She Lost 86 Pounds and Got Her Life Back Transcript

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Longstanding Thyroid Symptoms and Health Struggles

I'm Harry Bailey. Prior to meeting with Dr. Duffy and her team, I had a lot of health issues. A lot the issues that I've had, pointed towards my thyroid.

I have been dealing with thyroid issues for a good 19 years and you know from just having hair loss, brittle nails, brain fog, GI issues, just the gamut.

And I had gotten to the point where I wasn't sleeping at night and I knew that I needed a change. So I found Dr. Duffy and her team on Facebook. They were doing a webinar And I thought, you know, what does it hurt to sit and watch this webinar?

And as she walked through all of the side effects and issues and how they could help, I was checking them off, like everyone that she said. I'm like, i have that, oh my gosh, that as well.

And so we had the ability to sign up and talk to them and there was no pressure, which I liked. No one reached out to me. It was up to you as an individual to reach out them.

So it probably took me a day or two and I finally thought, you know, what's it going to hurt? So I did and had a great conversation and again no pressure to sign up or to do anything other than asking hey you know the first step we could do is some blood work and from that bloodwork at least you'll know you maybe it's more than thyroid maybe its something different that you haven't thought of.

Finding Dr. Duffy Through a Webinar

I thought, I'll go ahead and do that. So I did the blood work and we had a meeting for two hours. And I've never sat with a doctor or any professional, healthcare professional for 2 hours to walk through anything.

It was really nice to see them take the time and be so caring and want to help you. to walk through, not just to show what that blood work results were, but also to take the time and explain also what was going on.

And when I looked at the full gamut of everything that was taken and that we were walking through. The first thing that came to my head is, oh my gosh, how am I even getting out of bed and functioning in the morning?

Because I've come to realize that it was much more than my thyroid. I had a leaky gut. My cholesterol was not optimal. I had issues with my cortisol levels.

There was a lot going on. So again, no pressure. They walked through their program and I talked to my husband that night and said, you know, now's the time to do it.

If I don't do, I'm probably never going to it and then I met the age, 58, where I need to really take a handle or, as I continue aging, things will go downhill, so I ended up signing up with them and they have been a godsend, truthfully.

Bloodwork Review and Discovering Deeper Issues

I know who I am personally. I can follow a program, but having the structure, having accountability, the professionals behind you, explaining why you're doing what you are doing and the need to be taking the supplements that they provide or eating the foods that are on your list as approved foods as opposed to the food that is toxic to your body, that was also helpful.

And on top of that, not only them guiding through the program, but also having modules and videos sent to you. So you had coursework that you have to do as well.

And being able to talk to them on a weekly basis. or if I had a question to easily be able to text them or to email them and someone either was back within the hour or no longer than the day with answers to my questions or even a phone call like, hey, it would be better if we even talked about this.

So they weren't only You know, looking out for my health, they are also friends. I guess at this point now, it's been nine months. For me, I consider them friends, and they know everything about me.

They know about my personal life. They know my struggles. And again, wasn't only just the physical aspect. It's the mental aspect as well. So having a wellness coach is a wonderful thing because you get past the health and into other areas of your life that you know you realizing that oh my gosh yes I can definitely learn to improve in those areas as well.

Joining the Program and Building Accountability

When I first started the program even before I started the pulling back on some of the foods that ended up being on my red list that I shouldn't be eating.

I knew I was going to die then like a 100% that's just who I am and so even days before we were to start I had started so started pullingback a lot of those breads, you know the sugars, the things that might take a little bit more time for me to get used to not having.

And so right from the beginning I stayed the course and did everything that they asked me to do and took everything, that was provided to me, to take.

And also, you know, really taking that time to understand my body and know what's changing or what wasn't changing, and then to question that. I'm like, hey, I don't think this is working.

Is there something else we can do? So from all of that, through the nine months that I've been on the program, Great sleep. Oh my gosh. I have been one to wake up in the middle of the night, if not two, three, four times a night and just have anxiety when I wake and could not fall back to sleep, I am now sleeping through the if I woke up once, it's okay.

have a calmness about me and I'm able to fallback to a lot easier than I used to. my gut issues. I was bloated or had cramps and pains, you know, from the foods that I I am still following the program, I have not introduced sugar back in because I don't have those cravings anymore.

Sleep, Gut Health, and Lifestyle Changes

I haven't introduced bread or gluten back because again, having thyroid issues and Hashimoto's, you know, one of the things I need to stay away from is that gluten, so I'm not missing any of that, and I've not been seeing those, the sweets, any that stuff.

So I think a lot of it was a mindset. adjustment as well and knowing that it all starts in your brain and letting you know that, hey, I'm only going to eat when I really need to.

I found myself trying to keep up with my husband and my son. If they ate, then I ate. And if they wanted dessert, so did I. It really took me a moment to realize that everyone's different and I could not do that.

But I didn't want to do it because I always felt horrible afterwards. My skin feels a lot better. It's a much clearer, not as much dryness going on my hair.

And probably the biggest side effect for me or that added bonus is my weight loss. So altogether, I've lost 86

pounds on the program. That in itself is just amazing because I have such energy and focus, again, I used to get very tired around three-ish in the afternoon.

Again, I always just contributed it to my thyroid, not thinking, you know, there's a bigger picture. You have more than just your thyroid in your body, so all of that and walking up my stairs, my joints always ached, and my knees hurt, none of them.

I'm running up the stairs now. My back doesn't hurt. And I just don't have those aches and pains that I use to. So, yes, the program has been eye-opening for me, and I don't know that I would have chosen anyone else besides Dr.

Weight Loss, Energy, and Lasting Results

Duffy and her team. Again, like I said before, they've become friends. They know everything about me. We get on calls and talk about every little thing from, you know, what's happening at work to what my son is doing out at college.

So it's that's been a bonus. When I walked into the program, I wanted to fix my health, you know, and if the weight loss came, then that was a positive side effect of fixing internally my healthy and how I was feeling about myself.

And the wheat started to come off early, like right away it started come on. So they kept asking me, well, what's your goal weight? And so I'm like, no, when I throw the number out, and then I would hit that goal weight.

And they're like, well, what's your next goal weigh? And so then, I thought, okay, i'm sure my body's going to stop at some point, you know, and I was told, yes, your body does, find that point where it's stable and it'll stop.

But what I think I had and what they explained to me as well is there was a lot of inflammation going on. There was lot inflammation inside my body and that's what a of the weight was that I lost.

So, yeah, I'm just so excited. I am excited for when the spring and the summer come to actually wear a pair of shorts because I can't tell you the last time I've worn a short and have felt comfortable out.

lower sizes to, you know, bigger sizes and have kept clothing thinking I'm gonna fit back in this, and I was able to pull that clothing back out. I am able now pull it out and put it on and be like, oh my gosh, it's actually loose now.

So that's really an exciting feeling.