



**What Is Thyroid Detox
And
Why You Need It
To Feel Like Yourself Again**

**How to enjoy a healthy weight, happiness,
enthusiasm and get lots of energy
despite your thyroid condition**

**by Magdalena Wszelaki, Certified Holistic Health Coach and
Josie Lincoln, UK Naturopathic Nutrition Advisor**

ThyroidDetox.com



About the Authors



Magdalena Wszelaki is a Certified Holistic Health Coach accredited by the American Association of Drugless Practitioners. She graduated from The Institute for Integrative Nutrition in New York City.

Magdalena specializes in healing thyroid problems with nutrition and is also a regular Vipassana (insightful) meditation practitioner and a Level II reiki healer (a form of energy healing).

Before becoming a health coach, she had a long, fast-paced career as a strategic planner for the advertising powerhouse called WPP in both Asia and the US. Magdalena lived in 6

different countries and was the go-to-person in the industry until she was diagnosed with autoimmune Hashimoto's disease.

Magdalena had multiple debilitating symptoms but refused to accept that there is "no cure for Hashimoto's disease" in the conventional medical approach. She went to the Institute for Integrative Nutrition to become a Certified Holistic Health Coach, to really know how food can heal.

She studied every thyroid book, sought answers from numerous endocrinologists, alternative healers and naturopaths to filter it all down to what's critical in supporting thyroid, balancing the immune system and reversing the thyroid disease.

Magdalena cured her thyroid and her Hashimoto's disease in 5 years in remission. Today, she feels better and has more energy than ever before, is free of all hypothyroid symptoms and enjoys a wonderful equilibrium in her life.

Now she is helping thyroid sufferers and dedicated her professional life to thyroid problems in women. She owns a coaching practice and website ThyroidDietCoach.com where she is focused on healing thyroid with foods.



Magdalena wrote an e-book [How To Food Shop](#) that is packed with shocking information about misleading tricks of food and marketing companies that are ruining our health. Her book will empower you so you know exactly what healthy food means. Don't let the marketers tell you that; they are in the business of creating monetary wealth, not your health.

Magdalena created a home-study program [Fire Up My Thyroid](#) where she introduces her 4 Step Thyroid Healing System for people with Hashimoto's disease and how to get your life back on track.

She helped hundreds of people to improve their thyroid and hormonal health and get back in control of their lives.

It's ironic but true: her disease became her destiny.



Josie Lincoln is a UK qualified Naturopathic Nutrition Advisor. Like many other passionate health advisors, she came to this industry after healing herself.

Josie had an unfortunate run in with a rather long flight of stairs at the age of 21 and was faced with a physical and spiritual journey which took her around the world learning about healing.

After living in pain for six years and having to deal emotionally and physically with the challenges it brought, she found the healing world of detox. After healing herself she lived and worked on the island of Koh Samui, Thailand for three years, helping hundreds of detoxers with their own healing journeys.

She has been researching and practicing alternative nutrition for the last six years and is a UK qualified Naturopathic Nutrition Advisor. "My own experiences have given me an insight into the fear of illness and this is what drives me forward to help and support people"

Josie gives informative talks on Nutrition as well as giving everyday practical advice for anyone wanting to improve their health and wellbeing.

She has a passion for detox and raw foods, collaborating with practitioners in across the world on detox as well as focusing on balance for everyday people with busy lives.



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A Few Words About Detox

So many problems in Western society come from overindulgence in food and drugs. Abuses and addictions are a part of so many people's lives.

It's hardly surprising as many of these habits are entrenched in our Western culture, marketing of products and our own response to stress and boredom.

We don't want you to feel bad, weak, guilty or inferior if you can relate to any of the additive habits we will be talking about.

Just the fact you are reading this report today shows that you want to make a change and we will give you all the help you need to make a healthy transition.

Making a change, especially kicking a habit, can be extremely difficult. But it can also become **most rewarding** when it happens. To say "no" to a glass of wine, put away cigarettes and not have a coffee first thing in the morning is one of the biggest challenges a person can face.

Start with small steps and be gentle on yourself. For example, instead of saying "I have to stop drinking coffee", tell yourself "I choose to reduce to 2-3 coffees per week."

The detox described in this report is critical for people with hypothyroidism but will also be highly beneficial for your overall health, energy and weight.

Let us first share the **tenets of natural medicine:**

1. Primary **cause of disease is the accumulation of unnecessary wastes** that are not properly eliminated or neutralized, resulting in poison retention and subsequent health problems.
2. Your body is designed to support optimal function; listen to the symptoms.
3. Given the proper environment, your **body has the power to heal** itself and return to its normal state.

To put things simply: maximizing nutrition and eliminating toxins is the key to good health, a good immune system and thyroid.



Gastrointestinal Health

Gastrointestinal (GI) function and ecology is the core of human health. This means we can only be as healthy as:

- we are able to digest and absorb food effectively
- levels of good bacteria living in our bowels are optimal

So, what is the GI tract?

It is composed of the mouth and teeth, stomach, small intestine (gut) and large intestine (colon). The assimilation of most nutrients occurs in the small intestine; the colon absorbs water and bile salts in order to prepare for elimination.

Regular elimination is also crucial to overall health and control of the amount of toxins in the body. Being constipated is not OK. A healthy person goes to the bathroom 1-3 times a day.

GI tract is stressed and affected by:

- Refined food and sugar
- Excess fatty and rich food
- Overeating and failing to chew
- Food chemicals
- Persistent use of alcohol, caffeine and nicotine
- Use of prescription, over-the-counter and recreational drugs
- Frequent use of antibiotics
- Lack of fiber and whole foods
- Emotional stress and turmoil.

Disorders like thyroid conditions, fibromyalgia, lupus, IBS, Crohn's, rheumatoid arthritis, HIV are often associated with leaky gut and permeability problems.

What is "leaky gut"?

Leaky gut syndrome is not generally recognized by conventional physicians, but evidence is accumulating that it is a real condition that affects the lining of the intestines.

The theory is that leaky gut syndrome (also called increased intestinal permeability), is the result of damage to the intestinal lining, making it less able to protect the internal environment as well as to filter needed nutrients and other biological substances.



As a consequence, some bacteria and their toxins, incompletely digested proteins and fats, and waste not normally absorbed may "leak" out of the intestines into the blood stream.

This triggers an autoimmune reaction, which can lead to gastrointestinal problems such as abdominal bloating, excessive gas and cramps, fatigue, food sensitivities, joint pain, skin rashes, and autoimmunity.

It's very important to pay attention to your gut – prolonged constipation, gassiness, bloating, cramping and diarrhea are indications of a leaky gut and should be addressed with a diet change and supplemental support.

Why detoxify?

We detoxify/cleanse for health, vitality and rejuvenation – to clear symptoms, treat disease and prevent future problems. A cleansing program is an ideal way to help us reevaluate our lives, make changes or clear abuses and addictions.

Withdrawal happens fairly quickly and as cravings are reduced we can begin a new life without addictive habits and drugs. We cleanse because it makes us feel more vital, creative and open to emotional and spiritual energies.

Many people do a detox to lose weight. This should not be the prime objective: cleansing should be. **A healthy person does not have weight problems;** when you clean up your body, free it of toxins, the pounds will go too.

Here are some good reasons why you could consider detoxing:

Clean up your GI issues	Clear skin	To be more: Creative
Start healing your thyroid	Slow aging	Productive
Treat disease	Improve flexibility	Relaxed
Cleanse body	Improve fertility	Energetic
Rest organs	Enhance the senses	Conscious
Purification	Prevent disease	Inwardly attuned
Rejuvenation	Reduce symptoms	Spiritual
Weight loss		Relationship focused



Many people find themselves motivated to start cleansing their external lives too: cleaning out rooms, de-cluttering desks, clarifying personal priorities and revitalizing wardrobes.

Who should detoxify?

Almost everybody needs to detox and rest his or her body from time to time. Some of us need to cleanse more frequently than others.

Signs and symptoms of toxicity

Headaches	Frequent colds	Insomnia
Autoimmune diseases like Hashimoto's	Irritated eyes	Dizziness
Coughs	Immune weakness	Mood change
Wheezing	Environmental sensitivity	Anxiety
Sore throat	Sexual dysfunction	Depression
Tight and stiff neck	Sinus congestion	Fatigue
High blood fats	Fever	Skin rashes
Backaches	Runny nose	Hives
Indigestion	Bad breath	Constipation
Skin conditions	Allergies	Joint pains
Itchy nose	Sleepiness	Nausea

Detoxing and cleansing can contribute to the healing of many acute and chronic illnesses. However, many withdrawal symptoms can occur so you really need to be clear on what you are doing and if not, consult a holistic practitioner.

Detoxification is the process of either clearing toxins from the body or neutralizing them, and hence clearing excess acidity, mucus and congestion. Detoxification involves dietary and lifestyle changes that reduce the intake of toxins while improving elimination.



The Gut-Liver-Thyroid Connection

Let us elaborate a little on the beautiful but complex relationship of the gut, the liver and your thyroid. You might be learning things that most doctors, nutritionists, herbalists, and even most naturopaths and nutritionists do not tell you. It is obviously not done intentionally; they just don't know this as western medical schools and nutrition schools do NOT teach us this.

What we are interested in doing is: getting to the **root causes of your thyroid disease**. This is not just an important topic; **it's CRITICALLY important**.

OK, here we go: it's your GUT and your LIVER. **The health of your gut and your liver is directly linked to your thyroid health**. We consistently see people with hypothyroidism and Hashimoto's Disease ALSO having multiple digestive issues and a sluggish liver.

Once you fix your digestive issues, you will experience a surge of energy, weight loss, clarity of mind, enthusiasm, clear skin, depression and anxiety going away – this is just to name a few.

How do you know if you have digestive issues or your digestive system needs help? Here are some simple clues:

- You experience bloating, gas, constipation, burping, loose stool or diarrhea, acid reflux.
- You crave certain foods; sweets, salt, chocolate, starches, and you feel like you can't live without them or the meal feels incomplete without them.
- You have been on antibiotics and many medications in the past.
- You have parasites (which most people think they don't).
- In more serious cases, you might have: Celiac's, Crohn's or IBS.

If you are experiencing any of these, it's pretty clear that your gut needs your help.

Let us give you an overview of the Gut-Liver-Thyroid connection in 5 simple points.

#1: The Immune System

90% of thyroid conditions are auto-immune diseases. So if you are suffering from hypothyroidism, you are very likely having Hashimoto's Diseases, even



though you might have not been diagnosed with it. What an autoimmune disease means is that your immune system is self-destructing your thyroid. As a result of this destructive attack, the thyroid slows down and this is why you are feeling so bad.

Now, what you also need to know is that: the immune system lives largely in YOUR GUT. Do you see the connection now? We will never have a healthy immune system and a healthy thyroid if we have all this bloating, constipation, and food cravings.

#2: Absorption of Nutrients

Our gut is responsible for the absorption of nutrients; vitamins and minerals. Most people with thyroid conditions are deficient in many vitamins; Vit D, B12, selenium and iron are just a few to name.

Taking supplements does not resolve the issue as the gut is not absorbing most nutrients when it's in state of dysbiosis, which is a state of imbalance due to pathogenic bacteria, damage and parasites.

#3: Happiness (or serotonin) is produced here

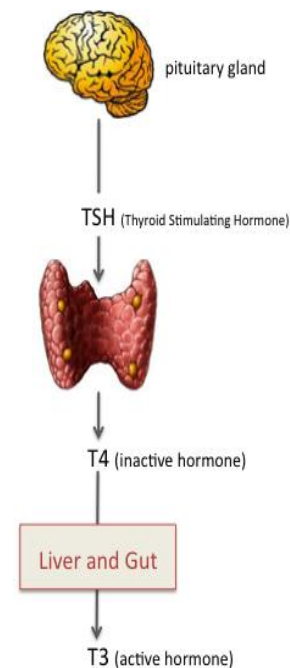
The gut is called the second brain by alternative medicine, because there are more neurotransmitters here than in the brain. Serotonin which is the "happy hormone" is 70% produced in the gut, not in the brain.

But, when we experience digestive issues (and therefore dysbiosis), that second brain is not producing serotonin effectively, and this is what effects our mood and our memory.

What about your liver? Why is having a healthy liver so important in thyroid health?

#5: Hormonal Conversion T4-> T3

What many thyroid patients do not know is that the thyroid produces T4 which is (surprise!) an inactive hormone. It needs to be converted in the gut and the liver to T3 (see chart) that is the hormone that gives you energy, clarity of mind and metabolism (read: losing weight). So, if you liver is sluggish, you are NOT converting T4 (or Synthroid, which is a synthetic T4) to





T3. I hope you now understand one of the possible reasons why taking Synthroid is still not helping you to feel 100%.

#5: Getting Rid of Toxicity

The other thing you need to know about the liver is that it is an organ that is vastly responsible for excreting toxins out of our body. If you are suffering from Hashimoto's or Graves' disease, this means you are having an autoimmune disease. You need to know this: most people with autoimmune diseases have a high toxic load.



The Benefits of Detoxing

What to expect from detoxing? It will benefit your thyroid as much as your overall health. Here are some of the benefits to expect:

Purification	Drug detoxification
More energy and enthusiasm	Reversal of sugar addiction
Rejuvenation	Reversal of IR and hypoglycemia
Less allergies	Stronger immune system
Rest for digestive organs	Better sleep
Greater abdominal peace	Greater motivation
Clearer skin	More creativity and focus!
Sense of personal beauty	Clean personal space
Anti-aging effects	Commitment to habits change
Better liver and gut function to convert T4 to T3 thyroid hormones	Clarity of mind
Improved senses – vision, hearing, taste	Self-confidence
	Diet change, for life



The 7 Key Sources of Toxicity in Thyroid Health

Modern medicine does not have the answers as to “why is the thyroid pandemic happening” but the alternative medical world attributes much of it to toxicity. In other words; most people with thyroid conditions have a high toxic load.

Where is it all coming from? There are 7 key toxic sources known to us today that can impact the thyroid.

Source #1: Food

The way we process our food today has contributed to the loss of its nutritional value and introduced substances like:

- Non-organic food
- Preservatives (to keep the food last longer)
- Additives (to make food more palatable)
- Pasteurization, homogenization and refining of food
- Sugar
- GMO (genetically-modified organisms) food

Source #2: Water

The United States is one of very few countries in the world that adds fluoride to its drinking water. This is a battled and controversial topic (this is why no fluoride is allowed in most European countries) that is well worth your attention.

We are now finding out that fluoride inhibits iodine’s ability to bind with the thyroid gland. This means if we drink water with high amounts of fluoride, our thyroid is interrupted and cannot produce enough T4. Insufficient T4 means insufficient T3 (the active hormone that fuels us).

It is also believed that fluoride slows down the conversion of T4 to T3 hormone which explains why in spite of being on medication like Synthroid many people still feel far from well.

Source #3: Household cleaning items

Sadly, most widely used chemicals used in most household cleaners are known to be synthetic estrogens or xenoestrogens which means they pretend to be



estrogen in your body but they don't do the hormonal work of the real estrogen. Why is it important? Because estrogen, same as your thyroid, are directly impacting each other. Some of the toxic substances are:

- BPA's found in plastics
- Perfluorooctanoic Acid (PFOA) found in non-stick pans
- Triclosan

Source #4: Skincare products

We are often led to believe that much of what we put on our skin is safe. The reality is far from it. It's also worth noting that our skin is the largest exposed organ, it therefore really matters what we put on it. These chemicals are also known to be xenoestrogens. Examples here:

- Parabens (even though, surprisingly, all of the large cosmetic companies are still using them)
- Phthalates which are synthetic perfumes which make your shampoo (and other things) smell good.

Source #5: Antibiotics and drugs

"Doc, my sinus is in a mess, I need help". You know that your doctor will prescribe you a dose of antibiotics – which is a great, quick fix to get you back on your feet.

The problem is – it won't get you well for very long. Antibiotics wipe out the bad AND the good bacteria in the gut and your gut needs the good bacteria too in order to support a healthy immune system.

So, how do you boost your immune system so you stop falling sick that often?

Source #6: Parasites & Infections

H. Pylori, a pathogenic bacterium known to cause chronic gastritis, peptic ulcers is now also linked to creating a pro-inflammatory response in the body which can manifest itself in the form of Hashimoto's or Graves' disease.

Parasites are more common than we realize and want to acknowledge. It's therefore important to test for common parasites like ringworms, pinworms,



hookworms, roundworms, tapeworms or liver flukes as they deplete us nutritionally and their presence creates another toxic load.

Source #7: Negative emotions and stress

You know when a stressful event at work or at home finally comes to an end, you collapse and come down with a flu (at best)? We have all experienced that at some point.

This is why: when we are stressed out, our adrenal glands secrete a hormone called cortisol which gives us focus, energy and clarity of mind. Cortisol is also responsible for stimulating our immune system.

The problem is when we are producing too much cortisol for too long; the adrenal glands get too tired and they stop producing sufficient cortisol.

And this is why our immune system gets weakened and we get sick. Furthermore, too low or too high cortisol levels also impact the thyroid.

Stress is more of a factor in your thyroid's health than you realize. We see it over and over again in thyroid patients.

Stress is not only for busy Wall Street executives; anyone with past trauma, low self-esteem, self-sabotaging behavior, stress from financial situations, romantic stress (they are all stress!) is very likely to experience adrenal exhaustion which triggers the thyroid.

We most often cannot remove stressful events, people and things from our lives but we can look at them and respond to them differently to spare our adrenals that chronic load. Do you know where to get started here?

Wow! That's a lot of sources to worry about as most of them are very present in our lives. So, what do you do? Where do you go from here? You need to learn to recognize where the toxicity is coming from and how to eliminate, neutralize or minimize it without too much fuss and expense.

The Myths and Misconceptions of Detoxing

Every decade produces a new craze or fad that promises us, under questionable logic, to get healthier, lose weight and look younger. It is therefore understandable to feel skeptical. It's understandable not to trust it. It's



understandable, as detox has been presented in such light, often producing mixed results for people who jump on it.

Nevertheless, give it a chance. Detoxing, cleansing and fasting have played a big role in many religions and the lives of many outstanding leaders. Christians have their Lent, Muslims the Ramadan, or Jews the Yom Kippur. Grand personalities like Mahatma Gandhi, Jesus, Buddha or Martin Luther King, Jr, were all known to fast.

It is therefore best to get well educated on the common myths (created by some providers) and debunk some of our own misconceptions before we pick the right detox program. Here are the 5 main points:

1. It's a quick fix.

The INTENTION you hold as you go into a detox is as important as doing the detox itself. 'Detox' has become a buzz word for feeling cleaner inside and many people think that laying off alcohol for a weekend or cutting out junk food for a month will be enough.

Fasting is actually a careful and specific process which releases very deep seated impurities and irregularities in the body's tissues. To achieve this cleansing effect a full fast is needed.

For example, people who suffer from a hypothyroidism, often struggle with weight gain. If the primary objective of doing a fast/detox is to shed the pounds, then the intention is not only catabolic ("I want to get rid of this fat" rather than saying "I want to honour my body by giving it time to heal) but it's a short-term solution as the pounds will return if the root cause of the disease is not addressed - which in this case is an underactive thyroid.

Detox is not a quick fix for anything. It is a wonderful and empowering decision to bring a detox into your life, but it is a decision that needs to be taken seriously.

When embarking on a fast you need to be ready to leave your old habits behind and make a new healthier, happier you.

A yoyo pattern of 'detox' to 're-tox' is often seen in the world of fasting and this is a dangerous and depleting pattern for the body.

When you do a fast, you need to be ready to start a new way of life, a better one, full of the right choices and positive thoughts. We can help you with this by guiding you through the detox from pre-cleanse to breaking fast.



Our recommendation: Allow gradual changes (pick one bad habit per month) and focus on make it a lasting change. One way to sustain a change is to find healthy replacement for what you cut out so you don't feel deprived.

For example, if you are cutting out diet soda, switch to kombucha; a probiotic-rich fizzy tea (no caffeine) found in many health stores now.

2. It's a fad.

Others believe that a detox is a fad diet. It's understandable to feel this way as we have fads coming in and out of our lives often enough to be sceptical by now.

As much as you need to use your own judgement on how credible the detox program is, it's worth remembering that fasting and detoxing has been around since the beginning of humanity.

Fair enough, there are some detox providers who appeal to the one desire we all have when it comes to healing: "Give me quick results, now!"

Our recommendation: Do some research on traditional detoxes and fasts, don't rely too much on pseudo-scientific marketing claims and when in doubt, ask "has this been done for a long time, in traditional forms that are proven to generate results?"

3. Some believe that a detox is dangerous, suggesting it can deplete you of nutrients and make you weak.

The opposite is true. While there may be moments of physical weakness during a fast, these are not due to depletion of nutrients but the release of stored toxins.

These toxins are slowly damaging your body's tissues and causing illness and disease.

A detox will actually give you more nutrients than most people are used to as the juices and supplements are designed to fortify your body and aid it in the detoxification process.

Your elimination organs will be in heaven!

Our recommendation: If and when in doubt, start slowly. You don't need to jump in to the deep sea right away. Every small change matters.

If you fear a full-on fast, start with steamed veggies and juicing first, feel the difference (energy, clear mind, weight, etc), then you can go deeper.



4. It's just for my body.

There are those who believe that detox is all about the body and nothing to do with the mind.

Detox is actually about connecting to yourself on a mental and emotional level as much as a physical one. Our bodies and minds are intrinsically linked and should be respected as one whole, complete system.

It is impossible to enjoy overall good health when our emotional wellbeing is off balance, the same way it is not possible to be healthy when our body is toxic and off-balance. This holistic approach to health and nutrition should be incorporated into any detox program.

Our recommendation: It's key the detox you choose offers you full emotional support and ideas to balance your mood and mind as well as your body during the detox.

5. A pill or powder will fix it.

Lots of people think you can buy a detox in a box and get the same benefits as a monitored, supported detox program. This is not the case.

A detox in a box or jar will never be adequate and may be more of a faddish product trying to cash in on the 'detox craze'. A true fast needs the right information and support to be successful.

There is more chance of breaking the fast incorrectly on a self administered fast, which is actually the most vital part of the whole process. Making sure your body is prepared at the beginning and gently guided back to the world of food at the end is imperative.

There is a known saying in the detox world, 'Any fool can fast, but only a wise man can break it correctly.'



Your Next Steps

Hopefully, having read this report, you are:

- **Knowledgeable** on how your thyroid's wellbeing is connected to the gut and the liver.
- **Empowered** to ask to your doctor (and yourself) some tough question, like "How do I fix my gut?"
- **Motivated** to take your thyroid health into your own hands.
- And, finally, **determined** to take some decisive, healing actions.

Interested to learn more about detox?

The authors of this report, Magdalena Wszelaki (thyroid nutrition coach) and Josie Lincoln (detox expert). In their upcoming guided [Thyroid Detox](#) program YOU can experience first-hand how revitalizing your gut and liver the right way can improve YOUR thyroid function and make you feel energized, clear-minded, optimistic, inspired to heal further and also lose some of that stubborn weight.

To help you get started they put together a FREE information-packed [Thyroid Detox](#) video series where they explore further Thyroid Detox strategies and practical solutions.

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