



7 SIMPLE STEPS TO
feel better
IN **7** DAYS

**A Quick-Start Guide for Women
with Hashimoto's & Hypothyroidism**

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Did you know that **1 in 8 women** will develop a thyroid disorder in her lifetime? **Hashimoto's thyroiditis** is the most common cause of **hypothyroidism**, affecting millions of women worldwide. Symptoms like fatigue, brain fog, weight gain, and hair loss can make everyday life feel exhausting. But the **good news** is that small, intentional changes can create a **big difference** in how you feel!

I struggled with various health issues since childhood. In 2011, I was diagnosed with Hashimoto's. Other diagnoses followed. I spent years working with numerous health practitioners, trying different diets, supplement protocols, and healing modalities. I struggled to understand what truly made a difference and what was just adding to the treatment fatigue. Through this journey, I learned that healing requires more than just supplementation and changes in diet. True healing involves addressing all aspects of lifestyle—reducing stress, prioritizing sleep, exercising in healthy ways, learning to slow down, and being kind to yourself. It is about developing healthy boundaries, nurturing meaningful relationships, and fostering a deep connection with yourself and others. By making these shifts, I was able to reclaim my energy and well-being, and now I am here to help you do the same.

If you are struggling with low energy, sluggish metabolism, and unpredictable mood swings, this guide will help you take **simple, actionable steps** to start regaining your energy, focus, and well-being in just one week!



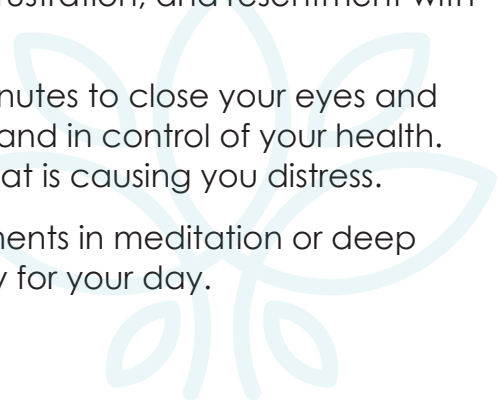


1.

Adopt a 15-min Morning Mindfulness Routine for Stress Reduction

Chronic stress worsens Hashimoto's and hypothyroidism by increasing inflammation and disrupting hormone balance. A **morning mindfulness routine** helps reduce your stress hormone levels and sets a positive tone for your day:

- **Express Gratitude:** Start your morning by listing 3 things you are grateful for. Gratitude shifts focus from stress to positivity.
- **Send Love to 3 People in Your Life:** Love heals. On all levels. It can not only help heal discord in relationships but will also allow you to heal physically as you learn to replace anger, frustration, and resentment with forgiveness, kindness, and compassion.
- **Visualize Positive Outcomes:** Take 2-3 minutes to close your eyes and picture yourself feeling strong, energized, and in control of your health. You can do the same with any situation that is causing you distress.
- **Time of Stillness:** Spend a few quiet moments in meditation or deep breathing to receive inspiration and clarity for your day.



2. Go for a Morning Walk, Soak in Some Sunlight!

- A gentle morning walk in natural light supports your **circadian rhythm**, which helps regulate sleep-wake cycles and supports adrenal health.
- **Movement** stimulates lymph flow, aids detoxification, and boosts energy, mood, and metabolism.
- **Sunlight** exposure for 15-20 minutes daily helps optimize Vitamin D levels, crucial for thyroid and immune function.
- If sunlight is limited, consider using a **Vitamin D lamp** to support healthy levels during darker months.

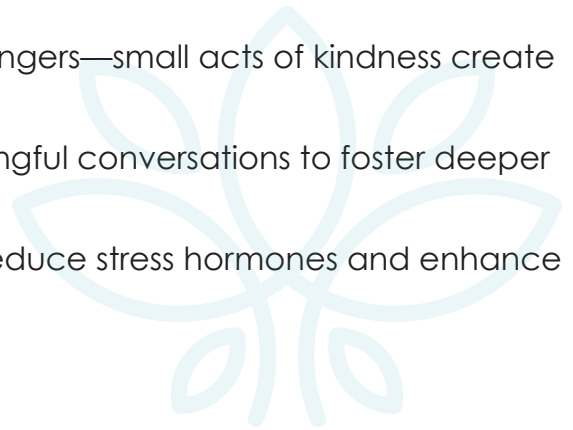




3. Connect with Loved Ones & Spread Positivity

Social connection is essential for reducing stress and promoting healing. Engaging in positive interactions helps activate the **parasympathetic nervous system**, increase **dopamine, oxytocin, serotonin, endorphins**, and supports **healthy vagus nerve function**.

- Spend time with loved ones, even if it is just a quick check-in or a heartfelt text.
- Engage in kind interactions with strangers—small acts of kindness create big mood shifts.
- Practice active listening and meaningful conversations to foster deeper connections.
- Laughter and shared experiences reduce stress hormones and enhance emotional well-being.



4. Hydrate with Quality Water

Did you know our bodies are about 70% water?

Dehydration worsens fatigue, brain fog, and sluggish metabolism.

Proper hydration helps flush out toxins and supports **healthy thyroid function**.

- Aim for **half your body weight (lbs) in ounces** of filtered water daily.
- Add a pinch of **sea salt or trace minerals** for better absorption and electrolyte balance.
- Avoid plastic bottles—use **glass or stainless steel** to minimize hormone-disrupting chemicals.



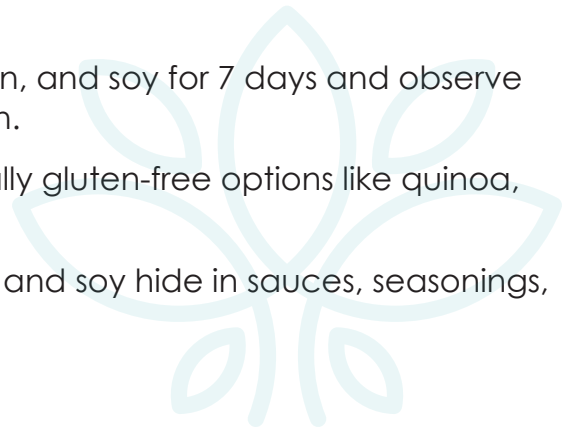


5. Eliminate Gluten, Corn, and Soy for Inflammation Reduction

If the thought of giving up bread makes you want to cry, I am right there with you. I am European. I LOVE good artisan European-like bread!

Unfortunately, gluten, along with corn and soy, are **common triggers for Hashimoto's** and can worsen symptoms by causing inflammation and gut permeability. And yes, even a bread-loving European can thrive on a gluten-free diet.

- Try a **100% elimination** of gluten, corn, and soy for 7 days and observe improvements in energy and digestion.
- Swap wheat-based foods for naturally gluten-free options like quinoa, sweet potatoes, and leafy greens.
- Read labels carefully—gluten, corn, and soy hide in sauces, seasonings, and processed foods.



6.

Add Nutrients for Thyroid Support

Many people with Hashimoto's are deficient in key nutrients. Boosting these can help improve energy, metabolism, and immune function:

- **Selenium (Se):** Supports thyroid hormone conversion. Found in Brazil nuts, sardines, and eggs.
- **Zinc (Zn):** Essential for immune and thyroid function. Found in pumpkin seeds, beef, and shellfish.
- **B Vitamins:** Help with energy, brain function, and hormone balance. Found in grass-fed meats, eggs, and leafy greens.
- **Omega-3s:** Reduce inflammation and support brain function. Found in wild-caught fish, flaxseeds and walnuts.
- **Nutrient-Dense Sources:** Whenever possible, choose whole foods rich in these nutrients rather than relying solely on supplements.
- **Aim for Organic or at least non-GMO foods:** These will reduce the toxic burden on the body disrupting hormonal pathways.



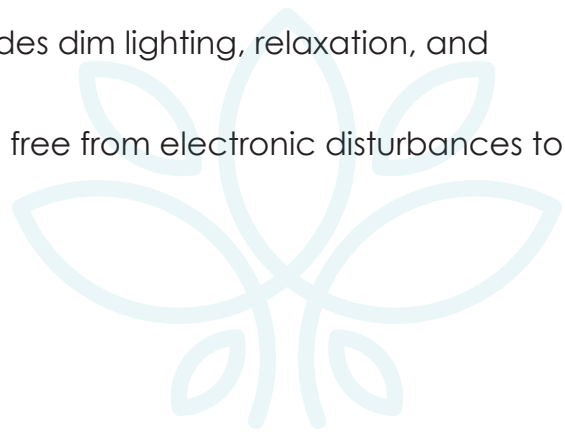


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● Prioritize Quality Sleep

Restorative sleep is **essential for thyroid balance, metabolism, and stress recovery**. Poor sleep can worsen fatigue and weight struggles.

- Aim for **7-9 hours** of high-quality sleep each night.
- If possible, support your body's natural circadian rhythm by going to bed by 10 PM and rising early, aligning with natural light cycles.
- Create a bedtime routine that includes dim lighting, relaxation, and limiting screen time before bed.
- Keep your bedroom cool, dark, and free from electronic disturbances to promote deep sleep.



Take Action & Feel the Difference

Over the next **7 days**, implement these simple yet powerful steps. Small, consistent changes lead to **lasting results!** And for some, that may be all that is needed!

But if you have been struggling with chronic conditions for a while, deeper investigation of what is driving your symptoms may be required.

Working with a functional health practitioner who understands what you are going through is the most effective way to achieve your desired health outcomes.

As a Functional Diagnostic Nutrition Practitioner (FDNP), I am not trained to merely alleviate symptoms. I focus on uncovering the underlying imbalances and hidden dysfunctions that are at the root of your symptoms and designing customized protocols and healing strategies to correct them.

The FDN motto is “Test, don’t guess!”

That is why I run specialized lab tests that serve as powerful tools for thorough investigation of the various factors that drive your symptoms.

Proper testing is the only way to identify:

- Leaky gut
- Hidden food sensitivities
- Heavy metal toxicity
- Mitochondrial dysfunction
- Hormonal imbalances – adrenal, thyroid and sex hormones
- Impairment of detox pathways
- Nutrient deficiencies
- Gut infections & dysbiosis – parasites, bacteria and yeast
- Chronic viral infections
- Mold and mycotoxins
- And more...

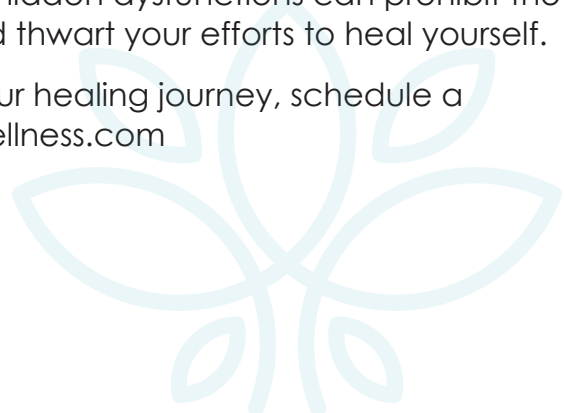
Any one of these underlying imbalances or hidden dysfunctions can prohibit the restoration of your body’s vital functions and thwart your efforts to heal yourself.

If you feel ready to go to the next step in your healing journey, schedule a **Free Discovery Call** with me at ZlataClarkWellness.com

Here’s to a healthier, more energized you!

Yours in Health,

Zlata Clark, PhD, FDNP





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