeling unworthy can harm
thyroid function.

Meditation is one of the most
restorative healing practices
for your thyroid for balance,
energy, and eliminating
anxiety and stress. It is time to
reconnect to yourself.

Make it part of your daily
practice and heal from within.

Try guided meditations in the
am to start and feel amazing all
day!

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A d d S e a w e e d t o y o u r n u t r i t i o n



EAT SEA VEGETABLES.

Seaweed, Nori, Kelp, Dulse, Kombu, & Wakame. Add these nutrient superstars to your diet and 10x your Energy!

If you have tried sushi rolls, you have eaten sea vegetables.

Seaweed & sea vegetables are great for your Thyroid and the trace minerals alone stop thyroid infection, balance thyroid function, and prevent thyroid cancer. They are packed with zinc, omega-3 fatty acids, iron, protein, chlorophyll, and iodine. There are tons of amazing recipes.