



# Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause

By Izabella Wentz PharmD

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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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#### **About the Author**

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](http://www.thyroidpharmacist.com) [www.facebook.com/thyroidlifestyle](http://www.facebook.com/thyroidlifestyle)

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