



THE BEST 5 SUPPLEMENTS

FOR
HASHIMOTO'S

Josh Redd, DC, MS, DABFM, DAAIM



The best 5 supplements for Hashimoto's

By Dr. Josh Redd, Chiropractic Physician

Josh Redd, MS, DABFM, DAAIM Josh Redd, DC, MS, DABFM, DAAIM, is a chiropractic physician and the founder and owner of RedRiver Health and Wellness, which currently consists of seven functional medicine clinics serving patients from around the world. His clinics focus on using non-pharmaceutical approaches to manage patients with challenging autoimmune, endocrine, and neurological disorders. Between all seven clinics, his practice sees hundreds of patients a day. This allows Dr. Redd to quickly identify patterns and trends among his patient population, as well as which evidence-based clinical strategies are the most successful in managing autoimmunity.

Dr. Redd studied Immunology, Virology, Bacteriology, and Autoimmunity of the Endocrine Glands at Johns Hopkins University where he is currently a MAPHb Candidate. He is the author of the Amazon bestselling book *The Truth About Low Thyroid* and a health consultant for ABC4. He was formerly a co-host on ABC's *The Younger You*, and his colon health and brain health episodes were nominated for an Emmy in 2014. Dr. Redd is a frequent contributor for St. George News, ABC, and other news and TV outlets.

Dr. Redd delivers lectures to health care professionals around the country on functional medicine topics such as neuroendocrine immunology, gastrointestinal disorders, gluten sensitivity and celiac disease, autoimmune management, functional blood chemistry, and clinical strategies for hypothyroidism and Hashimoto's. Dr. Redd led a Covid-19 study in his area in early 2020 to investigate immunity to the virus. The data from that study is on track to be compiled into a research study for publication.



Although diet and lifestyle strategies will be your most profound tools for managing Hashimoto's, in my years of working with thousands of patients, I have homed in on a few supplements that make the most difference in helping people manage their Hashimoto's.

The key with Hashimoto's is to dampen inflammation and modulate the immune system, or help it find better balance. When choosing supplements look for brands with a Good Manufacturing Practices (GMP) label that are manufactured in the United States. Lower quality supplements come from China or India and can be highly toxic.

1

Vitamin D. Many people with Hashimoto's have a genetic variation that makes it difficult for them to absorb vitamin D. Chronic inflammation also inhibits absorption and activity of D. Use the cholecalciferol D3 form.

Therapeutic doses of vitamin D range from 10,000 to 20,000 IU a day, but make sure you and your doctor monitor your vitamin D levels regularly so it doesn't go too high. It's rare to see levels go too high, but it's best to stay aware of your vitamin D status.



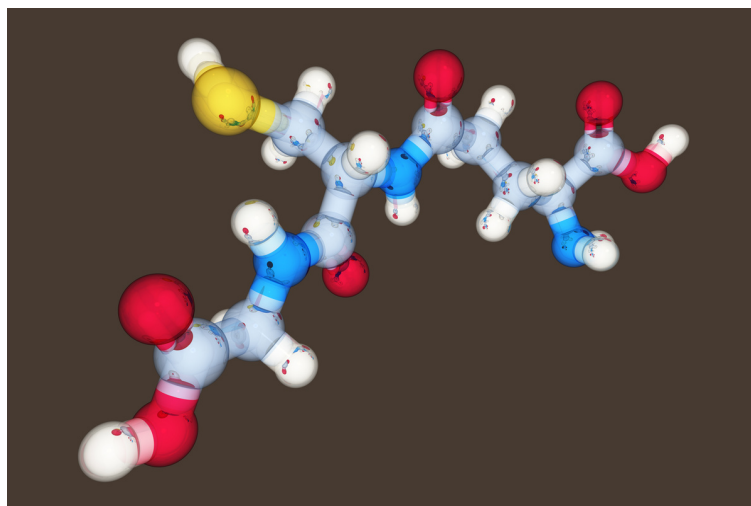
Nine foods to avoid if you have Hashimoto's

By Dr. Josh Redd, Chiropractic Physician

2

Glutathione. Glutathione is the body's master antioxidant and acts like a bodyguard for the cells in the body and brain, helping protect them from the damage of autoimmunity and inflammation. It will also help protect you from the many toxins in our environment, the stresses of modern life, and aging.

If you are over 50 you should be taking it daily. The two glutathione products we get the best results with are **Trizomal Glutathione from Apex Energetics** and **Tri-Fortify Orange by Researched Nutritionals**. You can also undergo glutathione IV therapy. How much you need depends on the degree of your inflammation, but we have our patients take **5-10 ml three times a day of Trizomal Glutathione**. You can also boost your body's ability to make glutathione by taking **600 to 900 mg of n-acetyl-cysteine twice a day**.



3

Resveratrol. Taking therapeutic doses of resveratrol has been shown to significantly dampen inflammation. We like to use **Resvero Active by Apex Energetics**, which is a highly absorbable liposomal resveratrol and allows you to take therapeutic doses. How much resveratrol you take depends on how bad inflammation is, so take enough to feel an effect. **We recommend 5-10 ml three times a day of Resvero Active.**

Nine foods to avoid if you have Hashimoto's

By Dr. Josh Redd, Chiropractic Physician

4

Short-chain fatty acids (SCFAs). SCFAs are compounds produced by healthy gut bacteria that play a role in many vital processes in the body, including immune function. However, many people are deficient in SCFAs because they do not eat enough plant fiber, which is needed to produce them.

In addition to increasing your consumption of veggies and low-glycemic fruit, consider taking the SCFA butyrate as a supplement. **Take about 1200 mg of butyrate two to three times a day.**

5

An iodine-free multivitamin. Many Hashimoto's patients are nutritionally deficient due to leaky gut, poor digestive function, and nutrient-poor diets. A comprehensive multivitamin that incorporates ingredients based on the most recent research can be helpful. These can include methyl B vitamin, flavonoids, antioxidants, and ingredients that support thyroid function, such as selenium and inositol.

However, make absolutely sure your multi does not have iodine. We have formulated an iodine-free multivitamin designed specifically for people with Hashimoto's called **Vicatalyst.**



NEXT STEPS?

Visit RedRiver Health and Wellness Center

We have seven clinics in the western United States and specialize in working with Hashimoto's and other autoimmune disorders. Call our offices to learn more about how to feel and function better right away.

**SCHEDULE AN
APPOINTMENT**

