

# Hashimoto's Self-Management Program

with Dr. Izabella Wentz

Welcome



*“He who has his health has a thousand goals, he who does not has just one” Indian Proverb*



# Why Self-Management?

- ◆ Limited knowledge of Hashimoto's protocols by HCP's
- ◆ Expense of available providers
- ◆ Public health DSMT model = improved outcomes!
- ◆ Empowerment and knowledge is the key to unlocking your own health



# Goals of Program

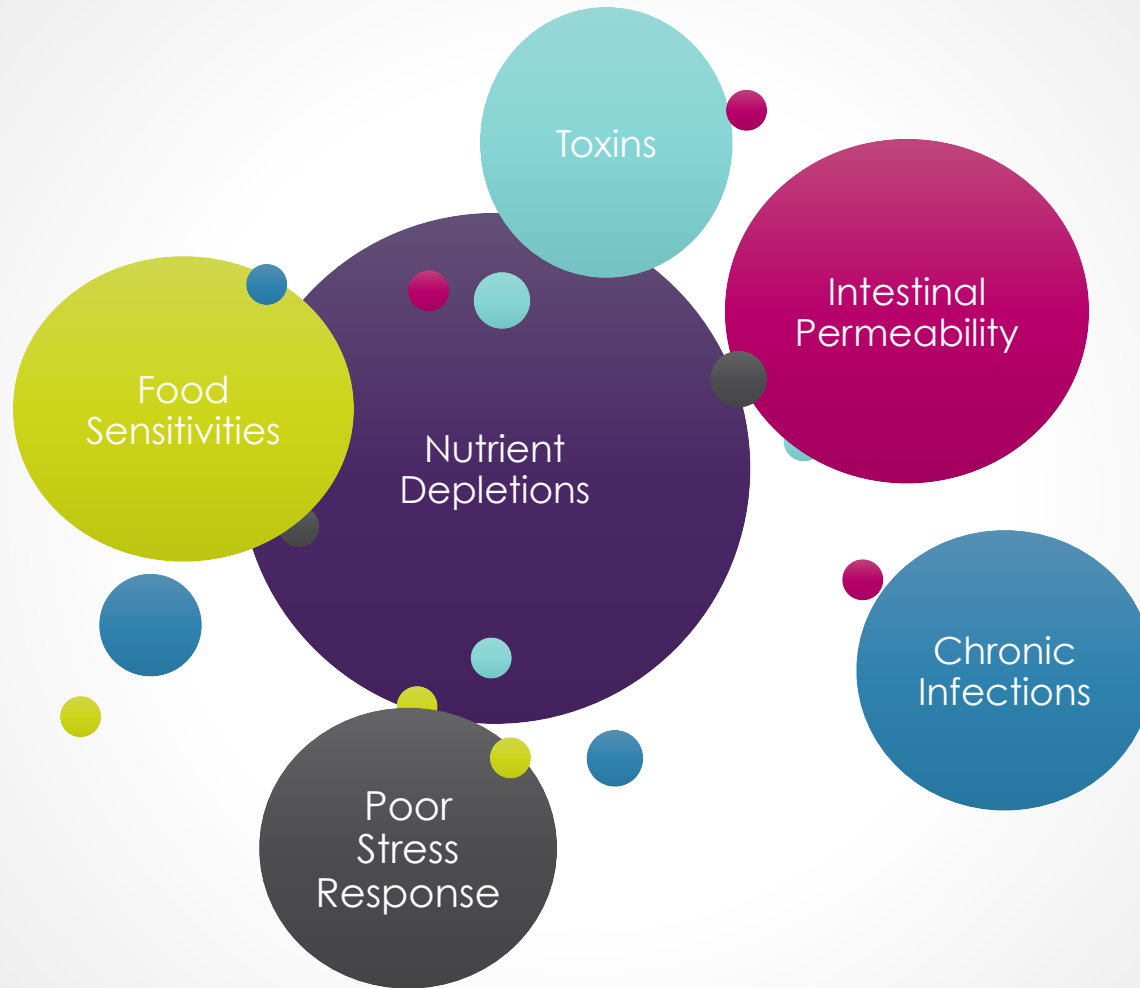
- ① Address and resolve your symptoms so that you can live a full and healthy life
- ① Identify and eliminate your triggers to reduce/eliminate the autoimmune attack
- ① Learn how to be in communication with your own body to stay healthy



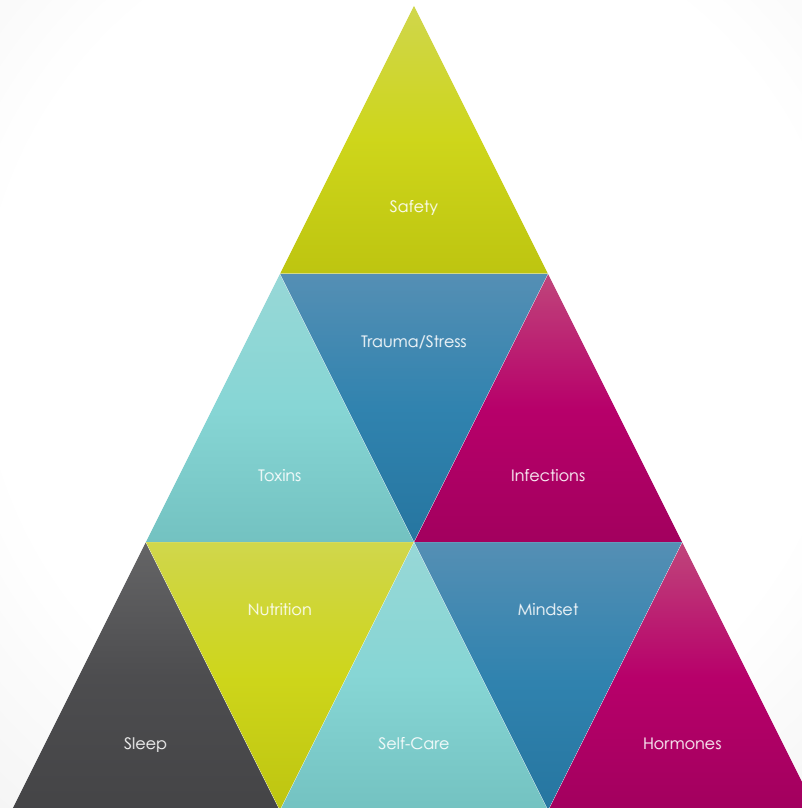
# Hashimoto's Causes & Solutions



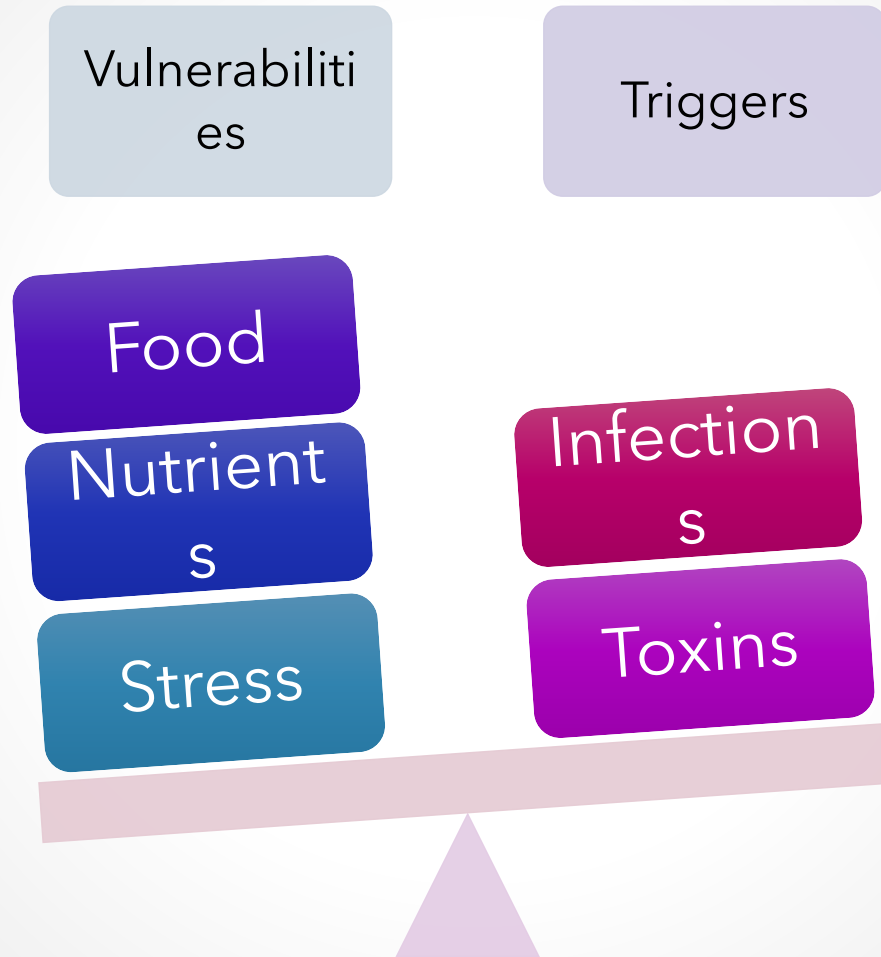
# Root Causes



# Safety



# Two Pronged Approach





# Order Matters

① Add first to strengthen the body...

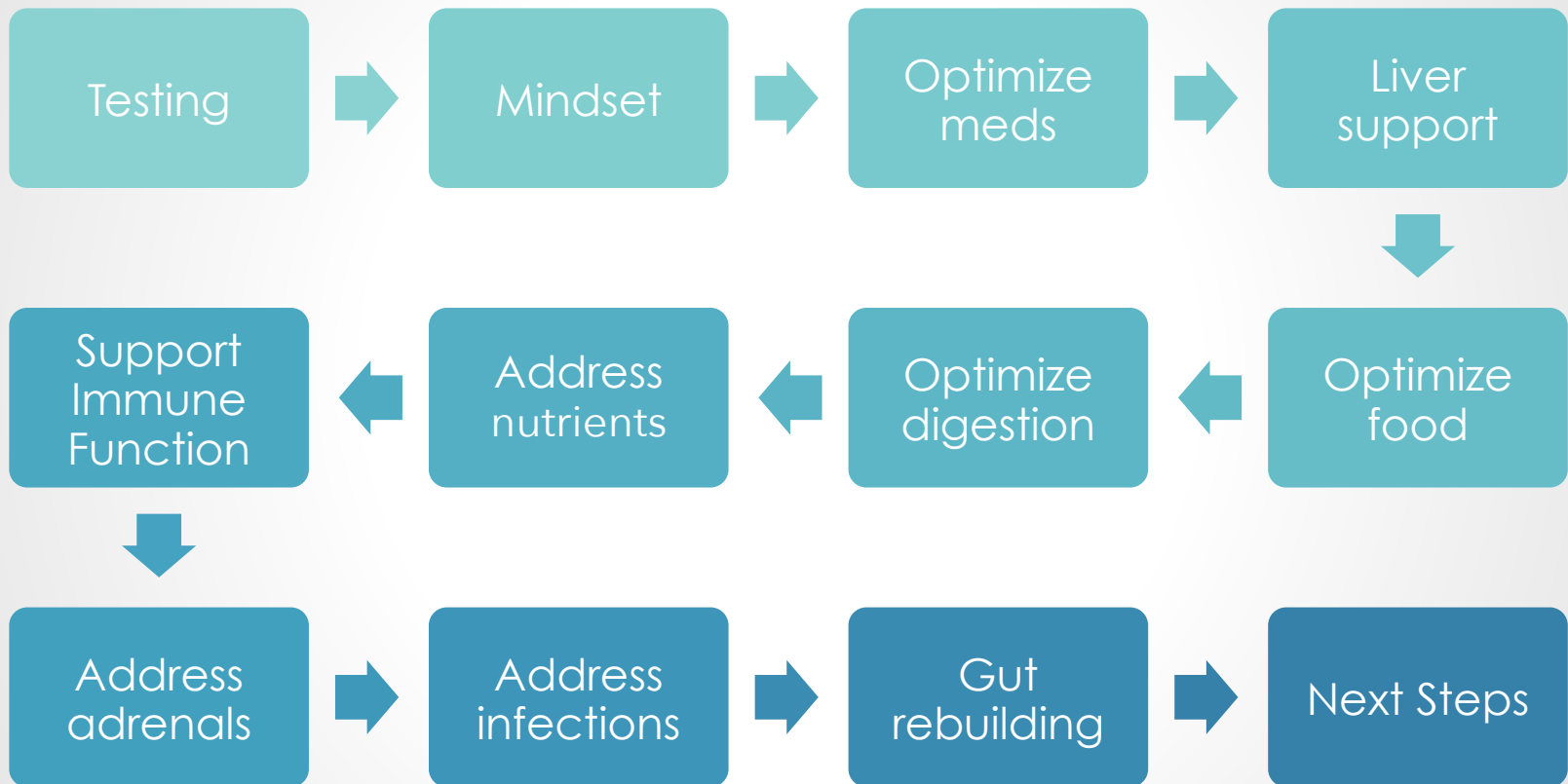
Mindset, medications, support liver, nutrition, digestion, nutrient depletions, adrenals...

② Remove second...

Infections, toxins



# Order of Operations...





# Tools & Resources

# Program Schedule

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



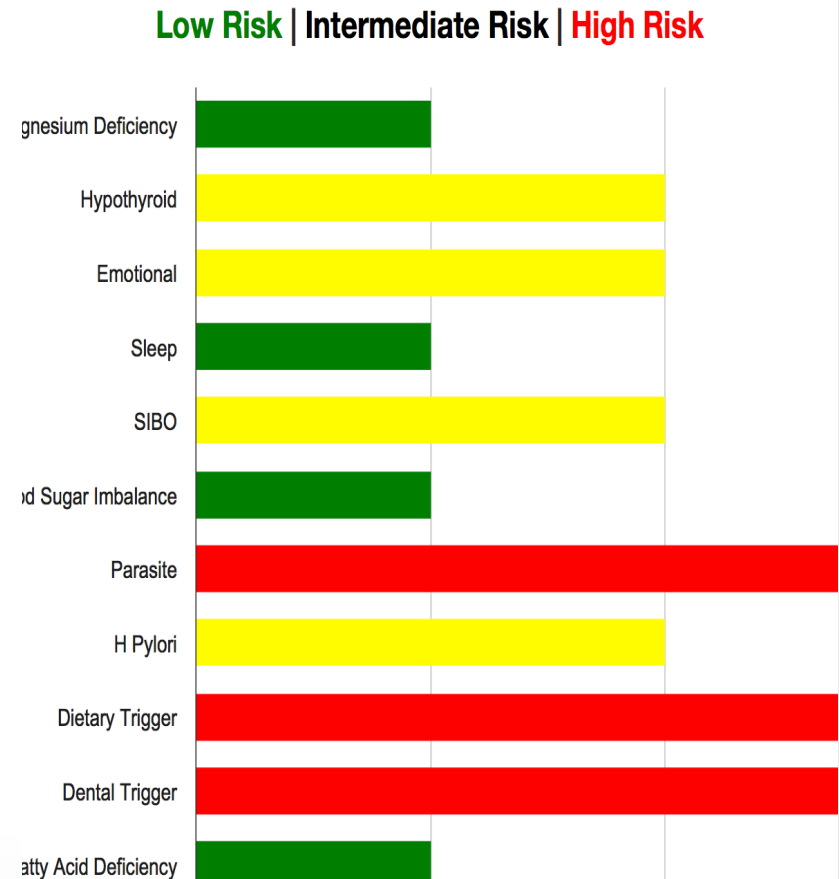
# Modules

- ◇ 12 Self Paced Modules
- ◇ Each module will contain
  - ◇ Corresponding video
  - ◇ Audio
  - ◇ Transcript
  - ◇ Workbook
- ◇ Some modules will contain additional materials and handouts
- ◇ The resources can be downloaded directly from the portal
- ◇ The Welcome Packet is the Tool for the Welcome Module



# Root Cause Self 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 will be divided into 3 categories: Low Risk (green), Intermediate Risk (yellow), and High Risk (Red)



# Bonus Content

## ◇ **Meal-plans, recipes and shopping lists**

- ◇ The Paleo diet
- ◇ The Autoimmune Paleo diet
- ◇ The low FODMAPs diet
- ◇ The Candida diet

## ◇ **Hashimoto's Institute Interviews**

## ◇ **Symptom Solutions**



# Client Service Discounts

## ◇ **Self Order Options**

- ◇ Blood testing
  - ◇ Insurance reimbursement
- ◇ Functional medicine testing
- ◇ High quality supplements
  - ◇ Fullscript- 10% discount







# How to Succeed In The Program

# How to Get the Most from This Program

- ◇ Invest in yourself!
- ◇ Dedicate 4-8 hours each module
- ◇ Schedule time for self-care
- ◇ Take action!!
- ◇ Trust your body

*Mantra: Every Day in Every Way, I am Getting Better and Better*



# Common Factors of Success

- ◇ Positive, can do attitude
- ◇ Supportive spouse/partner/network
- ◇ Grateful for small gains and improvements
- ◇ Celebrate little successes
- ◇ Not afraid to dream big
- ◇ Stress relief hobbies (yoga, writing, working out, knitting)
- ◇ Willing to invest in themselves
- ◇ Think they're worth it!
- ◇ Don't stop "living" just because they have Hashimoto's
- ◇ Willing to ask for help from others
- ◇ Willing to surrender their need to control the situation
- ◇ Willing to rest when they need to rest

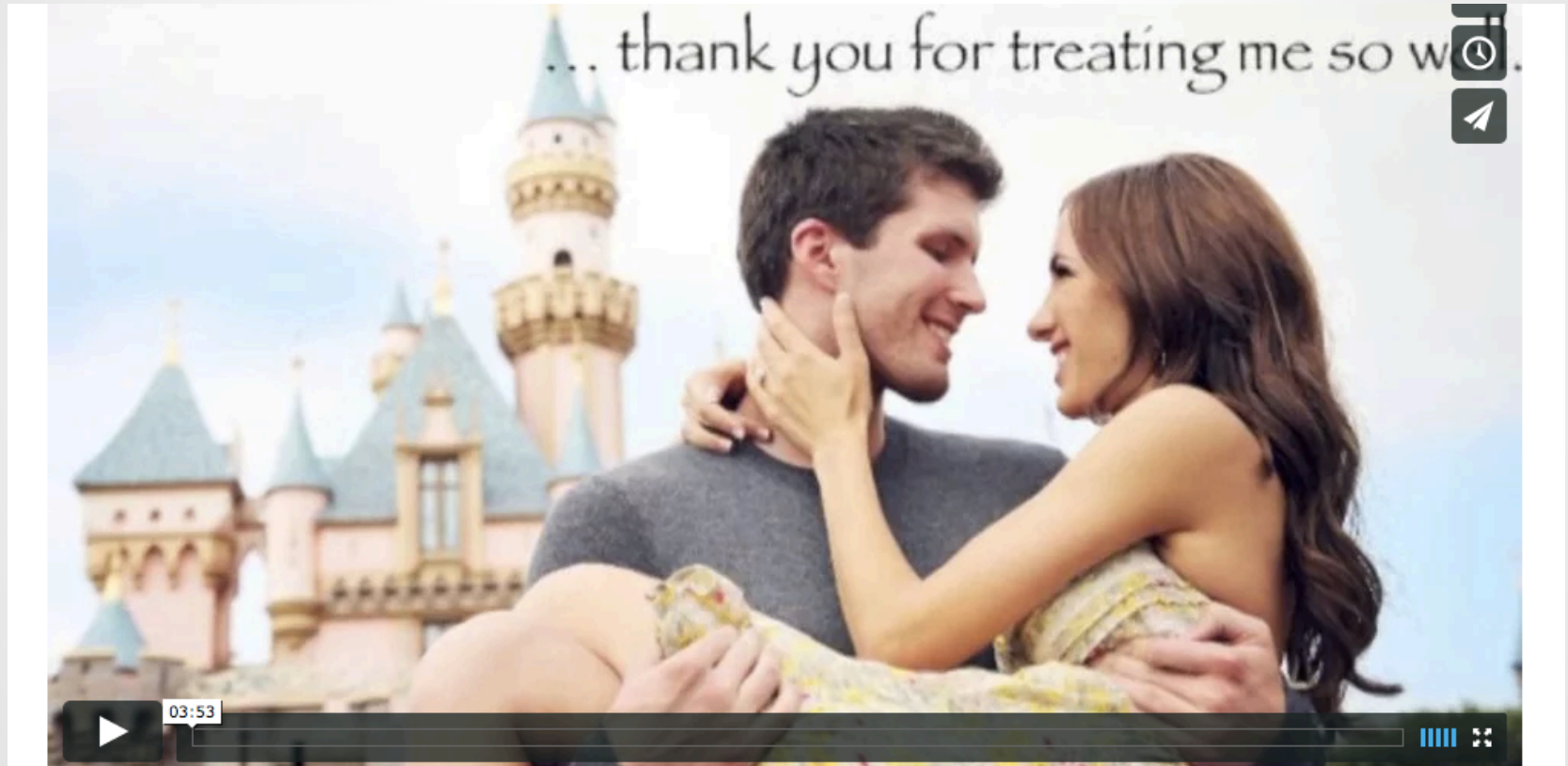


# Predictors of Poor Outcomes

- ◇Attached to a dogma
- ◇Not willing to invest in themselves
- ◇Guru shoppers
- ◇Perfectionism and unrealistic expectations
- ◇Caught up in being "XYZ"
- ◇Paralysis by analysis
- ◇People who are socially isolated and don't have a support network



# Getting Support



# Building Your Health Care Team

- ◇ You!
- ◇ Me
- ◇ Primary Care/Prescribing Doctor
- ◇ Pharmacist
- ◇ Nutritionist
- ◇ Functional Medicine Practitioner
- ◇ Biological dentist
- ◇ EMDR therapist
- ◇ Health coach
- ◇ Support network
- ◇ Other Health Care Professionals?





# FAQ, Resources & Action Plan

Q: Can you provide links for more information on the items you discuss in each module?

- ◇ Yes! The links are available in the
  - ◇ Welcome Packet
  - ◇ Workbooks for each module
  - ◇ Relevant Guides
- ◇ The links and resources will be updated as needed





# Additional Resources

Recommended Reading:

- ◇ ***Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back***
  - ◇ Chapter 1: My Hashimoto's Success Story and How to Create Your Own, esp. pgs. 34-37, "Finding Dr. Right"
  - ◇ Chapter 3: How the Root Cause Approach Can Help You Recover Your Health



# Action Plan

- ❑ Review the Welcome Packet
- ❑ How to Find Dr. Right excerpt from *Hashimoto's Protocol*

