Introduction to Fertility and Thyroid Health

Hello everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorders Summit. I am your host, Doctor Anshul Gupta, world's thyroid expert and again, an exciting episode that we are coming up with today because we are talking about all about fertility, you know, very important topic.

A lot of my Hashimoto's and thyroid clients go through struggles with fertility issues. We know the rates of infertility are rising crazily, and a lot of people are not finding solutions. And, the speaker I have today have great success, you know, with getting people pregnant in all natural ways.

So we definitely need to pick her brain up to how you can become pregnant and how are you going to improve your fertility. That's also an important piece.

But before that, let me introduce her to you and then we'll go into the discussion about things. So Doctor Nashat Latib is a board certified physician, functional medicine expert, and the founder and CEO of Re-imagined Health.

She is a sought after authority in women's health, known for her pioneering work at the intersection of integrative medicine, hormonal optimization, and root cause healing.

As a trailblazer in the First Lady Space Doctor, the team is revolutionizing natural fertility outcomes with cutting edge, evidence based strategies that help women and couples overcome complex reproductive challenges without invasive interventions.

A passionate educator, speaker, and strategist, she is regularly invited to contribute to conversations on longevity, women's wellness, and the future of personalized medicine.

She was born in South Africa and raised in the US. Doctor Nashat Latib brings a global perspective to her work, championing a more comprehensive yet individualized approach to health technology.

Dr. Latib welcome over here. Thank you. It's a pleasure to meet you. Honored to be here with you today and really excited to chat about all things thyroid and fertility.

Absolutely. And again, like, you know, this is a question that I always open up, with all of my discussions is that we, as regular conventional physicians, never venture out into functional or integrative medicine unless something happens in our own life.

So did something happen in your life that propelled you into functional medicine? Yeah, well, there's probably a two parts to answer that question. First and foremost, as I'm an ER doctor by trade, and when I went to medical school and did my residency in emergency medicine, I thought I was going to save lives and, you know, and then that was it.

Dr. Latib's Personal Fertility Journey

But what I realized is actually that the emergency room is a revolving door. And so the first thing that really kind of made me lean in to realize that our traditional system is somewhat broken, is that the same patients that would come in, have a life saving intervention, or be healed, would leave and come back in the door over and over again.

And it made me think like, what is it that we're missing? So that was kind of part one of my curiosity being piqued of is there another way? And then the next major thing that happened which really propelled me, and it's probably most relevant to our discussion today, is that you know, of course, you're in medical school, right?

So I was in my 30s, early 30s. I was single, you know, and all of a sudden this time pressure comes on like, oh my gosh, I have to find a husband. I have to get married, I have to have kids, and I have to do all of this before the age of 35, because after that, I've been taught that my fertility plummets and that if anything goes wrong, I go straight to Iowa and IVF.

And so essentially I, I checked those boxes. So I found a husband, I got married, and then I was like, okay, like, let me start trying to have kids. And I had regular cycles. I was super healthy.

I've never really been overweight. I was not on any prescription medications. And I thought, okay, as soon as I try, once I'm going to get pregnant and I'll have the family of my dreams, well, it didn't quite work out that way.

And I ended up on this hamster wheel. And here I was, a traditionally trained doctor, you know, highly educated, you know, had all of this science, scientific knowledge.

Yet I couldn't figure out why I wasn't getting pregnant. And so I ended up down the traditional road because I was taught that that was the only way. And so I was guided down the road of Iowa on IVF, and I had my eldest child.

After multiple failed rounds of Iowa, I finally had an Iowa round that worked. And then I thought, okay, I do it, that we can do Iowa again and it will work.

And I went back and I did multiple rounds of Iowa and I couldn't it didn't work. And at that point my reproductive endocrinologist said, okay, well, the next step is IVF.

So I was like, okay, I guess I'm old. You know, I was 38 at the time. I was told that I was too old, even though my labs were all normal. And I was told that I had unexplained infertility, which, you know, anybody who follows me on Instagram will know that my, opinion on that now is that it's not unexplained.

It's just under investigated, you know, and but I didn't have the knowledge or the tools or the experience to understand what was happening in my body.

So I ultimately went through multiple rounds of IVF. I had my twins from IVF, and while I was blessed, with three children, and then in over the course of my journey, I spent over $100,000 in, in fees, all of my fertility rounds.

And I butchered my body in the process because I, you I and IVF and all those hormone injections, in my opinion, were essentially forcing pregnancy on my body that was screaming, I'm not ready.

And I feel like part of what my frustration with the traditional paradigm, which of course, this is not just limited to fertility. You probably see this in thyroid too, right?

Is that people look at, you know, these normal labs and just want to throw a bandaid at it or force a force our bodies to do something rather than actually leaning in and listening to what our bodies are telling us.

I always say, if your body's not doing what you want it to do. It's actually protecting you. Let's celebrate that. It's protecting you and honoring and honor the science that it's giving us.

So hence, all of these experiences led me down this pathway where I was determined to find another way and stumbled upon functional medicine, which of course, like immediately resonated with my heart.

And my my intuitive belief system. And I got IFM certified and have since then, you know, gone out into the world to share, all of these tremendous findings that I have discovered over the course of my clinical care with my patients.

So that's the long winded story, but I feel like it's critically important for people to understand how we get here. And that is so important because, you know, as you were having this discussion before, also that once people know that you have gone through the struggles that they are going through, right now, then they believe that, okay, well, there is a way out of it because, as you clearly said, you know, like the story that you have been through, unfortunately, a

lot of emails with Hashimoto's entire disorders have infertility issues and they have been gone through it or they're scared they will have to do it.

I mean, you were able to spend 100 K. A lot of people are not even able to do that, right? So that like, you know, thing that they want to have a baby, you know, basically becomes distant for them.

So thank you for sharing that story. And I'm sure a lot of people resonate with it. So let's get into the discussion. What is going on with these Hashimoto's and thyroid females, which are having issues with increased issues with infertility issues?

Why is that so? Yeah, well, that's a multifaceted question, right. And a lot of times I'd say it starts in the gut. And I feel like gut health and, dysbiosis and leaky gut, you know, and that in, in, in the way that most people understand that are really driving so much inflammation and oxidative stress and, you know, putting us into this over overwhelmed, inflamed state.

And so our body is in a state of survival and fighting rather than thriving and fertile and com you know, I always say that their life is not going to be created.

And unless we have a safe like a low, low danger environment, which means that we're not in an inflamed state and actually, you know, I don't know if our audience realizes this, but recurrent pregnancy loss is actually directly related to Hashimoto's.

I want to say that our regular rates of miscarriage in the general population are about 8%.

Why Hashimoto's Affects Fertility

But women, even with a normal CSA H and positive antibodies, there are miscarriage rates are between 17 to 30%, depending on a few differentiators. So if that's not an moment for people to go out and get a thyroid panel down and get their antibodies checked, like, I don't know what else it is.

Right. And absolutely. And again, you are having this discussion before is that there are so many females or like, you know, obviously males do, but they have had been diagnosed with quote unquote thyroid, what we call is low thyroid.

But they never had their antibodies checked. And you were saying that, you know, in your females that you were seeing that you were that first person that got their antibodies checked, give them a diagnosis of Hashimoto's.

And then they came to know that, okay, well, the reason they were called told that everything is normal in their bloodwork was because nobody was looking at for those antibodies, which might be a big reason that why they were not getting pregnant.

Is that correct? Yeah, absolutely. And then there's also, of course, the the issue with what our normal root lab ranges are, which is another thing that I teach a lot, which I'm sure you do too, is the normal ranges.

You know, a lab core or quest, you know, lab form are based on research and data. Have a middle aged white male. And let's face it, most people coming to me or not, don't fall into that category.

Right? So the ranges don't necessarily apply to them. I would say a lot of my women, again, have not had antibodies checked. And if they have had a test and it's checked, they're told that it's normal, even if it's 4 or 4.5, you know, because it's technically within the normal range depending on which lab it's being used.

And so there's a there's not a whole lot of awareness that we really need them. We really need their TSH between 1 and 2.5 in order for them to be optimally fertile.

And we need to get those antibodies down. So are you seeing that a lot with your audience, too? Absolutely. You

know, like, you know, it is such a big hassle, you know, to get these antibodies check.

You know, for a lot of people, because obviously even the regular conventional PCP or even endocrinologist will not order them. So sometimes people have to do it on their own.

And then suddenly the antibodies are high and we tell them, okay, well, you can bring those antibodies down. And obviously the answer they get is that it is not possible to bring them down.

They're always going to be high. And then obviously when they start working, you know, with people like you and me, ready bodies do go down. And then obviously that surprise comes in that okay, well they are feeling better.

The antibodies are down. What are you doing. And this are we are working with the functional medicine provider and still the eyes get rolled up with us okay.

Well now we don't know what we're doing. But that's why I'm good for you. And they send home. Yeah. 100%. I think the other thing that is also missed and and that I think that is really important to share, is that when you have one autoimmune disease like Hashimoto's, you're prone to having others.

Right. And, you know, this is not just when when you have, for instance, a leaky gut, you know, it also means potential leaky brain, you know, leaky uterus, and, you know, any sort of autoimmune disease and an inflammatory process going on in the body is going to affect, for instance, the lining of the uterus, which is one of the reasons that women who struggle with Hashimoto's have a higher rate of miscarriage.

Right, because the uterine lining is not able to be healthy and in its healthiest, most optimal state for implantation to occur. I think the other thing that happens also as a result of Hashimoto's is because of the inflammation and all the oxidative stress.

Egg quality declines. So I always describe to patients, and I'm sure you do the same, that the body is like this complex cobweb. And as we start to pull on one node of the body, everything starts to shift.

And you know, when when I think about autoimmune disease and Hashimoto's, I don't think of it as a silo, right? I think about it in the landscape of the body.

And that's why I always say, okay, let's start with the gut and exactly what you said. But the first intervention is let's let's make some dietary changes so we can get that Hashimoto's, get those, get those antibodies down.

Right. Absolutely. So I mean you mentioned that you know how thyroid and Hashimoto's is so important for uterine lining for as well as for the air quality and things.

But before that let's assume that you know that we have some listeners over here. They have Hashimoto's and they are young females and they're concerned about their infertility.

You know, they are not, let's say, like trying to be pregnant, but they're concerned that in the future they might struggle with it. What are some signs or symptoms specifically that, you know, that shows up early on in females that might point towards that they might struggle with, you know, being like getting pregnant in the future.

Early Signs of Fertility Issues

What might be those. Yeah. I mean, I think that, some of the things are, for instance, I always have women track their cycles, right? So one of the things that will show up is potentially a luteal phase fact.

Right. So we can we can simplify this for our audience when we talk about a women's cycle, the first half of a cycle is her follicular phase right. And so this is the phase where her follicles and her ovaries are developing and basically ripening in egg for ovulation.

And then there is a spike of the hormone called LH. And when that happens in the body, that's when the woman ovulate and drops her egg down, you know, went during her fertile window.

And then after that, what's left of the egg is what makes a majority of the progesterone for the luteal phase, which is the latter half of the cycle. And obviously in an ideal cycle, which is probably a 28 to or 30 day cycle, we want that luteal phase to be about half of that time and ovulation to happen right in the middle.

So sometimes when we have Hashimoto's or thyroid irregularities, women may find some irregularities in their cycle. So maybe their luteal phase is too short or too long.

Maybe their cycles are irregular and they're not consistent on a monthly basis. Those are definitely things to watch for. But I think the main thing for any woman who is struggling with thyroid and Hashimoto's is to say super focused and doing what they can to drive those antibodies down well in advance of wanting to get pregnant naturally, and at the same time doing things to optimize their egg health so that when they are ready to get and stay pregnant, naturally, you know, they optimize their egg health ahead of time.

So it's sort of like an ecosystem because egg health can lend itself to, you know, a corpus luteum after ovulation, not producing enough progesterone.

And that can also affect the luteal phase, of the cycle. But I would say probably cycle defects are probably the first kind of sign that there could be something else going on.

Awesome. So that's good to know. I think, you know, that gives some starting point for some females to at least kind of, you know, introspect and start looking for like, you know, preparing their body like, you know, they need to do something about it so that, you know, they can improve their fertility.

Now, let's switch gears and talk about the reasons behind, like, you know, the rise in infertility, especially in Hashimoto's disease. Is it any particular things that you think are the root causes or they're like particular things, which is happening in Hashimoto's that is causing the infertility rise?

What has been your experience? Well, I mean, Hashimoto's in and of itself, you know, drives inflammation, autoimmune disease, oxidative stress, and that, of course impacts fertility, like across the board.

So again, I would say gut health, you know, and stress I always say there's like, you know, I don't I don't quantify stress as like the way that most people understand it.

It's not just about emotional stress or, you know, mental stress and, you know, marital stress or work stress. I always say there's three types of stress.

And the first type of stress is the stress that we all know and recognize. The second type of stress is, dietary stress. So, you know, the the way gluten is produced in the United States is highly inflammatory.

I would say, you know, I always say when I talk about the inflammatory food, you know, categories, more than 90% of the population has a sensitivity or intolerance and they don't even realize it.

So I would say inflammatory foods. But dietary stress can also be yo yo dieting.

Root Causes: Stress, Gut Health, and Inflammation

You know, how many of these women on their fertility journey are constantly switching to a different, you know, dietary, whether it's carnivore or keto or paleo or, you know, Whole30 or and and we end up going down this what I call a road to nowhere, you know, because it's not targeted, nutritional support optimized for your biochemistry and specifically for fertility.

And, you know, and you have to you can actually eat your way out of Hashimoto's. You know, I'm sure you

resonate with that. And that's kind of the place that I start, is, you know, doing HPA axis and stress regulation.

The third type of stress, I, you know, I also say is like hidden forms of stress that we may not recognize. So somebody who has chronic pain or has a parasite in their gut that we don't know about or something like that is also a driver of stress.

And, you know, obviously, we know when our body is experiencing a massive amount of stress, whether we're experiencing a stress or not, the first place or place, like the first place that our body goes to get what it's need it needs is the gut lining, right?

We go there and grab the amino acids that we need for cellular processes. And so what ensues is essentially a leaky gut. So a lot of times in my women with Hashimoto's, the place that I start, is healing the gut, you know, improving the gut wall integrity and making a lot of dietary changes, cleaning out the pantry, getting rid of the gluten, and also educating people where gluten is hiding, you know, and sometimes it's hiding in the thyroid medication that they're on, you know.

So, I would say that's a large driver. I would say probably the number two drivers. In my experience, working with couples are the various forms of stress and then gut health.

Obviously that's not the complete picture. There is so much more. But I would say those are the two places that we start. Absolutely. And I think, you know, you were sharing before that, you know, you have this great program and you know, it is 80% or plus more success rates, you know, in terms of getting women pregnant and which is all natural, like, you know, based on like lifestyle choices and functional medicine approaches by using some nutraceuticals and other things.

So maybe just share a little bit about the program. And you said, you know, the foundational definitely is the gut and the stress. That's where you start off with.

And so is the next place, you know, because you also mentioned that you don't do too many testing, but you do believe in some serum testing. So is that the place you start with getting like a complete analysis done of the testing or you start with, you know, just a program of work fixing the gut and then doing the testing later on.

Great question. So I did a serum testing right off the bat, a pretty extensive piano in women, which includes, of course, everything hormones. It also includes a very extensive thyroid panel with the all the antibodies.

But we're also looking at, you know, at, at lipids and, sugar metabolism and iron panels. We're kind of looking at the whole gamut and we do the same in the male partner.

I do believe that one plus one is two. And so I like to ideally, if a woman has a willing partner, I love to him be for him to be on the journey. So I start with Serum Labs on both of them.

Of course, he's got to get a semen analysis too, so we can see what the boys are doing. But the other critical information that I think is, really underrated is, as you know, in AFM, like the the medical symptoms questionnaire is a big part of what we do.

And a medical medical symptoms questionnaire in my world is critical because I believe that this stat our bodies give us signs and information from our symptoms a lot of times before things show up in the bloodwork, you know?

And so I'm culminating their labs, their symptoms. And then for women, I have them start doing temperature tracking right away. And this kind of goes back to what we were talking about in terms of, you know, the luteal phase defects, because I find that women with thyroid issues, they'll either be some sort of luteal phase defect or their temperatures are just running really, really low.

So sometimes they're not even diagnosed yet. And we'll be able to see that from there. From there. Basal body temperature charts. And I always say I read a BBT chart, like I read an EKG and er and so I get a lot of information

about gut health.

I can tell if somebody has been on vacation and maybe not following their dietary guidelines the way they should be. So it's really fascinating because I'll get on these calls with my ladies, I'll pull up a chart and I'm like, did you, did you know, like, oh yeah, my friend had a birthday party and fell off the wagon.

And it's amazing how much information our bodies give us. But a lot of that I was not trained in medical school to know or understand or recognize, and I think that's probably one of the things that you and I really share in common is that we recognize signs that the body is giving us and process them in ways that we were not taught in medical school.

Absolutely. That is so correct that, you know, even in thyroid world, the only thing we were taught about was that, you know, give a person with rocks and send them home.

You're doing the job the dirtiest. If it isn't normal ranges, doesn't matter what the patient says, discontinue the medicine. Right? So and now we know there is so much more that can be offered to these patients and done for them.

And we have so many other things that we have to look at to kind of, you know, do a complete treatment or support the thyroid. So similar thing is definitely with the infertility too.

There's so many different signs of symptoms, other things that can be tracked that give us a bigger picture. So I'm glad that, you know, you're looking those things and you have spent so much time in learning about that stuff.

So now you can easily know the complexities of, you know, these charts. So, I mean, you start with the good you work with the stress. And you said there are other factors that you work on.

What will those be? So definitely detoxification is a big part of that. Right. We live in a toxic world and whether we like it or not, unless we're going to go live in a bubble, we can't avoid them.

Right? So I take my couples through a gentle detox.

Testing, Tracking, and Functional Medicine Approach

You know, because the reality is that a lot of toxins are stored in fat. Right? And, and our body is a lot of, actually, the amazing thing is that when I work with my couples, they have a lot of, of course, side effects, you know, because I'm like, I'm a I always say optimal fertility means that we have to optimize health comprehensively, so we heal the gut.

We obviously are rebalance, rebalancing hormones and thyroid alongside everything else. We are using natural remedies to train the body and the cycles.

So if a woman has a luteal phase defect from you know, Hashimoto's, obviously dietary changes, we're going to be simultaneously trying to push, the antibodies down.

But we're also going to support her cycle using natural remedies like seeds. You know, seed cycling is huge when it comes to the female body. And so you can cycle your seeds and there are seeds that promote, you know, the estrogen side of the cycle.

And there are seeds that promote the progesterone, the luteal part of the cycle. And so we can actually train a woman woman's cycle to kind of reset, by using natural remedies like seeds and food and so forth.

So it's a very food forward approach. Detoxification obviously is something that we deal with, decreasing inflammation. I find that, metabolic dysfunction is a big factor too.

You know, obviously thyroid and and hormones and sugar regulation go hand in hand. Right. So, I'm also checking hemoglobin A1, CS and fasting insulin levels on, on women and men and doing what we need to regulate sugar levels.

A lot of that is, of course, with a very food forward approach. I mean, we can even use food to support progesterone levels, you know, believe it or not.

You know, Brazil nuts for thyroid, right? Here are a big one, you know, so I try to use as much food as possible. So let's see what we've talked about.

We've talked about gut health, detox hormone rebalancing, inflammation. And there's one thing that we haven't talked about and that is the mind body connection.

That is a big part of what we do. Also, because I feel like sometimes that last missing piece to get us from, you know, almost healed to completely healed is that mind body piece.

And so a lot of the work that I do with my couples also incorporates, some mind body work, because I do believe that we actually can change our biochemistry and get into a parasympathetic mode by getting into a place of belief and, and abundance and possibility.

And we all know that when we get into a parasympathetic mode that drives fertility up, it allows our body to have more time and resources and energy to heal.

Right. And so it sounds very true, but actually when you look at the science in the biochemistry, we're like, oh, this makes sense. You know, absolutely in everything that you said absolutely makes sense.

Right. You know, you just have to look at the evidence. You just have to go to the biochemistry and physiology. And then we all are amazed that, okay, well, there is so much out there, that has not been taught to us that, you know, the connections which, you know, our body and mind and other things make.

So anybody who's listening over here might be overwhelmed by now that. Okay, well, you know, so many things are there that I have to work towards. I don't think I can do it.

So if you want to simplify things or give people some things that they can do, let's say starting tomorrow, that will improve, you know, their, you know, chances of, you know, getting pregnant or improving their fertility for people, you know, for the future, what will those few top things that people can do on their own?

Well, the number one thing I always say is dietary changes. Conquer is a large part of what we're doing. Right. And so and I'm sure you provide this types of type of counsel to your patients.

First, it's like if you want to do one thing, it's, you know, get rid of the highly inflammatory foods. So eliminate gluten, dairy, you know, corn, refined sugars, peanuts, alcohol.

You know, those are probably like the really big ones. Soy, obviously, when it comes to fertility, is something that we want to more or less, you know, try to avoid, just because it does promote estrogen production.

Natural Strategies to Improve Fertility

And then, you know, the other thing that's really simple is, is try to try to be very cognizant of, you know, the the things in your house that may be exposing you to toxins.

So easy one is to like get rid of the seed oils, get rid of the vegetable oil and the canola oil. You know, Costco has really affordable avocado oil that has absolutely no taste and has a really high cook point.

So I'm always like, go get your avocado oil and your ghee and your coconut oil. And for the rest, some rest of it in

the trash. And those are really low dollar solutions.

Right. And I don't tell people to go and buy organic everything. If you do nothing else, go to the ewg.org, stick with, you know, buying organic for the dirty dozen.

You know, clean 15. Don't buy it organic. Don't waste your money. You know I'm all about economics. I think I'm very cost sensitive because of the journey that I went through.

And so my whole mission and message is like, let's try to do all of us as natural as possible. And I also, you know, as far as supplements go, I'm a I'm a big believer of supplements because I feel like supplements are really like pushing the accelerator because, let's face it, every woman who's watching this, who's trying to get pregnant wanted her baby yesterday, right?

We don't want to waste any time. And while all the supplements that I promote, to my couples are contain ingredients that are either made by our body, are naturally found in food, the reality is that we can't get it in a high enough quantity to really move the needle in a time frame that we all would resonate with and appreciate.

So I say, you know, the body is smart. You know? And so if we can just start doing little, little changes, I will say sleep is another big one that we haven't touched on.

And I think having, you know, something as simple as going to bed at the same time every night and waking up at the same time every morning does immense things, for our fertility and, and, you know, getting that 7 to 9 hours of high quality sleep.

So that doesn't mean laying in bed for 7 to 9 hours. It means actually sleeping for 7 to 9 hours. So I think those are probably the lowest dollar action points that would really move the needle on all of this.

And improve thyroid function too, while we're at it. Absolutely. And I love it that, you know, you did not mention, like, you know, 1000 or $2000 supplements stack that people, you know, promote these days.

And that's the only thing that is going to get them out of this rut. I really loved that. You know, you created that great foundation of things that people can do on their own, because that is going to give them long lasting, you know, improvement in their health because infertility is a very short, like, you know, thing that they're dealing with in their life.

This is a sign or symptom that your body's not functioning optimally. So if you don't pay attention, you'll have more issues in the future. So, so glad that you created the foundation with a healthy lifestyle.

You know, improving your food, improving your sleep, working on your stress, those basic things, you know, which people can do and again, be consistent with them.

So so I'm so glad that, you know, you shared these things that people can start doing it easily, you know, like, you know, from tomorrow itself that can make a huge difference.

Anything else? Obviously, we can go on this discussion for a very, very long time. And, you know, we can keep going. But in context of time, anything else that you want to share with people before we leave?

Yeah, I think that, there's one last I feel like there's one last thing that anyone, when watching this who is on this journey that I just want to bring awareness to and that and I think the main thing for these women to understand is that you're not broken, you know, and that your body is actually just speaking to you and looking for support and help.

And if we can reframe our belief system from feeling like our bodies are failing and not doing what we want it to do, so all of a sudden leaning into a place of curiosity of, oh, like, maybe I should actually just pay attention.

Maybe it's protecting me that changes everything. And then the other thing is, it's not just about the woman, right? We have to we have to start considering that 50.

Hope, Male Factor Fertility, and Where to Find Dr. Latib

We have to be aware that 50% of infertility in couples has some element of male factor. That's half of the couples have some element of male factors. So, you know, I think that also when I share that with my couples, it just brings a lot of relief to women on the journey.

And I really strive to be, be a sense of comfort and, and take away the stress from the infertility journey because I walked the walk myself. And so that is one of my primary drivers.

And everything I do is how can I provide you guidance, clarity, direction, and get you into a place of really understanding and embracing the fact that your body is not broken?

We just haven't set it up for success. Absolutely. That is so great. You know, giving the message of hope to people that, yes, you know, first of all, you can do it.

And it's not you like, you know, which is at fault. There is so much more which is, you know, contributing to it. So I'm sure people would like to know where they can find more information about you.

And I think you have an amazing masterclass that you're offering to people you know, for free where they can know more about things. So tell us more about that.

Yeah. So the best place to find me is on Instagram. I'm really easy to find. You can look by my name or you can just go to your functional doc. That's my handle.

Super easy. Your functional doc. And then my link in my bio will take, you know, my masterclass. And the the name of the class is overcoming Infertility naturally.

And I essentially we'll talk about the hidden factors that may or may not, be sabotaging, you know, or getting in the way of your ability to get pregnant naturally.

And a fast track plan to resolve those issues. So, and of course, I have lots and lots and lots of content on Instagram that I think the audience would probably really enjoy.

Absolutely. Her Instagram is amazing, guys. A lot of great information she shares over there. So definitely you should go and check it out. We obviously will have all those links in the description, so you can follow her on all the social media.

And obviously, you know, take advantage of that masterclass because you know, that is power packed. And I'm sure you will learn a lot more on that actionable thing.

So thank you so much. You know, again for coming over here and sharing your knowledge and expertise into this amazing and important topic of fertility and thyroid disorders.

So I really appreciate all what you shared with us today. Well, thank you for having me. It was an honor. Absolutely, guys. So I hope that you learned a lot.

You know, the goal was to share information with you, but how Hashimoto's and thyroid disorders, infertility goes hand in hand. So you got a snippet. Go check out her where she is following to get more information.

And obviously we have more episodes coming in with a lot of great information, but this is it for me right now. See you later. Take care. Bye bye.