

*Stephanie
Dodier*

**The Beyond The Food Show
PODCAST TRANSCRIPT**



the
BEYOND THE FOOD
Show

WITH STEPHANIE DODIER

Podcast Transcript

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Stephanie: Welcome to Episode 43. In today's episode, we have Dr. Izabella Wentz who is a specialist of thyroid conditions. So if you think or you know you have a thyroid condition, you want to stay tuned. She's going to teach us lifestyle intervention to help us with thyroid conditions particularly hypothyroidism or low thyroid and Hashimoto's. She will also teach us how to detect and how to navigate through the various tests and symptoms to help us determine for sure if we have a thyroid condition.

Now, notes to everyone, I don't pronounce thyroid correctly because I'm French, so you can have a good laugh right now but the H in thyroid is not something that my tongue can pronounce, so I have to apologize right off the beginning of the podcast. I think you're going to have a giggle all along it but that's a fact of life and I move on.

So this show is for you if you suffer from fatigue, from hair loss, from brain fog, from weight management issues, dry skin, depression, muscle ache or mysterious weight gain. These are the symptoms of hypothyroidism, which is in most cases an autoimmune condition called Hashimoto's. So you want to stay tuned because this is the specialist of the thyroid conditions that can help you with that.

Now I wanted to thank you before we go further for all the support you've provided me and my team with the Keto Connector. It's absolutely been a blessing to see your feedback, your comments, your testimonials, and I want to be sure for all of you, if you don't know yet about the Keto Connector, that's my program that I just launched. It's a book plus a video series, 30 days of support through little tidbits video that you're going to receive in your inbox everyday for the first 30 days, and it's about how to change your lifestyle so you can feel better, have more energy, lose weight, kill your cravings. This is what I use with all my patients in clinic, that kick-starter program, the first 30 days, and I've packaged it into a way where you can enjoy it at your own pace at home. But if you purchase it before April 15th, there's a bonus for the launch period and it's a course on fasting and particularly modeled around female because there is a different element that you want to look at if you are a woman desiring to introduce fasting in your day to day life. And because it's such a huge trend, you get information left, right and center, I wanted to create a course for that. And when you purchase the Keto Connector until April 15, 2017 you're also going to receive, if you follow the process, the healthy fasting course, which is a value of \$94. That's how it's going to retail after the period of the launch. So I wanted to be sure that you were aware of that because the date is coming up very quickly.

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Also, the feedback on show 40 has been powerful. We had Dr. Perlmutter on show 40 on the podcast here and the feedback has been amazing. And the way that he taught people about changing your habit and the neuroplasticity of the brain has been amazing and a lot of aha moments. So I would encourage you to go back to show 40 if you are attempting to make a lifestyle change and you're struggling with consistency and motivation. He addressed that as a neurologist of how our brain is able to work better from that perspective.

So are you ready to dive in to thyroid conditions? If you are, let's do this.

Our guest today is an internationally acclaimed thyroid specialist and a licensed pharmacist who has dedicated her career to addressing the root cause of autoimmune thyroid disease after being diagnosed with Hashimoto's thyroiditis in 2009. She is the author of the New York Times bestselling patient guide Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause, and the protocol book Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back, which has just been released. So welcome to the show, Izabella Wentz. And I want to say that this whole interview is going to be about talking about thyroid and I'm so happy to have you here.

Dr. Wentz: Thank you so much for having me, Stephanie. I'm excited to be here with you.

Stephanie: Thank you. And for my listeners, if this is the first you're listening to me, I'm French-Canadian, I have an accent and the H in thyroid is impossible for me to pronounce. So for you, Izabella, that's very important to know. I'm really trying hard, I just can't pronounce it.

Dr. Wentz: You're doing great. You're doing fabulous.

Stephanie: Thank you very much for your understanding and your patience.

As I said in the chat earlier, your husband sent me your most recent documentary, which I geeked out over an entire night. I went through all the nine CDs and it was amazing. If you haven't watched this, I highly recommend it, and we're going to link to it in the show notes. If you have any doubts or have been told by your doctor that you have a thyroid condition, this is the place to start. And from talking to you, it has helped a lot of people already, am I correct?

Dr. Wentz: Yeah, absolutely. We've reached over 500,000 people with the documentary series. My hope is to give them some perspective into what it feels like to have thyroid disease and

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help them, give them some tools to help them recover their lives because unfortunately, conventional medicine doesn't have much for most people with thyroid disease other than to give them some thyroid hormones, which can be helpful but they don't get to the root cause and they leave a lot of people struggling with numerous symptoms.

Stephanie: Yeah, and that's amazing. So the name, for those who are listening on the podcast, it's The Thyroid Secret and it's a video series. It's absolutely amazing because it will tell you everything that you need to know to get better. And that's the point, and that's where I want to spend a lot of time with us talking is that many people are coming here or listeners of the show are coming from the conventional medicine or allopathic medicine and they have been diagnosed, given a label, but they have not been made aware that there is actually something they can do to get better beyond medication.

Dr. Wentz: Yeah, absolutely. A lot of people are told that they have a sluggish thyroid or an underactive thyroid or they're put on thyroid medications but they're not told that the underlying reason is because they have an autoimmune attack on their body, and that's known as Hashimoto's thyroiditis.

Stephanie: Yeah. And that's something that I briefly talked in your bio but that's your story, am I correct? Can you tell us a little bit more about your own personal story?

Dr. Wentz: As a little disclosure, I was never really interested in the thyroid gland when I was going through pharmacy school. I was like, "Well, there's just one medication for it." It's just not that interesting because that was I was taught. And it wasn't until I was diagnosed myself in 2009 after almost a decade of some pretty debilitating symptoms – I had chronic fatigue, I had horrific irritable bowel syndrome, I had pain all over my body, I was wearing two carpal tunnel cases on each of my arms because of the pain I was experiencing and I had panic attacks. And this is something that not a lot of people relate to thyroid disease but those things can be very much related and can be caused by thyroid disease.

And so in 2009, I finally got the diagnosis of Hashimoto's thyroiditis and at that point I wanted to figure out what I could do to get myself to feel better and if there was anything I could do to reverse the condition or prevent its progression. And that's how I became a thyroid expert/human guinea pig, it was really an effort to make myself better because as a pharmacist, I knew that I could take medications but at the same time I knew the limitation from the medications and I knew that they weren't doing anything to stop my condition. And the way that thyroid disease works, it's actually progressive and it leaves the door open for additional types of autoimmune conditions. So many

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times people will start off with thyroid disease and they'll go on to have lupus or rheumatoid arthritis or even MS, multiple sclerosis, another type of serious autoimmune condition. And so I wanted to see if I could figure something out to stop this auto immunity, stop this attack in my body.

Stephanie: Because you're a very young woman, am I correct?

Dr. Wentz: Exactly. I was in my 20's at the time when I was diagnosed.

Stephanie: Yes. Crazy!

Dr. Wentz: And I learned that it was older women that were diagnosed. I thought I would get diagnosed maybe in my 50's or 60's and that was something to be accepted as we got older that our hormones slow down, but this was happening for at least ten years by the time that I got diagnosed. And pregnancy, puberty and perimenopause are some of the times that women are especially more likely to get diagnosed and some of us have had it before puberty. We've had it ever since we were little children and we were told that we were depressed or lazy or sometimes chubby during childhood, and usually it could be because of a thyroid condition.

Stephanie: That's crazy. Now what was the aha moment? I teach that to my listeners and to my followers, like often there's that moment in our life that changes many things. What was that aha moment for you that you realized that there was more than just medication because that's the background you came from? How did that happen in your life?

Dr. Wentz: So I was very skeptical of anything natural, right? I was like, "No, this stuff doesn't work. If it had worked, why didn't I learn about it in school? I have my doctorate degree, I know what I'm talking about." When my brother told me not to have so much sugar and I said, "You don't know what you're talking about, you're an engineer. I went to school for this stuff." I was very, very unbelieving of anything like that. And then I started researching online through PubMed, which is an archive of medical journals – and I used to do this to help my clients as a consultant pharmacist because a lot of times we didn't have answers for them.

So I started looking up different medical journals as far as Hashimoto's goes and thyroid disease, and then I came across the gluten-free diet. This is something that I had heard of but didn't think worked. It said that the gluten-free diet could reverse thyroid disease and about 20% of people with celiac disease, that when they had celiac disease and they went gluten-free, about 20% of them no longer had thyroid disease. And I was like,

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“Okay. Well, this is interesting.” And so then I asked to be tested for celiac disease and I didn’t have it. So I was like, “Okay. Well, then this is not going to work.” And then the more research I did, the more I found that maybe it still might work. And so it actually took me over a year to go gluten-free and dairy-free because I was so skeptical.

And when I finally did, within three days of going gluten-free and dairy-free – I had irritable bowel syndrome for probably, maybe ten years at that point, that went away completely in three days. I had acid reflux that had been with me for about three years and I was on three different medications, that went away in three days. I had no more bloating. I had been a little bit overweight at the time and my weight just started taking off within the next few days. All of a sudden, I had abs. And I was like, “What’s going on here?” I never had abs before. And then my joint pains went away a few weeks later and it was like, “Wow, this food stuff actually maybe make sense, that if I can get off of the foods that I’m sensitive to, which for me were gluten and dairy, then I can actually feel better. And I was able to come off of three medications at that point.

Stephanie: That’s amazing.

Dr. Wentz: Yeah. At that point, I was like, “Wow, I’m going to look more into this. Maybe this stuff isn’t all crazy and maybe it’s not all lies, right?”

Stephanie: Well, I think it’s very important that you say that to people who are listening because I teach people about moving outside of their comfort zone. So if your comfort zone today is what you’ve been taught and we’re talking about different elements to help you improve your health and it feels uncomfortable, that’s likely the place where you need to go, just like Izabella did with her approach. She was a pharmacist, she was trained in allopathic medicine and all these stuff on the side weren’t proven, they didn’t work.

Dr. Wentz: No, exactly.

Stephanie: And you moved yourself out of your comfort zone, give something and try and actually you found a new path to your life. That’s pretty amazing.

Dr. Wentz: Yeah, it was unbelievable. If you had told me before that I would be on the gluten-free diet, I would have never believed you.

Stephanie: So let’s talk about root cause because that’s one thing that people need a lot of information and education. And in your book, you talked about the formula, DIG-AT-IT,

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right? And I really loved that. So can you talk to us about the main root cause of thyroid conditions?

Dr. Wentz: If I were to divide the thyroid disease into six different categories and what causes thyroid disease, the first thing is going to be food sensitivities that we mentioned. So for a lot of people, it's going to be gluten and dairy. About 88% of my clients and readers – I've surveyed over 2,000 people now – feel better when they go gluten-free. It's just very significant where they even feel better with this than they do with medications in some cases. Then we're looking at nutrient deficiencies. Selenium is a very common nutrient deficiency in thyroid disease. Sometimes that can be the trigger.

Then we're looking at intestinal permeability or a leaky gut, chronic, low-grade infections. So not like you have a cold right now and you feel it or you have the flu, it's something that's within your body and it's generally silent except for it causing inflammation. Then we're going to have an impaired stress response and then toxicity. Usually within the body, there's some sort of toxicity that the body can't properly get rid of. And this is something that whenever we look at getting to the root cause of the condition, it's not just the one root cause, oftentimes it's a combination of all these things.

And all these things, what they do is they basically leave the body to believe that it's not safe. And so the body thinks that it needs to slow down and conserve energy. So in the case of, for example, nutrient deficiencies, which can be brought on by not eating a nutrient-dense diet, we'll see that a person, even though they're eating low calories, for example, or they're eating food but the food's been processed, that sends a signal to their body that says, "Hey, we don't have enough food. We need to slow down metabolism, we need to start storing our fat instead of getting rid of our fat." And then the fastest way to get into fat storage instead of metabolism is to slow down the thyroid glands. And so one of the ways the body does that is by attacking the thyroid glands.

And so there're so many different things that can be connected to causing autoimmune thyroid disease. And when we really look at how they all boil down, it's basically the body doesn't feel safe and the body wants to slow down the thyroid glands. And there're different examples in the literature and the science but even things like having traumatic stress in your life, which eventually lead you to feeling unsafe, this is going to be something that causes you to potentially develop hypothyroidism, which then can lead to holding on extra weight, being fatigued, having hair loss and all these other potential thyroid symptoms.

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Stephanie: It's a bit of a metaphor between how the body feels physically and responds to it and the emotions in the life of people who tend to have thyroid condition, am I correct? A lot of fear, a lot of anger, a lot of stress have an impact on the physical body, am I correct?

Dr. Wentz: Absolutely. Looking at the patterns of women with thyroid disease, a lot of women have some history of traumatic experiences in their lives. Perhaps they lost a loved one to a traumatic death. When I surveyed my readers, there was a significant percentage of them who felt well and they were doing well right before they lost somebody. I know one of my clients who had just lost his father and his thyroid antibodies, which measure how aggressive the attack is on the thyroid glands, they were in the thousands range where under 35 is considered normal. And so this is something that can be very much related to thyroid disease.

Then we have history of trauma in childhood. So maybe that's physical abuse, sexual abuse or even verbal abuse. And all of these things can potentially contribute to a person feeling unsafe later on in life and we end up making coping mechanisms for feeling unsafe. And those things might be like being hyper-vigilant and being anxious or being a perfectionist because if we're perfect then nobody is going to be mad at us and nobody is going to yell at us. And this ends up being a pattern for a lot of things that people carry into their adult life. And oftentimes this means they're not resting when they should be resting, they're taking care of everybody else, they're not listening to their bodies because so many times their bodies were telling them something is off but they maybe they couldn't do anything about it. And so they have gotten to a point in their lives where they're not communicating and they end up eating the foods that are not good for them, being in the relationships that are not good for them. And this ends up being a pattern that just repeats itself and eventually we end up with a disease.

Stephanie: And what the emotion present due to trauma or chronic stress present in people's lives will then influence the behavior that they have towards their own health and the choices which then leads to a condition, right? It's a big pattern and it's a vicious circle.

Dr. Wentz: Absolutely. It's complicated when you think about it and you have to do things to unravel that pattern because if you're on the perfect diet for your body, thyroid disease can go into remission with nutrition. I've had people who are on the perfect diet but they still have those perfectionist tendencies, they still tend to beat themselves up and be unkind to themselves and they end up sick all over again, and so they get back to that vicious cycle. Even if an infection caused their condition, we'll get rid of the infections,

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they'll feel better and then they'll get another infection because they're not taking time to rest because they're hard on themselves. They have these underlying patterns that are not fixed.

Stephanie: And like I said in the beginning, that's the purpose of the show, is to help people move beyond just the diet. And I see that very often with my own clients. People that tend to follow a nutritionist are perfectionists in their diet and they have the perfect diet and they wonder why things are not working. Well, what Izabella is telling us today are the reasons why we need to move beyond the diet and move and achieve other areas of our lives where we need to look at healing as well.

Now you talked a little bit earlier about the connection between gut permeability or the health of our digestive system – for those that are not familiar with that – and thyroid condition. Can you dig a little bit into that and help people understand how that correlates between the two?

Dr. Wentz: What's interesting is that gut cells and thyroid cells actually have the same fetal origin. Not many people know this but whatever impacts our gut is going to impact our thyroid and vice versa. So we know that a sluggish thyroid can lead to gut problems, so a sluggish thyroid can lead a person to have constipation, and that's pretty well known, or it can cause distension, maybe some acid reflux. What people don't realize is that the health of the gut impacts the health of the thyroid. Every case of autoimmune thyroid disease – and if you're listening and you're like, "I don't have autoimmune, I just have thyroid," you actually have autoimmune, you just haven't been told that you do.

Every person that has an underactive thyroid, a sluggish thyroid, they actually have an autoimmune attack on their body even if they haven't been told so by their doctor. So every case has this component, which is intestinal permeability or leaky gut. And for whatever reason, the gut is no longer keeping food and keeping waste products inside of it and these things are getting into our circulation, which can offset the immune system. And a lot of times, the food proteins, when they get into the body, they get recognized as foreign invaders. When they get recognized as foreign invaders, the body launches an attack against them and anything that looks like them.

There're certain foods that actually have similar protein structures to the thyroid glands. One of them, for example, is gluten. So whenever we're eating gluten and there's a leaky gut, that gets into the bloodstream, the immune system starts to attack that as well as the thyroid glands. And so we end up with this case of mistaken identity, really. It's known as molecular mimicry where the immune system starts to attack both.

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Now there're other things that can be happening to cause the gut to be leaky. There could be infections within the gut, there could be small intestinal bacterial overgrowth and there could be enzyme deficiencies as well as nutrient deficiencies within the gut that will lead us to have this intestinal permeability and leaky gut. And we find that whenever people get rid of the infections, whenever they address the source of the leaky gut, whether that's nutrient deficiency or food or potentially enzyme deficiency, they start feeling better. And in some cases they can go into complete remission from thyroid disease as well.

Stephanie: That is amazing. And I want to come back on something you said at the very beginning. You said, "If you have a sluggish thyroid, you have an autoimmune condition, you just haven't been told." And that, I think, is going to reach a lot of the listeners because a lot of women, specifically women above 40, are being diagnosed with sluggish thyroid, either not told that they can do something or just given medication, and they have no clue it's an autoimmune condition. What can they do?

Dr. Wentz: Yeah. It's such an important point. And it seems rare but 27% of the population actually has this autoimmune condition. It's known as Hashimoto's. You can test for thyroid antibodies to see if you have it or not but in many cases, there's also seronegative Hashimoto's, which means that you don't have the antibodies. So even if you say, "I've been tested," there's still a good chance – I would say 99% chance – that you have this condition if you have an underactive thyroid.

The things we can do besides taking thyroid hormones, it depends on when it's caught, it depends when you're diagnosed. So there's five stages of autoimmune thyroid disease. The first stage is just the genetic predisposition, you still have normal thyroid function, you don't have any attack on your thyroid glands. The second stage is when the attack starts. Your thyroid function may still be normal but you're still going to have symptoms, you're going to have fatigue, you're going to have irritability, anxiety, weight gain. Stage three is when we start seeing the thyroid gland failure and then we're going to start seeing some changes in thyroid hormone levels, a lot more symptoms.

Stage four is when most people are diagnosed. This is when the majority of the thyroid gland has been destroyed by the immune system and at this point, a lot of times thyroid hormones are absolutely going to be indicated, so we do want to take them at that point because our bodies are not able to make its own thyroid hormones. But we don't want to stop there because stage five is when it progresses into other autoimmune conditions. And so you can start prevention as early as stage one. If you know that you

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have a family member with thyroid disease, then you have the genetic predisposition. And stage two is when you could really, really reverse it at the beginning stages.

Now the really primary things are going to be looking at optimizing your nutrition, so figuring out what foods you're sensitive to, addressing your nutrient deficiencies. And then we're looking at – what I really like to focus on is the liver, adrenals and gut. So the liver, when you support the liver, we're getting rid of some of those toxins. With the adrenal support, we're supporting some of that stress response, rebalancing some of those traumatic patterns. And then with the gut, we're looking at how to make the gut less leaky and how to make it less permeable and do what it's supposed to do. So those are the fundamentals that I recommend for people with thyroid disease is they address their liver, adrenals and gut to get into balance from thyroid disease and help themselves to feel better.

Stephanie: And that's exactly what your latest book, *The 90-Day Protocol* – for those who are watching on YouTube, I'm showing the book right now. That's exactly that step by step plan that you have outlined in your book, am I correct?

Dr. Wentz: Yeah, exactly. I have the fundamental protocol, which is liver, adrenals and gut. And then I also have some advanced protocols, so these are getting deeper into chronic infections and specific toxins for people that need them.

Now a majority of people, about 80% from what I found, will feel significantly better with just the liver, adrenal and gut protocol. In fact, 65% of them will feel significantly better within two weeks of just doing the liver support protocol. And the reason I know this is I've tested this with over 1,000 people that have gone through my group program and a lot of my clients as well. So I've tested it with about a hundred clients and then 1,000 people on the group program.

The group program is really nice because it's almost like I could do a clinical trial with it because I can get a large group of people all at once into the process. And it's also self-directed so it's something that we can replicate easily in a book. And people have seen that they're no longer as sluggish, their food sensitivities and multiple chemical sensitivities, those lessen with the liver support protocol, and then they also start feeling like even without trying they're able to lose a couple of pounds and have some of that effortless weight loss. And they start feeling their brain comes back again because a lot of times people might have brain fog when they have thyroid disease. And just within doing the liver support protocol, that can be helpful.

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The primary place where the thyroid hormone gets activated is in the liver, and so whenever we support the liver, we start seeing that thyroid hormone activation. When we start clearing out the backlog of toxins that are causing a lot of symptoms within the body and that can start feeling better, that leads to people feeling so much better in a short period of time.

Stephanie: And that protocol is done using only natural elements, am I correct? There's no need for a prescription medication, it's all food and natural products.

Dr. Wentz: Exactly. The protocol is based on removing toxins in your day to day environment. So greening your kitchen, cleaning up your water filter – filter fluoride is a very common thyroid toxin – getting rid of antibacterial soaps. So these low-hanging fruits that are in your environment that are potential thyroid hormone destructors, we get rid of those. Then we look at how do we support the body's natural abilities to heal. And we do that through using foods and supplements. And then we're removing certain foods as well that may hinder the body's ability to heal within two weeks, and it's been quite amazing to see the results.

I'd like to say that I was expecting these results. I wasn't, so it was a bit serendipitous. I had some clients that were sensitive to supplements and I wanted to get them started on a kick-start protocol where we would reduce their sensitivity. And I found that supporting the liver helped to eliminate not just the reaction to supplements but also to a whole host of other things in their environments and have them feeling significantly better.

Stephanie: And it's very interesting. I don't know if you are a fan of Chinese medicine but in Chinese medicine, the liver is the organ that holds anger. So we're back to that emotional piece, right?

Dr. Wentz: Yeah, absolutely. And I think part of the journey, too, with thyroid disease is going through the process of grieving your diagnosis and giving yourself an opportunity to be sad, giving yourself an opportunity to be angry and really allowing yourself to have those feelings, but at the same time, not dwelling in them. And so that's why we move from the liver support protocol where you can go through that and have a little bit of cathartic – get all those toxins out, get those toxic feelings out.

And then we move into balancing the stress response. And this is at this point where we're starting to build ourselves up and we're giving ourselves positive mantras. We're making sure we're getting plenty of rest, we're learning how to be kind to ourselves like

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we would be to a sick child, or even a sick pet or somebody in our lives that we as women would naturally take care of. Rather, for ourselves, it's oftentimes like you're either in denial that you are really as sick as you are or, in some cases, women may try to get attention because they want to have that validation from other people. And I think it's important to first give yourself that validation. And that's where it starts and that's what we do in the adrenal rebalancing protocol where we really focus on taking care of ourselves and being kind to ourselves.

Stephanie: Yeah, that's very empowering. I mean, how many women out there are told that there's nothing they can do? And then also, with a book like yours, a program, the documentary comes around and you have a plan in front of you that you can do from home, like literally you can do all of these from home without having to have a doctor beside you, it's very empowering. And when you go through that phase of leaving the victim mode to having a plan and being in charge of your own health, there's a slew of other positive effects on the physical body.

Dr. Wentz: It's amazing. It's amazing what happens when women start taking back their power and start realizing really how powerful they are and what they hold in their hands. I've seen people that have – first they started off, they recover their health and then they go on to do things in their life that they never thought they'd be able to do. I've had women who have become mothers and they never thought that would be possible for them. I've had women who have become writers, authors, artists, bridge players, horseback riders, business owners. The list goes on and on. It's amazing what opportunities come up when you get your health back and you realize that this was your power, that this is what you did because the books can tell you what to do, the doctors can tell you what to do but it's really up to you to make those changes happen, to implement them. And when you see how strong you really are and how your body can heal, anything becomes possible.

Stephanie: Absolutely. I mean, we look at your story of how you changed your life. I mean, my story is the same. I went from corporate executive to a nutritionist, went back to school, changed my life, lost 100 pounds. All of these is because I actually took charge of my health, found a solution just like what Izabella is proposing to us and found a way to heal myself. And then it's like a new light was shining on my life. And that's what is possible with your book and your plan. If you are somebody who has thyroid condition, it is possible to change things in your life.

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Dr. Wentz: Absolutely. And I've seen it time and time again. It's just amazing what happens. And I used to be chronically fatigued so I was sleeping for 12 hours each night just to feel semi human and then throughout the day I was brain-fogged so I was going to work and I had to take notes on everything because I would forget. I was waking up, going to work, coming home, eating a little bit, sitting on the couch watching TV and falling asleep every night on the couch. This was my life for quite a few years and I never would have thought that I would've created a documentary. I never thought I would have written two books. It's just amazing what can happen. And now through the transformation that I've had, I am able to help others reach their transformations. And this was secretly always the goal of mine, to help other people. That's why I became a pharmacist, why I became a healer, a health care professional. And now I feel like I'm really able to do that in a really big way because I'm not just giving people medications to heal or to cover their symptoms up. What I'm doing through my work – and I know you're doing through your work – is teaching people how to awaken their inner healer and teaching them how they can take charge and listen to their body and get to know their body so that they can be in charge of their health.

Stephanie: Absolutely. And you talked about how we need to change our mindset but at the beginning, when we are in a place of victim, we don't see the potential positivity of this diagnosis in our life. And as we're going through this change with great support, we can actually start seeing that there's a positive aspect to this. I know now. I'm able to see that what happened to me, there was a great positive that came out of it, and the same thing for you. It's about being able to listen to what our body is telling us, make the changes and then the universe or God, whatever you believe in, unfolds a whole bunch of positive things in front of you.

Dr. Wentz: It's hard. I know it's hard for people. Like when you're deep in the middle of it. I know when I was first diagnosed, I was crying and I was devastated because it's hard that you have to deal with this and it's like, "Why? What did I do to deserve this?" But at the same time, it's also important to allow yourself to grieve, of course, but then also to start becoming logical and start acting more like a scientist than a rebel and saying, "Okay, this is something that I can do. Let me figure out what I personally need to do. Where does my responsibility lie in all of this?"

What happens if we get stuck in victim mode, we can start looking for a savior, we can start looking for somebody else to help us. And that can put us in a very dangerous situation because we can be desperate at that point where we're just looking for somebody to take it all away and there're people that are out there selling snake oil and

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selling shady things and we become, again, victims for that and we become the prime target for that. So it's important to become educated and empowered and know your own strength and be – I like to think of it as a scientist and a rebel where you take it on from a logical standpoint and you move away from having all these emotions of “I feel sorry for myself” because if you're stuck on feeling sorry for yourself, you're not going to get better.

Stephanie: Absolutely right. So if I'm a woman listening right now, or even a man, and I have been told that I have a thyroid condition, what is the next step for me to either know or get diagnosed and what should I do and the next step to take charge?

Dr. Wentz: Sure. If you wanted to get a proper diagnosis, you can get a full thyroid screening test. I like the TSH test. That's really great. The problem is that it's going to be elevated not until stage four, which we talked about, so we want to make sure that that's not the only test that we do. Most doctors will only do that test. And so we also want to look at thyroid antibody tests. TPO antibodies and TG antibodies are the best tests to do to figure out if you have an attack on your thyroid glands. And then we also want to look at free T3 and free T4 levels, and these are the levels of hormones within your body. And that's a really, really great first step just to have it official, have it on paper and also have numbers that you could track.

The higher the thyroid antibodies, the more aggressive attack is on your thyroid glands and we want to be looking at tracking objective and subjective parameters. So how do you feel? Are you feeling better with these changes that you're making? And are your numbers getting better? So obviously we want to have both you feeling better, losing weight and being less tired and then also your numbers improving. So we want to see those antibodies reduce over time as we make these changes.

A really great place to start is going to be figuring out what your food triggers are. The food sensitivities that I know as a nutritionist, you teach that – that's a really, really important key. And then looking at – in my Hashimoto's Protocol, I focus on getting rid of some of the toxic backlog. I found that to be a really, really good first step with people.

I didn't use to recommend that, that's not what I did. So I was looking for a bunch of different triggers and jumping all around, and that caused a lot of setbacks because sometimes the triggers might be elusive or they may be difficult to treat. But if you strengthen in your body, you're always going to feel better and you're always going to become more resilient. And so the way you strengthen your body is by supporting your

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own body's natural pathways, and one of them is the liver detox pathway, then we have the adrenal pathway. And so the liver pathway, the adrenal pathway and then the gut pathway is what we do to support that for the body. And so getting rid of toxins in your environment, going on a make-up-free three week or two, getting off of the personal care products, getting off of fluoride is going to be a very, very helpful step in terms of getting back some of the toxic backlog.

Stephanie: Amazing. So back to the blood test, because I've seen in my experience a lot of doctors that don't want to collaborate, they don't necessarily want to give you the test that you want to have, what would you advise people to do in that case?

Dr. Wentz: There're a few different things you can do. You can specifically request the test and say you have a family history of autoimmune disease and you would like to be tested for it. Then if they refuse, one of my friends who's a thyroid advocate, Mary Shomon, taught me that – in the documentary series, she actually says, "Make them write down in your chart that they're refusing it because when they're told that you need to write something down, they're less likely to refuse it just in case they might miss something," so that's one option. Option two is find a different doctor that's willing to collaborate. Option three is order the tests on your own.

There are various patient-directed labs. Alta Lab, Direct labs, MyMedLab are some names that you can order your own lab tests. And Alta Lab specifically actually allows you to order your lab tests and then submit them to insurance in the United States, which is really, really great. Obviously you have to check with your insurance because not all of them will accept it but it's an option. And really, these tests are going to be under \$100. And if it's something that is important to you, you can go out and get it on your own. Don't let somebody else stand in your way.

Stephanie: And for Canadians, that's also available in most provinces in Canada to do your own tests. Now when I go and get my tests done and if I'm already on thyroid medication, how does that impact the result or does it impact the results?

Dr. Wentz: If you're already on thyroid medications, you might have – your TSH would be hopefully normalized and your free T3, free T4 would also be normalized as long as you're on the right medications and you're getting an adequate dose of medications because sometimes some patients are under-dosed, some are overdosed, and then they're not given the right type of hormone for them. There're more natural thyroid hormones that contain T4, 3T that may be more appropriate for some people and make them feel a lot

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better. This is going to be something that I would recommend digging deep into, figuring out if you're on the right thyroid hormone if you're still not feeling good.

Stephanie: And then I still get to test my antibody to see if the reason why I'm on medication is because of the autoimmunity or the Hashimoto's condition, correct?

Dr. Wentz: Yes. The antibodies could be very, very helpful for determining if you have an autoimmune attack on your body. About 80% of people with Hashimoto's will have those antibodies. What's kind of tricky here though is that there're some people who don't have thyroid antibodies but still have Hashimoto's, and then there's more advanced testing you could do. So you could do a thyroid ultrasound that reveals if you have the changes and then they can also take thyroid cells out of your thyroid gland with a tiny little needle and put them under a microscope. But that's a bit more invasive so I recommend for general purposes to test the antibodies and then if you're having some of the symptoms we talked about, like anxiety, if you're having panic attacks, if you're having hair loss, weight gain, I would assume that you are working with Hashimoto's and do all the same protocols for it because it's the primary reason for hypothyroidism in the Western world. It's very rare that you would have something else causing it.

Stephanie: And I would recommend to listeners to, if you have those symptoms and maybe the tests are not showing, to just give it a chance, go on the 90-day plan. It's only three months of your life. Really, what is three months? Go on the 90-day plan, do the process and see if you feel better because sometimes we put too much importance to tests and we don't trust enough our body. Go on the 90-day plan, see how you're feeling and maybe that's going to be the solution that's going to change everything for you. Maybe yes, maybe no, but good chance is it will have a tremendous effect on your health.

Dr. Wentz: Absolutely. You don't have to wait for a test. I know for me, it took me too long to wait for a test because I thought I didn't have celiac disease and so I didn't need to be gluten-free, but 88% of people with thyroid disease feel better off gluten even when they don't have celiac. So anywhere from 1% to 10% to 15% might have celiac but it doesn't matter if you do or not. A lot of times conventional medicine hasn't really caught up to what we're doing in nutrition and what we're doing in functional medicine, right?

Stephanie: Absolutely. So where can we find out more about all your programs and your book?

Dr. Wentz: A great place to start is looking at thyroidpharmacist.com. I have a free gift for people, thyroidpharmacist.com/gift, and that contains some nutrient deficiency information as

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well as information on how to get started with a diet and recipes. And you'll be able to find more information there about my books, my work, the documentary series I just did. And then wherever books are sold you'll be able to find Hashimoto's Protocol, so Amazon, Barnes & Noble, any bookstore – physical bookstores – they're going to be able to carry it, so independent bookstores. And that's available from March 28.

Stephanie: Amazing. So we will link to the thyroidpharmacist.com/gift in the show notes so you can start with that. And by the time this podcast is out, you will have availability of the book that I'm holding in my hand, the Hashimoto's Protocol in Amazon and all the bookstores around you and start by reading that, that would be my recommendation.

Thank you very much for your time, Izabella. I know you're a busy person. Thank you for coming on and educating us. Hopefully we'll see you soon.

Dr. Wentz: Thank you so much for having me. It's been such a pleasure.

Stephanie: You're welcome.

There you have it. You are now in possession of more information about thyroid conditions than most of allopathic doctors out there. You are an empowered patient. Go out there and find the resources that you need to feel better.

Now I want to tell you, if you jump over to my Instagram account today, you will see a post about a giveaway that Dr. Izabella did for everyone that's listening to the show. It is the entire 9-CD collection of The Thyroid Secret. I'm holding it in my hand right now. I'm going to mail that to you if you win the contest along with a copy of her book. So it's a \$100 plus – I don't know the exact value of the 9-DVD collection and her new book, Hashimoto's Thyroiditis Root Causes. So if you head over to [stephaniedodier](https://www.instagram.com/stephaniedodier) on Instagram and you follow the rule contest by April 5th, we will announce the winner at the 9th or the next morning April 6th of this giveaway that Izabella did, so head over to Instagram.

Now if you want the resources and all the links that everything me and Izabella talked about in the show today, you have to head over to my website at www.stephaniedodier.com/043. That's where you can get the link and also the transcript of today's episode, which I feel is going to be useful for some of you to have a good conversation with your doctor about this information.

Stay tuned for Episode 44, the next episode, because we're going to dive in to the whole science of mind-body connection or body wisdom that Dr. Rachel Carlton is going to



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teach us about. That's her jam, that's what she does. She's an MD and an integrative practitioner and she teaches women how to go step by step on how to connect their mind and their body. You don't want to miss this.