

# STELLAR *Life*

Hosted by *Orion*

## Fix Your Thyroid, Fix Your Life

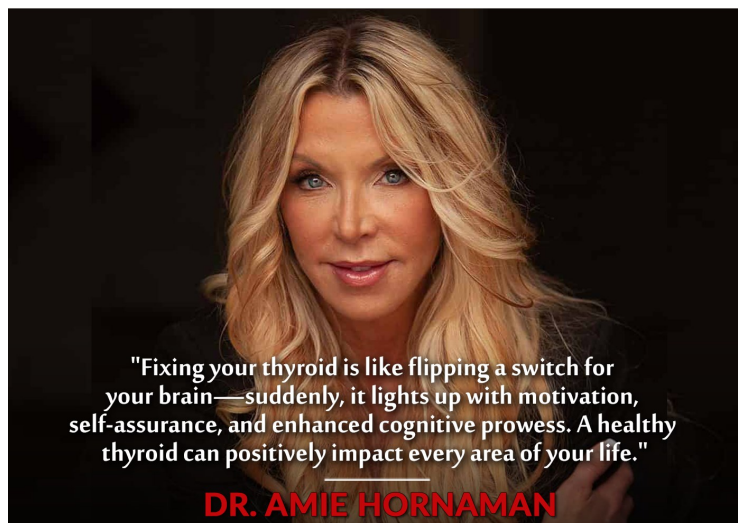
### 10 Point Checklist

### Dr. Amie Hornaman

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Fixing your thyroid is like flipping a switch for your brain—suddenly, it lights up with motivation, self-assurance, and enhanced cognitive prowess. A healthy thyroid can positively impact every area of your life."

**DR. AMIE HORNAMAN**

# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- Ensure a thorough examination beyond TSH and Free T4 to assess your thyroid health. Include tests for Free T3, reverse T3, TPO and TG antibodies to get a complete picture.
- Work with functional medicine practitioners or integrative naturopaths. Those specializing in thyroid health can ensure accurate diagnosis and treatment.
- Eliminate gluten from your diet to reduce inflammation and prevent autoimmune thyroid attacks. Support your overall health by opting for real, whole foods. Eliminate processed foods from your diet.
- Reduce inflammation by eliminating processed foods and sugars from your diet. Minimize inflammation by cutting back on high in sugar, processed foods, and toxins.
- Add berberine to your diet to help regulate blood sugar levels. Berberine is especially helpful for those with insulin resistance. Explore the benefits of T2 supplementation to increase your basal metabolic rate, aid in weight management, and increase your energy levels.
- Recognize the importance of optimal testosterone levels to protect against autoimmune conditions. Consider hormone replacement therapy to address both thyroid and testosterone levels.
- Explore options like natural desiccated thyroid or synthetic biosimilar medications, to discover what works best for you. Thyroid hormone replacement therapy should be tailored to the individual.
- Prioritize regular exercise, including weightlifting, to support overall well-being and thyroid function. Establish a routine and commit to regular physical activity for long-term benefits.
- Remember the connection between thyroid health and other bodily functions. Treat the thyroid as your master gland, and ensure its proper function for overall well-being.
- Access helpful resources such as free guides and downloads, lab checklists, and quizzes from Dr. Amie Hornaman on [dramiehornaman.com](https://dramiehornaman.com) and listen to [The Thyroid Fixer podcast](#).