Hormones: The Gut-Hormone Connection

Presentation Handout
Remember: All Tests Are Not Created Equal

Most people with hormone issues require reliable testing. If you are struggling with...

- Fatigue
- Digestion issues
- Skin problems
- Allergies
- Food sensitivities
- Sex drive
- Weight issues
- Autoimmunity
- Any other symptoms that just aren’t going away

Despite doing everything right with diet, supplements, and lifestyle... you might be just like us and have hormone dysregulation. And until you handle it you won’t get the kind of health you desire. The inconvenient truth is testing is really complex and challenging.

There’s no perfect test out there (yet)

Each has its own accuracy level, reliability, positives, negatives, etc. And the most important thing for our clients is to avoid a false negative. If there’s something there, we want to be able to find it.

The testing industry is changing a lot and so is our trust in labs. It honestly can change several times a year. With everything in flux, the one constant adrenal test that continues to support people is from BioHealth (no affiliation). We’ve compared BioHealth salivary hormone tests vs almost every leading brand on the market and in the past 2 years they’ve always blown the competition out of the water.
Adrenal Fatigue Testing: The BioHealth #201 Functional Adrenal Stress Profile

**BioHealth Laboratory**

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Result</th>
<th>Reference Range</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cortisol - Morning (6 - 8 AM)</td>
<td>10.7*</td>
<td>13.0 - 24.0</td>
<td>nM/L</td>
</tr>
<tr>
<td>Cortisol - Noon (12 - 1 PM)</td>
<td>3.9*</td>
<td>5.0 - 8.0</td>
<td>nM/L</td>
</tr>
<tr>
<td>Cortisol - Afternoon (4 - 5 PM)</td>
<td>3.3*</td>
<td>4.0 - 7.0</td>
<td>nM/L</td>
</tr>
<tr>
<td>Cortisol - Nighttime (10 PM - 12 AM)</td>
<td>1.2</td>
<td>1.0 - 3.0</td>
<td>nM/L</td>
</tr>
<tr>
<td>Cortisol Sum</td>
<td>19.1*</td>
<td>23.0 - 42.0</td>
<td>nM/L</td>
</tr>
<tr>
<td>DHEA-S Average</td>
<td>13.50*</td>
<td>2.0 - 10.0</td>
<td>ng/mL</td>
</tr>
<tr>
<td>Cortisol/DHEA-S Ratio</td>
<td>1.4*</td>
<td>5.0 - 6.0</td>
<td>Ratio</td>
</tr>
</tbody>
</table>

***If you don’t have a way to get this saliva test, you can order it online here***

Thyroid Testing: Blood Serum Panel with TSH, Free T4, Free T3, Reverse T3 and Thyroid peroxidase antibodies (TPO), Thyroglobulin antibodies (TGAb)

**LabCorp**

<table>
<thead>
<tr>
<th>Test</th>
<th>Result</th>
<th>Reference Range</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thyroid Panel With TSH</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TSH</td>
<td>0.019</td>
<td>Low</td>
<td>uIU/mL</td>
</tr>
<tr>
<td>Thyroxine (T4)</td>
<td>8.0</td>
<td>4.5 - 12.0</td>
<td>ug/dL</td>
</tr>
<tr>
<td>T3 Uptake</td>
<td>33</td>
<td>24 - 39</td>
<td>%</td>
</tr>
<tr>
<td>Free Thyroxine Index</td>
<td>2.6</td>
<td>1.2 - 4.9</td>
<td></td>
</tr>
<tr>
<td>Thyroxine (T4) Free, Direct, S T4, Free (Direct)</td>
<td>1.23</td>
<td>0.62 - 1.77</td>
<td>ng/dL</td>
</tr>
<tr>
<td>Triiodothyronine (T3)</td>
<td>141</td>
<td>71 - 180</td>
<td>ng/dL</td>
</tr>
<tr>
<td>Reverse T3</td>
<td>247</td>
<td>99 - 350</td>
<td>pg/mL</td>
</tr>
<tr>
<td>Triiodothyronine, Free, Serum</td>
<td>4.1</td>
<td>2.9 - 4.4</td>
<td>pg/mL</td>
</tr>
<tr>
<td>Antithyroglobulin Ab</td>
<td>&lt;1.0</td>
<td>0.9 - 9.9</td>
<td>IU/mL</td>
</tr>
<tr>
<td>Thyroid Peroxidase (TPO)</td>
<td>10</td>
<td>0 - 34</td>
<td>IU/mL</td>
</tr>
</tbody>
</table>

***If you don’t have a way to get this thyroid panel, you can order it online here***
Remember: There’s No One-Size-Fits-All Protocol
(THIS IS A GUIDE FOR YOU AND YOUR PRACTITIONER)

STOP: Before you take action and work with a practitioner to execute these protocols...

There are a few really important things you can’t forget before starting a GI infection protocol.

1) If you have problems with toxicity or a sluggish liver, you need to start a liver support protocol before beginning your Gut-Hormone protocol.

Signs and Symptoms that you need help detoxifying are...

- Seasonal Allergies
- Multiple Food Sensitivities
- Multiple Chemical Sensitivities
- Supplement sensitivities
- You tell people you are a sensitive person
- Lack of response to hormone programs
- Feeling die off from supplements like B vitamins, NAC, Curcumin, vitamin C, Glutathione, Milk thistle or anything else that is supposed to help with detoxification.

Remember, it’s best to do this before and during your hormone protocol with your practitioner.

<table>
<thead>
<tr>
<th>Liver Support for Detox:</th>
<th>with breakfast</th>
<th>with lunch</th>
<th>with dinner</th>
<th>Amount needed for Protocol:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ovation Acetyl-Glutathione (60cap)</td>
<td>1</td>
<td>1</td>
<td></td>
<td>1 bottles</td>
</tr>
</tbody>
</table>

(You can purchase Ovation Acetyl-Glutathione from us [HERE](#))

(1 bottle will last 30 days at this dosage - you’ll likely need several bottles)

2) AGAIN – We Can’t Stress This Enough...

The material on this handout is for informational purposes only. As each individual situation is unique, you should use proper discretion, in consultation with a health care practitioner, before undertaking the protocols described herein. For example, your weight can dramatically affect the dosages you need to be using for each of these protocols, and only a skilled practitioner can support you with proper supervision. **THESE PROTOCOLS ARE FOR PEOPLE 100LBS OR OVER. THEY NEED TO BE CUSTOMIZED.** Please review the herbs in these supplements and look for ingredients that might have been a problem for you in the past.

3) IF IT GOES BAD...

We highly recommend you gradually ramp into these protocols under guidance from your practitioner by taking small amounts of the products and increasing them day by day until you’re taking the entire protocol. If at any point in time you have a reaction that’s too great to handle, drop down to ½ dose for 3-4 days and see how you feel. If you feel better, ramp back up slowly over another 3-4 days. If at any time you can’t handle
how it makes you feel, STOP the protocol completely and contact the practitioner you’re working with to decide next steps.

The Adrenal Fatigue Protocol

IMPORTANT: The adrenal fatigue protocols that ACTUALLY work are made up of diet, supplements, and lifestyle changes. If you don’t do all three at the same time, you’ll probably waste a lot of time and money and not make any progress on this condition.

DIET PROTOCOL

- Eat a nutrient dense anti-inflammatory diet made up of meats, fruits, vegetables, and healthy fats. Paleo, SCD, GAPS, and WAPF are all great places to build a solid foundation
- Don’t ever skip a meal. Eat at least 3 meals each day. No intermittent fasting restricted eating windows. And some people might benefit from 6 meals a day for the first 4 weeks if blood sugar is not stable.
- Eat a protein containing meal within 1-hour of waking up. Don’t wait any longer than that. Try to do it in the first 30 minutes for full benefits.

SUPPLEMENT PROTOCOL (WITHOUT HORMONES)

<table>
<thead>
<tr>
<th>6-Month Adrenal Fatigue Protocol:</th>
<th>with breakfast</th>
<th>with lunch</th>
<th>with dinner</th>
<th>Brands:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pantothenic Acid</td>
<td>500mg</td>
<td>500mg</td>
<td>500mg</td>
<td>Jarrow Brand</td>
</tr>
<tr>
<td>Blood sugar support - Support Glucose (60 caps)</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>Support Glucose</td>
</tr>
<tr>
<td>Multi-Vitamin</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>DFH Twice Daily</td>
</tr>
<tr>
<td>Adaptogenic Herbs</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>GAIA Herbs Adrenal Health</td>
</tr>
<tr>
<td>Vitamin C w/ BioFlavinoids – 1000mg</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>NOW C-1000</td>
</tr>
</tbody>
</table>
LIFESTYLE PROTOCOL

• No chronic cardio / aggressive athletic events: that means no long distance running and CrossFit!

• Get 8 hours of sleep, preferably going to bed before 10pm

• Have more fun (seriously!)

• Meditate for 5-minutes each day (if you really want this to work!)

• Get out and walk for 20-60 minutes a day

• Try to get sunlight into your eyes in the first 5 minutes after waking up

BOOKS TO READ

Dr. Kalish Book
Dr. Lam Book
Dr. Wilson Book

The Thyroid Protocol

IMPORTANT: The Thyroid protocols that ACTUALLY work are made up of diet, supplements, and lifestyle changes. If you don’t do all three at the same time, you’ll probably waste a lot of time and money and not make any progress on this condition.

DIET PROTOCOL

• Eat a nutrient-dense, anti-inflammatory diet made up of meats, fruits, vegetables, and healthy fats. Paleo, SCD, GAPS, and WAPF are all great places to build a solid foundation

• NOTE: If you have an autoimmune thyroid condition, make sure to try eating the Solving Leaky Gut Diet and at least the Paleo Autoimmune diet. But you must heal your gut and we think the Solving Leaky Gut Diet is best for that.

• Don’t ever skip a meal. Eat at least 3 meals each day.

• Eat a protein containing meal within 1 hour of waking up. Don’t wait any longer than that.

• Don’t eat too low carb, as soon as your gut can handle it, eat at least 100g of carbs a day. Experiment with more 150g, 200g, 250g up to 300g and see what you notice.

• Also, if possible use resistant starch. The goal is if you can tolerate them while on a restricted diet you’ll be encouraging great gut flora growth which will help with T3 conversion.
• Eat seaweed weekly.

SUPPLEMENT PROTOCOL (WITHOUT PRESCRIPTIONS)

<table>
<thead>
<tr>
<th>3-Month Thyroid Protocol</th>
<th>With breakfast</th>
<th>With lunch</th>
<th>With dinner</th>
<th>Brands:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Selenium 200mcg</td>
<td>1</td>
<td></td>
<td></td>
<td>NOW Foods Selenium</td>
</tr>
<tr>
<td>Low Dose Iodine 500mcg</td>
<td>1</td>
<td></td>
<td></td>
<td>Kelp Based Products are Best</td>
</tr>
<tr>
<td>Zinc 50mg</td>
<td>1</td>
<td></td>
<td></td>
<td>NOW Foods Zinc</td>
</tr>
<tr>
<td>B12 or High Quality B-Vitamin</td>
<td>1</td>
<td></td>
<td></td>
<td>Seeking Health - Homo-cystex-X-Plus</td>
</tr>
<tr>
<td>Tyrosine (advanced – work with a practitioner)</td>
<td></td>
<td></td>
<td></td>
<td>Work with a Practitioner</td>
</tr>
</tbody>
</table>

LIFESTYLE PROTOCOL

• No chronic cardio / aggressive athletic events: that means no long distance running and CrossFit!
• Get 8 hours of sleep, preferably going to bed before 10pm
• Have more fun (seriously!)
• Meditate for 5-minutes each day (if you really want this to work!)
• Get out and walk for 20-60 minutes a day
• Try to get sunlight into your eyes in the first 5 minutes after waking up

BOOKS TO READ:
Hashimotos Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause, By Izabella Wentz
Why Do I Still Have Thyroid Symptoms, By Dr. Datis Kharrazian
**Remember: Retest 30-60 Days after Completing any Protocol**

During Adrenal programs, typically you should retest every 6 months at a minimum, if not every 3 months. With thyroid programs that involve prescription replacement try to wait 6 weeks after a dosage change to retest.

These protocols work well, but nothing is 100% and everyone is in a very different situation. Always make sure to retest 30-60 days **after completing** a protocol and verify that it is in fact gone. In some cases, you won’t be out of the woods yet and you’ll need to get back on the protocol again. That’s where a good practitioner can come in and help.

If the protocol didn’t work, it’s time to start looking for your limiting factor. Many times those in severe adrenal fatigue need to look for Gut Infections and Small Intestinal Bacterial Overgrowth. Think of it like going on a stressor hunt! Find the next root cause in the way - that limiting factor. Never give up!

**If You Need a Skilled Practitioner...**

We highly recommend working with a Functional Medicine Practitioner who was trained in Functional Medicine. They’re going to have experience using protocols like this and are well-suited to help you.

Need help finding someone?

We are no longer doing 1-on-1 consulting, but we have built relationships with two world-class Functional Medicine Practitioners. Here’s a special link to book an appointment with one of these amazing practitioners and start getting help right now:

[http://scdlifestyle.com/practitioners/](http://scdlifestyle.com/practitioners/)

In good health,

- Jordan and Steve