

Izabella Wentz and an Integrative Approach to Healing the Thyroid

Izabella Wentz, Pharm.D., FASCP is a passionate, innovative and solution focused clinical pharmacist. She has had a passion for health care from a very early age, inspired by her mother, Dr. Marta Nowosadzka, MD. After being diagnosed with Hashimoto's Thyroiditis in 2009, Dr. Wentz was surprised at the lack of knowledge about lifestyle interventions for Hashimoto's, hypothyroidism, and autoimmune conditions. She decided to take on lifestyle interventions as a personal mission in an effort to help herself and others with Hashimoto's.

After two years of researching Hashimoto's and Hypothyroidism, she decided to combine emerging knowledge with her quality improvement expertise to run rapid tests of change on herself that led her to discover the root cause of her condition. She has summarized three years of research and two years of testing in her book: [Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause](#).

Bright Eyed and Bushy Tailed to Bedridden

Freshman year of college, Izabella entered bright eyed and bushy tailed. As the year wore on she became fatigued and was diagnosed with Mono. From that point on her energy levels were never quite the same. Every other year it seemed she had a new symptom, a new ailment-- from irritable bowel syndrome, to hair loss, to chronic anxiety and carpal tunnel.

Symptoms of Hypothyroidism

It's fairly normal that women struggling from these symptoms to be told that the symptoms are just symptoms of growing older, but these symptoms can be related to hypothyroidism.

- Fatigue
- Weight Gain or an inability to lose weight
- Depression
- Brain Fog
- Lack of Motivation
- Anxiety
- Joint Pain
- Hair Loss

90-97% of the cases of hypothyroidism is caused by Hashimoto's, where the immune system fights against your thyroid gland.

Not All Tests Are Created Equal

The most prevalent test in diagnosing hypothyroidism is the TSH test (thyroid stimulating hormone). TSH is released when the pituitary senses that there are low levels of thyroid in the body. Until the hypothyroidism or Hashimoto's is well

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advanced we may not see elevated levels of TSH. Possibly the most effective test for hypothyroidism is to test for thyroid antibodies.

An Integrative Approach to Healing

In addition to traditional medicinal remedies to healing the thyroid, like thyroid replacement therapy there are other integrative practices that can greatly impact how patients feel. First and foremost, balance your blood sugar. Blood sugar swings weaken the thyroid. Additionally food sensitivities can also affect the way women feel with Hashimoto's or Hypothyroidism. Some people have sensitivities to gluten, dairy and soy. Many patients have been able to go into remission by removing foods that contain gluten from their diet.

Making sure that you have enough Selenium, Vitamin D, Vitamin B12, and Ferritin (an iron storage vitamin). Each of these vitamins help with different body functions and having proper amounts can drastically change the way patients feel. Hair loss, fatigue, and anxiety can all be relieved.

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Includes: Digestion and Depletions chapter and the Thyroid Diet Quick Start Guide.

Listener Question:

How do you insure your success in a program?

It's not the how, it's the why? Why are you doing this? How can we make this different? What can motivate you through the tough times. Know that right now, in this moment, you are awesome. When we don't feel good about ourselves we do not treat ourselves well. You are worthy. What are the goals for your healthier life that you want.

- Make goals of how it will impact your life not necessarily the scale.
- Make sure you're getting sleep, hydration, nutrition.
- Journal. It can help you realize your goals and keep track of your successes.
- Find an accountability partner. Share your success on the JJ Facebook page.

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As always, remember:

You are worthy. Dare to live a life that matters.

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