



15 THYROID HEALING RECIPES

STARTING GUIDE
OF THYROID
BOSS
COMMUNITY

DOCS
SZNAJDER_GANDOLFO

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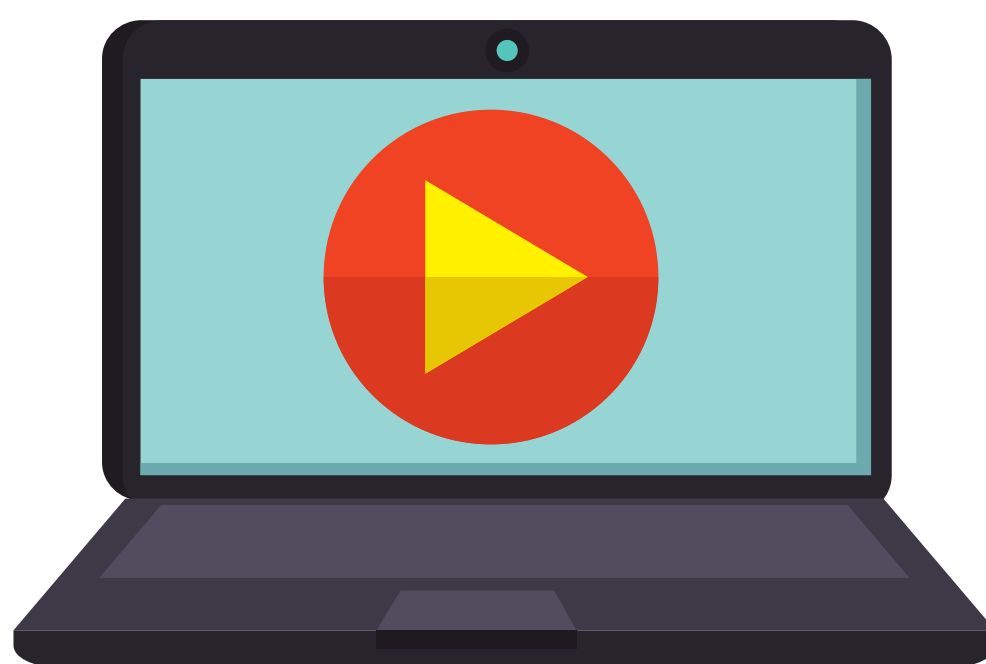


<https://youtu.be/2phhW3x0GUo>



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Hello there!

I am so glad You have joined our newsletter and signed up for our Thyroid Boss community!

Thyroid health is at the basis for wellbeing. As we like to say **“A healthy thyroid sets the optimal health in the body”!**

Your brain, heart, vasculature, metabolism, reproductive system and many others, all respond to thyroid hormones.

Guess what? If Your thyroid hormones are not set to balance then all Your body will start to suffer from it.

So, if You want to be happy, healing Your thyroid is the first place to start! And You are on the right way.

In this ebook You will find many useful information regarding thyroid together with simple steps to improve its health.

Moreover, 21 delicious recipes to decrease the inflammation and help Your thyroid work better.

This way You can start feeling better!

Wishing You great health and welcome to
Thyroid Boss community,
Adrian&Giulia

Thyroid Boss



HEALTHY THYROID OR NOT?

1 out of 4 people is diagnosed with a thyroid disease.

Surprisingly as it may sound, still in 2020 most doctors struggle at diagnosing a unhealthy thyroid and treating it well.

Why? Due to its multiple functions, the thyroid can cause many symptoms like:

- tiredness
- fatigue
- sensitivity to temperature (too hot or too cold)
- disturbed intestinal activity (eg diarrhoea, constipation, gas, etc)
- brain fog
- mood change
- menstrual irregularities
- joint and muscle pain
- pain in the throat
- loss of weight control
- hair loss and fragility
- nail fragility
- depression
- decrease libido

Given this big diversity of symptoms, unless blood tests confirm thyroid disequilibrium Your doctor will not diagnose You with Thyroid disease.

What would happen next, if You do not receive thyroid diagnosis?

Your doctor will highly probable say Your symptoms are of psychological origin.

However, is it true Your symptoms are psychological? Clearly no. You are Not crazy.

You may think at this point that it does make sense. How cannot You be crazy and yet not being diagnosed?

This is because the conventional (most used) approach is to use drugs to treat a condition. To do so Your blood tests must be out of range.

Thus blood tests are Not always reliable when it comes to define if Your thyroid is healthy or not.

Rather, what You need is someone who will help You according to Your signs, symptoms and blood tests.

It must be a 360 degree healing approach aimed to find what triggered Your thyroid condition at first.

If instead, You have been diagnosed with Thyroid disorders, then You wanna make sure You are addressing the root cause.

By doing so You will benefit and work on true healing.

This what it means being part of Thyroid Boss community.
Kicking the disease at 360 degree.

8 signs of Thyroid disorders

1 **Skin:** Acne, Chronic Hives, Psoriasis

2 **Brain:** Anxiety, Depression, Brain fog, Fatigue

3 **Immune system:** Autoimmune Diseases (eg Hashimoto's thyroiditis, Graves Disease, Rheumatoid arthritis, Systemic Lupus Erythematosus, etc)

4 **Digestive system:** Constipation, Bloating, Abdominal distension, Acid reflux, Diarrhoea

5 **Metabolism:** Weight loss or gain, Diabetes, Obesity

8 signs of Thyroid disorders

6 **Hormones:** Irregular periods,
Fertility problems, reduced
Libido, PMS

7 **Nutrients:** Iron, Vitamin B12,
Vitamin D3, Calcium,
Selenium, Iodine, Magnesium,
Zinc, Copper

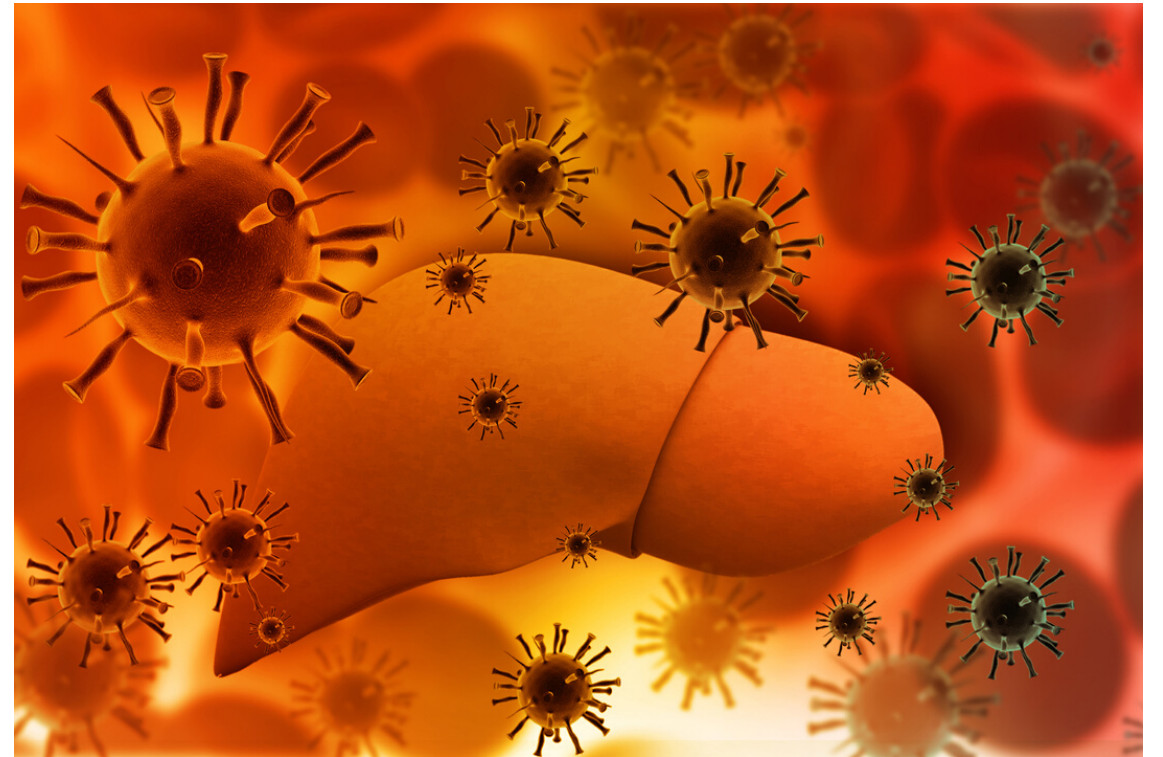
8 **Gut:** Gluten* sensitivity,
Celiac disease, Parasite
infection, SIBO, IBS, Yeast
overgrowth, H.pylori

* a protein naturally found in white and wheat flour, as well as other grains like barley, rye, spelt, kamut, semolina, and einkorn. Gluten can also be found in many processed foods, such as soy sauce, certain vinegars, brewer's yeast, some alcohols, soups, lunch meats, salad dressings, marinades, and spices.

Most common causes of Thyroid Disorders:



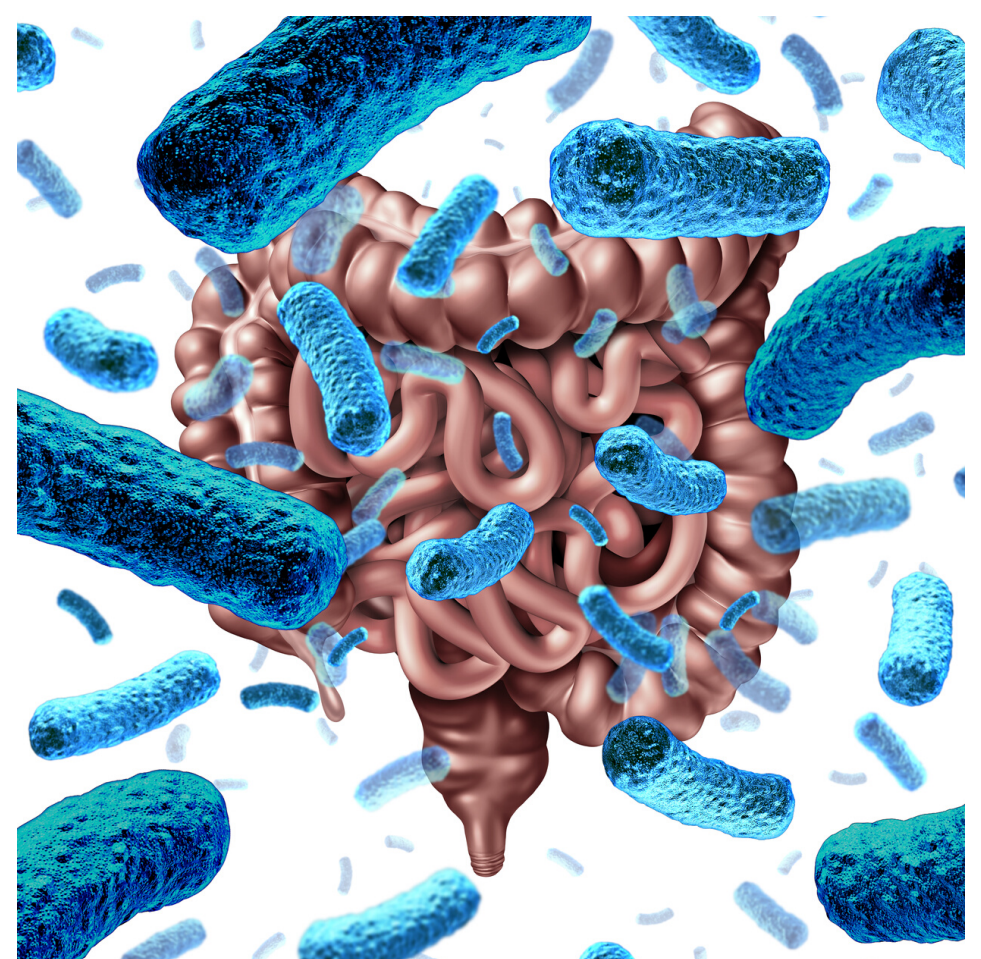
Stress



**Parasite, Yeast
and Bacterial
Infection**



**Nutritional
deficiency**



**Gut
disequilibrium**

Most Useful & Effective Approach used by our Thyroid Boss community:

Remove all inflammation sources: refined and processed food, gluten rich food, dairy, alcohol. Start looking for pathogen infections

Reestablish a healthy gut microbiome: use right probiotics and prebiotics, use the right food (mainly carnivore diet until symptoms improve) and keep Yourself hydrated (mainly water, no sugar drinks)

Add essential supplements to Your diet: selenium, vitamin B12-D3-K2, magnesium, probiotics and antioxidants

Eating is Healing

You will understand the true meaning of “eating is healing” only once You tested its miraculous effects on You.

Food does make a difference.

Most people are used to the American diet. Eat 6 times a day, mostly fast and already made food, soft drinks and sugar everywhere (even in frozen veggies soups).

This food promotes inflammation and insulin resistance. You may wonder how?

Food once eaten is not converted into calories by our cells, as You may believe.

Rather, food will generate an hormonal response. Depending on the food You eat it can be a good or a bad one.

Over time, a bad hormonal response can make You more likely to develop inflammation, gut problems, autoimmune diseases, diabetes, cardiovascular diseases, thyroid disorders, and many others.

What to do?

Start to eat well.

In our Thyroid Boss healing Program we have also included a tailored diet among many other benefits.

Have a look here:

In this ebook You will notice that the recipe will be all gluten free. We do not follow any strict keto, AIP, paleo protocol.

We apply what we have seen works the most for our patients.

Which is:

Give a diet plan according to their symptoms and that's tailored on them, instead of a general non specific protocol.

This is the ONLY way You can have successful results form a diet, which also last in the long run.



HOW CAN GLUTEN, PATHOGEN INFECTIONS AND FOOD CAUSE THYROID PROBLEMS?

Short answer is: Molecular Mimicry and Inflammation.

What's Molecular Mimicry?

These substances and pathogens show some molecules that are very similar to the ones expressed by Your thyroid.

For this reason Your immune system will make a mistake and start to attack You own body's cells.

So, Your immune system is NOT against You. It is just in a “confused” state.

As a consequence of immune system activation, inflammation begins which just makes things worse for Your thyroid.

That's why it is essential to find what's the trigger of Your Thyroid problems.

Drugs **will NOT help You** finding out what's the reason.



15 Thyroid Boss RECIPES



HEALING BONE BROTH

Serves 2:

350g meat (muscle + bone)

3 organic carrots

2 organic onions

7 organic celery sticks

a cup of parsley and basil
bio

1 table spoon of kelp
powder

1 inch of ginger (peeled
and sliced)

cold water to cover all
the ingredients



HEALING BONE BROTH

Steps:

1. Place all ingredients in a pot
2. Add cold water
3. Cook for at least 6h
4. Add salt and spices according to Your taste

Tips:

Put cloves inside the onions

You Must drink the broth
Freeze the broth that's left over



HEALTHY HAMBURGER



Serves 1:

250g minced beef

1 zucchini (finely sliced)

80-100g mushrooms
(finely sliced)

1 thin sliced garlic clove

2 table spoon of
parmesan cheese

2 table spoon of olive

oil

bit of salt

black pepper

HEALTHY HAMBURGER



Steps:

Mix all the
ingredients and grill
your burgers

PUMPKIN SOUP

Serves 1:

200g pumpkin

70ml coconut
cream

1/2 white onion

1 table spoon of
coconut oil

salt and spices



PUMPKIN SOUP



Steps:

1. Chop the pumpkin in cubes
2. In a pan add onion (finely sliced) with oil
3. When the onion is soft add the pumpkin
4. Mix it then add 2 glasses of water and let it cook until soft
5. Once soft add coconut cream and blend it
6. Add salt and spices

COCONUT & LEMON PANCAKES

Serves 2:

50 ml (25 g) coconut
flour

2 g baking soda

salt

50 ml heavy whipping
cream

3 large eggs,
separated

1 teaspoon of honey

2/5 tsp lemon extract
or lemon zest

50 g whole milk ricotta
cheese

2/5 tbsp avocado oil



COCONUT & LEMON PANCAKES

Steps:



1. In large bowl, combine coconut flour, baking soda, and salt.
2. Whisk in cream, egg yolks, sweetener, lemon extract, and ricotta.
3. In another bowl, beat egg whites with an electric mixer until soft peaks form. Fold into batter.
4. Heat a large griddle or pan with oil over medium high heat.
5. Drop batter using about 4 tablespoons (1/4 cup) of batter for each pancake.
6. Cook until each side is browned, about 2 to 3 minutes per side.

BANANA BREAD



Serves 4:

4 bananas

4 eggs

2 cups of oatmeals

2 cups of coconut
flakes

1 tea spoon of
vanilla

2 teaspoon of
baking soda

BANANA BREAD

Steps:

1. Preheat oven at 170C
2. In a mixer add 2 bananas mix
3. Add the 2 eggs with vanilla and mix
4. Add the 2 glasses of oatmeal plus baking soda
5. Add your banana bread to a plum cake stamp of about 22cm
6. Cut in slices you half banana and add it on top
7. Leave in the oven for about 45 min



BAKED SWEET POTATOES CHIPS



Serves 1:

1 sweet potatoe
(about 200g)

salt

rosemary

1 tablespoon of
coconut oil

BAKED SWEET POTATOES CHIPS



Steps:

1. Cut the potato all same size (as shwon in the picture)
2. Add all ingredients
3. Put in the oven (200C)

COCONUT CAKE

Serves 8:



100g butter

260g coconut flour
150g shred
coconut

2 can of coconut
milk full fat

5 tea spoon of
honey

2 - 2.5 teaspoon of
vanilla

8 eggs

2 full teaspoon of
baking soda

COCONUT CAKE

Steps:



1. Prepare a cake stamp of about 24cm with butter and flour to avoid sticking and preheat the oven at 160C
2. In a mixer add all the ingredients I usually prefer starting with eggs, vanilla, butter, milk, dry ingredients.
3. Add to stamp leave in oven and after 40 min check if cooked.
4. Just dig a toothpick inside and see if it comes dry or not.

WILD SALMON WITH LEEKS

Serves 1:

250g wild salmon

1 leek

1 spoon of coconut
oil

8 cherry tomatoes

black an red pepper

salt



WILD SALMON WITH LEEKS

Steps:

1. Cut the leek in medium size
2. Take a pan (better a wok) and add the oil + leek
3. Once the leeks start to release their smell add cherry tomatoes cut in cubes.
4. Cook at high flame.
5. Once You see the tomatoes kind of soft add the salmon.
6. Cook until ready and add the spices You like.



BERRIES SMOOTHIE

Serves 1:

100g blueberries

1 cup of almond milk

1 banana

1/2 pineapple

Ice

Optional: add
unsweetened coconut
flakes on top



BERRIES SMOOTHIE



Steps:

Add everything in a
blender.

Enjoy

CHOCOALTE SMOOTHIE



Serves 1:

1 cup of coconut
milk

1 banana

1 cup of spinach

1 spoon of almond
butter

1/2 spoon of
unsweetened cocoa

Ice

CHOCOALTE SMOOTHIE



Steps:

Put everything in a blender .

Enjoy.

MANGO & GINGER SMOOTHIE



Serves 2:

1 mango

2 oranges

2 cups of spinach

1/2 inch of ginger
peeled and grated

1 banana

1/2 cup of coconut
milk

Ice

MANGO & GINGER SMOOTHIE



Steps:

Put everything in a blender and mix it.

Enjoy.

ORGANIC FARM VEGGIES SOUP

Serves 2:

150g broccoli

2 carrots

1 white onion

3 celery sticks

half cup of basil

1 sweet potato

1/4 inch of ginger
peeled and grated

1/2 spoon of kelp
powder



CHICKEN COCONUT CURRY

Serves 4:

3-4 large boneless skinless
chicken breasts

1 white onion, chopped

1 red bell pepper, chopped

4 tablespoons yellow curry
powder

1 tablespoon Thai red curry
paste

2 15-ounce cans coconut milk

juice of 1 lime (plus additional
lime wedges for serving)

2 cups thinly sliced red cabbage

handful fresh cilantro, roughly
chopped

4 cups cooked white rice

salt



CHICKEN COCONUT CURRY

Steps:

1. Chop chicken into 1-inch (bite sized) pieces.
2. Take a large pan and add oil over medium heat. Add chicken, onions, and peppers to pan. Saute 1-2 minutes.
3. Sprinkle yellow curry powder over chicken and veggies. Continue to saute 5-7 minutes or until chicken is cooked through.
4. Add red curry paste, coconut milk and lime juice to pan.
5. Stir over medium heat until sauce begins to bubble. Taste, add salt, and taste again.
6. Serve with cooked white rice and garnish with fresh, chopped cilantro.
7. Serve with lime wedges for squeezing on top.



WILD SALMON AND COCONUT

Serves 1:

275 g salmon

½ tbsp olive oil

20 g unsweetened shredded
coconut

½ tsp turmeric

½ tsp kosher or ground sea
salt

¼ tsp onion powder

2 tbsp olive oil, for frying

1 sweet potato

salt and pepper
lemon, for serving



WILD SALMON AND COCONUT

Steps:



1. Cut the salmon in 1 x 1 inch (cubes or dices) pieces. Drizzle with olive or coconut oil.
2. Mix shredded coconut, salt, turmeric and onion powder on a plate.
3. Toss the salmon pieces in the coconut coating.
4. Fry the salmon pieces on medium high heat until golden brown. Keep warm while you prepare the potato.
5. Cut the potato and either bake it or simply boil it (if boiled when ready add a bit of salt, spices and olive oil)
6. When ready serve the salmon with potato and lemon.

REFRESHING JUICE



Serves 1:

100g berries

1/8 inch of ginger peeled
and grated

2 sticks of celery

1 banana

few drops of lime

3 mint leaves

1 orange

Ice

REFRESHING JUICE



Steps:

Add everything to a
blender and mix.

Enjoy.

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how to improve Your hormonal health.

