Cayla's Inspiring Story Of Reversing Her Hashimoto's Naturally Transcript

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Introduction and Guest Background

Hello, everyone. Welcome back. Over here. And today, we have a very special guest with us. You know, her name is Kayla. Who is coming over here and sharing her story about how she was able, to beat her health struggles, especially thyroid disorders, and able to reverse it, by natural methods.

So, welcome, Kayla. Over here. Why don't you introduce yourself, to people? Okay. Hi. My name is Kayla myers, and I am a mother of four children, and I am from Effingham, Illinois.

Wonderful. Kayla, thank you so much for sharing that. Next, why don't we just kind of go directly into, like, why don't you tell us about your story? What health struggles, what things you were suffering from, before you started, like this journey of improving your health.

Yeah.

Kayla's Symptoms and Hashimoto's Struggles

So before I started, with Doctor Gupta, I was actually experiencing multiple symptoms. It started is probably ten symptoms. And then it just started getting worse.

And the symptoms line lineup just kept getting, like, really long. So things that I remember, were the joint pain. I was having joint pain out of nowhere, which I had never experienced before.

I was having headaches almost daily. I remember, just thinking to myself, I can't get through this. So I would always be taking something for a headache.

I had really bad menstrual cycles at the time where I was, passing huge blood clots, and my periods were they would last, you know, an entire month sometimes.

So that was, really hard to kind of like, continue with a normal quality of life, just even that, I had the excessive fatigue. And, you know, a lot of people might think it's just fatigue, you know, not a big deal.

But this level of fatigue was so bad that I couldn't, you know, I couldn't keep my eyes open. I couldn't stay awake. There was no fighting it. It just, you know, you had to stop and actually lay down and let your body sleep or you were not going to make it through the rest of the day.

I had anxiety for no reason. Like I could be sitting, you know, I know what anxiety is. I'm also a business owner. And I manage a large business, so I know what anxiety looks like.

But I this anxiety would come on to me, and it was like taking over my body, but I would be doing absolutely nothing, and I could never figure out a reason of why I was feeling that way.

I would also get agitated, which I'm a very, I am a cheerleader by nature, and that's how I am all the time. I'm very positive. I am always feeling that way, but I was very agitated.

Little things would get under my skin really quickly. I would just find myself very upset, and that just wasn't me. And I did not like feeling that way.

I would be very forgetful, and I would just be forgetful, but also not be able to recall, like, if I would have a conversation, be able to go back and think of what did I what did I even say, what that person and I was managing employees at the time.

And I just remember trying to manage employees and I just couldn't I couldn't go back to what, you know, the conversation was that I needed to be keeping track of, to do with the job.

But I think the worst, symptoms that I was dealing with, that led me to be really emotional. Looking back, is I had a lot of, like, leg weakness. So I remember, I work of an evening at the job that I do, and I would have to call my husband to come and get me at work because I, I couldn't walk to the car, so he would have to come and get me and pick me up and put me in the car.

I just had a lot of leg weakness. And then it led to actual, like, extremity weakness. I would have trouble with my arm sometimes just having any type of, real function.

And that was really scary. And then on top of it, the brain fog was probably the worst, thing that I, I've heard of brain fog before. I'm actually a registered nurse.

That's what I went to school to be. And I had heard people talk about brain fog, but I never, ever would have known the degree of what brain fog could actually look like.

Until now, living through that. And it was it was really traumatic for me because it took away any mental capacity to be a mom to my children. And I was just trying to preserve every day.

I was just trying to, you know, rest through the day. So then I could go to work at night because I, the business I own actually is hundreds of children that come and rely on me every week, to be their instructor and to run the business.

And, I was not going to let them down. And that was what I was determined to do, because I practice what I preach. And, so I was living through all the hard stuff and just trying to do life, and it was just a really, really big struggle because of the brain fog, the memory issues.

And then essentially the fatigue was just taking over my life. Yes, I was diagnosed with the Hashimoto's before I had started, with Doctor Gupta. And, you know, we had gotten some answers, but it was just still a very unsolved mystery at the time when I started with him.

And it was actually, you know, seeing some testimonials from other clients that he had worked with that led me to say, this is me for the first time. There's people that are like me that, he can help me.

And it just gave me that hope that I needed because to be quite honest, I had lost a lot of hope that I was ever going to be able to get through it. And that was really tragic.

Like just thinking that, you know, you can't be a mom to your kids. And I'm very I'm very active in their lives. And, you know, mom would be the one out racing with them and playing ball, and all of it was stripped away from me really quickly.

Wow. Yeah, that that is difficult.

Finding the Missing Pieces in Treatment

You know, and I totally remember, you know, like our first visit, you know, while you were just coming over here and you're trying to figure out what was going on, and you said, well, I just don't know if I can get better, you know, because you already worked with a couple of people before working with us.

And yes, you said you did find some relief and some benefit, but still, like, you know, there were a host of symptoms that were still kind of defining your life. Yes.

Yeah. And I was determined, my determination was just it was still there that there had to be answers, you know, there. And I, I truly believed, once I was able to, you know, I got some brain function.

If I would be well rested, I would get some brain function here and there. And in those moments, I just remember thinking to myself, like, there has to be a reason.

I'm a very healthy person. I focused on all my, you know, nutrition, exercise, like all the things like I did, all of that. There had to be a cause of why all of a sudden, I'm feeling this way.

And, that is definitely what you, you know, Doctor Gupta provided to me. And I will just forever be grateful in my heart for the service that I was able to receive.

Thank you so much. Now, in terms of so what? What was. So you worked on your nutrition, you work on a lifestyle changes and a whole bunch of things. So what was different working with Doctor Gupta or what was the things that you find out, you know, when you were working with him, that was the missing pieces of the puzzle?

Yeah. So, I had I had a lot of labs drawn. I mean, that was like one of the first things I did with the other people I was working with. Because I remember, like, the day that I went to the practitioner that I was working with her office.

That's how bad the brain fog was. I couldn't get from one side of town to her office, although I live in that town. So that just kind of gives people an idea of like how bad it really was.

I was just across town. I know this town very well. I live here, but I couldn't get myself from point A to point B, and the difference was, is that her doctor Gupta, he looked at an entire, he looked at the entire picture.

And so we had had some labs drawn and yeah, we were on the right page, but we hadn't found, like the smoking gun, of what was causing it. And so he started right away with more intensive, labs.

I remember doing the stool sample and things like that. And that's when we discovered that I had, several different bad bacteria in my gut. And, so that was like the big missing piece that, you know, hadn't been there or hadn't been found all along.

And then also just, the supplements and, you know, knowing exactly which supplements to put me on to do different things as I moved through the steps of healing, I feel like that was crucial.

I know when I started with Doctor Gupta, I had started a gluten free diet. And I had, you know, spoke with the dietician. I had done all the things, like I said before, but, I think going gluten free, plus the dairy free.

And then he removed the caffeine as well. So now I am gluten free, dairy free and caffeine free. And I feel like that was also a game changer, that there were parts that people that I was working with understood, but they didn't understand the whole picture.

And without the whole picture, I wouldn't be where I'm at today. And I truly believe that. So tell us more where you are at now, how things have changed.

What kind of things have changed? Everything else that I had went over before is completely, so much better. And I don't have, the brain fog anymore, or I would not be on this zoom call because that's another thing.

Recovery, Antibodies, and Reversed Disease

Like thinking back, like I would I wouldn't have any conversation with anybody because I, I didn't I couldn't even think to that capacity of like putting words together.

And I was always, afraid of like what I was going to say because it's just a weird feeling. And yeah, I mean, I'm just I'm able to be mom again. I'm so much better for, you know, my family, they're not happy to take care of me.

I'm taking care of them. It's so much better. And I'm looking forward to having the summer, with my kids. We're

getting ready to go on vacation because last year I went on vacation.

But mama wasn't all there, so I was there. But I didn't enjoy it, because I was very tired and just really didn't have a lot of function. So I'm excited.

I'm going to be writing in the waves soon with my kids on the beach, and, we'll be playing ball in the yard soon, and I'm just ecstatic to be able to have that quality of life that awesome awesome.

So that's great. So definitely a quality of life is improved significantly. So there is hope for people that there are actually suffering from all of these symptoms that, you know, they can finally reverse them and get them better.

Right? Yeah. So in April, I actually decided that I was just going to try and surprise Doctor Gupta. So I went to a chiropractor that would draw my antibodies for me.

I had started feeling significantly better. And, she drew the antibodies. I was very, very anxious about getting my results because I didn't want to get upset if they were still there.

But I have a very strong faith, and that has pulled me through all the hard times. And, I'm just pleased to tell you that it can be done. And I have no antibodies.

I completely reverse the disease. Awesome. That is great. You know, that is great news. Most people are not able to do it. So definitely your hard work and persistence, right?

You know, paid off that you were able to completely reverse this disease, which literally like, you know, if you go to a regular doctor, they will say it is not possible.

Yeah. And I am one of those people that I'm not going to listen to that. And Doctor Gupta was really good to listen to me say I'm going to reverse it.

And he was going to show me the path of what it took, and I was going to be the patient that was compliant, and I was going to do everything he said. And that, you know, it's work and it it's it's hard work.

And it was, you know, hard sometimes to be that disciplined. But when you know that it can be done and you don't have to live that way anymore. I'm just hopeful that my story can help thousands of other people.

Just realize that there is hope. And with the right physician and doing the right things that someone is, you know, helping you to do that, it can be done.

And I'm living proof of it. So wonderful. That is great. That is so inspiring. I'm sure, for other people to hear, your story. So thank you so much for first of all, sharing the story is not easy to kind of talk about your pain points.

You know, once you have gone through them and you don't know how to kind of think about them anymore because you have way past them. So thank you so much for sharing that.

Any other parting words you want to share with folks? I don't think so. I think the main thing is, is just, you know, if you're not feeling well and you know something's wrong with yourself, just don't let anybody tell you.

Like I was told when this first started, that it was just stress and and in the end, yeah, probably stress is probably what got me there. But, not being able to, you know, I knew something was really wrong with me and nobody was listening.

Advice, Gratitude, and Closing Remarks

And so I feel like just advocating for when you don't feel something is right, don't stop by, you know, get answers and find the right people who have the experience.

Because definitely, I feel like in my situation, Doctor Gupta's experience of working with Hashimoto's patients and autoimmune disease is the real reason of why I had this much success.

And I just want to say thank you to you, Doctor Gupta, for believing in me and keeping me going because I know it was. I was very rough. And when I first started and, I definitely was not myself.

So I just hope I made you proud. Oh, you did? Absolutely. It's always a pleasure kind of seeing people like you who come over here and they're not doing it like, you know, when they come to see us, they're in pain.

They're suffering. Right? You know, it's not easy. It's a big word that I use people then when I say that suffering. But literally, that's what I feel.

If I have to put you like me in your shoes because I have been through my own health struggles, I know what it is to suffer right when you cannot be, you know, there for your family, for your kids, you know, for your business, for your friends.

So it's not easy to live that way, you know, every day. So from that to coming over here where you can plan your vacations, be for your employees, be there for your family.

It's amazing. So thank you for giving me that opportunity to be part of your life and your health journey. So it was it is a pleasure. Thank you so much.

Wonderful.