



Hashimoto's Thyroiditis: A Complete Guide



By Nutritionist Harpreet Pasricha

What is Hashimoto's?

Hashimoto's thyroiditis is an autoimmune condition in which the body's immune system mistakenly attacks the thyroid gland. Over time, this ongoing inflammation damages the thyroid, reducing its ability to produce enough thyroid hormones, eventually leading to hypothyroidism (underactive thyroid).

It is one of the most common causes of hypothyroidism, especially in women.



Common Symptoms:

Symptoms may develop gradually and vary from person to person.

- ◆ **Fatigue or low energy**
- ◆ **Weight gain or difficulty losing weight**
- ◆ **Hair fall or thinning hair**
- ◆ **Dry skin**
- ◆ **Constipation**
- ◆ **Feeling cold easily**
- ◆ **Brain fog or poor concentration**
- ◆ **Mood changes or depression**
- ◆ **Heavy or irregular periods**
- ◆ **Puffy face**
- ◆ **Muscle and joint pains**
- ◆ **Slow heart rate**
- ◆ **Hoarse voice**



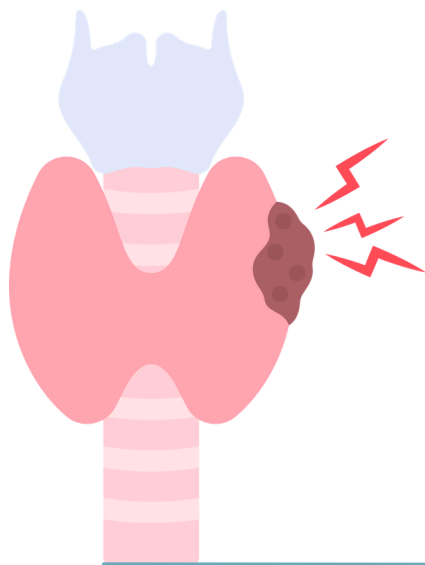
Some people may have thyroid antibodies for years before thyroid hormone levels become abnormal.

Why Does Hashimoto's Happen?

Hashimoto's usually develops due to a combination of genetic and environmental factors.

These may include:

- ◆ **Family history of thyroid or autoimmune disease**
- ◆ **Hormonal changes**
- ◆ **Chronic stress**
- ◆ **Poor gut health and increased intestinal permeability ("leaky gut")**
- ◆ **Vitamin and mineral deficiencies**
- ◆ **Viral infections**
- ◆ **Excess iodine intake in susceptible individuals**
- ◆ **Other autoimmune disorders**



Tests Recommended

01 Thyroid Function Tests

These help assess how well your thyroid is working.

- TSH (Thyroid Stimulating Hormone)
- Total T3
- Total T4
- Free T3
- Free T4

While TSH is an important screening test, it does not always provide the complete picture. Evaluating T3 and T4 levels along with TSH gives a better understanding of thyroid function.

02 Autoimmune Markers

These confirm whether the immune system is attacking the thyroid.

- Anti-TPO Antibodies
- Anti-Thyroglobulin (Anti-Tg) Antibodies

03 Nutritional Assessment

Deficiencies are common in people with Hashimoto's and may worsen symptoms.
Recommended tests:

- Vitamin D
- Vitamin B12
- Ferritin
- Iron Profile
- Zinc (if available)
- Selenium (if available)
- Magnesium (optional)

04 Inflammation & Metabolic Health

- hs-CRP
- Fasting Insulin
- HbA1c
- Lipid Profile

These tests help identify underlying inflammation and metabolic disturbances that may contribute to symptoms.

05 Gut Health Assessment

If digestive symptoms are present, your healthcare provider may recommend:

- Stool analysis
- Celiac screening (when appropriate)
- Evaluation of food intolerances or gut imbalance

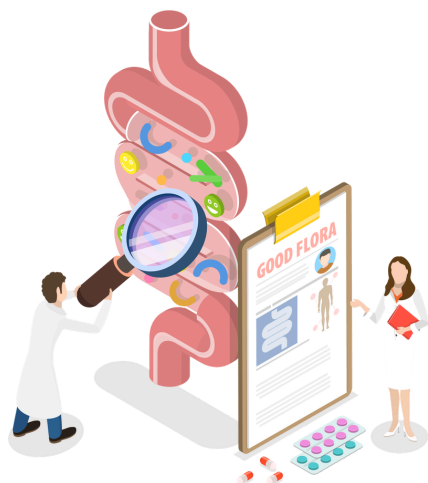
Why Gut Health Matters

Nearly 70% of the immune system is associated with the gut.

When gut health is compromised, it may contribute to:

- ◆ **Increased inflammation**
- ◆ **Altered gut bacteria**
- ◆ **Increased intestinal permeability ("leaky gut")**
- ◆ **Greater immune activation**

Supporting gut health may help reduce inflammation, improve digestion, and support overall well-being, although it does not cure Hashimoto's.



Anti-Inflammatory Nutrition

Include More Of:

- ✓ Colourful vegetables (preferably cooked if digestion is sensitive)
- ✓ Seasonal fruits in moderation
- ✓ Good-quality protein
- ✓ Healthy fats (olive oil, nuts, seeds, avocado)
- ✓ Whole grains such as quinoa, brown rice, and millets
- ✓ Turmeric, ginger, garlic, cinnamon, and herbs

Reduce:

- Refined sugar
- Ultra-processed foods
- Refined flour
- Deep-fried foods
- Excess alcohol

Gluten, dairy, and soy should not be eliminated routinely. Any dietary restriction should be individualised based on symptoms and professional guidance.



Correct Nutritional Deficiencies

Optimising the following nutrients may support thyroid health:

- ◆ Vitamin D
- ◆ Ferritin
- ◆ Selenium
- ◆ Magnesium
- ◆ Iron (if deficient)
- ◆ Vitamin B12
- ◆ Zinc
- ◆ Omega-3 fatty acids

Lifestyle Changes That Help:

- ◆ Sleep 7–9 hours every night
- ◆ Manage stress through meditation, yoga, or breathing exercises
- ◆ Include regular strength training and walking
- ◆ Stay physically active
- ◆ Avoid smoking
- ◆ Take thyroid medication exactly as prescribed by your doctor

Our Approach at Diet Dr Clinic

Managing Hashimoto's is not just about treating the thyroid—it's about addressing the factors that may be contributing to inflammation and symptoms.

At Diet Dr Clinic, we focus on:

- **Identifying nutritional deficiencies**
- **Understanding inflammation through blood tests**
- **Supporting gut health with our Gut Reset Protocol, especially Phase 2 – Gut Healing**
- **Creating personalised anti-inflammatory nutrition plans based on your blood reports, symptoms, lifestyle, and medical history**

Every individual is different, and your nutrition plan should be tailored to your body's specific needs.

Need Help Understanding Your Reports?



If you've been diagnosed with Hashimoto's or have thyroid-related symptoms, we'd be happy to help.

Bring your blood reports for a detailed review and book a **FREE 15-minute Discovery Call** with one of our nutritionists. We'll help you understand your results and guide you on the next steps towards better thyroid and overall health.

Book Now!

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