



# HASHIMOTO'S SELF-MANAGEMENT PROGRAM

— WITH —

DR. IZABELLA WENTZ

## WELCOME PACKET

Hello friend,

Welcome to the Hashimoto's Self-Management Program! I'm so glad that you've decided to share your Hashimoto's journey with me.

After working with numerous patients with Hashimoto's, I realized that while every person with the condition had slightly different triggers, there were root cause commonalities, and that feeling better could be achieved by following a specific protocol.

This is how the Hashimoto's Self-Management Program was born.

This program is in its 4.0 version and has been piloted with thousands of people with Hashimoto's. More than 90% of people who have taken and implemented the recommendations in the course reported seeing a major reduction in symptoms, while more than 75% saw a reduction in thyroid antibodies. Many participants reported seeing more improvements in the three months of taking the course than in many years of working with integrative health care professionals.

This is not to say the doctor is to blame, but rather that empowered patients are more likely to have better outcomes! I came up with the idea for this course as a result of my years in public health. Multiple studies were done on a self-management program for people with diabetes, and every study found that the patients who took the self-management program, and worked with their practitioners, had significantly better health outcomes, compared to people who just worked with their practitioners! Furthermore, the course reduced the patients' dependency on practitioners!

This is what I want to give you, empowerment, as well as a way to manage your own condition. I know that functional medicine practitioners who specialize in Hashimoto's are few and far between (not to mention expensive), and many have long waiting lists, so it's not always possible for someone to have 10-12 sessions with a functional medicine practitioner, which is generally what I've found to be necessary to reverse a condition. This is where the Hashimoto's Self-Management Program comes in!

Taking the Hashimoto's Self-Management Program will help you figure out how to get yourself better, and how to best utilize your doctor (even if he/she is not trained in integrative or functional medicine). You'll also have access to labs and assessments that are only available to functional medicine providers, so that you can take charge of your own health!

This program was designed with you in mind, to help guide you on your journey to recovering your health.

My hope for you is that over the course of the next 12 modules, we can **eliminate your symptoms, reduce the autoimmune attack on your body, and uncover the root cause of your condition.**



This program was designed to walk you through how to identify and address the various triggers associated with autoimmune thyroid disease. Each module will focus on a key topic that will bring you one step closer to taking back your health.

I'm really looking forward to your success in this program!



*Izabella Wentz, PharmD*

Dr. Izabella Wentz, PharmD, FASCP

Izabella Wentz, PharmD, FASCP is an internationally acclaimed thyroid specialist and licensed pharmacist who has dedicated her career to addressing the root causes of autoimmune thyroid disease after being diagnosed with Hashimoto's Thyroiditis in 2009.

Dr. Wentz is the author of the *New York Times* best-selling patient guide [\*Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause\*](#) and the new protocol-based #1 *New York Times* bestseller [\*Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back\*](#).

As a patient advocate, researcher, clinician and educator, Dr. Wentz is committed to raising awareness on how to overcome autoimmune thyroid disease through The Thyroid Secret Documentary Series, the Hashimoto's Institute Practitioner Training, and her international consulting and speaking services offered to both patients and healthcare professionals.



## **GOALS OF THE PROGRAM:**

1. Address and resolve your symptoms so that you can live a full and healthy life
2. Identify and eliminate your triggers to reduce/eliminate the autoimmune attack
3. Learn how to be in communication with your own body to stay healthy

## **REFLECTION:**

The course is a self-paced online program with 12 modules and includes self-management tools; including assessments, worksheets, food plans, question database and self-order options for labs and supplements.

### **Features**

- 12 Self-Paced Modules
- Root Cause Assessments
- Worksheets
- Accountability Emails
- Recipes, Meal-Plans, Shopping Lists
- 1000+ Question Database
- Self-Order Options for Supplements & Labs

## **PROGRAM OVERVIEW:**

The more I have learned about Hashimoto's, the more I've realized that symptoms can be greatly improved by addressing underlying issues in a specific order, starting with general vulnerabilities, like impairments in the liver's detox capabilities, stress hormone imbalances, and nutrient deficiencies, and then moving into individual triggers, such as infections and toxins.

First, we must address what I refer to as your Achilles' heel vulnerabilities, or weaknesses within the body. These vulnerabilities can develop when the body is not properly fed, is overstressed, or is exposed to toxins. These situations lead to nutrient depletions, food sensitivities, inflammation, an impaired stress response, an inability to handle toxins, intestinal permeability, and they result in the body losing its ability to regulate and repair itself.

The first six modules focus on adding supportive strengthening nourishment while removing common, everyday stressors and sources of inflammation, to make the body stronger and more resilient. Most people feel significantly better within a short period of adding nourishment and removing environmental stressors.






Once we've addressed the vulnerabilities, we move onto the triggers in the subsequent 6 modules, which focus on identifying and removing significant and often unique triggers, optimizing thyroid hormone levels, and further adjusting nutrition and the stress response if needed.

Focus: Vulnerabilities		Focus: Triggers	
Module	Topic	Module	Topic
1	Welcome + Testing	7	Antibodies + Nodules
2	Mindset	8	Adrenals
3	Medications	9	Dental Triggers
4	Liver Support	10	Infections
5	Food	11	Gut Healing
6	Nutrient Depletions	12	Next Steps

## IMPORTANT LINKS & RESOURCES:

### The Root Cause Assessment

- A symptom-based questionnaire developed from my clinical experience with Hashimoto's
- The assessment is meant to predict your risk of potential root causes
- Root causes are divided into 3 categories:
  -  Low Risk (green)
  -  Intermediate Risk (yellow)
  -  High Risk (red)
- You can access the Root Cause Self Assessment [here](#)

### Self-Ordering Supplements

- 10% discount through [Dr. Izabella's Fullscript dispensary](#)
- Other [supplement providers](#)



## Self-Ordering Labs

- Self-order options for [functional medicine testing](#) and [blood testing](#)

## GETTING THE MOST FROM THE PROGRAM

- I suggest that you take at least 4-8 hours each week for this program: 2 hours to watch the class and then 2-6 hours on your own, implementing the strategies that you've learned, looking through the resources and reading the chapters of my book that are relevant to each week's topic.
- Most importantly, you also need to take some time for self care. So whether it's taking a nice hot bath, going to a yoga class, taking time to meditate or laugh with your friends, make sure you're doing things that add to your happiness.
- Last and not least, don't just learn, take action! When taking notes during each class, it may help to divide your note page into two sections (one for notes and one for action steps). Take notes not just on key points but also on actions you plan to take!
- Listen to your body—you know your body best. Don't do anything that makes you feel sick or uncomfortable. The program is not meant as a substitute for medical advice.

## Success Checklist

- I will keep a positive, can do attitude
- I will seek the support of a supportive spouse/partner/network
- I will be grateful for small gains and improvements
- I will not be afraid to dream big
- I will seek stress relief hobbies (yoga, writing, working out, knitting)
- I will invest in myself
- I will not stop "living" just because I have Hashimoto's
- I will ask for help from others
- I will surrender my need to control the situation
- I will rest when I need to rest
- I think I'm worth it!



## Support — Enroll Your Friends and Family

I encourage you to build a support network around you. For a helpful video to watch with your friends and family members to get their support, please visit [here](#).



Credit: Michael Wentz, aka, my husband.

Date Completed	
Notes	



## Find Your Dream Healthcare Team

You may need a team to help you on your journey! Here are the key players that can help you meet your health goals!

- You!
- Me and this Program
- Primary Care/Prescribing Doctor
- Pharmacist
- Nutritionist
- Functional Medicine Practitioner
- Biological Dentist
- EMDR Therapist
- Health Coach
- Support Network
- Other Healthcare Professionals?

For a list of helpful practitioners submitted by thyroid patients, please click [here](#).

Date Completed	
Doctor Info	
Appointment	

As you go through the program, you may have questions that arise:

- For questions about the program, please utilize our [Knowledge Database](#) with over 1,000 frequently asked questions, available anytime.
- For technical and general course questions, please reach out to our [program support team](#). Please note: Support is limited to 6 months after program enrollment. Furthermore, our support team is unable to answer specific medical questions including questions about treatment, labs, and supplements, due to legal constraints.





Disclaimer: None of the statements in the Hashimoto's Self-Management Program have been evaluated by the FDA, or any other government body.

The opinions expressed, while based on scientific research and experience, are the personal opinions of Izabella Wentz and may not adhere to current practices.

The guidelines in this program are not meant to replace your physician's advice, your personal beliefs or your own common sense.

If you have a medical emergency, please call 911.

