

# Fødevareintolerance hos klienter med Hashimoto's

Tina Hallas  
NHT Årskonference  
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# Lige kort om mig

- Naturlig hormonterapeut – studerende
- Registreret alternativ behandler
- Ernæringsterapeut DET – fra Center for Ernæring og Terapi – en 3 årig uddannelse med rødder i Functional Medicine
- Medlem af IFM – Institute for Functional Medicine
- Medlem af Foreningen af Danske ernæringsterapeuter (DET)
- Anatomi, fysiologi og sygdomslære på sygeplejerskeniveau – 300 timer, lægeeksamineret v. læge Ole Købke, Center for Ernæring og Terapi
- Systemisk coach og supervisor fra Humantouch
- Systemisk procesleder (NLP master) fra Humantouch
- HD i finansiering og kreditvæsen



Hashimoto's  
og  
"fa.... nej!!"

# Betydningen af fødevareintolerance for vægttab hos kvinder med Hashimoto's



*nutrients*



Article

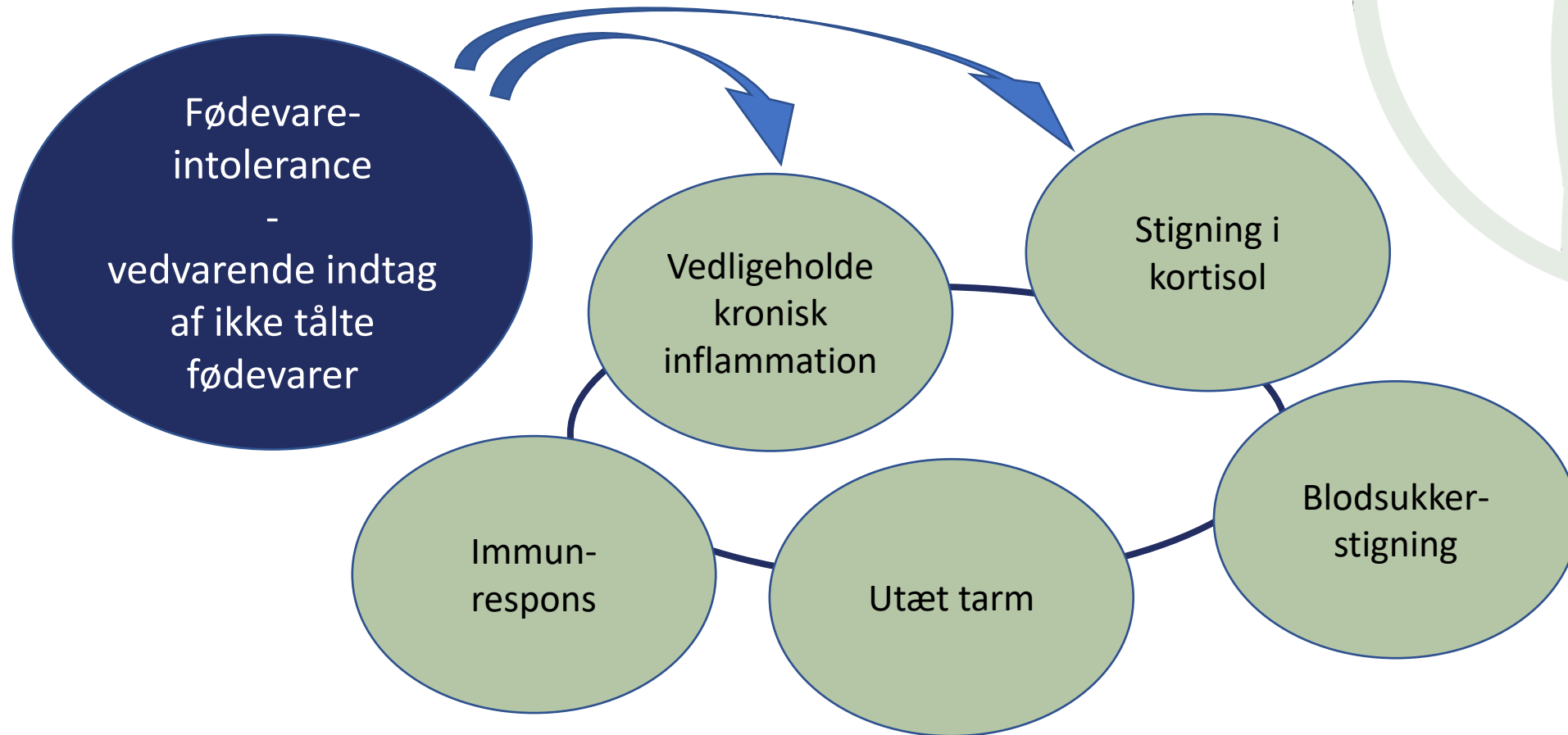
## The Influence of Reducing Diets on Changes in Thyroid Parameters in Women Suffering from Obesity and Hashimoto's Disease

Lucyna Ostrowska <sup>1</sup>, Dominika Gier <sup>2</sup> and Beata Zyśk <sup>1,\*</sup>

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8000220/>



# Fødevareintolerance



# Symptomer på fødevareintolerance

”De kendte” som fx

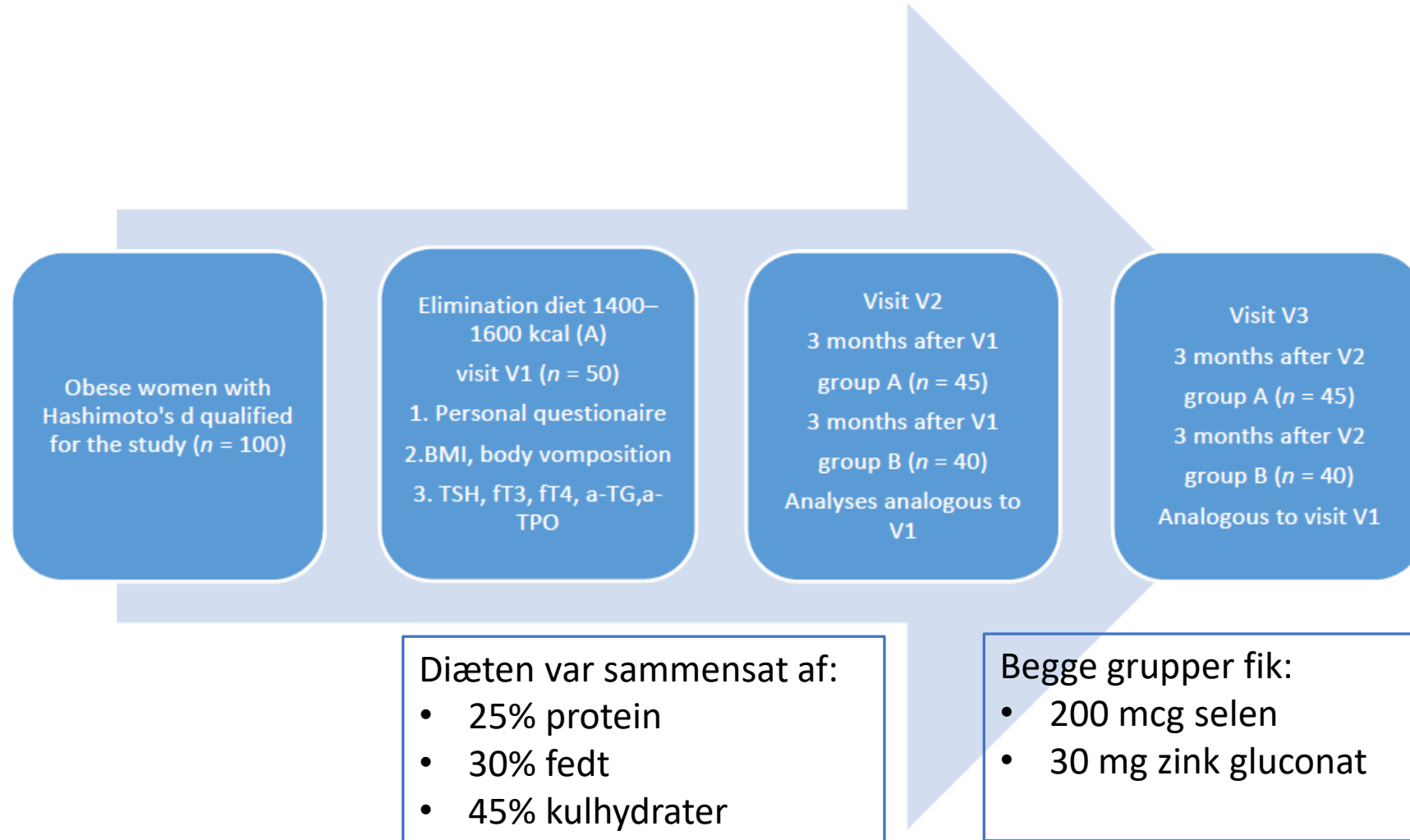
- Oppustet
- Ondt i maven
- Udslæt
- Mærkelige symptomer
- Ondt i led
- Autoimmunitet

Andre indikationer som fx

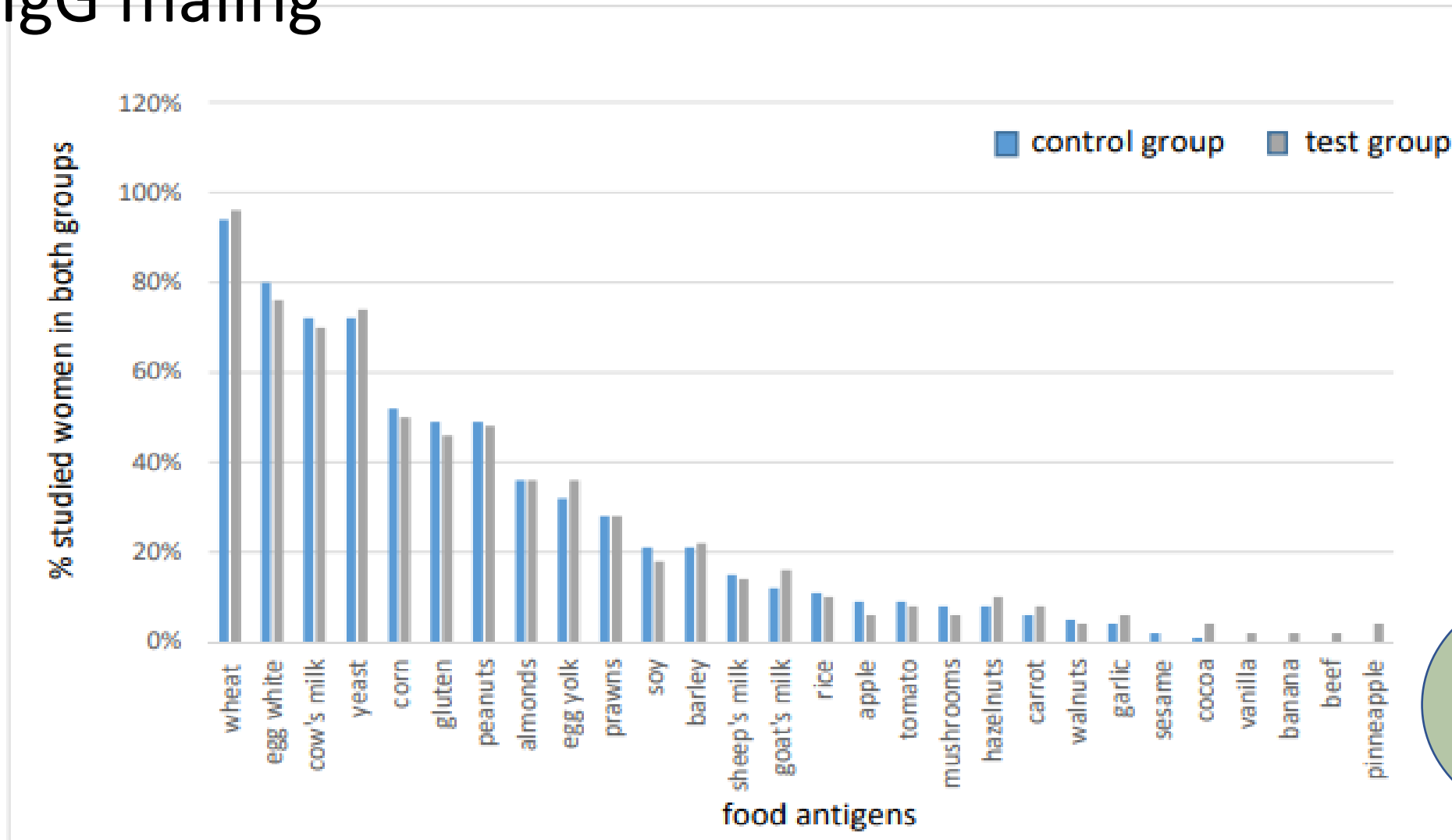
- Sult/ikke mæt
- Forhøjet puls
- Hedeture



# Studiets proces



# IgG måling



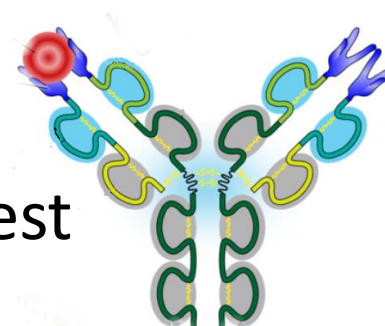
Fejl på  
generne  
HLA  
DQ2/8

# Konklusion

Begge grupper tabte sig – test group mest og holdt vægttabet bedre.

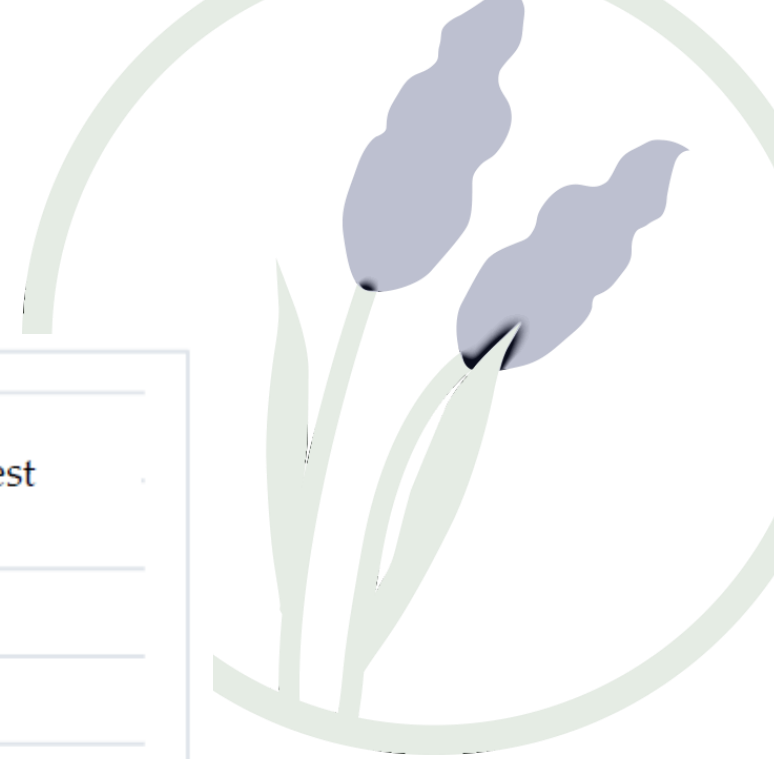
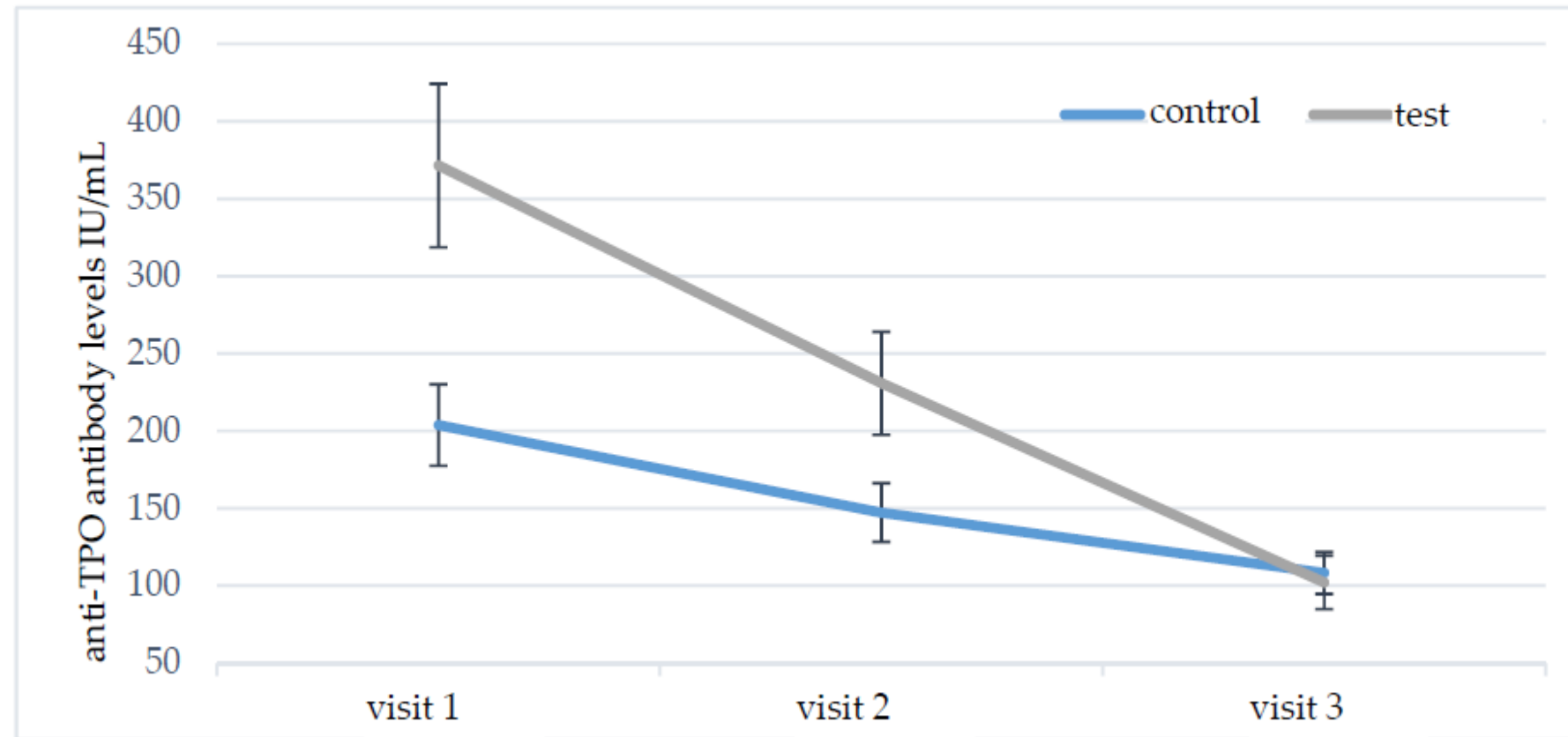
På de øvrige parametre blev de bedste resultater opnået for test group.

- Anti-TPO blev reduceret mest
- Anti-TG blev reduceret mest
- De øvrige stofskifteverdier blev forbedret mest

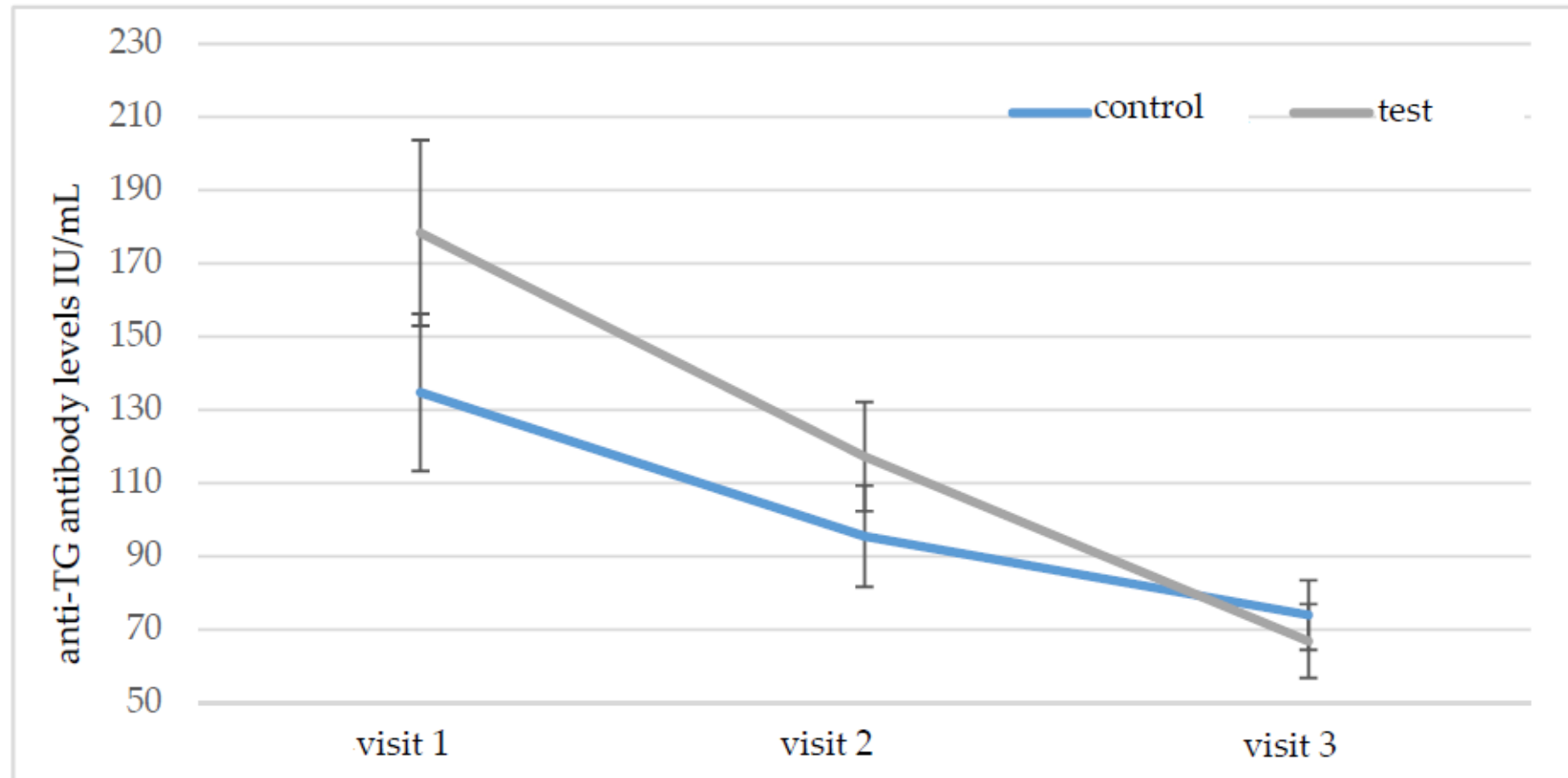




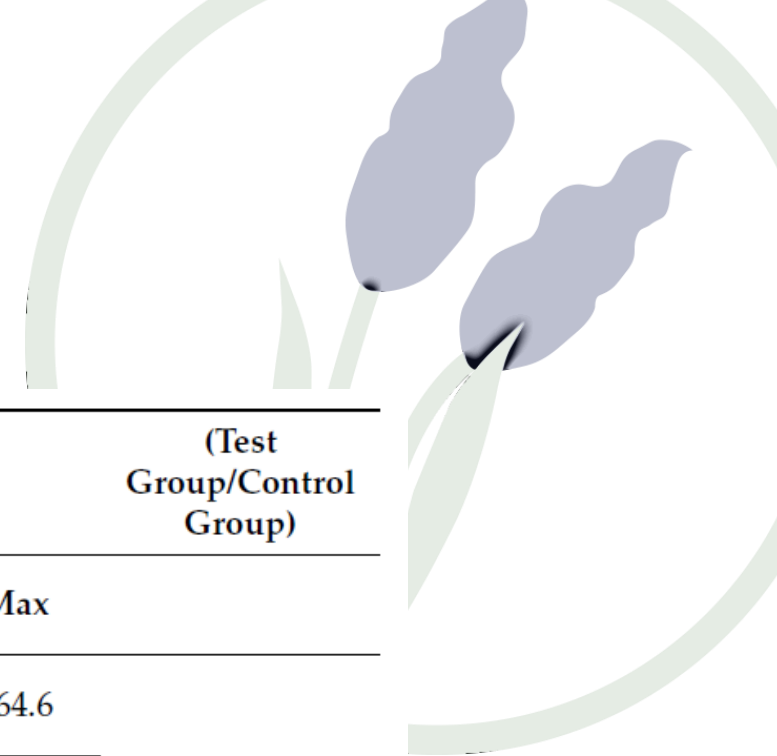
# Udvikling Anti-TPO



# Udvikling Anti-TG



# Udvikling i vægt



| Anthropometric Parameters       | Test Group A |        |      |       | Control Group B |        |      |       | (Test Group/Control Group) |
|---------------------------------|--------------|--------|------|-------|-----------------|--------|------|-------|----------------------------|
|                                 | M            | SD     | Min  | Max   | M               | SD     | Min  | Max   |                            |
| body weight (kg) (visit 1)      | 98.26 *      | ±13.87 | 73   | 137   | 97.85 **        | ±16.73 | 76   | 164.6 | $p < 0.001$                |
| body weight (kg) (visit 2)      | 87.26        | ±13.60 | 64.1 | 125   | 89.32           | ±16.39 | 65.1 | 152.1 |                            |
| body weight (kg) (visit 3)      | 77.77 *      | ±14.05 | 59.8 | 117.7 | 80.04 **        | ±17.14 | 58.4 | 146.9 |                            |
| BMI kg/m <sup>2</sup> (visit 1) | 35.63 *      | ±4.06  | 30   | 48    | 35.87 **        | ±5.59  | 30.4 | 57    | $p < 0.002$                |
| BMI kg/m <sup>2</sup> (visit 2) | 31.62        | ±4.22  | 25.6 | 43.8  | 32.73           | ±5.53  | 26   | 52.6  |                            |
| BMI kg/m <sup>2</sup> (visit 3) | 28.11 *      | ±4.69  | 21.4 | 41.2  | 29.16 **        | ±5.64  | 23.4 | 50.8  |                            |

# Udvikling i stofskiftetal

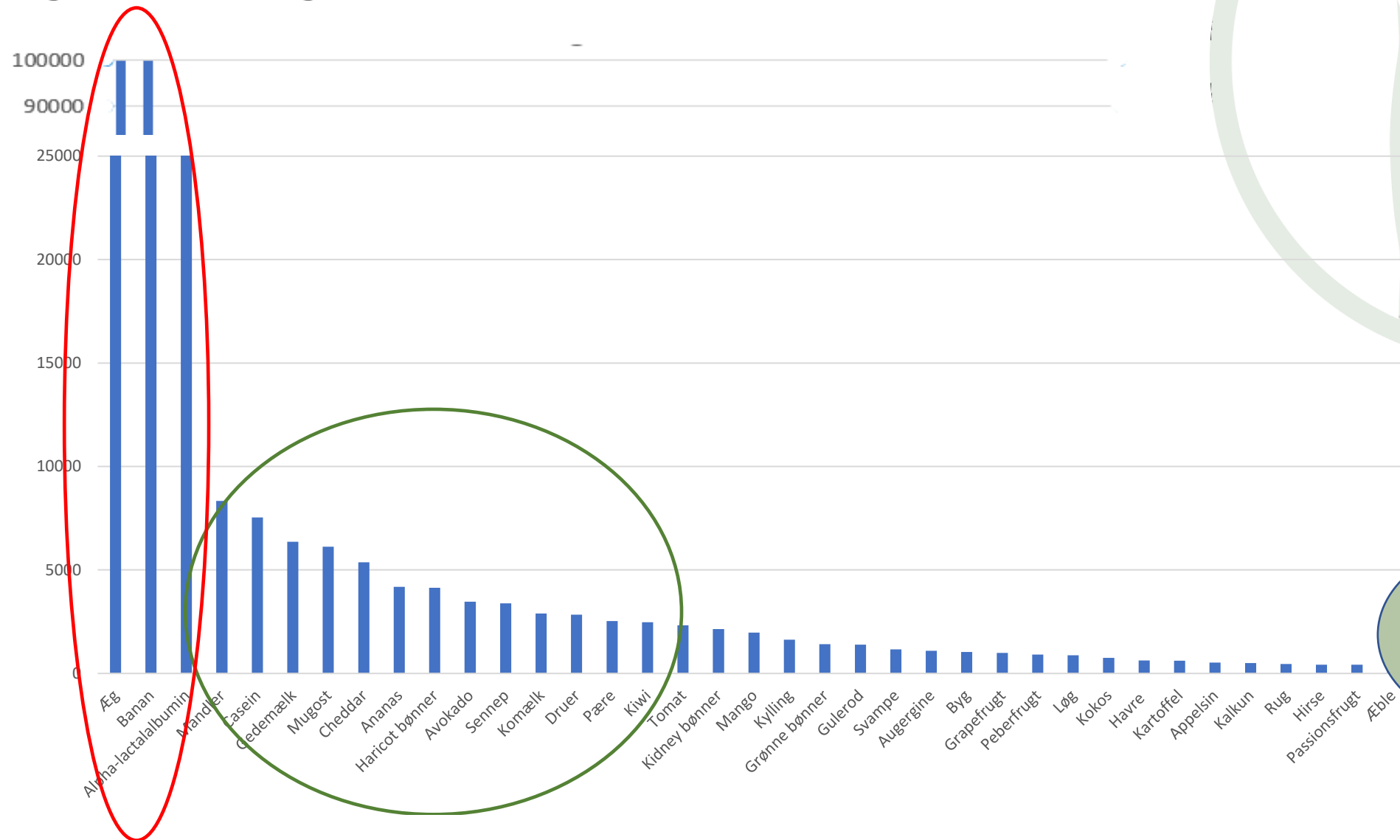
| Thyroid Parameters     | Test Group A<br>(Elimination/Reducing Diet) |       |       |       | Control Group B<br>(Reducing Diet) |       |       |       | <i>p</i> (Test Group/Control Group) |
|------------------------|---------------------------------------------|-------|-------|-------|------------------------------------|-------|-------|-------|-------------------------------------|
|                        | M                                           | SD    | Min   | Max   | M                                  | SD    | Min   | Max   |                                     |
| TSH (μU/mL) (visit 1)  | 2.77 *                                      | ±1.05 | 0.82  | 6.65  | 2.80 **                            | ±1.22 | 0.23  | 6.54  | <i>p</i> < 0.001                    |
| TSH (μU/mL) (visit 2)  | 2.00                                        | ±0.77 | 0.67  | 4.08  | 2.33                               | ±0.78 | 0.71  | 4.23  |                                     |
| TSH (μU/mL) (visit 3)  | 1.45 *                                      | ±0.58 | 0.36  | 2.57  | 2.05 **                            | ±0.68 | 0.65  | 3.41  |                                     |
| fT4 (pmol/L) (visit 1) | 14.12 *                                     | ±1.58 | 11.80 | 18.92 | 14.61 **                           | ±1.84 | 11.30 | 22.80 | <i>p</i> < 0.001                    |
| fT4 (pmol/L) (visit 2) | 15.00                                       | ±2.04 | 12.07 | 22.07 | 15.03                              | ±1.44 | 12.78 | 20.76 |                                     |
| fT4 (pmol/L) (visit 3) | 16.18 *                                     | 2.08  | 13.08 | 22.81 | 15.43 **                           | ±1.42 | 13.22 | 20.02 |                                     |
| fT3 (pmol/L) (visit 1) | 3.88 *                                      | ±0.67 | 2.41  | 5.15  | 4.22 **                            | ±0.53 | 3.11  | 5.31  | <i>p</i> < 0.001                    |
| fT3 (pmol/L) (visit 2) | 4.18                                        | ±0.76 | 2.76  | 5.99  | 4.46                               | ±0.54 | 3.12  | 5.79  |                                     |
| fT3 (pmol/L) (visit 3) | 4.79 *                                      | ±0.73 | 2.94  | 6.74  | 4.66 **                            | ±0.51 | 3.71  | 5.96  |                                     |



# Udvikling i antistoffer

|                          | Test Group A<br>(Elimination/Reducing Diet) |         |      |         | Control Group B<br>(Reducing Diet) |         |       |        | <i>p</i> (Test<br>Group/Control<br>Group) |
|--------------------------|---------------------------------------------|---------|------|---------|------------------------------------|---------|-------|--------|-------------------------------------------|
| aTG(IU/mL)<br>(visit 1)  | 178.33 *                                    | ±166.21 | 8.00 | 638.90  | 134.78 **                          | ±190.32 | 8.90  |        |                                           |
| aTG(IU/mL)<br>(visit 2)  | 117.24                                      | ±98.89  | 8.54 | 408.60  | 95.48                              | ±133.49 | 9.23  | 597.80 | <i>p</i> = 0.048                          |
| aTG(IU/mL)<br>(visit 3)  | 66.88 *                                     | ±67.56  | 3.42 | 276.60  | 73.98 **                           | ±60.23  | 9.44  | 299.80 |                                           |
| aTPO(IU/mL)<br>(visit 1) | 371.49 *                                    | ±348.39 | 7.44 | 1567.00 | 203.80 **                          | ±182.01 | 7.00  | 678.90 |                                           |
| aTPO(IU/mL)<br>(visit 2) | 230.80                                      | ±217.81 | 9.20 | 946.70  | 147.26                             | ±132.16 | 11.00 | 458.10 | <i>p</i> < 0.001                          |
| aTPO(IU/mL)<br>(visit 3) | 102.16 *                                    | ±116.02 | 5.46 | 441.30  | 108.26 **                          | ±83.94  | 5.00  | 318.90 |                                           |

# IgG måling - Tina



Testet  
2018