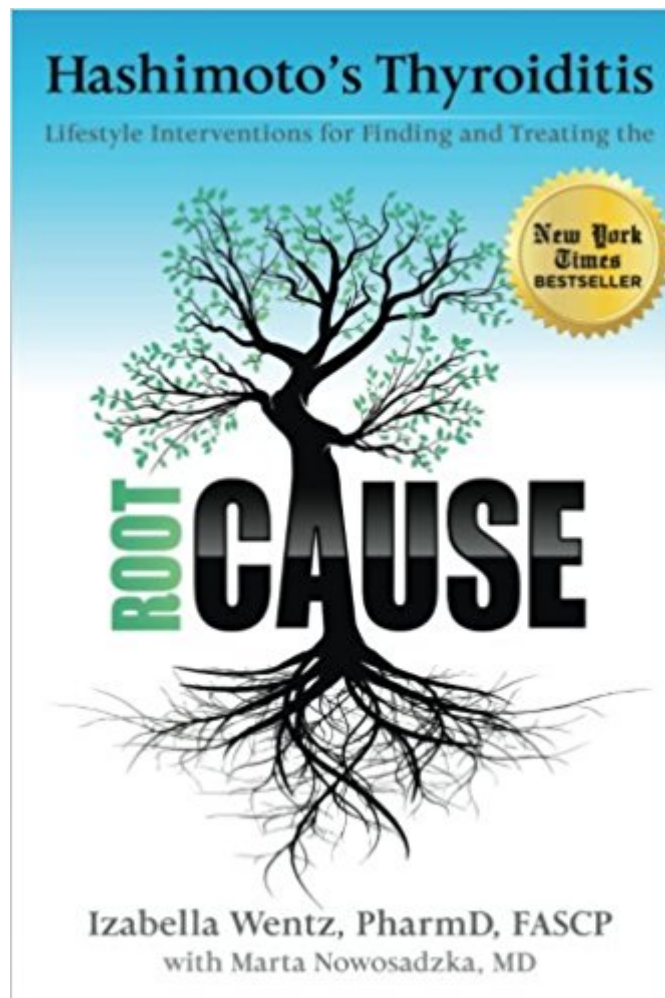




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Hashimoto's Thyroiditis: Lifestyle Interventions For Finding And Treating The Root Cause



Synopsis

What's Really Going on in Hashimoto's? Hashimoto's is more than just hypothyroidism. Most patients with Hashimoto's will present with acid reflux, nutrient deficiencies, anemia, intestinal permeability, food sensitivities, gum disorders and hypoglycemia in addition to the "typical" hypothyroid symptoms such as weight gain, cold intolerance, hair loss, fatigue and constipation. The body becomes stuck in a vicious cycle of immune system overload, adrenal insufficiency, gut dysbiosis, impaired digestion, inflammation, and thyroid hormone release abnormalities. This cycle is self-sustaining and will continue causing more and more symptoms until an external factor intervenes and breaks the cycle apart. The lifestyle interventions discussed in this book aim to dismantle the vicious cycle piece by piece. We start with the simplest modifications, by removing triggers, and follow with repairing the other broken systems to restore equilibrium, allowing the body to rebuild itself.

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Customer Reviews

Izabella Wentz, Pharm.D., FASCP is a pharmacist, Hashimoto's patient and pioneer in lifestyle interventions for Hashimoto's Thyroiditis. She has summarized three years of research in her book: "Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause." • www.thyroidpharmacist.com
www.facebook.com/thyroidlifestyle

This book has literally saved me MONTHS of research on my own. Dr. Wentz has created a

wonderful resource not only for those suffering from Thyroidism, but frankly from ANY auto-immune disease. She has clear to follow explanations of how the thyroid functions, followed by chapter after chapter on how to heal. The best part of the book is her supplement guide, which includes not only what to take, but how it works, what it does, and what dosages are best. I don't know if my personal story will be helpful, but let me start by explaining what I learned on my own versus what I learned from this book. I was diagnosed with Hashimoto's, but normal thyroid hormone levels, despite having **all** of the symptoms of hypothyroidism. I saw three endocrinologists, three GPs, two neurologists, numerous chiropractors and massage therapists, two acupuncturists, and even a life coach and hypnotist (pretty much any health related professional whose bio suggested they might be able to help). I tried **everything**, and I mean everything, to get back on track but it just wasn't working until I found this book. This book introduced me to two concepts that were critical: Functional medicine, and Hashimoto's Gluten sensitivity. This led to several significant changes. I **fully** committed to being gluten free. No bread, no soy sauce, no tempura sushi, not even cookie dough ice cream. I scoured labels, googled everything I ate, and was generally an intolerable friend to go eat out with ;) But it worked. That was the first huge leap forward. The second came when I started looking for functional medicine doctors in Austin, TX and following the supplementation suggestions put forward in this book. I found Dr. Ben Anderson in Austin, TX who has been a life saver for me, and even for one of my friends now dealing with similar issues. I'd already been taking a mix of supplements, but he helped me find even better supplements that were attuned to my body. And he did hormone testing, which showed major adrenal fatigue. So, with a few tweaks, here's the final list of supplements I'm on (but I'm not a doctor so consult yours first!)

Empty Stomach (AM):- Licorice drops- Probiotic- *Saccharomyces Boulardii* Lunch:- Glutamine- Methyl B12 (my Dr suspects a MTHFR gene mutation; regular B12 wasn't helping but this works great)- NAC- Zinc (this was huge for me; gave me lots more energy)- Selenium Bedtime:- Magnesium- CoQ10- Probiotic- Fish Oil w/vitamin D

Many of these don't have to be taken with food and the order could be switched up. This was just what worked for me based on balancing the load of how many things I was taking each time of day. I'd recommend chatting with your doctor about lab work for vitamin deficiencies and reading Dr. Wentz's supplement guide. Also, keep hunting for a functional medicine doctor in your area who charges reasonable prices. The first one I found got great reviews but their "autoimmune cure" package was \$4k. Crazy! Several others weren't much better at \$750 for a one hour consult. I found my doctor through a case study in the book "Why isn't my Brain Working." That book had lots of case studies with doctors from across the country, so you might start there if you are looking for a local functional medicine specialist. Good luck everyone!

HASHIMOTO'S THYROIDITIS: LIFESTYLE INTERVENTIONS FOR FINDING AND TREATING THE ROOT CAUSE brings together the most up-to-date and helpful research and information available on Hashimoto's Disease. I was diagnosed at the beginning of 2011, at the age of 23. Since then, I've spent hours upon hours, researching everything I could find online related to this disease. I was determined to beat my disease if at all possible! I've read the Stop The Thyroid Madness site, Mary Shamon's thyroid-info website, Dr. Alexander Haskell's book, Dr. Datz Kharratian's book and his diet recommendations, read what Jack Kruse has to say... I've looked into the GAPS diet, the paleo diet, the autoimmune paleo diet, and researched intestinal permeability and how to heal it. I've searched high and low to find success stories of other patients who have successfully put their Hashimoto's into remission. Eventually, I found the Hashimotos 411 FB group and found a bunch of other people who had done their research as well and were on a good path of healing as a result. My point: I spent TWO YEARS and HOURS to find all the info present in this book. Back then, I searched to find such a book, and none was available. Much of this info wasn't even "out there" a couple years ago. I kept waiting for something to be missing from this book, but no, it was all there. Every related topic was covered with conciseness, thoroughness, and detail. If you have Hashimoto's, don't feel well, want to feel better, and don't know where to start, I highly suggest you buy this book. It will save you a ton of time, and if you implement what you learn, it will quicken your healing journey. And for those of you who are already healing, it's still an amazing reference manual to have. Even if just to give validation that you really are on the right path! I'm so thrilled to have this book, it still seems too good to be true! :) I would suggest though, if there is ever a second printing, and an updated version, that the author include more advice/info on finding a good functional/integrative/holistic Dr. to work with, which testing is available and from which labs, how to navigate testing solo or with your Dr., etc. The book is already so packed and full of thorough information on everything else though, that I know it would have taken up a lot more room to do so. I can see how maybe someone just getting diagnosed and with no background on all of this might be a little bit intimidated and not know where to start as far as implementing the advice and knowledge, unless they have a self-driven and self-starter personality/temperament. Knowledge is power, and is the first step. After that, the rest will come through research and talking to the right people online.

I bought root cause about 8 months ago. I started following the protocol. My antibodies went from 1200 + down to under 100 since then and I'm taking lower and lower doses of my compounded

meds and cytomel. My Dr is amazed. I'm thrilled! Thank you! Another great side affect is I've lost 47 lbs during that time as well.

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