EPISODE 1 TRANSCRIPT
Thyroid Disease Revealed

THE THYROID SECRET
Dispelling The Myths & Revealing The True Solution To Thyroid Disease
Thyroid disease is one of the most misunderstood conditions of our times. It could seem like having a nightmare that you just can't escape from. It can tear your life apart bit by bit, taking everything from you. It can destroy your self-esteem, damage your relationships, and erode your aspirations. The truth is you don't have to suffer like this and you can recover your health and feel energetic, fit, calm, beautiful and powerful once more. My personal journey with thyroid disease nearly took everything from me, my self-worth, my relationships with my family, friends and my husband, my aspirations as a healthcare professional. I'm Dr. Izabella Wentz. I'm a pharmacist, researcher, author, and thyroid patient advocate.

Turning my health around and reversing my autoimmune thyroid condition was one of the most rewarding and humbling experiences of my life. I can't describe the happiness I felt when after almost a decade of debilitating fatigue, I awoke with newfound energy. All of this happened because I made a commitment to my health and decided to learn everything I possibly could about my thyroid condition known as Hashimoto's thyroiditis. I made myself a bit of a human guinea pig and uncovered what was causing my condition and how to reverse it.

My life was changed forever through the things I learned and so I began to share my story and my research with other people who are struggling with thyroid disease. It was so gratifying to see complete health recoveries and people who had been struggling for decades. Sharing this truth became my life's mission. The truth is that the protocols I used to reverse my condition were not taught to me by my local doctor. I felt like I was the code that nobody could crack, the mystery that nobody understood and I wanted to be understood and I wanted to be heard, but I wasn't told the answers from the sources of authority I thought I would hear from them. The Thyroid Secret is bringing the underground information you need to recover your health to the surface. It's our beacon of light to the world suffering from thyroid disease and everyday threats to their thyroid. We're giving you the information that has been the world's best-kept secret, the secret that's being kept from you because of myths, misinformation and a broken health care system. You deserve the truth, so that you, too, can recover your health. Get ready because we're giving you everything you need to know right here, right now.

One of the hardest things about dealing with Hashimoto's for me was actually not knowing that I have Hashimoto's. I was so tired for almost a decade, I basically would go to school, come home from school and go to bed. I slept for 12, sometimes 14 hours each night, just to feel like human. Another part that was really challenging was the brain fog that I experienced. I was in my mid-20s and I found myself to be very very forgetful. I had always been this bright-eyed and bushy-tailed kid and all of a sudden, I couldn't remember really simple things. This wasn't supposed to happen. I was smart. I was articulate and yet I found myself going into rooms and forgetting why I got there, forgetting simple words like cat, dog. I thought I was losing my mind. When you have the brain fog that comes with thyroid disease, you feel like you're in a constant quicksand. You're trying to get out and you just can't get out. You're working so hard to go against the grain, go against the sand and it's not working because everything around you is just moving way too quickly.

After that I began to have anxiety and panic attacks. Then, I started having carpal tunnel. I begin to lose my hair. I began to have brain fog and it just felt like I was on a downward spiral. My health just kept declining. Slowly but surely, month after month, I began to have more and more symptoms. I didn't look sick. Most people with autoimmune thyroid disease don't look sick at all and everybody around them just doesn't seem to believe the pain that they're going through. Then, I began to have panic attacks, so my husband Michael would go out running and he told me that he'd be back in about 15 minutes and 20 minutes would pass by.

Then, I'd be crying in the bathroom, worried that maybe he got hit by a car or maybe he had a heart attack running or that he ran off with another woman or something completely irrational. Part of me thought that everything that I was experiencing was in my head and certainly the medical doctors that I saw led me to believe that. They told me, "You are stressed out, you're getting older." This is what
happens when we get older, we start becoming more tired. As we have all these work pressures build-up, we get more stressed out. You just need to sleep better or you need to get your rest. Then, I began to wonder if I was exercising enough, if I was eating the right things, if perhaps I was taking on too much in my life.

Yeah, I thought it was my fault. I thought I created this. I felt like I was falling apart and I was a newlywed and all of a sudden, I started to have acid reflux and carpal tunnel and these panic attacks. I didn’t think it was fair to my husband. I was worried that he would leave me. I was worried that I wasn’t being a good wife. I was too tired to do anything for him. I really really wanted to be a good wife and a good person and just the fatigue kept me from doing anything. I would come home from work, I would eat something, watch TV and then I’d go to bed. I was too tired to go out with friends. I was too tired to really take an active part in life.

When I was diagnosed with Hashimoto’s, I remember coming home and just bursting into tears. One of the more common things that can occur with Hashimoto’s is infertility and miscarriages. As a newlywed, that was such a hard thing to hear that I would potentially never be able to have children or that my children would be perhaps born with developmental disabilities. When I first found out I had Hashimoto’s, I just burst into tears. One of the things was like the freedom that was taken away because I would always have to worry about whether my children would be okay, whether I’d be able to become pregnant, I would have to spend so much time planning and testing and trying more and doing different medications. Even when I did all that, there was no guarantee that I was going to have a healthy pregnancy. I felt those feelings in my chest, in my throat, in my heart. I felt them in every part of my body. I just felt like I was letting everybody down, letting down my husband, myself, my future children, my parents.

The truth is living with untreated thyroid disease can feel like a downward spiral that you can’t escape from. It’s like walking through a quicksand that won’t let you free. The experience of each person is different from another, but in every case, it can be devastating. One of the most vulnerable areas of life is it affects our mental function. Have you ever felt what it’s like to lose yourself? Have you ever felt what it’s like not to feel like you anymore? It’s really sad, but most people never detect that it’s a health condition that is bringing about this unwanted change and they’re too often feeling like they’re just a bad person. They begin to hate the way that they’re acting. Here’s the ugly truth about thyroid disease and the beautiful people that it preys upon. What kind of symptoms were you having when you were first diagnosed?

Wow, I didn’t even know there were symptoms actually. The symptoms I was having, it started with hives. It was when I was living in Japan actually in 2007 that I actually got these hives, thinking they were bug bites. In 2012, when I was diagnosed with Hashimoto’s, they’ve been showing up again that year. It all started to make sense. The hives were the first, I got bald spots all over, mainly on the bottom of my hair and up here, where you see every day. I didn’t realize that I was actually in the process of losing hair, having panic attacks, not knowing where they were coming from. I was depressed. Anxiety, not knowing where it was coming from.

Since I was undiagnosed and sick pretty much all my life, I could really see clearly that there were three crises in my life that where all the symptoms were really at the surface. That was puberty, childbirth, and menopause. I think that when I had menopause, my body was like, “Okay that’s enough. I’m checking out.” It goes from hair loss to exhaustion and you know what that is, it’s beyond tiredness, to the point where I couldn’t even go up the subway stairs without stopping and taking my breath. Gum problems, gut, digestion, I mean I could eat just anything and I wouldn’t digest it. I had stopped eating dairy and gluten, but that was not enough. I really had to heal deeply the tissue of my gut and start there such I focused on for a good three years and still tuning up everything.

Some of the different symptoms, increased resting pulse rate, heart palpitations, weight loss, increased appetite. A lot of people have anxiety, irritability. Loose stools are common. Eye symptoms such as eye bulging, eye swelling, eye pain, so those are some of the more common symptoms.
I didn’t know I had thyroid issues. I started losing my hair and my hairdresser had actually told me that, she said, “You’re losing a lot of hair.” She said, “You might want to go see your doctor.” I said, “I haven’t really been feeling myself, I have a very stressful job. I work in pharmaceutical research, so I’m always traveling on a plane.” I thought maybe my body was just tired from the jet lag. I was going to all these different doctors and asking them about what could be wrong. A lot of them told me it was in my head, maybe I was premenopausal, it could be the travel, the jet lag. They would run my lab testing and my thyroid was on the lower end of normal. They said that I didn’t need any medications and I said, “My hair is falling out, I can barely get up in the morning, I’m lethargic. I have joint pain.”

I had something called Graves’ disease, which is an autoimmune disorder of your thyroid and with that that’s why I was having all these panic attacks and insomnia and weight loss and rapid heartbeat and the tremor was all because my body was attacking my thyroid, creating it to be overactive.

In 2004, I was diagnosed with Graves’ disease because of heart palpitations, having sweaty hands and having anxiety attacks and yelling at people for no reason, like outbursts of anger. I knew that wasn’t me, like it wasn’t my character to be mean to people. I knew there was something wrong. Oh, it was terrifying, I mean it was terrifying to see your personality changing like that like you’ve become a really mean person. It was a different person altogether and later with Hashimoto’s, it repeated again, the same thing. It changes your personality.

I was completely wiped out and I was tired all the time. I had terrible brain fog and memory issues. I had put on 25 pounds, bloating, inflammation. I was working like 60 hours, 70 hours a week. It just was a mess and literally my entire life fell apart. At that point, I knew something was wrong and I went to the doctor. The thing that sent me the doctor was I had this very severe stabbing eye pain. I went to a battery of different eye doctors and they did all these different tests. They couldn’t find anything.

I was so fatigued and so tired and I didn’t know why and I couldn’t figure out what was wrong with me. I didn’t understand it. He didn’t understand it either and so there was an element of like, “Why don’t you want to do this stuff, why can’t you do this, why are you so tired all the time?”

When I first was diagnosed in 2005, I had all those horrible symptoms. Nothing was working to take the weight off. I had the round face again, losing eyebrows again, losing hair and absolute complete utter exhaustion. It was terrible. Yeah, it was bad, it is really bad. I felt like I had nothing left. I felt like I had no life. I had to make a choice if I was going to go workout or work because I couldn’t do both. You know the brain fog business that was absolutely true. My thyroid actually hurt. Putting anything around my neck, a turtleneck, I couldn’t wear a turtleneck and that pressure, it just made me feel really like I was suffocating almost. It was bad.

When I was younger, I really thought my health problem was that I was obese and I couldn’t explain why I was overweight. I started struggling with my weight with puberty and it never scaled to how I ate or how active I was, but I always just felt that I was doing something wrong or that I was weak or not good enough somehow. I didn’t really understand until much later that I have been diagnosed with Hashimoto’s Thyroiditis along with other autoimmune diseases. When I look back, I realized that it very likely started with puberty or even a little bit before, but what happened was I struggled with my weight for all of my teen years and 20s and early 30s. It eroded my confidence and my self-esteem, my sense of self-worth. It always became this thing that I couldn’t control my weight, so I wasn’t good enough for whatever the metric was at that time. It wasn’t until I started changing my diet and my lifestyle and seeking better medical care and getting diagnosed properly that I really started to understand my life in terms of battling the disease.

When I weighed 300 pounds, I’d had two knee surgeries. I said, “Alright, I’m done with this. I’m going to get in shape. I’m going to lose this weight. It’s the most important thing I could do.” I worked out religiously. No matter how much sleep I got, it didn’t matter, I always went to the gym six days a week an hour and a half a day. I did half weights and half cardio. At the end of a year, I could max out every
one of those machines at the gym. I was doing 15 degree incline on the treadmill. I didn't run, but I would like walk with a backpack and it was like I was doing it. I was eating these vegetarian, low-fat things and my friends were eating french fries. I could bench press them while they ate french fries, they were all thinner than I was. I looked around one day and I'm like “They all eat more than I do, like what's going on?” No one works out like I do and I just thought it was because I wasn't trying hard enough.

Dr. Izabella Wentz: Disease never waits and steps in when you have the physical, mental, or financial capacity to deal with it, no. Unfortunately, quite the opposite really. It intrudes in the middle of your life. It hits you when you thought you were already down for the fight, when you were pleading for mercy.

Stacey Robbins: 1995 was one of the years that will go down in history for me. Rock and I were grooving along. I shouldn't say grooving, it actually was pretty bumpy. It was a bumpy time in our young marriage and so things were kind of stressful to the point where we were taking a break and we were separating. Then, I was hit in first of a couple of car accidents and then my dad was in this process of dying at the young age of 49 from complications to diabetes. There was this really kind of swirling set of events that happened and in the midst of all of it, I am this workaholic professional musician, who is traveling all over. I'm recording in the studio, I'm working with different artists from all over the country. My life is in this non-stop mode. Then, all these events are happening and my life kind of crashed and burned. Normally, no matter what the circumstances were, I could just keep going no matter what, but during that particular time, I found that things were getting bigger than I could handle. I started getting this crashing fatigue, where no matter how much I slept, I couldn't function. I was sick all the time with sinus infections. I was just this mess of a person who was also gaining tons and tons of weight like epic proportions.

I did the things that most people do. You go to the doctors, “Oh, I'm in pain in my body,” “Well, let me give you something for pain.” “Oh, I'm tired all the time.” “Well, let me give you something for your energy.” “Oh, I'm not losing weight,” “Well, let me give you something for your weight loss.” All of those things weren't really addressing the root of the problem, but I've carried on that way for a very long time. What led to my diagnosis was really a lot of misdiagnoses, a lot of missteps that eventually led to the revelation, but by the time I was diagnosed, I had gained 100 pounds, over 100 pounds. I was 270 pounds, I couldn't perform anymore. I was too afraid to leave my house. I'd become agoraphobic. My skin was literally bleeding at the touch. If you touch my skin, blood would come out. I was anxious all the time. I slept, but didn't feel rested or then I had insomnia and was wired. It was just a really crazy time. It was a lot of symptoms that were getting missed, even though they very much pointed to thyroid and Hashimoto's, but they got missed for a long time and things got progressively worse until I was diagnosed.

Dr. Izabella Wentz: Can you talk more about that diagnostic approach?

Dr. Alan Christianson: This is a big thing, so Hashimoto's is really the main cause of thyroid disease across the board. There's other types that are out that we'll discuss, but Hashimoto's is the main one. In many cases, people are diagnosed as being hypothyroid when it's obvious, but they're not even told about Hashimoto's. The data is strong that the whole immune response, the inflammation, it can go on for a decade before there is ever enough of the shift to get diagnosed as being hypothyroid. The tough part is that Hashimoto's, there's different kinds of diagnosis in medicine. Some kinds of diagnosis are one particular finding, like you're hypertensive if your blood pressure's here or there's the break on the x-ray, you've got a broken fibula, so some diagnosis like one finding. Other diagnoses are based upon clusters of symptoms. We call those syndromes.

Then, other diagnoses are really based upon microscopic findings. We call that a histologic diagnosis. Hashimoto's is actually a histologic diagnosis, so there's a lot of ways you can strongly suspect Hashimoto's such as positive thyroid antibodies, unexplained changes in thyroid function or alterations in thyroid structure, the ultrasound especially, but there's really no clear way to refute Hashimoto's. There's no way you can take someone and say, “Yeah, you don't have it,” that is unless you remove
their gland and you've minced it and you've like analyzed every speck of it microscopically. We don't do that, so so many that have it don't know it because there's no easy rule out for it.

Dr. Izabella Wentz: I think that's such an important thing as a lot of times people will go to their doctors and they'll get the blood test done and their doctors will tell them that everything is normal or that they don't have Hashimoto's, but that's not necessarily the case.

Dr. Alan Christianson: What that means in almost all cases is that this person went out of their way and they read one of your books probably and they ask their doctor or demanded to get their antibodies tested because it wouldn't be done otherwise. The antibody test came back negative and so the presumption on the doctor's part is like, “Oh, this is negative, therefore you don't have Hashimoto's.” The data is so strong that upwards of 40-50% of those that do have Hashimoto's never have positive antibodies. That's not a rule out. That doesn't mean that this is something that person needs to ignore or question themselves or think they're making up these symptoms. It still can be a possibility for them.

Dr. Izabella Wentz: What other types of tests do you recommend for your patients?

Dr. Alan Christianson: That's a good one. I also am a fan of screening inflammation, so there's thyroglobulin antibodies and there's just thyroglobulin, they're separate. We also want to make sense out of how the hormones are being used in the body and how they're being eliminated, so that's why we look at the free T3, free T4, reverse T3. I'm also a big fan of checking thyroid structure and that's ultrasound evaluation. There's a lot of people to where you wouldn't know they had Hashimoto's without checking the structure. The other relevance is that we think a lot about cancers, breast cancer, lung cancer, totally relevant stuff, the fastest increasing one is thyroid cancer. It's picking up quicker than anything. Those who have thyroid disease, they're more at risk because their body is yelling at their thyroid, it's inflamed, so that's the population we're concerned about. I want to make sure that if they did have cancer, we catch it as early as possible and then also if they had any early signs that could lead to cancer, there are strategies that can cut their risk from having that progress. It's super important to know about the structure of the thyroid as well.

Dr. Eric Osansky: Some of the different symptoms, increased resting pulse rate, heart palpitations, weight loss, increased appetite. A lot of people have anxiety, irritability. Loose stools are common. Eye symptoms such as eye bulging, eye swelling, eye pain, so those are some of the more common symptoms.

Dr. Izabella Wentz: Thank you for sharing that and then what about diagnostic tests? Let's say somebody was feeling some of the symptoms, what kind of tests can they do to get the proper diagnosis?

Dr. Eric Osansky: Initially, what they'll usually do is a thyroid panel, consisting of TSH and ideally free T3, free T4. Every doctor's different. Some doctors will just start with a TSH and see that the TSH is depressed and then they might test for the free T3, free T4. As far as diagnosing Graves' since Graves' is an autoimmune condition, you want to do things to look and test the health of the immune system, so TSH receptor antibodies are commonly elevated in Graves' disease, more specifically thyroid-stimulating immunoglobulins. That's usually the test you want to have to see if those are elevated. Some doctors also do what's called a radioactive iodine uptake test or uptake scan, which involves taking a small amount of radioactive iodine and now if that's elevated, then a lot of them will conclude someone will have Graves' disease, even though I personally prefer the antibodies at least initially starting out with the antibodies. If those are elevated and especially if someone has the depressed TSH and elevated thyroid hormone levels, then it's pretty conclusive that it is Graves' disease.

Dr. Izabella Wentz: Why do you recommend the antibodies rather than the radioactive iodine uptake or why do you prefer that?

Dr. Eric Osansky: Well, it's less invasive. I mean it's a blood test, a little bit invasive, but still it's a simpler procedure. Even though it's a small amount of radioactive iodine, it still involves some radiation. It's not the same as getting the radioactive iodine treatment, but still if you could avoid any of radiation and just get the
blood test, then to me it makes sense. If someone has the blood test and it's showing the positive thyroid-stimulating immunoglobulins that pretty much confirms that they have Graves' disease without having to do the uptake test. Some will do the uptake test also to look at nodules, so they might say, “Well, we also want to look at thyroid nodules,” but you could also have an ultrasound done, which is what I had when I was dealing with Graves' disease.

Dr. Izabella Wentz: Now, would you say that Hashimoto's and Graves' disease are two different sides of a coin?

Dr. Eric Osansky: They're different, but they're same. They're both immune system conditions that involve the thyroid, so obviously with both of these conditions, they involve different autoantibodies. The immune system attacks different areas of the body. With Graves' disease, it involves thyroid stimulating immunoglobulins, so people with that immune system will attack the TSH receptors, which leads to the increased thyroid hormone production. Whereas with Hashimoto's, they have the thyroid peroxidase and/or thyroglobulin antibodies being elevated, so the immune system will attack those areas of the body, the thyroid peroxidase enzyme or thyroglobulin. They're different, but they're both immune system conditions. With either one, you want to try to find the trigger and you want to remove the trigger. You want to try to correct other imbalances.

Dr. Izabella Wentz: Can Hashimoto's and Graves' disease have the same underlying root causes?

Dr. Eric Osansky: They can, some of the courses might be the same, some of them might be different, but yeah some of the same factors that will trigger Graves' disease can trigger Hashimoto's and vice versa.

Dr. Izabella Wentz: The best tests to do for Hashimoto's are going to be thyroid antibody tests. The two antibodies to ask for are thyroid peroxidase antibodies, you can abbreviate that as TPO antibodies and thyroglobulin antibodies and that's abbreviated as TG antibodies. Now, these are lab markers, indicating that your thyroid gland is under attack by your immune system. These thyroid markers can be measured in the blood for up to 10 years before you see a change in TSH, before you see a change in other thyroid markers. Many people will report that they have thyroid symptoms when they have an elevation in these antibodies. Uncovering thyroid antibodies is really really helpful because it lets us know that we have an autoimmune process within our bodies and this allows us to do something about it. The higher the thyroid antibodies, the more aggressive the attack on the thyroid gland and the quicker the progression is going to happen to other types of autoimmune disease. I really like to use the thyroid antibodies as a marker of how a person is doing. I'd love to see every person be tested for thyroid antibodies to figure out if they have an autoimmune process within their body because if we find these antibodies, we can actually prevent thyroid destruction and we can prevent decades of mysterious symptoms.

It's really important that you get tested for thyroid antibodies because when you see these tests, these tests will tell you whether or not you have an autoimmune process happening within your body. This will allow you to take charge of your own health, so that you can prevent disease, so that you can recover your life, so you could reduce all of your symptoms and live the life that you were meant to live.

Getting the correct diagnosis is a crucial step in your healing journey, but please know that this is not the only step you need to take. This is because our conventional medical model is very much broken when it comes to treating thyroid disease. Today's treatments for thyroid conditions range from highly
ineffective synthetic hormones to barbaric and dangerous treatments that destroy the thyroid gland entirely. Furthermore, none of these treatments work to aim at the cause of the disease and the person who is initially diagnosed with a thyroid condition will often go on to develop additional diseases.

Deanna Kelemen: I started to develop another mystery illness and this was in 2008. I had been adding symptoms, like they have been monitoring a low white count that had been going on for years actually and just a number of things that where I was starting to feel run down again. This was when I was on just the Synthroid. I don't know if there's any relationship, but then all of a sudden, I started running a fever, a high fever for a couple weeks. I went in about two to three weeks after and my temperature was still 102, so tons of tests, trying to figure out what was going on with this. Well, I ran that fever pretty much every afternoon or mainly the evenings, some afternoons for a year-

Dr. Izabella Wentz: Wow.

Deanna Kelemen: … before I was finally diagnosed with undifferentiated connective tissue disease, which is autoimmune. It's kind of a mild version of those number of connective tissue diseases that are going to be much more serious like rheumatoid arthritis or lupus or Sjogren's or mixed connective tissue diseases, a bunch of them. This is why that it's like well some of the tests are positive, but they can't quite figure out exactly where you fit in that picture. That's when I decided to get really extreme about my diet. There's not a Synthroid pill you can take for that to mask, to replace hormones because it's not what it's about.

Dr. Izabella Wentz: I think that's such an important point that you're bringing up because I don't think a lot of people realize this, but when you have one autoimmune condition that is basically the immune system going after kind of like the weakest link. For a lot of women, it's our thyroid. Our thyroid can concentrate infections, it can concentrate different toxins and a lot of times, it's going to be the first thing that the body goes after, but we know that there are five stages of Hashimoto’s. The second stage of Hashimoto's is when we start having the attack on the thyroid. Then, it moves to subclinical. Then, it moves into hypothyroid and then the fifth stage is actually moving into additional autoimmune conditions. While thyroid medications can help and I certainly do appreciate that as a pharmacist, getting the person on the right medication at the right dose for them that can make a tremendous difference, but I really urge people to look at the whole body, so when you have one autoimmune condition that means your immune system is out of balance. If you don't address that balance, there's a potential that you're going to go on to develop additional autoimmune conditions.

[00:31:30] Really, the lifestyle interventions that you've been making are working to get at the core and to slow down the autoimmune progression and to reverse that autoimmune conditions just like you said, “There's not a Synthroid or there's not a hormone for every autoimmune condition.”

Deanna Kelemen: If there's one thing that I wish I knew 30 years ago that that would be it that it's not a matter just take, figure out your thyroid dose, take that medicine and go on with your life. I wish I knew that. I didn't even know that there was an increased likelihood of autoimmune disease. If I knew that there was stuff you could do to prevent that from happening, it's lot easier to prevent it-

Dr. Izabella Wentz: Absolutely.

Deanna Kelemen: … than it is to get it to go away, I'm discovering.

Dr. Izabella Wentz: Absolutely and thank you so much for sharing that because that's one of my biggest frustrations with conventional medicine, as much as I really appreciate having conventional medicine on my side whenever something goes wrong, it’s I guess such a void that we're not informing and educating patients about autoimmunity, how it can be progressive and how you need to do a lot more than just take medications. I'm so glad that you were able to figure this out and I'm so glad that you're working on your health.
Deanna Kelemen: I’m working and it’s a work in progress.

Dr. Izabella Wentz: Why is it that so many people have found that they can’t find the answer down at their local doctor’s office? Is there something broken with the conventional medical model? Why are the treatments for thyroid disease so limited and so cookie cutter for a condition that has various causative factors for each individual? Is conventional medicine treating the root cause of thyroid disease?

Dr. Alan Christianson: The conventional model I think works at the extremes. When someone’s gland is totally shut off or they’ve got cancer, where they’re in hyperthyroid storm, those are times to where really managing those symptoms at all costs makes perfect sense and it’s justified, but for so many people, this is a chronic ongoing issue. It’s not a matter of fighting against what’s happening, it’s matter of really understanding what are the triggers. That doesn’t really happen. I’ve often thought that I don’t know for whatever reason thyroid diseases is like the Rodney Dangerfield of medicine, like no one takes it seriously, no one thinks about it. I think so much of medicine is driven by exciting new medications or fancy high-end procedures and there’s really not that there in terms of managing and diagnosing and helping those with Hashimoto’s, there’s no big incentives that doctors have to go deeper with it. In many cases, they’re told, “Yeah, this is happening, but come when the gland shuts off, come back when this happened.”

Then, when they do come back, there’s really one medication, one test and this huge range of normal that they’re put within. The vast majority do not really get the symptoms resolved they started with. Given how prevalent this is, there’s a lot of people with a lot of suffering that need to do better.

Pearl Thomas: The medical community today, the way they’re mistreating or they’re misdiagnosing Hashimoto’s Thyroiditis is that they’re only treating the symptoms most of the time. I’m not saying that across the board, but going into your primary care physician, they’re going to just treat the symptom and they’re going to send you home with a medication and that’s it. That’s all. That’s what it’s been since 1950. The struggle is that people think that there’s new choices that they have. They go into the doctor’s office and they listen to their doctor and that’s the person they trust. They don’t trust themselves enough to go out and educate themselves or they don’t feel inspired, they don’t know how. They don’t even know it’s an option.

Dr. Izabella Wentz: What were some of the things that you went through, so that everybody else who’s listening will be aware of things to look out for that you felt like delayed your progress or made you feel worse?

Debbie Steinbock: That’s a great question. I would say the biggest is being overdosed on medication. When I first got diagnosed and my TSH was really really high, what I wanted to do was see what I could do to treat myself naturally, but I was really advised that the best option for me was to get on thyroid hormone because people were worried about my breast milk supply and all those things that I needed to keep up as a new mom. I got on a thyroid medication. I actually started on Armour. When my TSH was tested about a month after and was still probably around 5 at that time, my dose of medication was doubled.

Dr. Izabella Wentz: Wow, so that’s a huge increase.

Debbie Steinbock: Yeah, it went from like three quarters of a grain to a grain and a half.

Dr. Izabella Wentz: Yeah that’s too quick and-

Debbie Steinbock: Exactly.

Dr. Izabella Wentz: ... too high.

Debbie Steinbock: That threw me into months of being hyperthyroid. I had all the symptoms that I explained before, plus my eyes were burning. I was sleeping about two hours at night because I just couldn’t get myself to calm down and rest. I had anxiety for the first time in my life, things like taking my daughter on a
playdate or going to a park were like frightening to me. As I'm sure you know, once you kind of overdose on medication like that even though I was tapering down slowly, it took weeks, if not months
to really kind of resume function.

Dr. Izabella Wentz: Feel like yourself again.

Debbie Steinbock: Exactly.

Dr. Eric Osansky: When someone goes to a medical doctor or an endocrinologist, the approach depends on the doctor. Unfortunately, a lot of endocrinologist will recommend radioactive iodine as the first line of treatment for someone with hyperthyroidism or Graves' disease. Other doctors might recommend anti-thyroid medication for a prolonged period of time such as methimazole or PTU and hope that the person goes into remission. The problem is, of course, is that neither one are doing anything for the course of the problem. With radioactive iodine, once not only is someone getting exposed to radiation, but oftentimes will result in the person needs to take thyroid hormone medication on a permanent basis, which some people do okay, but again it's not addressing the cause of the problem. With medication such as methimazole, it's fine, some people do need to take the medication on a temporary basis, but still it's not addressing the cause. That's the problem with most medical doctors, most endocrinologists is that they just resort to either radioactive iodine or again they might recommend the medication. While some people might need conventional treatment, still they don't do anything to address the cause of the problem.

Dr. Izabella Wentz: What happens when somebody gets radioactive iodine? What does it do?

Dr. Eric Osansky: Well, what radioactive iodine is, again it is pretty much damaging the cells of the thyroid gland. It's obliterating that thyroid gland, so that's their goal. The goal is to destroy the thyroid gland and the reason for that, in their eyes, hypothyroidism is easier to manage than hyperthyroidism. That's essentially the goal - to destroy the thyroid, put the person on thyroid hormone medication and live happily ever after.

Dr. Izabella Wentz: We have a person who has an immune system imbalance that results in an overactive thyroid and the solution is to kill the thyroid?

Dr. Eric Osansky: That's their solution, correct, so that is correct when going to an endocrinologist, even though it's an immune system condition, nothing is done for the immune system. They just focus solely on the thyroid gland. There are some people that receive radioactive iodine and they're fine, they're happy with the decision. The problem is that if you don't address that immune system, then other autoimmune conditions are likely to develop over time. That's the issue for even those who are happy with the decision to receive radioactive iodine.

Dr. Izabella Wentz: Yeah, I've seen people who had Graves' disease and then they got radioactive iodine, thinking that was the cure that was the solution and so they'd get that procedure done, then they'd have to take thyroid medications. Then, a few years down the road, they develop rheumatoid arthritis or another type of autoimmune condition. It really goes back to going after the root cause and so the root cause is going to be the immune system imbalance, the autoimmunity that we have to go after. Sometimes, they actually recommend a surgical removal of the thyroid gland as well.

Dr. Eric Osansky: Sometimes they do. Usually, they'll resort to reactive iodine before surgery, but it depends on the doctor and it depends on the situation. If someone has thyroid eye disease for example, then a lot of times getting radioactive iodine will worsen the thyroid eye disease. They might not do the radioactive iodine, but instead might resort in thyroid surgery in that case.

Dr. Izabella Wentz: What are some of the consequences of surgical removal of the thyroid gland?

Dr. Eric Osansky: Yeah, hypothyroidism again is probably the biggest one because if you do get a complete thyroidectomy, then therefore we-
Dr. Izabella Wentz: You no longer have a thyroid.

Dr. Eric Osansky: Yeah, exactly, so then you are going to have to take thyroid hormone medication. Of course, there are risks, any risks with surgery, so any surgical procedure comes with certain risks such as when they do thyroid surgery, they could cause damage to the parathyroid glands or the laryngeal nerves.

[00:40:30]
Dr. Izabella Wentz: What does that mean for a person if they have damage to their parathyroid gland?

Dr. Eric Osansky: Well, probably it means usually more medication, so it means not only thyroid hormone medication, but other types of medications. Again, also we overlook, there could be side effects to the anesthesia when getting surgery. That's maybe a small percentage that we're looking at, but it's still a risk and it's a risk that many times is unnecessary to take.

[00:41:00]
Mike Adams: The politics of the medical treatments for thyroid disease reveal really deep corruption in the industry. It kind of reminds me of the cancer industry. There's so much profit to be had from the disease and there's so little profit to be found in doctors showing people how to heal and how to maintain their own health in their own lifestyles. I'm convinced that the vast majority of patients who are treated with radiation treatments to destroy the thyroid and then replace it with the thyroid drugs are in fact a product of medical quackery. I think in nearly every case, the thyroid gland can be restored to full function, but the doctors who are engaged in this process are really ignorant. They're not trained in nutrition, they're not trained in healing. They're trained in disease diagnosis, they're trained perhaps in surgical removal of organs or radiotherapy treatment of organs, which means that the destruction of those organs and of course prescribing pharmaceuticals. They're not trained in teaching patients how to prevent disease, how to overcome disorders and how to heal through nutrition and changes in lifestyle and diet.

“Let's just burn that thing out and then we'll replace it with drugs, problem solved,” this is the way a lot of doctors think. It's really medical malpractice. It's a cruel form of bad medicine and it's rooted I think in the profit motive. There's so much money in this, in the drugs and in the treatments and in the return visits. Also, there's money in all the other diseases that tend to flourish throughout the body when the thyroid gland is not treated back to a state of good health. You get the ripple effect of disease and disorders throughout the body and that's more money.

[00:42:00]
Dr. Izabella Wentz: Sadly, I think a typical doctor looks at a poorly functioning thyroid patient and just sees dollar signs. They don't see someone who can be restored to good health if they only had the right knowledge and the right nutrients and the right strategy. You know what irradiating your own glands and permanently damaging them that shouldn't be called medicine. It's a barbarous act. It's not even healing. It's not even being a doctor. You should instead first do the things that require no intervention or minimal intervention such as, “Hey, have you tried changing your diet, have you tried avoiding the exposure to these toxins, have you tried these lifestyle changes or these nutritional supplements because those things are low-cost, they're low-risk and if they work, then you have your own thyroid gland forever and you can make your own thyroid molecules. You don't need synthetic drugs in order to do that for you. Your entire body was born with the blueprint to defend itself and take care of itself and moderate its own hormones.”

[00:43:00]
Dr. Amy Myers: It's a form of medical madness to think that you should destroy your organs and then replace their functions with prescription pharmaceuticals for the rest of your life. That's not healing. That's not medicine. That's just exploiting patients for profit.

[00:44:00]
Dr. Izabella Wentz: It's really my only regret in my life is not having my thyroid, but I didn't know me then. I've helped many many people reverse all kinds of chronic conditions, reverse their autoimmune disease, reversed even Graves’ disease. It's always bittersweet when that happens, but it's what drives me and what gets me up every day is saving somebody from the fate that I had of having to do something where you're taking toxic medication that can cause your liver to fail to having something extreme of having one of your vital major organs either blown up or ripped out. With insurance companies, it's cheaper,
it doesn't require surgery. The healing, so to speak, is easier and so insurance companies that's the first thing on their list is the radioactive iodine and then maybe surgery. Knowledge is power and certainly I don't judge anybody if they want to go through conventional medicine. I mean that is everyone's prerogative. I mean I just want to give people information, so they know there's another choice, so if they want to take the other choice, they can. If they don't want to that's also fine.

Conventional medicine, I'm a conventionally trained doctor, there are some really wonderful things about conventional medicine, particularly when you are in an emergency situation. With the thyroid ablation, you're taking this big dose of iodine and just in case people don't know, but our thyroid contains the most amount of iodine of anywhere in our body and so it just sucks up that radioactive iodine and literally it's creating an atomic bomb in your thyroid. It doesn't spare any part of the thyroid. Whereas with surgery, you have a surgeon cutting and they could literally cut out part or half of your thyroid and leave part and that's an okay thing to do if you have to do that because at least then you have some functioning gland. I myself have no functioning gland, so I am destined to the amount of supplemental thyroid hormone that I take every day. If you get sick or you're stressed or you have an injury, your thyroid is going to kick in more and produce more thyroid hormone to help you overcome that illness or that injury or that stressful period. I don't get that benefit unless I were to take additional supplemental thyroid hormone, but I don't do that. I get the same amount every day. Some thyroid is better than no thyroid for sure.

Dr. Eric Osansky: Makes me sad and it makes me angry just because again many of these people are getting these procedures, many people are getting radioactive iodine or some of them are getting thyroid surgery and they don't need to get it. The problem is most of these people just don't know, so that's why they listen to the advice for their medical doctor, listen to the advice of the endocrinologist just because they don't have the knowledge. They don't know that Graves' disease is an immune system condition or some of them might even know that it's an immune system condition, but they don't think there's anything that can be done, so they just follow the advice of their medical doctor and just hope for the best.

Dr. Izabella Wentz: The truth is we have to take charge of our own health and the health of those that depend on us. I have been there and the experts and patients featured in this documentary series have been there as well. We've come together in this documentary series to share our experience with you, so that you can learn from our triumphs and from our mistakes. I hope that you will come on this journey with us. We'll be glad to show you the way.

Dana Trentini: You felt bad?

Dr. Izabella Wentz: You felt bad?

Dana Trentini: I felt really unwell and I felt toxic and how like they shut me down, I have no idea how it happened, but I think that's my own ... I don't think it's just me, I think when you're taught to be that way or you really believe doctor knows best, you get shut down really fast. I wonder how many women are going into their doctor's offices and they get shut down and maybe that's the whole thing about Hypothyroid Mom is, “Okay wait, oh wait, someone's shutting you down, you got to like stand up for yourself and walk out, fire them and go like find some.”

Dr. Izabella Wentz: Go to next door.
Dana Trentini: Go, you know.

Dr. Izabella Wentz: Now, both of your parents, they're nurses, they're healthcare professionals and they wanted to get you the best possible care, so you went to a pediatric endocrinologist.

Michelle Campeau: Yes, yes I did. As a matter of fact, he was one of the best pediatric endocrinologists at that time. He worked at a big hospital in New York City and he was definitely well-known. Throughout my life, I've always been treated by generally the best that I could access. I've been very lucky in that sense, but it's still been a journey.

Dr. Izabella Wentz: For a lot of people that got diagnosis is going to be half the battle, so just getting the proper diagnosis, it just feels like, wow you're finally validated for everything that you've been going through and here's the treatment. It's like you ride off into the rainbow with your magic treatments and you start feeling better. It wasn't like that for you, was it?

Michelle Campeau: No, it wasn't. I experienced a lot through my childhood and into my teen years that wasn't quite caught. I remember when I was younger I had like depressive thoughts and I was way too young. At 12 years old, you should not be having depressive thoughts.

Dr. Izabella Wentz: No.

Michelle Campeau: I still was being treated, I didn't know that they were correlated. I was quite chunky. I guess that's the word that's what I was described at least as before I hit puberty. I was on thyroid medication. I continued to be on thyroid medication throughout my life and again still didn't make associations. I remember one time when I was about 19, 20, I did go to one doctor and I said, “I'm gaining weight and I just kind of feel like that might be thyroid disease. Could you check out my Hashimoto's, could you check out my thyroid levels?” She said that she would and my levels came back normal, but I don't know what that meant at that time. She told me that I had “fork in mouth” disease and that I should eat less.

Dr. Izabella Wentz: “Fork in mouth” disease?

Michelle Campeau: Yes, yes I had “fork in mouth” disease and that I should eat less and therefore my weight issues will be solved and it was not a thyroid problem. Unfortunately, I love my parents and they do their best by me. However, they did also believe that taking a pill every day made Hashimoto's and thyroid disease non-existent. I accepted that as reality as well.

Dr. Izabella Wentz: Basically, the blame was placed on you, so you were told that it was something that you were doing that was causing your weight gain that it didn't have anything to do with your thyroid.

Michelle Campeau: In this day and age, conventional medicine does not have the answers to your thyroid condition and most of the experts and patients featured in this documentary had to take things into their own hands to find solutions for themselves, their loved ones and their patients. We want to bring these solutions out into the open, so that every single person with thyroid disease can benefit. This is why we've come together to create this documentary series to show you the way back to your health. The truth is you need to get to the underlying root cause of thyroid disease to truly recover your health.

Dr. Izabella Wentz: What are the true root causes of the thyroid disease? What are the root causes that have created thyroid disease for you or the exposures that you're facing that are putting you at an extreme risk of thyroid disease? Does it shock you that this is some of the most secretive information on this topic? It took me almost 30 years to discover this and almost cost me everything I loved, my career, my marriage and my dreams. The root cause of thyroid disease is vital for you to understand. It's one of the core keys to the secret of how not to only reverse thyroid disease, but prevent it from happening in the first place. Everyone is a bit different, but there are root cause commonalities. The underlying causes of thyroid disease are always rooted in nutrient deficiencies, food sensitivities, an impaired
ability to handle stress, an impaired ability to handle toxins, a permeable gut barrier and chronic infections. Let’s explore the cause and the treatments further.

[00:53:30] Going into the root causes and some of the triggers, we know that the rates of thyroid disease have been increasing over the last few years and it’s not necessarily just because we’re diagnosing it better. Can you talk about what you think some of the causes might be?

Dr. Alan Christianson: Yeah, clearly it’s been on the increase, thyroid cancer, thyroid autoimmunity and much more common among women, we’re saying about a 8 to 1 female-to-male risk difference. We think that it’s really a perfect storm of three large factors. We’ve got the genes, so the first step is you got to be cautious about choosing your parents, however that works out, I don’t know. There’s some genetic susceptibility and then there’s some foreign substances, so your thyroid like there’s the shows about the hoarders, like those never let go of things. Your thyroid’s kind of a hoarder. It needs iodine, but the amount that it needs is way above what your blood carries, so it concentrates it and pulls it in. That’s okay that’s good, but the drawback is there’s a lot of weird chemicals nowadays that confuse that concentrator that your concentrator thinks, “Well, that looks like iodine,” but it’s not. We have perchlorate for example in the soils in the Southwest here or we had someone just the other the day who’s working in aviation, in managing the airplanes out in the tarmac and whatnot and exposed to jet fuel and you get perchlorate from that as well. Then, we have things like again iodine too much or too little, mercury from high fructose corn syrup, believe it or not, is actually a source of mercury. Dental amalgams, fish and seafood, we have cadmium from secondhand smoke, from smoke directly, from pesticides, but these are all examples.

[00:55:00] There's about 300 other things have been documented to be culprits. These are all things that get hoarded within the thyroid. They build up and the more genetically susceptible you are to thyroid disease, the less weird stuff it takes. It might just be waking up in the modern world and taking a deep breath. That's all the exposure you need. To set the stage, the first two steps, your genes are susceptible and you've got something weird in your thyroid. Now, the last part is some immune stressor and your immune system I think about it like home security guard. You got this person who’s armed and who’s there watching out and if someone’s got a mask on and break a window, tries to get in late at night, the guard’s going to shoot him. That’s how it works well. That’s your immune system warding off a bacteria or virus or a fungi, but the problem is in the analogy that immune system can have various stressors on it. Imagine that your guard is working three jobs, imagine your guard is like hepped up on five Red Bulls to stay awake all night. In that scenario, the overloaded guard might hear your dog and freak out and shoot your dog. Awful as that is that’s your immune system when it’s under stress.

[00:55:30] You’ve got chronic infections, you’ve got a horrible rhythm of sleep in your body’s circadian cycle, maybe there’s some nutrients you’re low in, maybe there’s some allergens or other stressors and now that guard is justamped out. Your immune system is fighting things off left and right and here’s your thyroid with weird stuff in it and it’s creating inflammation already and it’s generating free radicals, so now you attack it. That’s the big picture of the factors that are there, genes are susceptible, there’s ways to get in the thyroid and there’s something that activates the immune system.

[00:56:00] Dr. Izabella Wentz: Does your thyroid disease happen by accident? Why one person and not another or is this truly a situation of cause and effect? What about toxic exposure? Did you know that the chemicals you’re exposing yourself to are damaging your thyroid function unwittingly bit-by-bit?

Mike Adams: Anytime we’re looking at thyroid disease or disorders, we have to remember that we believe in cause and effect. It’s impossible to think that disease happens by magic or dark voodoo or something that it’s just spontaneous and without cause. That doesn’t exist. We live in a cause-and-effect reality, which means that if there is a disease or a disorder or a symptom or diagnosis, then it must have had a cause and if you start to backtrack that and look at the causes of what leads to these things, then you have to get into biochemistry, the laws of physics and chemistry and the way the body works and the way it interacts with potential toxins that exists in the environment and then infuse our bodies and get into
our blood and get into our organs and get into our thyroid. Once you start to open that Pandora’s box, oh wow watch out because now you start to realize that the average well water in America contains 300 different chemicals. I mean very minute amounts, but they’re all there and they create a chemical cocktail.

The average pharmaceutical might be contaminated with different chemicals. A typical dietary supplement, even a clean one will have trace amounts of different things in it that really don’t belong there such as pesticides or even GMOs or herbicide chemicals. There’s glyphosate found in organic California wine for example. There are trace amounts of heavy metals and different things like cacao, which is otherwise a very healthy super food. You’ve got all these sources and then you’ve got the plastics chemicals, the phthalates and the bisphenols and all of these different types of chemicals classes, carbamate class pesticides, organophosphates. All of these things add up and they create a toxic stew. Now, as a scientist, I look at these chemicals in the laboratory and I can quantitate them in different substances. I can tell you how much carbamate pesticide is in this food or what quantity of benzenes are in this glass of water for example.

What scientists have never done is to examine the negative synergistic effects of the chemical cocktails. In other words, they’ve never really asked the question or conducted clinical trials to find out the answers to what happens when you combine the plastics chemicals and the hormone disruptors and the pesticides and the herbicides and the medications and the industrial chemicals and the trace solvents that exists in everything, what happens when all of that combines in your body and perhaps you also have an iodine deficiency and you’re exposed fluoride on top of that? This is where you really get hyper toxicity. This is where you run into a massive biological crisis because now your liver can’t process all of these toxins, not sufficiently to get them out of your system. You can’t eliminate the toxins quickly enough through urine and respiration and sweating.

Dr. Izabella Wentz: We’re going to be discussing all the most valuable insights into how to avoid toxins that are likely affecting your life while you have no knowledge of what’s happening to you. We will share these vital truths with you, so be sure to show up for all the upcoming episodes. Getting to the bottom of thyroid disease is essential. There’s too much on the line, far too much.

Michelle Campeau: Having an overactive thyroid, yeah, it took away a lot of my life. My life forever changed. Since the pregnancies, since the postpartum depression, my husband and I were arguing quite frequently. I just wanted to get better. He didn’t fully understand. He called me lazy. I’m sorry for saying that but he did. He thought that I was not living up to my fullest potential and that I was wasting too much time on the computer. He thought I was shopping for a doctor. I did my best to explain to him what I knew, but not everyone understands. This isn’t easy.

There are thousands of patients out there, millions, I have no idea, I’m not going to quantify it, but there are enough patients out there that this isn’t easy to understand. I mean there’s so many components and I couldn’t express it. I’m now divorced and looking back on things, I just wish he understood I was sick years ago, years when I was searching, “for a doctor.” I saw one particular doctor. He was on the best top thyroid doctor list and of course those lists, you always have to double-check. We always recommend you check them out. I made an appointment with him just out of hope. I remember during the appointment he told me that thyroid patients believe that everything happens to them because of their thyroid. He said, “Even some of my patients have told me that their divorces are results of being hypothyroid.”

Looking back on that it was almost prophetic. He doesn’t get it because when I look back on it, you have two young people, just have a house and three young daughters. We’re just trying to make ends meet, economic downturn, add in a sick wife who seems like she’s a hypochondriac, it’s okay, still I rise. I will keep on walking and I will keep on fighting and I will keep on maintaining my health. I lost everything, I mean in that sense, my husband, my house, but it’s okay. You move on. I have my daughters, but each of them from what I understand have a 50% chance of Hashimoto’s, especially with my family dynamic, my father, my sister, my aunt, my uncle. All of them also have autoimmune
Dr. Izabella Wentz: The relational impact is something that’s so often been overlooked. Behind a broken relationship, cloaked and raised voices, arguments, accusations and abandonment, there’s often a frightened person crying out for help, yearning for understanding and begging for health and healing. Right after we first got married, Michael built this bed for us and I couldn’t sleep in the bed because I was allergic to it. I would have coughing fits every night while I was trying to sleep in a bed. For the first few months of our marriage, I had to sleep on the couch because I couldn’t tolerate the bed and I also had such bad acid reflux that it kept me and my husband awake for most of the night because I would just start coughing in the middle of night. A lot of my symptoms started in my mid-20s after I got married, I just started having more and more symptoms.

He was sort of like, “Okay, well, we got married and all of a sudden, you started falling apart, what happened, what’s going on with you?” That was really hard for me to hear because I was supposed to be in my prime and it’s like all downhill from here and it was just really declining at a rapid rate, where sure I was tired when we got married, but all of a sudden I was sleeping the whole day. I was going with him to bed at nine o’clock at night. He was waking up for work at three or four in the morning, I was waking up at nine.

I remember there were just days, where he’d be working all day and he’d come home and I had just been resting the whole day and he’d have to cook for me and I just felt worthless because I felt like I really wasn’t contributing anything to society, our relationship. I’d always been kind of a go-getter and it was like very very hard for me to go through that to see just all of these things being taken from me that I couldn’t even sleep on a bed and I couldn’t even sleep at night because I was constantly coughing. Then, I developed carpal tunnel in both of my arms. I used to visit people with disabilities in their homes to help to optimize their medications, often times taking them off of medications, so they’d have a better life. Part of that was writing a lot of reports and I love my job, I loved visiting with my clients, but the carpal tunnel prevented me from doing these reports because my arms hurt so badly whenever I had to write. It was just constantly, every month I started getting new symptoms, so I started getting joint pains and allergies. It was like really my body was just breaking itself apart.

I felt like I was failing my husband and my parents who worked so hard to get me to the United States, so that I can have a better life and I felt like I wasn’t living up to that because I had brain fog because I was tired all the time. I couldn’t do the things I wanted to do in life.

The truth is we’ve all been judged by others and many of us have even judge ourselves in a negative way as a result of our health condition. It hurts, but you can find healing, but the drive to heal has to come from you. The people in your life may not be ready or able to support you. If you’re told it’s in your head, you have the choice to believe them and cover under your shell or stand firm in your power, advocate for yourself and take back your health. You’ve got to be prepared to walk past your shame, stand for yourself and find your voice.

I feel alive. I feel light. I feel empowered. I feel like I can take on the world. People told me that I would never be able to overcome Hashimoto’s that there was nothing that I could change and I did it. People told me that was impossible and I’m doing the impossible and that makes me feel pretty powerful. I feel powerful, fearless, unstoppable. Nowadays that I’ve been able to take on Hashimoto’s and I’ve had so many great people by my side and now we’re creating a revolution to help other women and other men do the same thing.

When my mom found out I had Hashimoto’s, she said, “This is something we can get through together. I can help you get through this. Let’s do this together.” She said, “If I could take it from you, I would take it on for myself, but I’m here to walk with you on this journey.” It meant the world to me to have the woman I admire the most support me through this. It just really makes me want to cry when I think about the people in my life, like my husband who have really stuck with me through this whole
entire journey and have been there for me every moment of the way. I thought I was going to lose all of my hair and he said, “I don't care honey, I'll still love you even if you have to wear a wig and I'll be there through it all.” It just makes me realize how wonderful people in this world really are.

My husband made me feel beautiful even when I felt like a slob, when I was sleeping all day, when I was losing my hair, when I was really nasty to him because Hashimoto's can cause some mood swings. He was there for me, holding my hand and telling me everything was going to be okay, we’d get through it. We're soul mates, we care about each other.

The most rewarding part of this is seeing all the people’s lives that have been changed through using these invaluable protocols for sharing in this series you're about to learn. As you hear these stories, I encourage you to see yourself or someone you love in this story and see a transformation in health that you and your loved ones are beginning to experience right here and right now. I believe in you. Make sure that you believe in you.

Dr. Eric Osansky: I knew from the start I was going to do something naturally. I wasn't sure if it would work, but I knew that was at least something I was going to try. I didn't take the medication and I started taking some herbs to manage the symptoms. Of course, I changed my diet and managed the stress and supplements. I just gradually improved my health and of course the resting heart rate would decrease. The Graves' disease symptoms would improve. The blood test would normalize. Some other tests that I got also improved. Then, so I slowly and eventually got into remission and just over the years have maintained my health.

Dr. Izabella Wentz: One of my favorite quotes is a person who has their health has a thousand dreams, a person who does not has just one. Has recovering your health helped you achieve any of the dreams that you thought were never possible?

Pearl Thomas: Absolutely, yeah, I have a six-month-old baby. Her name is Ellery and she's amazing. She is the greatest gift I have ever received, except my husband and my beautiful family, but I am just truly blessed to have recovered to be able to create a life that's healthy and happy and excited about life. She's been the greatest baby for six months and being a mom is the one thing that was missing from my life that has made the greatest difference for me and my dreams. My dreams, I don't think of them as dreams, I think of them as goals because there's a lot of them out there right now. That was one of them is to have a baby. I have a lot more on my plate. I have things up my sleeve and for the not-for-profit that we're doing, Hashimoto's Awareness, there's a lot out there that we want to serve and really make a global impact like you're doing Izabella, like this. This is fantastic. We're so excited to be a part of it in every way.

Magdalena Wszelaki: The biggest kick I get out of people, women working with women is when they say, “This has changed my personality,” because it's like from the sensitive, annoyed, angry, super emotional, overly touchy person, when you repair the gut, which creates such a big connection between the gut and brain and repairs your thyroid and the thyroid controls so many of your brain functions, there is a personality change and for the better most of the time. I find that to be one of the most empowering things about the work that I do. I've seen it on myself because you're not that person. I'm not that mean bitch, who is hurting people on purpose. It's just something that I realize something was wrong. I was super lucky that this doctor knew right away that this was a thyroid. She tested, confirmed it. I had Graves'. At least, I was in that camp of being diagnosed really quickly with Graves' and then later with Hashimoto's.

Marc Ryan: I knew something was very wrong and I knew that just doing nothing was really not an option. At that point, I said like, “Okay, I have to do something here and like holy crap, I'm on my own.” What I did was to go through this whole process, where I took what I learned from Chinese medicine, which is what I'm trained in. I've also studied a lot of functional medicine, I took some of those ideas. I consulted colleagues and friends and put together a plan. Basically, I got on this autoimmune diet, took supplements and radically changed my life, like let go of lot of these responsibilities, stop working...
like a crazy maniac. Through that process, I started to get better. I lost 25 pounds, bloating, inflammation. I started getting my energy back and my brain back. I started recovering my life. It’s incredible, like I literally am in the best shape of my life, like I literally have more energy than I had since I was maybe in my 20s. I’m 53 now. I work out every day. Sometimes, I do aerobics. Sometimes, I do qigong or meditation and Tai Chi exercises and I have tremendous energy.

When I get out of bed, I’m just super excited to get out of bed because I feel like I’ve found my mission in life.

Dr. Izabella Wentz: When you get your energy back, there’s this quote that I love and it’s like when sleeping women awaken, mountains move. Truly when a person who’s been fatigued for many many years and chronically ill, all they really want is to get their energy back. All they want is to feel better. Once you give them that the possibilities are endless. I’ve had clients who have said that they went back to horseback riding, which is something they’d given up. They became their neighborhood’s top bridge players. They became pregnant when they got their health back. I’ve had people who decided to write novels or write books or take on new careers or go hiking or go mountain climbing. Really, the possibilities are endless. It’s whatever is in your heart that you can’t get too because you’re fatigued and exhausted that can be lifted. All those things that you think are just distant fantasies, they can actually become goals and realities for you. Most doctors will tell you that there’s nothing you can do when you have Hashimoto’s, other than to take thyroid medications and that the condition will just keep going on and on until the thyroid burns itself out and that you’re going to be a greater risk for other autoimmune conditions. The truth is Hashimoto’s can be put into remission. We can eliminate the symptoms, we can reverse the autoimmune attack on the thyroid gland and in some cases, we can even regenerate thyroid issue.

Mary Shomon: We’ve got to take control and help ourselves. That’s not to say we should be our own doctors, but we need to be our own project managers. In a sense, I say like you’re the CEO of your own health care system. That means that you’re going to be talking to the doctors and the healthcare practitioners and the nutritionists and your pharmacists and all of the people that come into the picture for you should be part of your team. Your job is to keep all the balls in motion. You got to be juggling them all and making sure everybody is communicating because no one else is going to do that for you. We don’t have a healthcare system that works like that anymore. Really, I don’t know any system in the world that works that way. I don’t care whether it’s a single-payer NHS in Britain or you’re on an HMO in the US or you’re paying a private doctor in South America, the fact is the job of finding the right people and making sure they’re all communicating and looking at all the pieces of the pie is really your job.

Dr. Aviva Romm: It’s so powerful for me and when I think about it in relationship to women, particularly with adrenal issues and thyroid issues, slow functioning thyroid, what do they do? It makes you tired. It makes you want to sleep and if I think about around 30 million women that we know have a Hashimoto’s diagnosis or hypothyroid diagnosis and the millions and millions of women that don’t know they have this diagnosis, but are tired and the millions and millions of women that don’t know that they might have a slow functioning thyroid or thyroid dysfunction. That hasn’t even hit the medical mainstream yet, so they’re not going to get a conventional diagnosis. I mean just think about if 100 million women, even if a million women woke up to their own empowerment and started bringing all of our gifts to the world. If we could do that through this adrenal thyroid revolution, through the thyroid revolution that you’re creating, we could literally have a force that could transform this world for women, for men, for children, for everyone. I mean there’s nothing more beautiful that I can see happening. It’s like we get to enjoy our individual lives, but then we get to help the whole world awaken to its own beauty and its own power, amazing.

Debbie Steinbock: For me, it’s really about making small changes and honoring, I’m not going to wake up tomorrow a different person with a different feeling about myself with a totally healed past, but even if I can just work to make one change in a small direction that’s leading me to a different place than continually going down the same path that I was the first time. You need to learn to trust. You need to learn to let go and you need to just stop fighting and just realize that you need to relax into this a little bit more
and that you’ll be taken care of. Please watch this series. The information in it has changed my life and it can and will change your life, too.

A lot of the information contained in the series are the things that I used to heal myself from two autoimmune diseases, so I really would encourage you to watch it and not miss the information that’s going to be provided. Yeah, Izabella has touched my life a lot. As I said, her book and her blog were some of the first information that gave me permission to kind of take the middle route and really approach things from a truly holistic perspective. For me, I’ve had the benefit that I know not a lot of people get to have of actually just getting to know her and be friends with her and just knowing that she is a truly genuine person and her intentions are so true and good and she wants to and will make change in this world and has already.

Dr. Kelly Brogan: I am a total bibliophile. I love reading, but I also recognize that most people don’t and that in fact reading is almost something of a dying, sort of art, so to speak. I also understand that in the space of a couple of hours, you could an experiential shift through a documentary that would otherwise have taken mounds of science and panels of conference experts and consultations with myriad doctors. It’s a condensed experience for me that I think many of us are open to. For me when I watched Food, Inc., so many years ago that documentary changed my life. It completely awoken me, something that of course was already latent in there, but it awoken in me an awareness that then fueled the rest of my journeys for 10 years. I believe passionately in the power of the documentary and the humanity that can come across in this medium I think is a critical piece of what it is that we’re trying to convey informationally.

Dr. Izabella Wentz: One of my readers reached out to me a while ago and said, “It seems like you have to be rich to overcome thyroid disease. Is there anything that I can do? I don’t have a lot of money, I don’t have a lot of resources.” This really just broke my heart because this information shouldn't be kept to private doctors. This information should not be kept behind closed doors because it can really change a person’s life. I wanted to record The Thyroid Secret because I want to show people that healing is possible and I want to show them that healing takes place on a day-to-day basis that there are hundreds of people out there that want to help them and that they can get their health back.

I’m so grateful to all of my amazing colleagues, who’ve joined forces with me to get this priceless information out to you. I speak on all of our behalf with a sincere hope that The Thyroid Secret will bring you the life-altering information you need to take back your health. We love hearing from you and know that the information we share can change your life. We love hearing from you and we know that this information can change your lives just like it’s changed our own lives and lives of all of our patients. Make sure to let us know how much insight you’re getting by leaving a comment.

[Here’s what’s to come in the next episode:]

Are your doctors giving you antidepressants when they should be actually testing your thyroid? Poor thyroid function could be the hidden culprit behind your depression, anxiety, brain fog, fatigue, or low sex drive. Even conditions such as schizophrenia and bipolar can actually be linked to thyroid dysfunction. Don’t suffer from depression, anxiety, or brain fog any longer. In this episode, we lift up the hood on the common misdiagnosis of mental health, the true nature of the barbaric conventional treatments of thyroid disease and the simple things you can do to reverse your condition and get your mental health back.
JOIN DR. IZABELLA WENTZ FOR A JOURNEY OF EPIC PROPORTIONS AS SHE SHATTERS THE MYTHS SURROUNDING THYROID DISEASE AND REVEALS HIDDEN TRUTHS YOU WON’T FIND ANYWHERE ELSE.

The Thyroid Secret Episode Transcript Book covers all nine episodes and gives you a front row seat to experience this series in a whole new way.

Our host, Dr. Izabella Wentz is an internationally acclaimed thyroid expert, autoimmune thyroid disease conqueror, pharmacist, patient advocate, researcher, and author of the New York-Times Best-selling book, Hashimoto’s: The Root Cause and Hashimoto’s Protocol.

Her integrative approach has revolutionized treatments for thyroid disorders, and she has empowered thousands to recover their health by addressing the root causes triggering their symptoms.

Over the past year, Dr. Wentz traveled all around the country interviewing over 100 experts who help their patients overcome thyroid disease and throughout each episode; they share how they did it – and how you can too.

Whether you’re looking for prevention, treatment or education, these transcripts detail everything you need to know to start recovering your health — TODAY!

As you delve into this beautifully laid out (and easy to read) booklet, you’ll start absorbing dynamic truths that will propel you forward and help you discover life-changing interventions that you might otherwise miss!

Plus, you’ll learn about best practices from 67 thyroid patients who have been there to help you recover your health!

You’ll have access to all 9 episode transcripts covering topics like:

EPISODE 1: Thyroid Disease Revealed
EPISODE 2: The Thyroid Misinformation and Misdiagnosis Machine
EPISODE 3: Unknown Thyroid Therapies
EPISODE 4: The Truth About Toxins
EPISODE 5: Healing Thyroid Disease
EPISODE 6: The Stress Sickness
EPISODE 7: Motherhood Interrupted
EPISODE 8: Healing from Within
EPISODE 9: The Thyroid Success Stories

Recovering your health is possible. It can even start right now. Each episode depicts the honest reality of thyroid disease in the 21st century as Dr. Wentz shatters myths and reveals the truth about thyroid disease.

The Thyroid Secret Episode Transcript Book contains explosive information you need to know to start living a healthy, empowered life — today!

Dispelling | Revealing | Healing

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