

# Hashimotos, Auto-immune thyroid disease, avoid gluten like the plague

From <http://paleozonenutrition.com/2010/08/26/hashimotos-auto-immune-thyroid-disease-avoid-gluten-like-the-plague/>

Posted on August 26, 2010 by Julianne

I see a number of people with Hashimotos or auto-immune thyroid disease. In this disease your body makes anti-bodies that attack the thyroid tissue, these can cause more and more damage to the point where the thyroid is unable to make thyroid hormones.

I have Hashimotos, fortunately I am symptomless, and so no treatment is required, however my thyroid anti-bodies are high.

Since discovering this – in a general checkup a year ago, I have been researching how I can stop this attack and stay well.

I've discovered many treatments and attitudes to this problem are outdated, for example my Doctor said – “There is nothing you can do, we will just keep an eye on it and eventually your thyroid will become so damaged that you will need to take thyroid hormones.”

When I ask a Doctor – even a specialist “How can I stop the auto-immune attack?” “You can't”

Fortunately there is a Scientist and Doctor who has researched this area and has successfully treated Hashimotos sufferers. His name is Dr Datis Kharrazian, and his book “Why Do I Still Have Thyroid Symptoms? When My Lab Tests Are Normal: A Revolutionary Breakthrough In Understanding Hashimoto's Disease and Hypothyroidism” is an eye opener and absolute must read if you have any type of thyroid issue.

Dr K explains that Hashimotos is first and foremost an auto-immune disorder, where you are attacking the thyroid like foreign tissue. So you need to start by dealing with the environmental trigger that starts the auto-antibody attack against the thyroid. **The primary trigger? Gluten, and it's many related substances like gliadin.** Dr K

explains “Removing gluten is a vital first step if you have Hashimoto’s. Even if you don’t have Hashimoto’s, chances are removing this ubiquitous toxin from your diet will help you greatly. Numerous studies from several countries show a strong link between gluten intolerance and Hashimoto’s. When immune antibodies tag gluten for removal from the bloodstream, where it landed thanks to a leaky gut, this stimulates production of antibodies against the thyroid gland as well. In other words, every time you eat gluten, your immune system launches an attack not only against gluten but also against the thyroid gland. This immune response to gluten can last up to six months each time it’s ingested. It’s just not worth it. Also, as I continue my research and practice in neurology, I never cease to be amazed at how profoundly one’s brain health, a concern for all those struggling with hypothyroidism, can be impacted by removing gluten from the diet.” Other issues include high blood sugar and insulin resistance, adrenal issues and leaky gut which all need to be addressed.

**So if you have Hashimotos – STOP EATING GLUTEN NOW** – no kidding, treat it as poison. It might save your health. I’ve stopped, gluten affects me in many ways, which I discovered since my health improved dramatically using the Paleo diet (I’m not only gluten, but grain and legume free)

**The other thing you must not do is take iodine supplements** – Hashimotos is not an iodine deficiency issue, and research shows you can make the problem dramatically worse by taking iodine. I causes a flare up of the auto-immune reaction and increases inflammation in the thyroid gland. I know this from my own experience – my TSH rocketed up and my thyroid enlarged after a few weeks taking iodine. Fortunately I read Dr K’s book and stopped it – and my thyroid returned to normal.

**Read this article:**

[Iodine and Hashimotos](#)

**Read these article:**

[Changing your diet is the first step in addressing Hashimoto’s](#)

[Auto-Immune gut repair diet](#)

**Listen to this interview with Dr K:**

[Blog Talk radio](#)

**Buy this book, follow the protocol:**

[Why Do I Still Have Thyroid Symptoms? When My Lab Tests Are Normal: A Revolutionary Breakthrough In Understanding Hashimoto’s Disease and Hypothyroidism](#)

By Datis Kharrazian

Read this excellent in depth series on thyroid disorders on “The Healthy Skeptic”  
[The Healthy Skeptic Blog “Thyroid Disorders” Series](#)