

3 Steps to Calm Inflammation and Support Your Thyroid Naturally

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Welcome!



Hi there! I'm Kathy Feser, and I'm thrilled to connect with you! Over the last 5 years I've been on a mission - researching, testing and fine tuning methods to reduce and eliminate my own Hashimoto's symptoms, in a way I have been my own best case study!

If you are like many of my clients, you've tried everything - diets, whole foods, supplements, and advice from wellness professionals and doctors.

Ever wondered if you'd just have to accept how you feel right now?

Deep down, do you feel there's got to be a better way, a different path that you just haven't found yet? If this sounds at all like you, I want you to know that you are not alone, This is how many of my clients felt too.

Here's what I've learned: there's no one-size-fits-all meal plan. We're all biochemically unique! That's why I've created the exact personalized blueprint for women just like you who have tried all the things and are just wanting to feel confident, light and healthy again.

My Story



Prior to learning about my Hashimoto's diagnosis in 2020. I never asked for help! And I wore that like a badge of honor. "Look how tough I am! I can get through anything!" But looking back, I realize how naive I was. The only reason I finally saw a doctor was that someone cared enough to say something to me. They noticed what I was ignoring! I ignored a LOT, thinking, "Hey, it could be worse, just suck it up!"

Here are some of the symptoms I ignored for 20+ years until I finally sought help: I had no energy - I'd pull over on my way home from work, thinking I could fall asleep driving. I could nap anywhere! I gained 50 lbs since I got married and even had THREE gym memberships at one point, trying to cover all my bases! It was impossible for me to lose weight. My brain fog was so bad I'd struggle to finish a sentence, pausing to remember simple words like "dog" or "pen." I had irritable bowels from food sensitivities I didn't know I had - I'd have to sit down up to ten times or stop on the way to the bathroom to collect myself (deep breathing and praying). The biggest win for me was when I changed my food my life-long depression disappeared and I can say I didn't know a day without living with this up until my 40's. I lived with painful, heavy periods for almost 30 years and I used to be cold all of the time. I also had eczema which isn't necessarily related to Hashimoto's but it also cleared up once I changed my foods.

When I changed my foods my whole life changed and I told myself that I'd never let myself go back to that. A new path that I was desperately looking for was shown to me and I will never take that for granted.

I'm excited to share 3 actionable steps that you can do right now to help you release weight and boost energy naturally, so lets begin!

3 Steps to Calm Inflammation and Support Your Thyroid Naturally

1. Nutrition

This is the most important! In today's fast-paced world, many of us fall into routines that no longer serve our wellness, especially when it comes to nutrition. With factors like low thyroid function and hormonal changes, what once worked for our metabolism may no longer be effective. Here is a list of some actionable steps you can take right now to reduce inflammation and boost your energy!

Actionable steps:

- Aim for at least half your body weight in ounces of water daily. This flushes toxins and supports metabolic processes, dehydration can lead to fatigue so staying hydrated helps with maintaining energy levels.
- Lean proteins (fish and poultry). Lean protein helps stabilize energy levels throughout the day and production of antibodies and immune function, potentially helping to modulate the autoimmune response.
- Complex carbohydrates such as low glycemic index options such as non-starchy vegetables such as cucumber, leafy greens, berries, etc.
- Healthy fats such as olive oil, avocados and particularly omega-3's found in fish, flaxseed and walnuts can help reduce inflammation, which is beneficial for the autoimmune system.

Avoid:

Processed foods, refined sugars and trans fats, gluten, grains, soy, dairy, corn, tobacco, alcohol, coffee, oils, food additives, refined and processed sugars, ibuprofen, naproxen.

2. Stress & Sleep Management

Stress management - one of the most important aspects of the blueprint is stress management. Hashimoto's is an autoimmune condition and stress can exacerbate immune system dysfunction, worsening symptoms, it also triggers the release of cortisol, which can interfere with thyroid hormone production and metabolism.

Actionable steps:

Ask yourself these 5 questions for shifting any area of your life:

1. How is it now?
2. How would you rather it be?
3. What can be done about it?
4. What are you WILLING to do about it?
5. *And most importantly... What WILL YOU DO about it? ..and who will you BE ABOUT IT, in the NEXT 24 HOURS?*

Sleep health is often overlooked with those with Hashimoto's but crucial for hormone regulation including thyroid hormone. It's important for immune function, since it's an autoimmune disorder, quality sleep is essential for managing immune responses, it helps with stress reduction, energy restoration, mood regulation and cognitive function. Overall, prioritizing good sleep hygiene can significantly enhance the management of Hashimoto's and improve overall quality of life.

Actionable steps:

- Implement the 3-2-1 method for an easy and effective sleep hygiene routine. 3 hours before sleep - NO FOOD 2 hours before sleep - NO WORK 1 hour before sleep - NO SCREENS
- Plan for enough sleep, ideally between 7 and 9 hours, and start your sleep routine accordingly.

3. Exercise




Exercise is crucial for individuals with Hashimoto's for several reasons. It boosts metabolism, improves energy levels while fatigue is a common symptom, light to moderate exercise can enhance energy levels. It supports immune function, reduces stress and enhances sleep quality.


Actionable steps:


- Map out the schedule of your workout plan in your calendar. Block the times in your calendar as though they are an appointment or a meeting. Start with what's achievable for you. I recommend a minimum of 3 sessions per week, with a good target being 5 sessions weekly.
- Walking is what I recommend as a baseline and if you are a beginner, getting 8-10K steps every day is a great goal to start with.
- Yoga, barre, tai chi, Pilates are some great exercises to add to your walking routine.
- Once you established a routine, I recommend resistance training to help with muscle preservation as we age muscle mass naturally declines. It also helps with bone health, reducing the risk of osteoporosis.


Want Help With This?

If you are a women over 40 who's tired of dealing with Hashimoto's and you are ready to:


-  release stubborn weight
-  have steady energy all day
-  take control of inflammation

 I offer a FREE Hashimoto's breakthrough call where you'll discover:

 what's actually keeping you stuck with low energy and weight gain.

 why inflammation feels out of control and how to fix it.

 The next steps to truly overcome this for good

 If you're DONE guessing and ready for clarity and a strategy that actually works with your thyroid, this is for you here's the link:

[Hashimoto's Breakthrough Call](#)



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