



HASHIMOTO'S PROTOCOL

Finding Dr. Right

FINDING DR. RIGHT

Wouldn't it be amazing if we could find the one doctor who could give us a magic pill to make all of our problems go away? We would lose weight, grow our hair back, have energy again... this might sound like a fairy tale, but it can happen and does happen for many people who get started on the correct thyroid hormones and get to the right dose.

I recommend that everyone with Hashimoto's consult with a health care professional. Even if you are extremely knowledgeable about Hashimoto's or are a health care professional yourself, it helps to have a knowledgeable, objective individual to bounce ideas off of. We all have biases and preferences that may cloud our judgment regarding our own health—thus I encourage you to find a health care professional who is open to working with you and willing to help you identify and resolve potential triggers of your condition.

This is not the same as an unethical doctor who prescribes controlled substances to anyone who asks and who is careless with your health.

For best results, I recommend working with a **functional medicine practitioner**. Functional medicine clinicians approach the body as a whole; they don't focus just on the thyroid hormones.

Many patients are often disappointed after going to conventional doctors who tell them that there is nothing that can be done about the autoimmune attack on the thyroid, only prescribe one type of thyroid hormone, don't dose the thyroid hormones correctly, and leave them feeling miserable!

If you're looking for a practitioner who can help you address Hashimoto's, Here are some questions to ask:

1. Does the practitioner prescribe compounded thyroid medications or natural desiccated thyroid medications (NDTs like Armour Thyroid, Nature-Throid, WP Thyroid, and others)?



2. Does the practitioner prescribe **low-dose naltrexone**?

3. Does the practitioner order **adrenal saliva testing**?

4. Does the practitioner have an account with functional medicine lab companies like Genova Diagnostics, Doctor's Data, or ZRT Laboratory?

5. Does the practitioner order **food sensitivity tests**? If you are working with a practitioner who accepts insurance, keep in mind that they may not be able to spend as much time with you as necessary due to reimbursement guidelines, and they may not be able to order functional medicine labs.

While these labs can be extremely important in getting to the root cause, they are outside the standard of care and considered experimental, so most endocrinologists, primary care doctors, and internal medicine doctors will not run those tests.

Many insurance companies refuse to reimburse doctors who use “non-approved labs” or order what they deem as too many tests for a patient. Unfortunately, the insurance companies have too much control over the practice of medicine.



Oftentimes, you will need to find a practitioner outside of insurance to get the care, attention, and testing you deserve. In some cases, you may be able to submit the claims to your insurance company for reimbursement. However, some insurance companies may not reimburse for these labs, so be prepared to pay out of pocket if needed.

I think of these tests as a **health investment**. Many of us will go out and spend money on a purse or a pair of shoes that makes us feel better in the short term, but spending money out of pocket for a lab test could dramatically improve our health in the long term.

In the event that you cannot find one doctor who will be able to prescribe medications and order the functional medicine labs, you may want to work with your medical doctor on monitoring your medications while you work with a functional medicine practitioner (who may not have prescriptive authority) to order the tests for you.

If you cannot find a practitioner to order the tests for you or if you have a high deductible, you can also order the same tests on your own at a discounted price through direct-to-consumer lab companies.

For a listing of direct-to-consumer lab companies, please go to www.thyroidpharmacist.com/action.

I believe that everyone needs to find a practitioner who will let them be a part of the health care team. You want someone who can guide you and also listen to you and your concerns. You want someone who is open to thinking outside the box and who understands that you may not fit in with the standard of care.

