THE THYROID SECRET

Dispelling The Myths & Revealing The True Solution To Thyroid Disease
Hi, welcome, Dr. Wentz here. I'm hanging out with my husband, Mr. Wentz, or Michael, as I like to call him. We're going to be answering all of your questions that you submitted during the Q&A as you were watching The Thyroid Secret. I really hope that this documentary has helped you on your journey. We've gotten some fantastic questions from you and I'm hoping that I can be helpful to you by answering them. Let's just jump right in and get to the questions.

Dr. Izabella Wentz: Hi, welcome, Dr. Wentz here. I'm hanging out with my husband, Mr. Wentz, or Michael, as I like to call him. We're going to be answering all of your questions that you submitted during the Q&A as you were watching The Thyroid Secret. I really hope that this documentary has helped you on your journey. We've gotten some fantastic questions from you and I'm hoping that I can be helpful to you by answering them. Let's just jump right in and get to the questions.

Michael Wentz: Dr. Izabella Wentz, or as I like to call her, Izabella, the first question comes from Margaret and she said, "I very rarely hear about the kind of antibodies that I have, TG or TPO antibodies. Can you please help me understand what is going on with TG and if the cause is the same as TPO? Is the treatment the same because it's still an autoimmune condition?"

Dr. Izabella Wentz: That's a really good question. There are two types of antibodies that are most commonly tested for and found in people with Hashimoto's. They're TPO antibodies, thyroid peroxidase antibodies and TG antibodies, known as thyroglobulin antibodies. Now, thyroglobulin antibodies are also potentially going to be present in people with Graves' disease as well. The difference, the difference between the antibodies is basically what part of the thyroid gland they attach to. TPO attaches to the thyroid peroxidase enzyme that converts iodine to a usable form within the thyroid gland, and then the TG antibodies, they attach to the thyroglobulin part of the thyroid gland. Generally, the thyroglobulin antibodies are going to be the first ones to show up. Some of the more common symptoms are going to be anxiety and the palpitations associated with them.

The triggers are going to be very much similar to what you would see with the TPO antibodies. The treatments are going to be very much the same for TPO antibodies as they are for TG antibodies. There are some unique root causes to think about that may be perhaps slightly more common if you have TG antibodies. These could be toxins, estrogen dominance as well as the H. Pylori infection. Again, we're looking at, these are going to be the same types of triggers that cause you to have both antibodies or just one or the other antibody. It might be pretty common for people to first get rid of one antibody and then reduce the second one and then that means that they still have some underlying infections or some underlying triggers or root causes that they need to address.

Michael Wentz: The next question comes from Anna. "Dr. Izabella, I'm wondering about the following, do you recommend probiotics for SIBO patients? Do you have specific strains that should be taken or that should be avoided?"

Dr. Izabella Wentz: That's a really good question, so SIBO is intestinal bacterial overgrowth in the small intestine and so what could be happening is some of the good bacteria, some of the probiotics can actually be overgrowing. Some of the more common ones that can overgrow in SIBO are lactobacillus bacteria. Now why is SIBO important? SIBO is important because it can cause intestinal permeability or a leaky gut, which is always a factor in thyroid disease and could be a trigger for thyroid disease and so we want to eliminate SIBO and we don't want to feed it with probiotics or anything else that it eats so in a person that has SIBO, about half of the people with hypothyroidism statistically are going to have it. We want to make sure that we don't feed it anymore and we don't feed it with fiber and we don't feed it with, so we don't use things like FOS or fructooligosaccharides that have a lot of the fiber that help the bacteria grow. We want to avoid lactobacillus probiotic short term.
Long term, they’re great, but in the short term, they can actually feed the SIBO, so some of the probiotics that can be helpful are going to be MegaSpore. These are soil-based probiotics and saccharomyces boulardii, which is a yeast-based probiotic. Generally, we want to avoid the ones that contain lactobacillus, which are some of the most common ones on the market. This is only if you have SIBO, so probiotics with lactobacillus are going to be good for most people if they do not have SIBO.

All right. The next question comes from Tammy. She says, “I’ve watched all four episodes thus far released in The Thyroid Secret, and really appreciate you assembling these experts and information. It’s been terrific. I was able to write down some names and some websites, but I was wondering if you have anything where I could actually watch their individual interviews and where could I find that?”

We do, so thanks so much for asking. As I was interviewing the experts, I actually learned a ton from each person and I tried to get all of this great information, the protocols and the a-ha moments within the documentary, but it was just too hard without making it like you know, 75 hours and so we do have an option for you to get all of their interviews. This is known as our Gold Package. You can get that at thethyroidsecret.com/gold or you could click the link below to learn more about this package. This package includes not just the full documentary series that’s transcribed and downloadable in MP3 format and video format, but also each and every single expert interview that’s been recorded. You can download it as an MP3. You can get the transcripts so that you can watch it and get some of those a-ha moments in case you know, there’s experts you want to do a deeper dive with or revisit with. You have that opportunity to watch their entire interview. To me, it’s almost like you get to hang out with an expert for an hour, for less than $1 or $2 per expert.

If you were just to see one of these people for an hour-long consultation, a lot of times their rates are anywhere from $400 to $1,000 because they’re not covered by insurance so this is a great option that we have. The Gold Package contains all of the transcripts and all of the interviews you can watch and all of the audios you could listen to and it’s not for everybody, but if you’re a health seeker and a health nerd like I am and want to know everything and want to make sure you don’t miss out on a-ha moments and potentially helpful information for your specific condition, that might be something that you might be interested in.

Great, and the next question that came in is from Laura. “I have a few thyroid nodules that were biopsied and are fortunately benign. I’ve read that an application of fragrant scents and birch or wintergreen essential oil combined in a carrier can reduce nodules. Do you have any idea if this is beneficial?”

You know we’ve seen some people who have been helped by essential oils. Carrie Vitt, as well as Dr. Eric Zielinski, do talk about that throughout the documentary series and they dive deeper into that throughout in their interviews, but generally, it’s something that is going to be safe and not harmful and it smells pretty nice so if it’s something that you wanted to try, I would recommend that you do try that and then you monitor yourself. You monitor your thyroid labs every two to three months to see if they’ve improved and you look at your thyroid nodules on an annual basis to see if that’s something that has been helpful to you.

The next question comes from Deidre. “I’ve learned a lot about diet and how that can help heal my thyroid. How can I manage my disease if I can’t afford a functional wellness physician? My insurance doesn’t help with that.”
Yeah, so this is going to be a problem for many people. Functional medicine is still considered experimental and so a lot of insurances are not going to reimburse you for functional medicine testing, for functional medicine physicians so what I recommend is being your own health champion and being your own health advocate, learning as much as you can through watching the documentary series, through reading blogs like my thyroid pharmacist blog, through getting helpful books. I have a whole book called *Hashimoto's Protocol* that can help you on your journey and really learning everything that you can do on your own to help empower yourself. There are things within your home that you could clean up so you can clean up your personal care routine, that's a really great place to start, get a fluoride filter, get rid of some of that toxin that's coming in through your water everyday that you're drinking it. Optimize your nutrition so yeah, I can tell you how to eat and the fanciest person can tell you how to eat, but it really is up to you to make sure that you're eating a nutrient dense diet.

You don't need to do any food sensitivity testing for that in most cases. In most cases, it's just changing things up for yourself. A lot of the nutrients, you optimize those yourself and you get tested for vitamin D, vitamin B12 and ferritin, by a conventional doctor and that's going to be covered on insurance. Working with getting natural desiccated thyroid or low dose naltrexone, these are low cost options for you to do that can help you feel better and just making sure that you find a practitioner that prescribes those. I, oftentimes, will recommend working with a compounding pharmacy in your area as a starting point for yourself to get a list of referrals of doctors that might be able to prescribe the medications and maybe on your insurance, so I think that's a really great place to start and definitely educating yourself with The Thyroid Secret, considering the Gold Package that has the interviews with all of the functional medicine practitioners that we interviewed here and each interview is like having a one hour consult with them because they go, they dive into the details and they talk about the things that they do within their own clients, Hopefully, these resources are going to be helpful for you on your journey.

Great. The next question comes from Cathy. “If you have dental amalgams, many, but can't find a dentist to take them out safely or can't afford it and this is your root cause, what would you do?”

Dental amalgams, so of course, they're bad when you have them in but they can be worse when you take them out improperly, so I definitely recommend working with a biologic dentist that can help you remove them. In the meantime, if you can't get them removed because of financial issues or perhaps you haven't found the right dentist to do it for you, then I really recommend working on supporting your liver.

Your liver is your main detoxifying organ and it helps you get rid of toxins obviously, and it's going to help you process some of that mercury out so you can support your liver with things like hot lemon water with liver supporting foods are some of the ones that we covered in episode four, doing cilantro, doing lots of broccoli and greens, broccoli sprouts have been helpful for clearing out some of the toxic burden whether that's from mercury or BPA, doing supplements like turmeric, methylfolate, supplements that help to clear out some of the toxins out of your body. N-acetylcysteine can be a very helpful supplementing clearing out mercury out of your body as well as selenium can be very helpful for that.

Making sure that you're not chewing gum, so chewing gum actually redistributes the mercury as you're doing that. Every time you chew the gum, you're basically absorbing and moving it around. Making sure that you're eating a clean diet, that's going to be huge for you in this journey. I have a lot of protocols in my book called the *Hashimoto's Protocol* that dive deep into supporting your liver support pathways and
that's available to you guys when you get the Gold Package.

Michael Wentz: Great. The next question comes from Elena. “Are there some people who cannot take levothyroxine? I took the smallest dose but it gave me a rapid pulse and anxiety so I stopped taking it. Any suggestions?”

Dr. Izabella Wentz: I have seen that in quite a few people where they have a hard time with levothyroxine. There’s a couple of potential reasons for that. One of them might be your adrenal function so perhaps supporting your adrenals first with getting plenty of rest, balancing your blood sugar, doing like some of the adaptogens that we talked about in episode six. That can be a great helpful starting point, doing the B vitamins, vitamin C, those all support adrenal function. That can be helpful to see if that could help you tolerate the medications better. The other options are going to be to get a low compounded dose of thyroid medications.

You would work with a compounding pharmacist and I have a titration schedule on how you would do that in the Hashimoto's Protocol book that goes through the various dosages and that’s one option and then another option that some people have benefited from is a, it's like a glandular extract known as Thytrophin PMG, that can be purchased from chiropractors that specialize in nutrition or physicians that carry Standard Process supplements and some people have been able to address some of their thyroid symptoms and have been able to tolerate that when they weren't able to tolerate thyroid hormones so those are three options for you. Hopefully that will be helpful.

Michael Wentz: The next question comes from Suat and I apologize if I pronounced your name wrong, but “can I switch to LDN and stop the thyroid medication prescribed by my doctor?”

Dr. Izabella Wentz: Generally with LDN, what I recommend for people is that they start on LDN and then they’re monitored with their other medications to make sure that the LDN is taking effect, so it has different types of immune modulating doses and maintenance doses and starting doses, and with thyroid disease, you generally want to start at 0.5 milligrams per day, whereas the optimal immune modulating dose might be anywhere from 1.5 to 4.5 milligrams depending on the person, depending on their weight and some of these other factors that may play a role in their dosing and so you want to start on the LDN and then monitor your thyroid labs to see if it’s appropriate for you to discontinue or reduce the dosage of the medication that you’re on.

This is true both for underactive thyroids so hypothyroidism, Hashimoto's, and levothyroxine or natural desiccated thyroid, as well as for people with Graves' disease or an overactive thyroid who are taking PTU or methimazole. Generally, we do see ability for people to reduce their thyroid medications, sometimes even in the case of the ones for Graves' disease discontinue the one, the methimazole and PTU. That's really exciting because it's very, it has a very low side effect profile, which is really, really exciting.

Michael Wentz: The next question comes from Noah. “Are there any guidelines for how frequently one should test as they start eliminating potential triggers?”

Dr. Izabella Wentz: Definitely, so I recommend that you go in and get tested as soon as you have any symptoms of an overactive thyroid like palpitations or anxiety or you know, just kind of feeling off. You can go in, get a doctor's slip and get tested at a lab to make sure that you’re not overdosed on medications and, in some cases, that happens where you start absorbing the medications better or you've eliminated your triggers and you need to reduce your dosage of medication. In general, every three months would be a
good place to do it if you’re not having any kind of weird symptoms.

Michael Wentz: The next question comes from Judith. “Can sinus problems be related to your thyroid? What can be done? Is there anything for coughing out a lot of mucus especially after eating?”

Dr. Izabella Wentz: Sinus problems can be a really big trigger for thyroid disease so whenever we have sinus issues, we end up with post nasal drip that drips into our throat and eventually into our gut and that causes us to have leaky gut or intestinal permeability so you want to clean up your sinuses. Some of the root causes of sinus issues could be because of a yeast overgrowth or because you have mold in your home and so a lot of times, doctors might prescribe antibiotic drugs, but this is because bacterial infections will develop on top of the yeast infections. To truly get to the root cause of most sinus issues, you have to take an antifungal treatment. Now this could be antifungal medications like nystatin or fluconazole. This could be nasal sprays containing some compounded antifungal medications. This could be silvercillin or silver-based nasal sprays that could help clear some of that out or it could be things like oil of oregano or various kinds of herbs.

The tricky part is different yeasts are going to be sensitive to different types of herbs and medications, so that’s why it kind of helps to get tested and that’s why I can’t just give you guys, here’s exactly what you need to do for every case of this, but the important thing is if you have sinus issues, you want to make sure you have those addressed and then you also want to make sure that you’re checking for mold within your home. Another key consideration is what you’re eating, so if you’re eating foods that could be moldy, that could be causing you to have those reactions. If you’re eating foods that you’re sensitive to, you could also be having sinus issues from that so going on an elimination diet, dairy is probably one of the biggest trigger foods that causes sinus issues, but there’s also high sugar foods. Foods with sulfites in them, for some people can cause this issue. Dave Asprey, when we talk about mold in episode four, he talks a little bit more about the moldy foods and then we also have his full interview in the Gold Package.

Michael Wentz: The next question comes from Janice and it’s also on mold. “Can your blood be tested for mold?”

Dr. Izabella Wentz: The really great testing that you can do for mold is from RealTime labs and it’s actually a urine test and so they test for urine metabolites of the mold so you can pick that up within a urine test and that’s a little bit easier and less invasive than a blood test, and then mold can also be picked up on stool tests to see if it’s growing within your body. There are some blood tests that can be done for mold to figure out if you’re sensitive to mold because different people are going to have various levels of sensitivity to mold. Some people you know they’re not going to react to mold unless there’s like a ton of it everywhere. Other people like even tiny bits of mold are going to be reactive for them genetically, that’s their genetic predisposition and there are tests you can do for that. We have an interview with Lee Connelly, who’s a patient advocate. Her root cause is mold or one of her triggers and so she talks about more of the testing for mold and we have that in the Gold Package for full interview for you guys.

Michael Wentz: The next question comes from Sandra. “Do you think ongoing thyroid struggles can be the root cause of a bipolar diagnosis?”

Dr. Izabella Wentz: Yeah, absolutely. Thyroid disease can actually be a trigger for bipolar disorder and so when you think about what’s happening for example, in Hashimoto’s, we have an attack on the thyroid gland that causes the body to start breaking down thyroid tissue
and that sends a lot of thyroid hormone into our bloodstream. Now this can make a person feel anxious, irritable, energetic in some cases or "manic", and then once that happens, the thyroid hormone is cleared up by the liver, by the body, the person becomes hypothyroid and then they can be depressed. They can be sluggish. They can feel brain fog, apathetic and this could be like the depressive aspect so in some cases, I have seen people who were misdiagnosed with bipolar disorder when in fact, they had Hashimoto's and so the ups and downs of the thyroid antibodies attacking the thyroid gland cause them to have the symptoms of bipolar disorder. You know rapid cycling bipolar is one example, but really every variant of bipolar disorder has been connected to this.

What's kind of challenging and Dr. Kelly Brogan talks about this in mental health episode, episode two, is that lithium is actually prescribed for a lot of times in people with bipolar disorder but lithium is also toxic to the thyroid gland and so key thing here is, we can, in some cases, take away the bipolar diagnosis when we optimize thyroid hormone function and so looking at going after your root causes, getting on selenium, balancing your blood sugar. These are all going to be helpful things for you to address some of the mood symptoms. Hashimoto's can definitely present that way and it can be the cause for bipolar or it could exacerbate bipolar. Bipolar is caused by something else.

Michael Wentz: The next question comes from Ellen. “Thank you for giving me so much hope. I've dealt with this for 40 years. I've gained so much weight that I feel awful from that also. Is everyone different in what they can and cannot eat? Is this like finding your own code to entering the gate of feeling good?”

Dr. Izabella Wentz: Yeah, thanks for asking that, so for most people, I would say 80% of people, they're going to benefit from going gluten-free, dairy-free and soy-free and then doing a relatively lower carbohydrate diet and so making sure you're getting plenty of good fats and plenty of proteins. The Paleo diet is a really good example of this as is the autoimmune paleo protocol. Now 80% of the time, this is going to be the optimal diet for you. This is where I suggest you start. If you have or if you're still struggling, you know there could be things, tweaks that we can do whether that's optimizing your nutrient levels because sometimes if you're nutrient deficient, that can cause you to hold onto your weight. This could be addressing your stress response because if you're stressed out, you're going to be holding onto your weight.

Addressing your thyroid hormone, if you don't have enough thyroid hormone on board, you could still be holding on to extra weight so there's a lot of different types of things that could interfere with you getting better, but a great place to start is going to be the paleo protocol or the autoimmune paleo protocol and seeing how that works for you. It works really well for about 80% of people.

Michael Wentz: Great. The next question comes from DB. “I'm so confused. There seems to be all these words like Hashimoto's and Graves', but it seems like they're also, they all lump into the same category. I need help understanding the differences between the two.”

Dr. Izabella Wentz: This is a really great question, so in essence, Graves' disease and Hashimoto's disease are the same condition. It basically is the immune system attacking the thyroid gland. In Graves' disease, it just happens to attack one part and in Hashimoto's, it attacks a different part of the thyroid gland. What's happening in Graves' disease is the part of the thyroid gland that regulates hormone control gets hijacked and so then we have excessive thyroid hormone production and we have an overactive thyroid. We have palpitations. We have anxiety. We have sometimes protrusion of the eyes.
We have panic attacks and this rapid weight loss, one presentation of symptoms and in Hashimoto’s, what happens is the actual thyroid gland gets attacked and so the immune system starts breaking down the thyroid gland and then the thyroid gland cannot produce enough thyroid hormone and then we end up with hypothyroidism or an underactive thyroid where you have kind of the opposite symptoms, but in reality, those two conditions stem from the same root causes and it’s the thyroid gland being attacked by the immune system and the very same things are going to be causing both conditions so these are going to be infections, food sensitivities, nutrient deficiencies, toxins, stress, as well as a leaky gut and so a lot of the interventions are going to be very much similar. Outside of addressing the hormonal component, so obviously in underactive, we want to give more thyroid hormone. In overactive, we want to suppress the thyroid hormone and we do that with either herbs or medication for the hyperactive condition, but both conditions can benefit from LDN. Both conditions can benefit from all the lifestyle and both conditions will certainly benefit from all the root cause approaches that we recommend throughout the series.

Michael Wentz: The next question comes from Hillary. “I have had brain fog for a very long time and it’s getting worse. Recently, I’d felt shortness of breath and my family doctor just doesn’t do anything for me. Is there anything I can do to find out what the cause and what I can do to improve the condition?”

Dr. Izabella Wentz: Brain fog, one of the things I would look at right away is going to be your thyroid hormone levels. You want to test your free T3, free T4 as well as your TSH. In some cases, when your T3 is too low, you could be having brain fog when you don’t have enough thyroid hormone on board, so addressing that and potentially optimizing your dosage of thyroid hormones or getting on a natural desiccated thyroid medication or an addition of T3 containing medications can help you with the brain fog. Some of the other kind of causes of brain fog could be adrenal issues or adrenal stress, so addressing that, I like a supplement known as the daily stress formula that can be very, very helpful for a lot of people.

Then in some cases, people might have a buildup of ammonia and that can cause brain fog...potentially some of the shortness of breath and that would be looking at getting perhaps some supplements that could help bind out the ammonia like the L-carnitine and then there’s also Lyme disease that can be contributing so these are you know, start off with the thyroid hormones and kind of move along the lines. I kind of want to give you all the information that you need to take care of your health and take care of yourself and, of course, I don’t know what you've already tried so it’s challenging for me to answer these questions, but we definitely have a ton of resources for you in the Gold Package including my book Hashimoto’s Protocol, which you get as part of the Gold Package, if you're looking for kind of deeper answers and a deeper... almost being your own health detective path.

Michael Wentz: The next question comes from Dolores. “Can my thyroid disease be the cause for my IBS?”

Dr. Izabella Wentz: You know that’s a really great question, so the thyroid and the gut have a very intimate feedback mechanism and a very close relationship. So thyroid cells and gut cells actually have the same fetal origins so when we're first developing those cells are like the same thing and very commonly, if you do things to support your thyroid, you’re going to see improvement in gut health and if you do things to address your gut function, you can actually have a complete turnaround in thyroid function. Not many people know this, but many times, people develop irritable bowel syndrome 5, 10, 15 years before they develop a thyroid condition. The big part of the autoimmune process is that we’re going to have intestinal permeability or leaky gut and this is IBS,
so every symptom of IBS tells you that you have a leaky gut so I found that addressing gut function directly can help address thyroid function.

If you have IBS, the things you want to look for are going to be food sensitivities, gluten, dairy, so. The most common nutrient deficiencies, L-glutamine, Zinc, and Omega 3 fatty acids are some of the most common nutrient deficiencies that cause you to have irritable bowel syndrome, making sure that your probiotics are balanced. I really love using probiotics like Ther-Biotic and MegaSpore that can really help things, that can either help to move things along or slow them down, whatever the problem is you’re having, they’re going to help out with that. Looking at potential infections such as parasites or H. Pylori, they contribute to IBS and then looking at potential intestinal bacterial overgrowth, so this is a common root cause of both IBS and thyroid disease so I guess to answer your question, yes, they are connected and that fact that you have IBS is a really important sign and symptom that you could be, that your thyroid could be out of balance and let’s get you to, get your thyroid in balance by supporting your gut.

Michael Wentz: The next question comes from Louie. “Hello, Dr. Wentz, I've had GERD and a fissured tongue for well over two years and I’m desperate for some relief. I’ve tried so many remedies but to no avail. Can you help me?”

Dr. Izabella Wentz: Yeah, so acid reflux or GERD is a very common symptom in people with thyroid disease and one of the root causes is going to be low stomach acid. Not many people think about this or know this, but not having enough stomach acid or not having any stomach acid is actually a common manifestation in people with hypothyroidism. Now some of the things that can cause this are going to be hypothyroidism by itself.

Another thing that can cause this is going to be H. Pylori, so this is a bacteria that can infect the stomach and this can contribute to the acid reflux. That’s one of the very first things I always recommend people to test for because that could be a trigger for GERD, for Hashimoto’s, for Graves’ disease and even thyroid nodules and that’s something important to keep in mind because doctors are going to want to give you proton pump inhibitors and acid suppressing medications, which can actually help the bacteria grow and prevent you from absorbing foods.

When you have low stomach acid, you’re more likely to have food sensitivities as well and so chances are, if you’re having GERD and acid reflux that you’re sensitive to the foods that you’re eating. Most commonly reactive foods are going to be gluten, dairy, and so. I personally had acid reflux for three years and I was on a multitude of medications and getting off of dairy helped me get rid of my acid reflux within three days. It was quite amazing. That’s going to be two big things to do, look at H. Pylori and look at your food sensitivities. Another thing is supporting stomach acid production so you can do this by taking hot lemon water so you do a half of a lemon, organic lemon in a cup of hot filtered water and you drink that first thing in the morning, that could help you produce your own stomach acid. Taking a thiamine supplement, thiamine 600 milligrams per day, that can help you produce your own stomach acid.

Taking something known as Betaine with Pepsin, this is a digestive enzyme that helps you digest your protein containing foods and helps you produce more stomach acid. This could be taken along with protein containing foods and that can be really helpful for getting rid of stomach acids, or getting rid of acid reflux as well so hopefully, these are some suggestions that have helped you on your journey.

Michael Wentz: The next question is from Carolina. She said, "My mother had hypothyroidism. Is thyroid disease or Hashimoto's genetic?"
Carolina, it's a really good question so we know that there is a genetic predisposition or a genetic component to thyroid disease and so three things need to be present in order for a thyroid condition to develop genetic predisposition, the right kind of triggers as well as intestinal permeability so that means that genes are not necessarily your destiny. You actually can modify your individual triggers and you can modify your risk factors. The genes are thought to play anywhere from 20% to 50%, but the rest is all environment and so it's what you do, but chances are that if your mom has it, that you likely have it too, and that your other family members especially female family members are going to have it so it's good to get tested for it, but don't think that this is your destiny. You can absolutely reverse it and you can get better.

Michael Wentz: The next question comes from Raquel. “Dr. Wentz, can you please tell me what your thoughts are on iodine and Hashimoto's, and what dosage of iodine I should take for Hashimoto's?”

Dr. Izabella Wentz: Iodine is a very controversial topic in the world of Hashimoto's and thyroid disease. As I mentioned earlier in this question and answer session is that thyroid peroxidase enzyme is an iodine converting enzyme. Now when we give a person iodine, that means that enzyme has to work harder and faster, and oftentimes, there is more inflammation happening and that actually causes us to have more thyroid antibodies and more damage to the thyroid gland, so in some cases, taking iodine in dosages that are too high can be quite inflammatory, so although iodine is necessary for thyroid hormone production, sometimes when you give it, it can actually make things worse. Generally for people with Hashimoto's are dosage of iodine that seems to be safe is anywhere from 100 to 300 micrograms per day. Now this is something that you're going to find in most multivitamins or prenatal vitamins.

I don't recommend going above like the 500 micrograms or 1 milligram when you have the thyroid peroxidase antibodies so we talk about that a little bit more and then nutrients and toxins interviews of The Thyroid Secret and that's because at higher dosages, it can be inflammatory, but for definitely for women who are trying to conceive or women who are pregnant, you do want to get some iodine. It is what I like to call it Goldilocks nutrient where you don't want to get too much of it and you want to make sure that you have enough of it and it's known in pharmacology as a narrow therapeutic index supplement or nutrient and so that the correct dosage range is anywhere from 100 micrograms to 300 micrograms a day for people and anything above can be problematic for people with Hashimoto's.

Michael Wentz: The next question comes from Tina. “I'm 34 years old, have Hashimoto's. I've still been struggling with hair loss. Do you have any suggestions?”

Dr. Izabella Wentz: Hair loss is a very common symptom of Hashimoto's and thyroid disease, Graves' disease, whatever thyroid condition you have, your hair is going to pick it up, so our hair seems to be kind of, you know they say the eyes are the windows to the soul. I feel like the hair is the window to our body's function and whenever you have hair loss, some of the things you need to think about are how's your thyroid hormone? Do you have enough T3 on board? Do you have enough hormones on board? You want to test your TSH and your T3 levels to see where those are. A lot of people have benefited from using something like natural desiccated thyroid or a T3 containing medication because T3 is our beautiful hair hormone whereas T4, which is what's found in levothyroxine, the most commonly prescribed drug for hypothyroidism doesn't really grow hair.

It has very, very minimal effects on hair and it has to be converted to T3 in the body, but the conversion doesn't always take place like it should on paper and that's one of
the very first things to recommend. Another thing is looking at your ferritin level to make sure that you have enough ferritin on board so ferritin is our iron storage protein and when we're deficient in that, we could be losing hair. Adrenal and stress, this is a huge trigger so if you're having, if you're under a lot of stress, then chances are you're going to be losing your hair and so addressing that component is going to be very, very important. Micronutrient deficiencies, looking at selenium, vitamin D and Zinc deficiency, those could be contributing and I also recommend doing green smoothies with plenty of like silica containing vegetables so these would be like lettuces. They can help to grow pretty hair and help to get your hair back on track.

Michael Wentz: The next question comes from Julie. “Is it possible that my Hashimoto's has a direct impact on my anxiety symptoms?”

Dr. Izabella Wentz: Yeah, anxiety and Hashimoto's go hand in hand so Trudy Scott who's an anxiety expert, she was interviewed in episode two and she, you know she says that most of her anxiety clients actually have Hashimoto's anywhere from 50% to 70%, I think she's quoted for me before and the reason for that is as we have the thyroid antibodies attacking the thyroid gland, we get small dumps of thyroid hormone and so we have these like little peaks of anxiety and another issue is blood sugar with people with Hashimoto's, so blood sugar swings can actually make us more anxious, so good news is you can address this. You can overcome this. One of the things I recommend for anxiety is a selenium supplement, selenium 200 micrograms per day can cause, you could see dramatic improvements in anxiety when you do that.

Another thing is making sure that you're eating blood sugar balance so getting plenty of good fats and proteins first thing in the morning and doing that throughout the day or limiting your carbohydrate intake. I mean these things can work like miracles. I know, I used to have like panic attacks, anxiety. Michael, you know you would go out running and I’d be like, "Where is he? Why isn't he back? Did he fall off somewhere? Did he run off with another woman?" This can be something that you can dramatically improve and completely get rid off once you dial in your thyroid through nutrition and your micronutrients.

Michael Wentz: The next question comes from Joanie, and she's asking, "My husband and I want to watch these videos together. Is there any way to get them?"

Dr. Izabella Wentz: Oh, that's really sweet that you have a wonderful husband like I do that wants to watch together with you, so we actually do have a few options for you to get this and get this to your family members, get this to your loved ones, even do like a movie night at your house. We have the Silver Package, which includes the entire documentary series. You can download that to your computer. You can get the transcripts of it. You can even get MP3 files that allow you just to like listen so you could be cooking at home or walking around the house or even listening in your car if you download it to your MP3 player, so that's one option. The other option in the Silver Package is actually to get DVDs mailed to your home.

We have these beautiful, beautiful DVDs that were developed for us and you can just have a movie night at home, put them into your DVD player and watch the entire The Thyroid Secret on your big screen with your family members and that's one option for you and this also comes with the beautiful book that you could keep in your collection of all of the episodes that were transcribed so you can follow along and highlight and also take any notes in this book that you've noticed and also, we also have the Gold Package, which is more of an advanced package, where you would probably want to watch that on your own and that has access to all of the individual interviews, the entire documentary series and you can get that either mailed to your house or you can
download that or watch it within our online portal, so yeah, we do have some options and I'm really excited that your family members and loved ones are interested in watching The Thyroid Secret with you. I think it will be helpful for, it can be really helpful for both of you.

Michael Wentz: Next question is Britta. “Are you planning on translating the series to other languages? My parents and my brother have Hashimoto’s too and only speak German.”

Dr. Izabella Wentz: We really hope that we can translate the series into other languages. We're working on it. It's been a lot of work on our end to put this together for you guys. Michael and I have been working around the clock with our fantastic team and we're really, really excited to share this information with you. We're really excited to share this mission with you. Hopefully, it will really help you on your journey. We can work towards getting it in another language. It's not going to be something that we can do right away. We're probably going to need to get some rest in between this, but definitely that's on our list of things to do because we really want to get this message to reach the globe and help as many people as we can with this.

Michael Wentz: The next message comes from Tara. “One of your experts in episode two briefly mentioned the link between hypothyroidism and Hashimoto’s with vertigo. I’m desperate to find out more about the link to vertigo and understand what I can do to prevent recurring vertigo.”

Dr. Izabella Wentz: Yeah, so vertigo and thyroid oftentimes go hand in hand, and we have basically a cross array activity of thyroid antibodies versus inner ear antibodies that can offset vertigo, so that’s probably the more common presentation. Whatever you do to address your thyroid antibodies is going to help your vertigo. One of the first things I recommend is getting on a selenium supplement so I have seen people who take 200 micrograms of selenium methionine. I like the Pure Encapsulations brand. They start seeing a reduction in their thyroid symptoms, their anxiety, as well as their vertigo. That will be a really great place for you to start to see if that will help you on your journey and really looking after all the other root causes is going to be helpful.

[00:43:00] One of the potential ones for both conditions is going to be Epstein-Barr virus, and we do talk about that in Episode eight, so make sure you dial into that, and then we have a wonderful interview with Teri Cochrane and Shiroko Sokitch, where they dive deeper into some of the Epstein-Barr virus protocols into, within our Gold Package.

Michael Wentz: The next question comes from Aaron. I was just curious, where did you get the idea to create this documentary series? I've really enjoyed it and I really appreciate. Where did you come up with it?

Dr. Izabella Wentz: The idea, it was actually, we were doing Thyroid Mastermind. Michael and I were hosting it, and this was for the top thyroid experts in functional medicine and complementary medicine and I wanted to bring a group of us together so that we could share our best practices and ideas so that we could help more people and reach more people and kind of learn from one another because there were things that Shannon Garrett was doing with low-dose naltrexone and then Dr. Datis Kharrazian was doing in his practice and Dr. Kirk Gair was doing and all of us and Dr. Jolene Brighten was doing fantastic things postpartum and I was seeing really amazing results with my Hashimoto's clients and I was like, "How do we come together and how do we get this message out to people in a big way?" I don’t remember who it was but somebody said, "Why don't you do a documentary series?"
I remember telling Michael, I was like, "Oh no, I am not doing a documentary series. I hate being on camera. This is so not happening." Then Michael ended up meeting a few people that were documentary series producers and within that idea getting planted in us, just all these stars kind of aligned and we kept meeting people who were like, "Hey, I can help you with this, I can help you with this," so we ended up basically making it happen and my goal was to really make this information approachable. I’ve heard from people who have said that they have brain fog or they have a hard time reading. It’s hard to really focus on their health so I wanted to release this series with one episode at a time so that people would dial in and they would get sucked in and entertained and in the process of it, they would also learn how to recover their health.

I hope that we’ve been able to do this for you with the thyroid documentary series. This has been a huge passion project for me and Michael. We’ve been working really hard and we’ve definitely put our hearts and souls into making this project and getting this information out to you so that you can recover your health. I’ve been on this journey for pretty much most of my life, where I was exposed to Chernobyl at age three and then I had Epstein-Barr virus at age 18, and then I've struggled with my health and I think for Michael, it's been amazing to see me recover my health, and once you know these things, you just cannot un-know them and you sort of want to scream them from the rooftops and let everybody know that there is a way back to their health, and that's kind of the mission and the vision behind The Thyroid Secret is we want to help as many people as possible with thyroid disease. We want to show people that recovering your health is possible, that people are doing it every single day and we want to show you the way, we want to hold your hand on this journey and just really excited.

Thank you for tuning in. I really hope this information has been helpful to you. We wanted to get it out to you at no cost so that nobody would be limited by it. Of course, we did have a lot of cost in putting this together, so documentaries are definitely not cheap to put together, so if you do want to support our mission, click the link below to learn more about owning The Thyroid Secret. If you do own The Thyroid Secret, that will help us to create more helpful information and more helpful content for other people. I really love the free to screening model because people who have financial challenges like students and people who are retired or are not working can watch this at their own time, and then people who perhaps have more responsibilities or have jobs and have generally more financial resources are able to own the series and watch it at their own time when times permits for them.

I'm really grateful for you tuning in and I hope that this information was helpful and I hope that you'll consider supporting our mission.

Michael Wentz: We have one more question, enough time for one more question and it comes from me.

Dr. Izabella Wentz: Uh-oh.

Michael Wentz: Yeah. We tend, as people, just in general human beings, to take on big projects, either it be work, personal life, and with Hashimoto's or a thyroid condition or Graves', that can be devastating to someone. What have you taken away from this experience in creating such a big project and a documentary of this size?

Dr. Izabella Wentz: You know, I've had a lot of takeaways. It has been a growing journey for me, so starting with the whole process of kind of tuning in and listening to myself and listening to my own body, listening to my own wisdom as this is something my body is...
still my teacher along the process, and looking at like okay, making sure is my voice being heard? Is this project going in the direction that I want it to be going? There were, at points earlier in the project where we had some challenges with with bringing it to you guys and things weren't going well or there were parts of the vision that weren't quite what I wanted it to be. I want it to be the most helpful thing for people ever and some of that was getting some of my protocols and some of my science was getting squished out of it, and at that point, I started having actually a cough and acid reflux. It was like my body was telling me that, "No, you need to get this out. You need to speak your truth and you need to make sure that this documentary is what you want it to be for the people. You need to make sure that you make it as helpful as you think it will be."

Yeah, really, I've really learned even more so about myself, about my health and really tuning in to myself and tuning in to my body throughout this process. It's definitely been a growing journey, a healing journey. I've had the pleasure of meeting so many wonderful people who've recovered their health. I've been inspired by them. Some of them are still on their journeys and they're still putting one foot ahead of the other. I've been inspired by the experts I've met, some of the kindest, most passionate people. I have had the pleasure of meeting, we're all heart centered. We all want to help people. We all want to get this message out to you that you can recover your health, and yeah, I learned that if you want something and you want to make a big change in the world, you have to be the change. It has to start with you. I know if Michael and I didn't do this project, that there wouldn't be a thyroid documentary series, that there would not be 100,000, 1 million people dialing in and watching this information and getting a-ha moments and getting benefits and we're going to see success stories from this. I'm confident about this. I know that we're going to have, change people's lives, and I know that we're going to change the way that thyroid conditions are treated.

Yeah, I think sacrifice, too, of making big change in the world does come with some sacrifice, so I have learned that. I do want to make sure that I do practice what I preach, and so I do want to get this information out to you guys in a great way, and this is going to be available for a limited time, then my team and I are taking a break and resetting and resting our adrenals...so please make sure that you take advantage of the offer because as much as we'd like to, it is a lot of work on our end to be here with you, to be making sure that we're answering everybody's questions. We have a really big team behind us to make sure this is all a success so I hope that you do take advantage of the offer to own the series because it's a lot of work to put it on, on the Internet for the masses. It looks really easy but we're scrambling here in the background trying to make it happen.

Michael Wentz: Well, thank you so much for taking the time to answer the viewers' questions. We really appreciate your time.

Dr. Izabella Wentz: Thank you so much for being here and thank you for helping me create this project. It hasn't been easy. It's been fun, it's been exciting and I know that this is going to help change so many people's lives and help people recover their health. If you're watching at home, I really hope that this information has been helpful on your journey.
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!

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