**Hashimoto’s Protocol**

Use **Other Conditions Calculator** to calculate challenger’s macros.

Please send the following information to your challenger:

We recommend avoiding foods that can cause inflammation in your body, such as: dairy, gluten, and soy. Also, aim for a good mixture of complex carbs/starches and not just fruit for your carb macros. Examples of complex carbs/starches include: potatoes (sweet and white), squashes, beans and peas, ancient grains (quinoa, amaranth, buckwheat, teff, millet, etc.), old fashioned oats, steel cut oats, and brown rice.

WE ARE NOT DOCTORS! As with any diet and exercise program, you should consult with your primary care physician (PCP) before starting the Fit Body Transformation Challenge. The challenge is intended to supplement – not replace – medical care or advice as part of a healthy lifestyle. The information you receive from your coach should be used in conjunction with the guidance and care of your PCP, especially if you take insulin or other hormones for any health condition. If you do not feel well, or experience any health issues during the challenge, STOP and contact your PCP immediately.