

Nourishing Thyroid-Friendly Detox Recipes



Jumpstart Your Healing Journey
13 delicious & nutritious gluten-free recipes

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 *Holistic Thyroid Care™*

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Welcome!

Thank you for downloading the Thyroid Detox Recipes & Resources Starter Guide!

As a woman with Hashimoto's myself, I know the importance of trying to do a seasonal detox or cleanse program to support our detoxification organs. A sluggish liver actually impairs optimal conversion of your thyroid hormone and Candida can play a role as well.

Since leaky gut syndrome is a potential issue throughout your healing journey, I can't stress enough how important it is to pay attention to your body's many cries for attention.

When I was initially diagnosed with Hashimoto's, I also received two additional diagnoses: Celiac disease and pernicious anemia. How in the world did this happen to girl who ate "healthy" and had been extremely health conscious her whole life? Well, we all have our triggers, and I know what my triggers were...but that's a topic for another eBook!

This eGuide is intended to give you delicious and easy to prepare recipes to fall back on without necessarily committing to a full blown program. I know that it can be a challenge to take on a 14 or 28-day commitment when all you really need is a few immediate go-to safe menu ideas.

Use these recipes, resources and tips anytime but especially when you feel something is changing...I call them "mini" autoimmune attacks. I experience them sometimes as anything from a sudden perception of feeling unwell to aching joints, strange aches & pains, brain fog or debilitating fatigue. You may experience them too.

Enjoy the recipes as suggested or anytime you feel you want to commit to a couple of weeks to do a cleanse. To detox seasonally is the best medicine I know of when it comes to autoimmune thyroid disease by nourishing your body with nutrient-dense anti-inflammatory.

Other benefits you can expect when you feed your body well:

- * Energy
- * Weight loss
- * Reduce inflammation (contributes to aches & pains)
- * Improved skin, hair & nails
- * Better mood
- * Better sleep
- *...and more goodness!

Hashimoto's can be reversed! I've been where you are and thought I'd never feel better again. It all begins with healing the gut because this is where both disease AND healing begins. I truly hope you enjoy this guide and the recipes and that it helps you in your journey.

Blessings,

Shannon



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What Does it Mean to "Detox?"

Detoxification is the metabolic process by which the waste products our body produces on a daily basis, and the environmental poisons or toxins we are exposed to, are bio-transformed and eliminated from our body.

Key factors for good detoxification include:

- A cleansing diet with real, nutrient-dense, anti-inflammatory foods
- Optimum GI health and the liver's ability to neutralize toxins

The human body is capable of eliminating most toxins via the stool, urine, outbreath, and perspiration.

Detoxing with real foods can be considered to be a "turning away" from the consumption of packaged, processed, high sugar foods and the Standard American Diet lifestyle.

We should detox regularly (seasonally is best) to feel better and promote wellness, for optimum performance, reduce inflammation, fatigue, and thyroid or autoimmune associated symptoms and support the liver. The liver is the master detoxification organ.

Increased toxic burden can manifest as a myriad of symptoms such as fatigue, irritability, joint pain, brain-fog, digestive problems, hot flashes, allergic reactions, sneezing, and coughing. Reducing external toxin exposure is one solution.

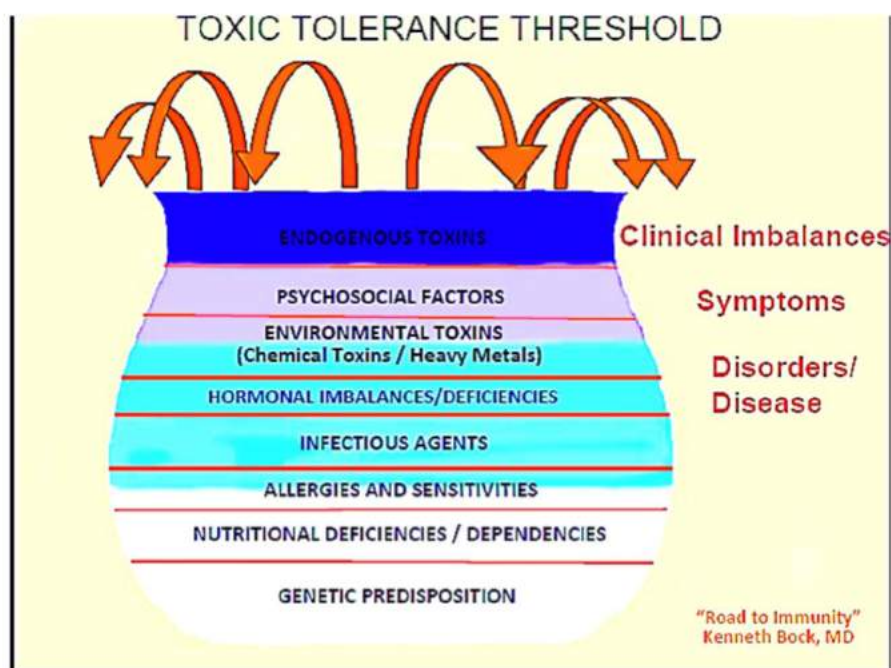
Detoxification also supports the process of biotransformation which aids the liver in both phases of detoxification and ensures incoming toxins are removed and eliminated.

Engaging a detoxification program on a regular basis helps improve metabolism, maintain a healthy weight, improve thyroid hormone conversion, hormone balance, and reduce inflammation. Since toxins are stored in fat cells, the body will increase production of fat cells in order to protect the rest of the body from the effects of circulating toxins. This is one reason why yo-yo dieting results in losing weight and then gaining it and more back.



Seasonal detoxification should not be entered into as just a one-time event. For best results, repeat a detox program with a credible guide in order to prevent toxin build-up. Just as we change the oil in our cars to maintain performance, we should do even better for our body. If you feel sluggish, tired, achy or depleted, it may be time for your "filter to be cleaned."

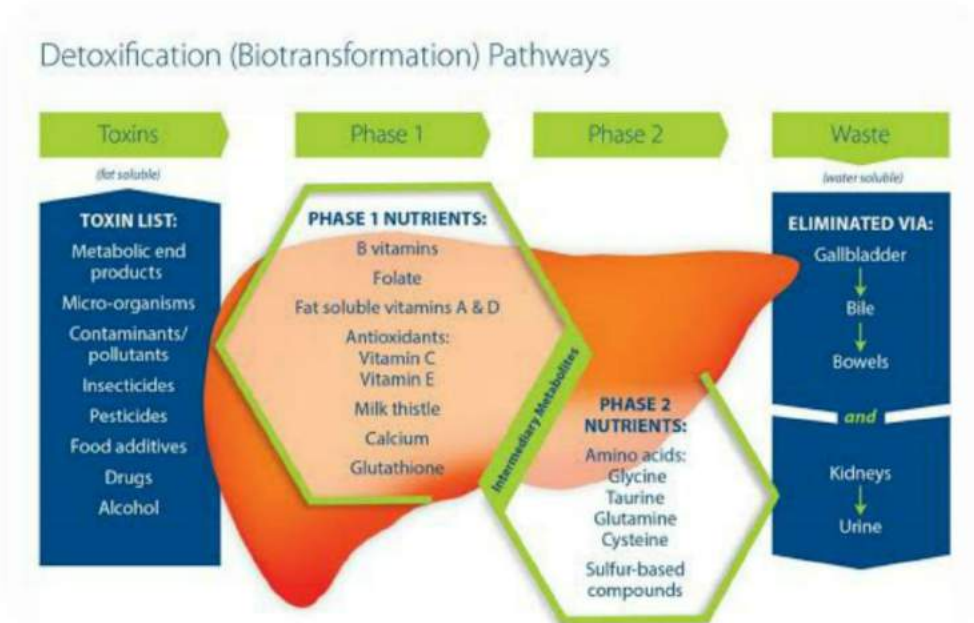
What is a Toxin?



A toxin is any substance that can be harmful to the body, causing anything from allergies to food intolerance issues, bloating, digestive upset or an overall feeling of sickness or of being "unwell." Toxins are everywhere:

- > Pollutants in the air we breathe
- > Chemicals in the water we drink
- > Industrial chemicals in the food we eat
- > Hazardous chemicals in personal care products
- > Hazardous chemicals in home care products
- > Stress is also a toxin, especially when stress is chronic...as is the case with autoimmune conditions due to 24/7 inflammation processes in the body. Stress isn't only emotional or mental stress - it can also be physiological, e.g. trauma, surgery, and chronic health conditions, etc.

Quick Review of Liver Detoxification Cycles



Nutrients Required for Phase I

*Water soluble vitamins B1, B2, B3, B6
B12, & vitamin C
Folate
Fat soluble vitamins A, D, & E
Milk thistle
Calcium
Glutathione*

Nutrients Required for Phase II

*Sulfur-based compounds
(MSM)
Amino Acids: Glycine, Taurine,
Glutamine, Cysteine*

When detoxification through the liver is compromised, fluid accumulation and inflammation in the body increases, which can result in allergies, chronic infections, chronic fatigue, inflammatory bowel disorders, eczema, asthma, multiple sclerosis and rheumatoid arthritis, to name a few.

Proper functioning of the liver's detoxification systems is especially important for the prevention of cancer.



What is Clean Eating?

Clean-eating is a phrase that has become very popular in the past few years and is really more about a way of life.

Avoiding foods that are processed or refined, which may contain nitrates, chemicals, and pesticides, allows you to reduce your exposure to harmful free radicals that can cause disease and accelerate aging.



By choosing foods in their most natural, whole state and including clean & lean animal or plant based proteins along with healthy fats, you can dramatically reduce inflammation, balance pH (less acidic), balance your hormone levels, and experience an overall sense of vitality.

Daily Inspiration

I love the morning...each day is an opportunity to begin anew and start fresh. Consider forgiving yourself for whatever it was you did or didn't do yesterday...because it's in the past. Nothing is stopping you from trying again and getting back on track. Believe in yourself because you can get better and live the life you want.

With autoimmune and thyroid disease it's important to embrace the concept that healing is a journey, not a destination. Please don't ever turn away from the daily practices that keep you well. The immune system is very complicated and has many channels including memory - my point is that we shouldn't be fooled into thinking we can ever let go of the lifestyle interventions that improved quality of life or even remission.

Say to yourself "I am ready to take care of myself and give my body what it needs to be nourished and thrive. I am making myself a priority and I am committed to the journey of healing forever.

*"I saw the angel in the marble & I carved until I set
[her] free"
~ Michelangelo*



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Avocado Berry Smoothie



INGREDIENTS:

- 1 cup coconut milk
 - 1/2 of an avocado
 - 1/4 cup frozen raspberries
 - 1/4 cup frozen Wild blueberries
 - 1 Tablespoon organic unsweetened coconut flakes
 - 1 teaspoon flax oil
 - 1 teaspoon vanilla extract, organic, gluten-free
 - 1 packet of stevia or local honey
 - Ice cubes for thicker smoothie
- Add all ingredients to a high-speed blender and blend well. Enjoy!

Avocados are great in smoothies because they add a rich, creamy texture & healthy fat. However, they are not at all sweet so when you add them you may want to also add a little local honey or stevia. Make sure your avocado is ripe and be sure to remove the seed and peel before blending.

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Liver Revitalize Raw Beet Smoothie



INGREDIENTS:

- 1/2 beet, raw, peeled & cut into chunks (OR red pear, see below)
- 1 handful fresh parsley
- 1 handful fresh baby spinach
- 2 leaves kale, lightly steamed & stems removed
- 1/4 cucumber, peeled & chopped
- Freshly squeezed lemon juice (1/2 lemon)
- 1 cup almond milk, unsweetened
- Stevia or local honey (if desired)
- 1 Tablespoon flax oil
- Fresh ginger root, peeled + extra slices for garnish
- Ice cubes

This smoothie takes a few minutes to blend because of the beets; so give it a good blending! If you don't have a high-power blender, cook the beets first,** If you don't like beets, use a red pear instead. If the smoothie seems too thick, simply add a little water while blending to your preferred consistency. Garnish with ginger slices for extra anti-inflammatory & gut healing benefits.

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Mood Enhancer



INGREDIENTS:

- 1 cup unsweetened almond or coconut milk
- 1 scoop of non-denatured whey or PurePea protein powder
- 1 cup fresh or frozen blackberries
- 1 teaspoon maca powder
- 1 Tablespoon organic, unrefined coconut
- 1 Tablespoon organic walnuts
- 1 handful of fresh baby spinach
- Optional: Local honey or stevia to taste
- Warming spices: cinnamon or clove

Maca root ranks #4 anecdotally as one of the top natural sources that helps to enhance mood although there are little to no clinical trials to support this claim. The amino acid profile found in high quality protein powders have also been shown to improve mood and the medium-chain triglycerides (MCTs) found in coconut milk support brain health.



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Blueberry Protein Pancakes



INGREDIENTS:

- 1 1/3 cups gluten-free flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 large pastured organic eggs
- 1/2 cup unsweetened almond or coconut milk
- 2 Tablespoons coconut oil
- Wild blueberries & mint for garnish, if desired

DIRECTIONS:

Combine the flour, baking powder, baking soda, and salt in a medium bowl. In a separate bowl, whisk together the eggs, non-dairy milk, and oil. Stir the wet ingredients into the dry ingredients and blend until smooth. Ladle approximately 1/3 cup of batter onto a hot griddle drizzled with coconut oil. Flip when bubbly and edges are slightly dry. Garnish with blueberries and couple teaspoons Grade B maple syrup. You can also add in a few blueberries to the pancake batter for a true blueberry pancake.



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Avocado & Egg Toast



INGREDIENTS

- 1 slice gluten-free bread, toasted
- 1/4 avocado, mashed
- 1-2 organic pastured eggs, soft-boiled
- 1 teaspoon red pepper flakes
- Black pepper to taste
- 2 teaspoons extra virgin olive oil
- Pinch of salt

DIRECTIONS

Blend mashed avocado with olive oil and spread on toast. Top with halved egg(s) and drizzle with additional olive oil. Sprinkle with salt, black pepper & red pepper flakes.

*If sensitive to egg whites, perhaps you can enjoy only the yolks.



Creamy Asparagus Soup



INGREDIENTS

- 1 large onion, chopped
- 2 Tablespoons extra virgin olive oil
- 1 pound asparagus, cut into 1/2 inch sections
- 1 cup cauliflower, chopped
- 3 cups organic low-sodium vegetable or chicken broth
- Juice from 1 lemon
- Sea salt & black pepper to taste
- Optional: Chopped green onions & asparagus spears for garnish

DIRECTIONS

Saute' onion with olive oil until fragrant, about 4 minutes. Add chopped asparagus and season with salt & pepper. Cook 5 minutes while stirring. Add cauliflower & broth. Cover & simmer 15 to 20 minutes or until vegetables are tender. Remove from heat. Using a ladle, carefully add hot soup to a high-speed blender & blend until smooth. If desired, garnish with green onions & asparagus spears.



Carrot Ginger Soup



INGREDIENTS

2 Tablespoons extra virgin olive oil
1/2 yellow onion, chopped
Fresh ginger, 2" section, peeled & minced
1-2 garlic clove, minced
3 cups organic, low-sodium vegetable or chicken broth
1 apple, cubed
1/2 pound carrots, peeled & chopped
Sea salt & ground black pepper
Optional: Italian parsley for garnish

DIRECTIONS

In a large pot over medium heat add olive oil & onion and saute' until translucent, approx 3 minutes. Add garlic & ginger and saute' another 1-2 minutes until fragrant. Add vegetable broth, carrots & apple and cook 20-30 minutes. Using a ladle, carefully place hot soup in a high-speed blender & blend until smooth. Garnish with parsley.



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Roasted Root Vegetable Salad



INGREDIENTS

- 2 cups roasted root veggies (parsnips, carrots, beets, onions)
- 2 cups mixed salad greens

Prepare a batch of roasted root vegetables using the following:

- 3 large parsnips, chopped
- 2 to 3 large carrots, peeled & chopped
- 1 to 2 large beets, stems removed, peeled & chopped
- 1 to 2 large onions, chopped
- 2 Tablespoons unrefined organic coconut oil
- 1 teaspoon each: Sea salt & black pepper

DIRECTIONS

Preheat oven to 350 degrees. Add chopped veggies to a large bowl & add coconut oil, salt & pepper. Mix well and place onto a roasting pan & roast 20-30 minutes, turning half way through. Remove and allow to cool.

Prepare mixed salad greens on a plate and top with roasted vegetables. Drizzle with raw apple cider vinegar dressing (recipe follows) & enjoy! Add protein of choice if desired.



Mashed Cauliflower



INGREDIENTS

1 medium head organic cauliflower, trimmed & cut into small florets

1 Tablespoon extra virgin olive oil

1-2 garlic clove, chopped

Organic, gluten-free low sodium chicken broth

Fine sea salt & ground pepper, to taste

Italian parsley

DIRECTIONS

Steam cauliflower until tender, about 20 minutes (using chicken broth as liquid).

Reserve 1/4 cup of the liquid. Add cauliflower florets to a high-speed blender & add oil and reserved broth 1 tablespoon at a time while pulsing blender. Add just enough fluid to desired texture. Add garlic and puree until smooth. Season with salt & pepper to taste & sprinkle with chopped parsley.

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Watercress & Beetroot Salad



INGREDIENTS

- 1 bunch watercress, washed
- 1 cup beets, peeled & chopped
- 1 Tablespoon organic sunflower seeds, unsalted
- 1 Tablespoon black sesame seeds
- 1/2 avocado, chopped

DIRECTIONS

Assemble all ingredients in a salad bowl and drizzle with raw apple cider vinegar dressing.

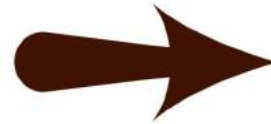
Dressings

Raw Apple Cider Vinegar Dressing

- 1/4 cup raw apple cider vinegar
- 1 large garlic clove, minced
- 1/3 cup extra virgin olive oil
- 1 teaspoon local honey
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper

Turmeric Ginger & Apple Cider Vinegar

- Kevita Tonics Cleansing Probiotic Tonic:
{Apple cider vinegar & turmeric ginger}
- Extra virgin olive oil



Lemon Basil

- 2 teaspoons freshly squeezed lemon juice
- 1 teaspoon grated lemon zest
- 1/2 teaspoon fresh basil, chopped
- 2 Tablespoons extra virgin olive oil OR flaxseed oil
- Sea salt & pepper to taste

Simply Fresh

- Fresh squeezed lemon, lime, orange or grapefruit with
smashed avocado & flaxseed oil or extra virgin olive oil

Raspberry Chocolate Chia Pudding



INGREDIENTS

- 3 Tablespoons raw cacao powder
- 1/3 cup chia seeds
- 4 ripe avocados
- 1/4 cup coconut milk
- 2 teaspoons vanilla extract, gluten-free
- 1/4 cup raspberries

DIRECTIONS

Remove skin and pit from avocados and place in a food processor along with the raspberries. Blend until combined and creamy. Add in remaining ingredients, blending until pureed, scraping down the sides when needed to fully combine. Blend for a good 1-2 minutes until completely creamy.



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Apple Pumpkin Dessert



INGREDIENTS

- 1 teaspoon cinnamon
- 1 Granny Smith apple - peeled, cored & chopped
- 1/4 cup canned organic pumpkin (unsweetened)
- 2 Tablespoons filtered water
- Coconut yogurt, plain
- Optional: raw pumpkin seeds for garnish

DIRECTIONS

In a medium saucepan on low heat, combine apples, canned pumpkin, water, and cinnamon until warmed thoroughly. After approximately 5 minutes, remove from heat. Serve over top of coconut yogurt & sprinkle with pumpkin seeds if desired.



Nighty-Night Milkshake for Two



INGREDIENTS

- 1 cup almond milk, unsweetened
- 2 frozen bananas
- 1 Tablespoon raw cacao
- 2 Tablespoons sunflower seed butter
- 4 Medjool dates, seed removed
- 1/4 teaspoon cinnamon
- Optional: Dash of ginger

DIRECTIONS

Combine all ingredients in a blender. Blend and enjoy! Add ice cubes for thicker consistency if desired.

I hope you enjoy this collection of some of my favorite thyroid-friendly clean-eating recipes, and that after trying them & experiencing a sense of what it's like to feel good again that you'll be empowered to move forward with hope, confidence and determination to reverse autoimmune thyroid disease.



Today, many who work in conventional medicine still believe autoimmune & thyroid disease cannot be reversed. As a nurse, I saw this too often (and is one of the primary reasons I left the clinical setting).

What's worse is their belief that the only answer is medication for symptom management. This line of thinking is rooted in outdated and misguided information. The tragic part is that traditional medicine's plan of treatment often leaves many women in a state of needless suffering, hopelessness and fear about their future health.

Like many functional & integrative practitioners, I am on a mission to change how mainstream and the world views and understands thyroid & autoimmune disease.

As a functional & integrative nurse who specializes in working with women facing these issues, it is my mission & calling in life to educate, inspire, uplift & empower women everywhere on how to reverse autoimmune thyroid disease and get their life back.

Thank you for allowing me to be a part of your search for the truth along your healing journey.

Blessings,

Shannon



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