



Reshape Method™

for Thyroid Energy

Preview of

"Your 7-Day Anti-Inflammatory Guide to Rebalance Your Thyroid and Regain Energy"

"A science-based, heart-led method to heal from the root."

By Diego de Castro

Dietitian and Health Coach specialized in Thyroid and Functional Nutrition

By Fer Orpinell

Transformational Coach, Hypnotherapist, Fitness, Pilates and Yoga Teacher

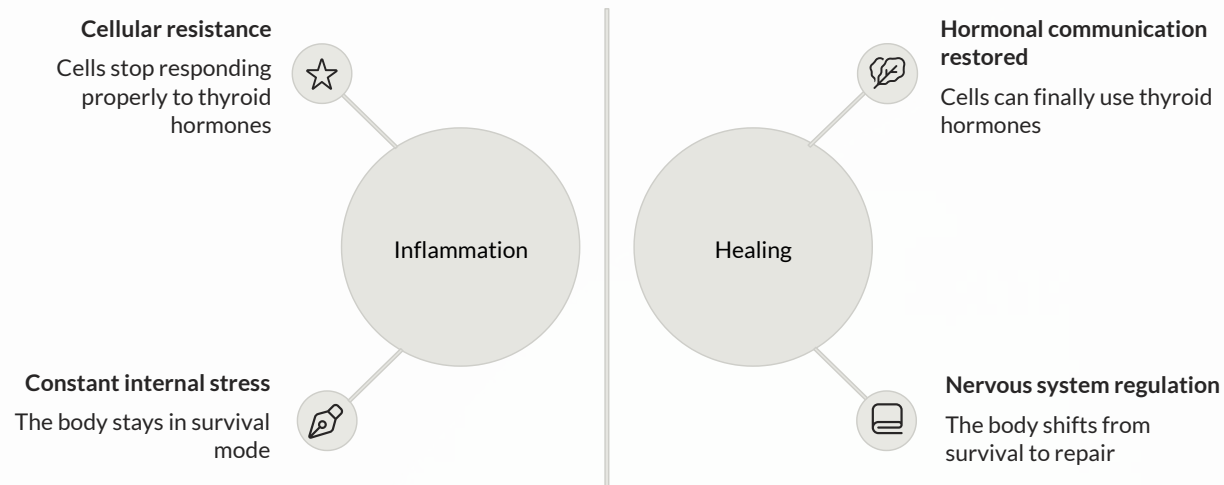
Co-Founders of Reshape Academy

Reshape Academy, Thyroid Healing & Energy Reset, 2026



Chapter One

You're not broken, you're inflamed.



You take your thyroid medication each morning, eat healthy, and stay positive... yet you feel **tired, foggy, and frustrated**. Your weight won't move, your mood unpredictable, and your **energy disappears** through the day. Your lab results say "normal", but your body says otherwise...



You're not alone, and you're not broken. What's really happening isn't your fault. It's not about willpower, motivation, or discipline. It's about invisible inflammation, the silent imbalance that keeps your cells from using thyroid hormones effectively.



The good news is that **you can reverse it, naturally.** This 7-day Reset is your first step to understanding what your body truly needs to heal. In just one week, you'll begin to reduce inflammation, boost your energy, and feel like yourself again.

Welcome to the Reshape way, where healing becomes simple, natural, and empowering.

"Medication corrects the numbers, Lifestyle restores your life." – Diego de Castro

Chapter Two

The Reshape Framework

The 5 Pillars That Power Thyroid Healing

Most women with thyroid challenges are told that medication is the only solution. But while medication can correct the numbers, it doesn't always restore how you feel.

That's because thyroid healing doesn't happen only in the thyroid. It happens in your entire system. Your digestion, stress levels, sleep quality, movement, and nutrition all affect how your hormones are produced, converted, and used by your cells.

That's why the Reshape Method was created, a simple yet powerful framework that helps you restore balance from the inside out, naturally.

“When you support your whole system, your body remembers how to heal. Balance unfolds naturally when you create the right conditions.” — Fer Orpinell





Nutrition and Hydration

Food speaks to your hormones.
Water carries the message.

What you eat and drink shapes inflammation, energy, and balance throughout your body. When nourishment is aligned, symptoms begin to soften and healing can unfold.



Digestive Health

Your gut is the gateway to thyroid balance. When digestion is sluggish or inflamed, your body can't properly convert T4 into active T3. Support your microbiome with fermented foods, fiber, and mindful eating.



Movement and Circulation

Gentle movement awakens your metabolism and improves hormone sensitivity. Even a short walk, yoga flow, or mobility session can help your cells use energy efficiently.

Movement is medicine.




Stress and Emotional Balance

Chronic stress shuts down thyroid activation. Cortisol, your stress hormone, can block the conversion of thyroid hormones. Simple breathing practices, mindfulness, and gratitude can reset your nervous system in minutes.



Rest and Recovery

Healing requires energy, and energy is rebuilt during rest. Quality sleep reduces inflammation and restores hormonal balance. Create an evening ritual, dim the lights, disconnect from screens, and let your body repair itself.

 When you nurture these five pillars, your body remembers how to heal. This is the foundation of the **Reshape Method™ for Thyroid Energy**, a science-based roadmap designed to help you reduce inflammation, regain energy, and feel like yourself again.



Chapter Three

Feed your thyroid the way nature intended

Healing begins with awareness. Once you understand what fuels inflammation, you can choose what nourishes balance.

Your thyroid is a messenger, but what it says depends on what's on your plate. Every hormone your body produces, every enzyme that activates energy, and every cell that repairs itself relies on nutrients.



When your diet fuels inflammation, your body loses harmony. When you choose foods that calm inflammation, support your gut, and stabilize blood sugar, your thyroid begins to respond, naturally.



The Anti-Inflammatory Way, Mediterranean and Simple (Preview)

Forget restrictive diets. Healing starts with abundance, not deprivation. Your body thrives on real food, fresh, colorful, unprocessed ingredients that bring your metabolism back to balance.

Your daily principles:

Color

Fill half your plate with vegetables, aim for at least 3 colors per meal. Each color brings unique antioxidants that calm inflammation.



Quality Proteins

Include fish, eggs, legumes, and organic poultry. Protein provides amino acids for hormone synthesis.

Healthy Fats

Embrace extra virgin olive oil, avocados, nuts, and seeds. These protect cell membranes and reduce oxidative stress.



Complex Carbs

Choose quinoa, sweet potatoes, and fruit for slow-releasing energy that helps keep cortisol balanced.

"Eat to heal, not to restrict." — *Diego de Castro*

Foods to Reduce or Eliminate

Inflammation thrives on certain foods, and for many women with thyroid issues, these are silent triggers. Reducing them can make a remarkable difference in just a few days.

Limit or avoid:

- Refined seed oils (soy, corn, sunflower, canola)
- Ultra-processed foods and refined grains
- Added sugars and artificial sweeteners
- Excess caffeine or alcohol
- Gluten (especially in Hashimoto's), as it can mimic thyroid tissue and worsen autoimmunity.

"You don't have to be perfect, just aware. Every meal is a chance to turn inflammation off."



The Power of Spices and Phytonutrients

Spices are nature's medicine, powerful anti-inflammatory allies that also support digestion, circulation, and immune balance. Incorporate them daily into your meals for both flavor and healing.



Turmeric

Reduces systemic inflammation, best absorbed with black pepper and olive oil.



Ginger

Improves digestion, circulation, and metabolism.



Cinnamon

Balances blood sugar and supports energy stability.



Oregano, Rosemary, Thyme

Rich in polyphenols that protect your cells from oxidative stress.



Garlic

Supports detoxification and immune health.

Use them daily, not as supplements, but as flavor and medicine in every meal.

The Omega-3 Connection

Omega-3 fatty acids (EPA and DHA) are among the most powerful nutrients for thyroid and immune health. They lower inflammation, improve hormone receptor sensitivity, and support brain and mood balance, areas often affected by hypothyroidism.

Include regularly:

- Wild-caught salmon, sardines, mackerel
- Chia seeds, walnuts, almonds
- Supplementation may help if intake is low, especially for Hashimoto's.

Note: In thyroid conditions like Hashimoto's, ground flax may not be ideal.





💧 Hydration, The Forgotten Nutrient

Water drives every metabolic process, including thyroid hormone conversion. Even mild dehydration slows metabolism, affects digestion, and worsens fatigue.

👉 Optimal hydration also supports adrenal balance, the system that works hand in hand with your thyroid to regulate energy, stress, and hormone production. When your cells are well-hydrated, both thyroid and adrenal function improve naturally.



"Your cells can't heal if they're thirsty."

Simple daily ritual:

- Start your day with one glass of water before coffee or breakfast.
- Add a pinch of sea salt or a squeeze of lemon for natural electrolytes.
- Keep a bottle near you, sip throughout the day.
- Include water-rich foods (cucumber, citrus, soups, herbal teas).

☀️ A Practical Vision, Your Thyroid-Friendly Plate

Checklist for each meal:

- ☑️ 3 colors of vegetables (rainbow of antioxidants)
- ☑️ 1 quality protein (fish, eggs, legumes, poultry)
- ☑️ 1 healthy fat (olive oil, avocado, nuts)
- ☑️ 1 source of fiber (fruit, vegetables, seeds)
- ☑️ Hydrate before meals

📄 Reflection

Pause for a moment before your next meal. Take three deep breaths, look at your plate, and ask:

"Am I feeding my inflammation, or my healing?"

Your body listens to every choice. And every meal can bring you closer to balance, clarity, and energy again.

- 📄 This method is based on over 7 years of clinical practice and the experience of more than 5,000 women across Europe and beyond.

✉️ Want to Go Deeper?

This is just the beginning.

Inside Reshape Method™ for Thyroid Energy, you'll discover:

- How to balance your blood sugar naturally and calm inflammation.
- Thyroid-friendly breakfast options that support energy, focus, and stable hormones from the very first meal of the day.
- Detailed anti-inflammatory meal examples and thyroid-friendly recipes.
- The science behind how nutrition affects hormone conversion and metabolism.
- Hydration protocols and mineral balance for energy restoration.

✨ Continue your journey toward thyroid healing, one meal, one mindful choice at a time.

👉 Click here 👉

Pre-order Reshape Method™ for Thyroid Energy for \$19 (Early Bird)





Chapter Four

Your Daily Thyroid Routine (Preview)

Small, consistent actions make the biggest difference.

Healing your thyroid isn't about doing everything at once. It's about creating small, steady rhythms that tell your body, "You are safe. You can heal now."

This simple daily routine is your first step, a foundation you can build on each day of the 7-Day Reset.

Morning, set the tone for energy and calm



Hydrate before anything else.

Start your morning with one full glass of water before coffee or breakfast.

→ Add a tiny pinch of sea salt and a few drops of lemon to support natural mineral balance and gentle alkalinity.



Breathe before the day begins.

Sit tall, close your eyes, and breathe deeply through your nose for one minute:

- Inhale for 4 seconds.
- Hold for 2 seconds.
- Exhale slowly for 6 seconds.

Repeat 5–6 times to calm your nervous system and activate your thyroid-friendly parasympathetic state.



Eat a colorful, grounding breakfast.

Include protein, fiber, and healthy fats.

→ **Example:** 2 boiled eggs plus sautéed spinach plus olive oil plus berries. This stabilizes blood sugar, improves focus, and nourishes your metabolism.

Midday, Support digestion and focus



Keep hydrating between meals.

Avoid drinking large amounts of liquid during meals, it can dilute stomach acid and slow digestion. Instead, hydrate generously between meals with your mineral water mix.



Practice "Mindful Meal Breathing" before lunch.

Take 1 minute of slow, deep breathing before your first bite:

- Inhale calmly through the nose (4s)
- Hold (2s)
- Exhale slowly through the mouth (6s)

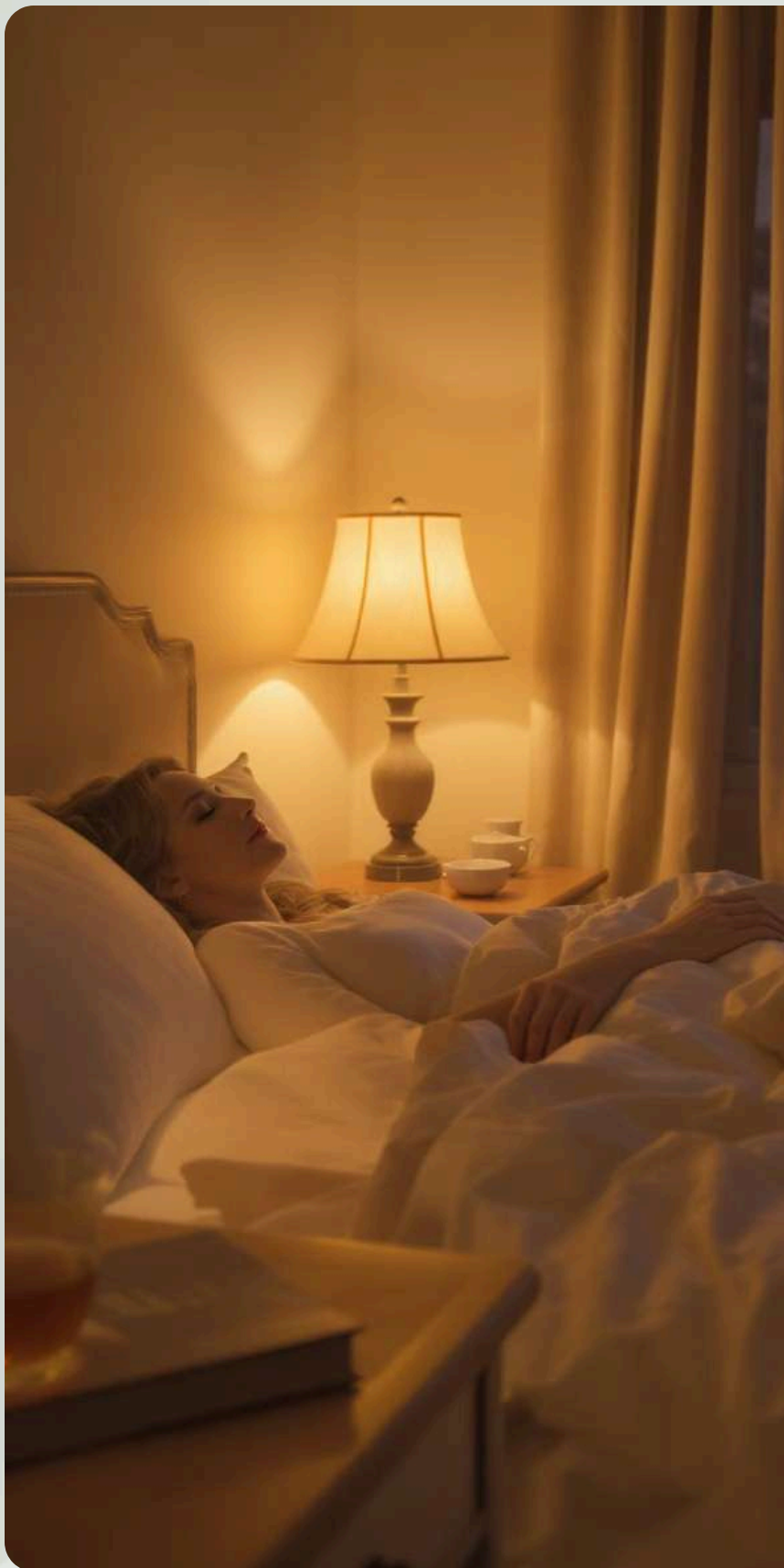
This signals safety to your nervous system, enhances digestion, and improves nutrient absorption.



Eat calmly and without rush.

Chew thoroughly and enjoy the textures and aromas of your food. Avoid distractions or stressful conversations, your body heals best when it feels relaxed.





Evening, Transition from activity to restoration



Mindful Meal Breathing before dinner.

End your day with calm presence before your meal. This helps deactivate cortisol and supports smoother digestion, especially if you feel tense or fatigued.



Gentle hydration through the evening.

Sip water or herbal tea (ginger, lemon balm, or chamomile). Avoid drinking large amounts right before bed.



Create a "digital sunset".

Dim the lights and turn off screens 30–60 minutes before bed. Let your nervous system unwind naturally.



Sleep by 11 PM.

Deep sleep is when thyroid and adrenal systems reset. Your hormones, mood, and energy depend on it.



Gentle Reminder

You don't need to be perfect, just consistent.

Every glass of water, every deep breath, every mindful meal matters.

"Your thyroid heals through rhythm, not restriction."

Fer Orpinell

✨ What's Next

This preview is just a taste of what awaits you inside Reshape Method™ for Thyroid Energy, your complete 7-day anti-inflammatory roadmap to renew your energy and reconnect with your body's wisdom.

Over the past 7 years, the Reshape Method has helped more than 5,000 students across Europe and the world reduce inflammation, rebalance their hormones, and restore their energy naturally.

Each step you'll take in this Reset is built on years of real clinical practice and thousands of success stories, proof that your body can heal when given the right roadmap.

In the full program, you'll receive:

- 1 🌿 A step-by-step plan to reduce inflammation and support thyroid balance.
- 2 📖 A detailed meal and lifestyle plan designed by Diego de Castro.
- 3 📄 Printable checklists and habit trackers to keep you consistent.
- 4 ✉️ 7 days of motivational emails from Diego and Fer, guiding you through each pillar.
- 5 🧘 Guided breathing and mindfulness rituals to restore calm and clarity by Fer Orpinell

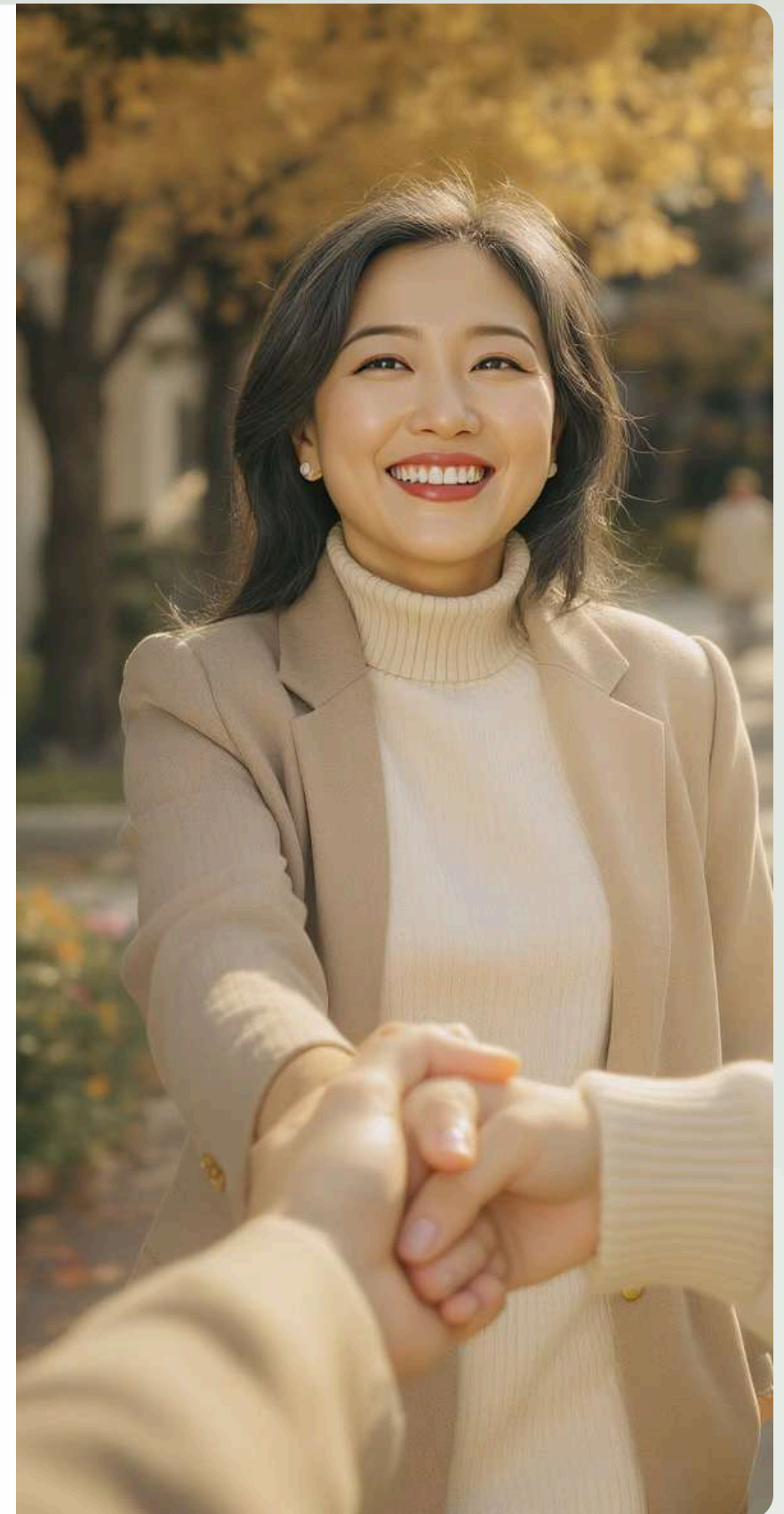
Every lesson, meal, and reflection you'll find in this Reset was designed with one goal, to help you finally feel at home in your body again.

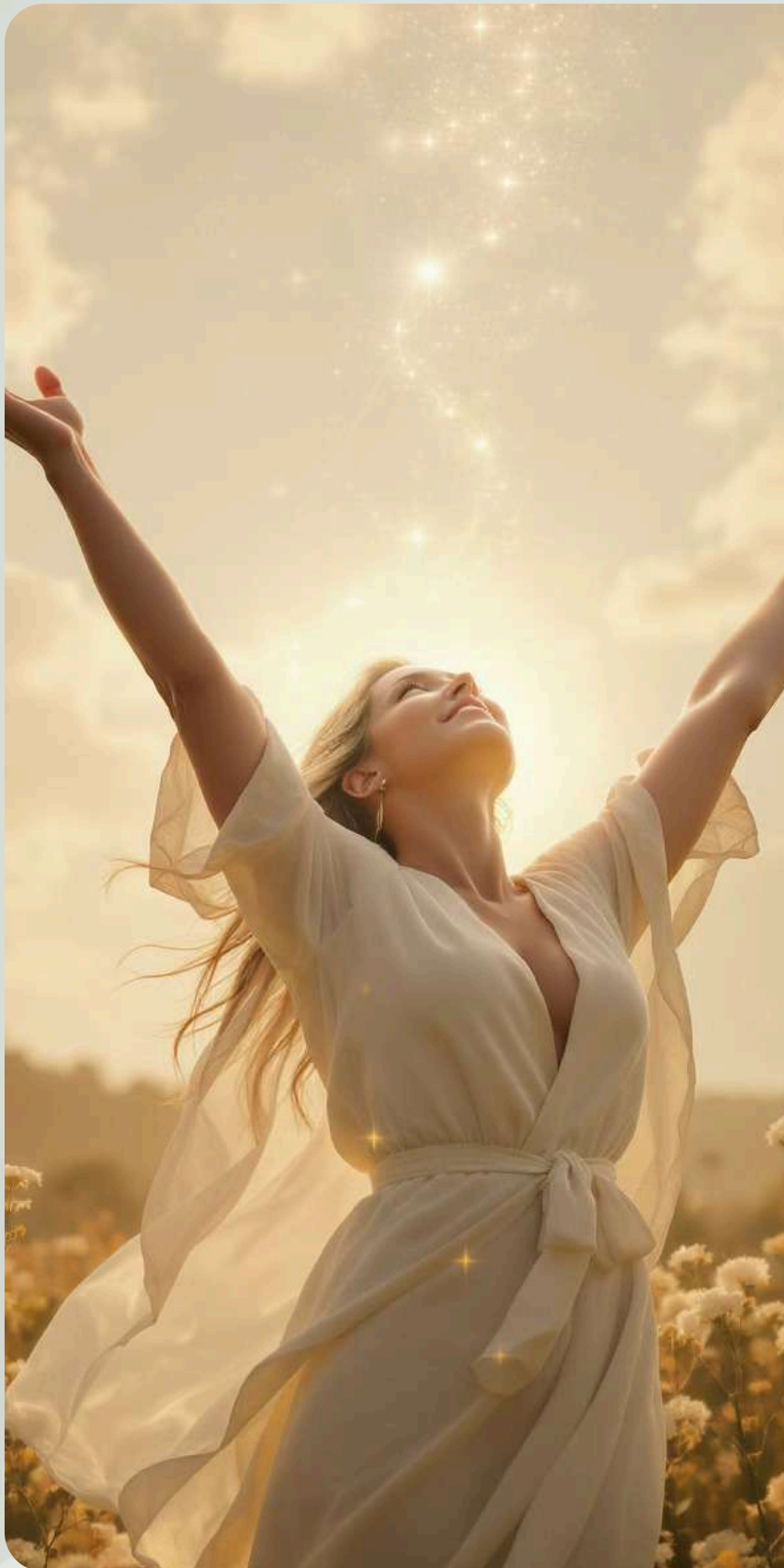
✨ In just one week, you'll feel lighter, clearer, calmer, and more in tune with your body.

Your thyroid can heal, you just need the right roadmap.

👉 [Click here](#) 👈

Pre-order Reshape Method™ for Thyroid Energy - \$19 Early Bird





❤️ Your Healing Starts Here

You've made it this far, and that already says something powerful about you. It means you're ready to stop surviving and start healing.

Medication alone doesn't restore your energy, your joy, or your confidence. But once you address the root causes, inflammation, stress, and nutrient imbalance, your body knows exactly what to do.

And that's what Reshape Method™ for Thyroid Energy gives you, a clear, science-backed roadmap to finally feel like yourself again.

🌿 Why Reshape Works

For over 7 years, we've guided more than 5,000 women across Europe and beyond to reclaim their energy, confidence, and joy, many after years of being told "your labs are normal".

You're about to join a global movement of women proving that healing is possible, naturally, calmly, and with science on their side.

Meet the Founders

Fer Orpinell
Transformational
coach, wellness guide



Diego de Castro
Dietitian, thyroid &
functional nutrition

**Approachable
Care**
Confident, caring
support

Fer Orpinell

Transformational Coach, Hypnotherapist, Fitness, Pilates and Yoga Teacher, and Co-Founder of Reshape Academy.

Integrates hypnosis, Yoga Nidra, breathwork, somatic practices and functional movement to help women calm the nervous system, release chronic stress patterns, and rebuild a trusting relationship with their bodies.

Diego de Castro

Dietitian and Health Coach specialized in Thyroid and Functional Nutrition

Co-founder of Reshape Academy. Expert in thyroid health, inflammation, and energy restoration. Known for translating complex science into simple, actionable steps that bring real, lasting change.

Together, they bring a method that unites science, compassion, and simplicity, so healing feels doable again.

 **Don't Miss This Moment** 

You can keep waiting for the right time, or you can make this the moment you finally take your health into your own hands.

This is a guided, science-based reset designed to help you feel real changes in as little as seven days, now available at the Early Bird price.

"Your thyroid can heal. You just need the right roadmap." — *Reshape Academy*

 [Click here](#) 

Pre-order Reshape Method™ for Thyroid Energy today and start feeling like yourself again.

Your body is ready.

The question is, are you?

And if not now... when?