

# Amy Myers MD<sup>®</sup>

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## The Myers Way Episode 32: Hashimoto's Thyroiditis with Izabella Wentz

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1/27/2014



### Izabella Wentz, PharmD, FASCP

[Izabella Wentz-Photo](#)

Dr. Izabella Wentz, PharmD, FASCP is a passionate, innovative, solution focused pharmacist with an exceptional blend of creativity, empathy and clinical experience. After being diagnosed with Hashimoto's Thyroiditis in 2009, Dr. Wentz was surprised at the lack of conventional medical 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. Dr. Wentz is the author of the best-selling patient guide "Hashimoto's Thyroiditis" Lifestyle Interventions for Finding and Treating the Root Cause" and is dedicated to educating the public and healthcare professionals about improved the impact of appropriate diagnosis, medication management, lifestyle interventions and functional medicine treatments on patient outcomes.

**Click link below to listen to the podcast**

## Audio Player

<https://www.amymyersmd.com/wp-content/uploads/podcast/032-TMW-Izabella-Wentz.mp3>

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1. How did you become interested in Hashimoto's?
2. Why did you decide to do your own research instead of following your endocrinologist's advice?
3. Some people say that Hashimoto's is a genetic condition. Is it just destiny?
4. What is your experience with thyroid medications?
5. You have an interesting approach you call DIG-AT-IT... can you explain what that means?
6. What are some of the main issues you see in people with HT?
7. So many things to think about, what's a good starting point?
8. What are the best dietary approaches?
9. What about stomach acid and acid reflux?
10. What about supplements? Do you recommend them, and if so, which ones?
11. What about people who don't have any digestive issues?
12. What are some things listeners can do to help themselves?

## Connect with Izabella

Website: [thyroidpharmacist.com](http://thyroidpharmacist.com)

Like her on [Facebook](#)

Want to learn more?

Take our [Guide to the Gut and Comprehensive Elimination Diet eCourses!](#) These courses outline Dr. Myers' method in diagnosing and treating gut infections in order to achieve optimal gut health. If headaches, seasonal allergies, and gastrointestinal issues (like IBS) have you looking for a solution, the basic protocol outlined in these eCourses will help to resolve those issues. If you suffer from an autoimmune disease, chronic fatigue, or candida overgrowth, these eCourses have a specialized protocol designed for you.

Our objective is to empower you to discover your personal food sensitivities and find the most effective ways to implement a dietary change into your unique lifestyle. You will discover the root cause of your symptoms and be able to self-treat at home with food and supplements. During the course, you will have access to a number of worksheets, shopping guides, and checklists that you can complete in the comfort of your home.



### **The Myers Way Guide to the Gut eCourse includes:**

- 4 hours of information
- Guide to digestion
- Signs that you have a leaky gut
- Risk factors for leaky gut
- Personalized gut exam
- Symptom tracker
- 4R Program guidelines
- Gut-soothing recipes

### **You will learn about:**

- Digestion and absorption
- The development and recommended treatment of leaky gut
- Testing and treatment of various gut infections
- Gut-healing supplements and foods

### **The Myers Way Comprehensive Elimination Diet eCourse includes:**

- 25 worksheets
- 8 modules of information
- Symptom tracker to track your progress
- Specific diet protocols based on medical needs
- Unique shopping guides for each diet protocol
- Tips for following The Myers Way elimination diet on-the-go
- Personalized food sensitivity information card
- Easy-to-follow meal plans
- Interactive food diary

## **You will learn how to:**

- Formulate a tailored eating plan for life to optimize your nutrition and your health
- Identify foods that are inflammatory triggers
- Achieve weight loss, better sleep, mental clarity, beautiful skin, high energy and youthfulness
- Improve common symptoms associated with chronic fatigue, autoimmune diseases, IBS, blood sugar imbalances, migraines, chronic pain disorders, skin disorders and more

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