

Healing Hashimoto's: My AIP/Paleo Journey to Wellness

By Eva Portik



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Thank you so much!

INTRODUCTION

Hi, I'm Eva Portik.

Hi, I'm Eva Portik — and this is my healing journey. When I was first diagnosed with Hashimoto's thyroiditis, I was exhausted — physically, mentally, and emotionally. The fatigue was relentless. My brain felt like it was wrapped in fog. I struggled with weight gain, mood swings, and a deep sense of frustration. Like so many others, I was told that medication was my only option. But I knew there had to be more to the story — and more to healing. That's when I discovered the power of food.

Specifically, the Autoimmune Protocol (AIP) and Paleo diets. These approaches helped me get to the root of my inflammation and gave my body the tools it needed to heal. Within weeks of shifting to nutrient-dense, whole foods and removing inflammatory triggers, I started to feel like myself again. My energy came back, the brain fog lifted, and most importantly — I had hope.

This eBook is a heartfelt guide based on everything I've learned through my own recovery. Whether you've just been diagnosed or have been managing Hashimoto's for years, my goal is to give you practical tools, simple recipes, and gentle encouragement to support your healing.



Here's what you'll find inside:

- A clear breakdown of Hashimoto's and how it connects to autoimmune disease
 - Nutrient-rich superfoods that nourish your thyroid and calm inflammation
 - Delicious AIP/Paleo recipes that are easy to make and deeply satisfying
 - Pantry staples and meal prep tips to keep you on track
 - Lifestyle and mindset strategies for whole-body healing
- You don't have to feel stuck or powerless anymore. Healing from Hashimoto's is absolutely possible — and it starts with the choices you make every day. If I could find healing, so can you. Let's take this journey together — one bite, one breath, one step at a time. With love and wellness, Eva

Autoimmune Superfoods for Healing

To heal from Hashimoto's and other autoimmune conditions, your body needs nutrient-rich, anti-inflammatory foods. Here are some of the best superfoods for supporting thyroid health and reducing inflammation:

Leafy Greens

- Rich in vitamins A, C, and K
- Supports detoxification and immune health

Avocados

- Packed with healthy fats and potassium
- Supports hormone balance and brain health

Wild-Caught Salmon, Sardines

- High in omega-3 fatty acids
- Reduces inflammation and supports brain function

Sweet Potatoes

- A great source of complex carbs and beta-carotene
- Helps regulate blood sugar and energy levels

Coconut Oil

- Rich in medium-chain triglycerides (MCTs)
- Supports thyroid function and metabolism

Green Tea

- Contains antioxidants and anti-inflammatory properties
- Supports immune health and reduces oxidative stress

Beef Tallow

- Packed with fat-soluble vitamins A, D, E, and K, Anti-Inflammatory
- The healthy fats in tallow, including conjugated linoleic acid (CLA), have natural anti-inflammatory and antioxidant properties.

Pantry Staples and Meal Prep Tips

Healing from Hashimoto's starts with having the right ingredients on hand. Stocking an AIP/Paleo-friendly pantry will make meal prep easier and help you avoid reaching for processed or inflammatory foods.

AIP Pantry Staples:

- ✓ **Cooking Oils:** Coconut oil, avocado oil, olive oil, beef tallow
- ✓ **Flours:** Coconut flour, cassava flour, tigernut flour
- ✓ **Sweeteners:** Raw honey, maple syrup (in moderation) glycine (amino acid)
- ✓ **Proteins:** Grass-fed beef, wild-caught fish, pasture-raised chicken, organ meats: liver
- ✓ **Veggies:** Leafy greens, **cruciferous vegetables (broccoli, cauliflower, Brussels sprouts), root vegetables
- ✓ **Fruits:** Berries, bananas, apples, avocados
- ✓ **Seasonings:** Sea salt, garlic, ginger, turmeric, basil, rosemary, thyme
- ✓ **Fermented Foods:** Sauerkraut, kimchi (AIP-compliant), coconut yogurt
- ✓ **Broths:** Bone broth, vegetable broth

****Cruciferous vegetables like broccoli, cauliflower, Brussels sprouts, and kale** contain goitrogens, which can interfere with thyroid function, especially in people with Hashimoto's thyroiditis. Here's why:

🌿 **Goitrogens Block Iodine Uptake** – The thyroid needs iodine to produce thyroid hormones. Goitrogens can inhibit the thyroid's ability to absorb iodine, leading to reduced thyroid hormone production.

🌿 **Thiocyanates Formation** – When cruciferous vegetables are broken down, they produce compounds called thiocyanates, which can further interfere with thyroid hormone synthesis.

🔥 **Worsens Hypothyroid Symptoms** – Reduced thyroid function can lead to increased fatigue, weight gain, and brain fog — all common struggles for people with Hashimoto's.

🧑 **How to Minimize the Impact:**

- ✓ **Cooking** cruciferous vegetables (steaming, boiling, or sautéing) helps reduce goitrogen content.
- ✓ **Limit raw intake** and avoid juicing large amounts of raw cruciferous veggies.
- ✓ **Focus on balanced iodine intake and nutrient support** to help your thyroid function optimally.

💡 Small amounts of cooked cruciferous vegetables are usually fine — the key is moderation and preparation!

Meal Prep Tips:

🔍 **Batch Cooking** – Cook large amounts of proteins (like chicken or beef) and roasted vegetables to use throughout the week.

🍳 **Make-Ahead Breakfasts** – Prepare chia pudding or banana pancakes ahead of time for quick morning meals.

🥗 **Dressings and Sauces** – Make a few AIP-compliant dressings (like lemon-organic ginger) to enhance flavor.

🍲 **Freeze Bone Broth** – Freeze broth in portions to use for soups or sipping.

🥬 **Mix and Match** – Keep roasted veggies, cooked proteins, and sauces in the fridge to assemble quick bowls and salads.

Healing Recipes

Here are a few sample recipes to get you started:

🍌 AIP Banana Pancakes

Fluffy, naturally sweet pancakes that are perfect for a nourishing breakfast.

Ingredients:

- 1 ripe banana
- 2 tbsp coconut flour
- 2 eggs (or gelatin egg substitute)
- 1 tsp vanilla extract
- Pinch of Celtic Salt, Real Salt, Baja Gold Salt or Parajdi So. Salt has to be unprocessed and no anticaking agent. –Coconut oil (for cooking)

Instructions:

- Mash the banana in a bowl until smooth. –
- Add the coconut flour, eggs, vanilla, and sea salt. Mix until well combined.
- Heat coconut oil in a skillet over medium heat.
- Pour the batter into small pancakes and cook for 2–3 minutes on each side until golden brown.
- Serve warm with a drizzle of honey or fresh berries.

✅ Healing Benefits:

Coconut flour and banana are gentle on digestion, while eggs provide protein and healthy fats for sustained energy.



Grass-Fed, Grass-Finished Bone Broth Recipe

Ingredients:

- 3–4 lbs grass-fed, grass-finished beef bones (knuckle bones, marrow bones, and oxtail work well)
- 2 tbsp apple cider vinegar (helps extract minerals)
- 1 large onion, quartered
- 3 cloves garlic
- 2 carrots, chopped
- 2 celery root or stalked
- 1 tbsp sea salt (like Parajd salt, Celtic, Baja Gold, Real)
- 1 tsp black peppercorns
- 2 bay leaves, handful of fresh parsley
- 1 tsp turmeric powder (optional, for anti-inflammatory benefits)
- Filtered water (enough to cover bones)

Instructions:

Stovetop Method (72 Hours):

1. Place the bones in a large stockpot or slow cooker and cover with water.
2. Add apple cider vinegar to help extract nutrients
3. Add the onion, garlic, carrots, celery, salt, and spices.
4. Simmer on low for 72 hours, adding water as needed to keep the bones submerged.
5. Strain the broth through a fine-mesh sieve, discarding the bones and vegetables.
6. Store in glass jars and refrigerate for up to 5 days or freeze for longer storage.

Pressure Cooker (Instant Pot) Method (4 Hours):

1. Place bones and apple cider vinegar in the Instant Pot.
2. Add all remaining ingredients and cover with water, leaving about 1–2 inches of space at the top.
3. Set to high pressure for 4 hours and allow natural pressure release.
4. Strain and store as mentioned above.

Healing Benefits:

Bone broth is rich in collagen, gelatin, and amino acids like glutamine, which help repair and seal the gut lining, crucial for healing leaky gut—a root cause of autoimmune conditions like Hashimoto's thyroiditis. The minerals and nutrients also support immune function, reduce inflammation, and nourish the thyroid. Regularly consuming bone broth can restore gut integrity, balance the microbiome, and improve digestion, making it a powerful healing food for anyone with autoimmune disorders.

CHAPTER THREE

Lemon Garlic Salmon

Quick, easy, and full of anti-inflammatory nutrients.

Ingredients:

- 2 wild-caught salmon fillets
- 1 lemon, sliced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

- Preheat oven to 400°F (200°C).
- Place salmon on a baking sheet. Drizzle with olive oil and top with garlic and lemon slices. -Drizzle with olive oil and season with salt.
- Bake for 12–15 minutes until salmon flakes easily.
- Serve warm.

Healing Benefits:

Salmon's omega-3s reduce inflammation.



CHAPTER THREE

Sweet Potato with Hash Avocado

Hearty and full of gut-friendly fiber and healthy fats.

Ingredients:

- 2 medium sweet potatoes, diced
- 1 tbsp coconut oil
- 1 avocado, diced
- Sea salt and pepper to taste
- Fresh cilantro (optional)

Instructions:

- Heat coconut oil in a skillet over medium heat.
- Add diced sweet potatoes and cook until tender and crispy (about 10 minutes).
- Top with avocado and sprinkle with sea salt and pepper.
- Garnish with fresh cilantro if desired.

Healing Benefits:

Sweet potatoes are rich in beta-carotene and fiber, while avocado provides healthy fats that support thyroid function.



Spinach and Apple Salad with Lemon–Organic Ginger Dressing

A refreshing, nutrient-packed salad perfect for any season.

Ingredients:

- 2 cups of spinach
- 1 apple, thinly sliced
- ¼ cup pomegranate seeds (optional)
- 2 tbsp pumpkin seeds (optional)
- 1 tbsp olive oil
- Juice of 1 lemon
- 1 tsp ginger
- Salt to taste

Instructions:

- Toss spinach, apple, pomegranate, and pumpkin seeds in a bowl. In a small jar, combine olive oil, lemon juice, ginger, and salt. Shake well.
- Drizzle over the salad and toss gently.
- Serve immediately.

Healing Benefits:

Spinach is rich in iron and magnesium, while pomegranate provides antioxidants to reduce inflammation.



Roasted Garlic and Rosemary Sourdough Croutons (AIP-modified)

Crunchy, savory, and perfect for topping salads or soups.

Ingredients:

- 1 slice of AIP-friendly sourdough bread (or cassava-based bread)
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp chopped rosemary
- Salt to taste

Instructions:

- Preheat oven to 350°F (175°C).
- Cut the bread into small cubes.
- Toss with olive oil, garlic, rosemary, and sea salt.
- Bake for 8–10 minutes until golden and crisp.
- Let cool and store in an airtight container.

Healing Benefits:

Garlic and rosemary have anti-inflammatory properties and support gut health.



CHAPTER FOUR

🥥 Coconut Macaroons (AIP/Paleo-Friendly)

Sweet, chewy, and naturally energizing.

Ingredients:

- 1 cup shredded coconut
- 2 tbsp coconut flour
- 2 tbsp raw honey
- 1 tsp vanilla extract
- Pinch of salt

Instructions:

- Preheat oven to 325°F (160°C).
- In a bowl, mix all ingredients until a sticky dough forms.
- Scoop into small mounds on a lined baking sheet.
- Bake for 10–12 minutes until golden brown.
- Let cool before serving.

✅ Healing Benefits:

Coconut provides healthy fats for sustained energy and thyroid support.



CHAPTER FOUR

Turmeric Ginger Tea

A soothing anti-inflammatory drink to calm your system.

Ingredients:

- 1 cup hot water
- 1 tsp grated ginger
- ½ tsp turmeric powder
- 1 tsp honey
- Juice of ½ lemon

Instructions:

- Combine all ingredients in a mug and stir well.
- Let steep for 5 minutes.
- Strain (if desired) and enjoy warm.

Healing Benefits:

Ginger and turmeric reduce inflammation and support immune function.



CHAPTER FIVE

Lifestyle and Mindset for Healing

Healing isn't just about food — it's about creating balance in your life.

🌿 Stress Reduction:

Chronic stress triggers inflammation and worsens autoimmune symptoms.

Try these strategies:

- ✓ Daily mindfulness or meditation
- ✓ Yoga (gentle and restorative)
- ✓ Deep breathing exercises
- ✓ Walks in nature

😴 Prioritizing Sleep:

Poor sleep increases inflammation and hormone imbalances.

- ✓ Set a consistent bedtime
- ✓ Create a relaxing evening routine
- ✓ Limit screen time before bed

🧘 Movement:

Exercise reduces inflammation and boosts mood, but it's important to avoid overtraining.

- ✓ Focus on low-impact movement like yoga, walking, and swimming
- ✓ Listen to your body — rest when needed

❤️ Emotional Healing:

Autoimmune disease can be emotionally draining.

- ✓ Seek support from friends or a therapist
- ✓ Practice gratitude
- ✓ Journal about your healing journey



CONCLUSION

Healing from Hashimoto's takes time, but it's absolutely possible. When you fuel your body with nutrient-dense, anti-inflammatory foods and create a balanced lifestyle, your body will thank you.

Remember:

- ♥ Healing isn't linear — be patient with yourself.
- 🥗 Focus on real, whole foods.
- 😊 Listen to your body and give it what it needs.

I'm so excited for you to start your own healing journey — you've got this!

👉 Follow me at www.naturalharmonybyeva.com for more tips, and inspiration!

Facebook: Naturalharmony

Instagram: @naturalharmonybyeva1

Tiktok: @naturalharmonybyeva

Many of the healing tools I mention in this book — like gut support supplements, clean collagen powders, or natural thyroid support — can be found on **Fullscript**, a professional-grade wellness platform.

I've created a special **Fullscript** store where you can access high-quality, practitioner-approved supplements at a discount.

👉 [Click here to browse my Fullscript favorites and SAVE 20%](#)

For extra support, here are a few common supplements that people with Hashimoto's may benefit from (check with your practitioner first!):

- 🌿 Selenium, Zinc
- 🍷 Collagen peptides
- 🐟 Omega-3 fish oil
- 🍌 Vitamin D3 + K2 + A + MG
- 🔥 Turmeric (for inflammation)



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