The 3-Step System That Helps Calm Autoimmunity and Restore Thyroid Function Transcript

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Webinar Welcome and Agenda

Hello, everyone. Welcome over here to our thyroid webinar. I will let people join in. So that everybody can join the webinar and the seminar over here.

I'm so excited for you guys to be here. Because today I'm going to share my three step process, that has helped thousands of patients to reverse their thyroid disease.

And I am very excited to share this whole process with all of you also. So yes, please, as you're joining in, introduce yourself into the chat section.

Whether you're coming from where are we during this webinar? So it always tells me that, you know, we are reaching people from all over the world. I hope you all enjoyed the thyroid summit that we did.

Learned some good, tips over there, but that's what we are. This webinar is all about actually knowing how to exactly implement take actionable steps.

So you can get better. Because what we realized, we got a lot of emails later on from people is that, you know, we got a lot of information, but we don't know what to do with the information.

So that's the reason I am doing this webinar to give you actionable steps that you can implement to date self. And that is going to be helpful to improve your thyroid.

Hashimoto's. So everything can get better. So we're going to get started. With with the webinar. I'm so glad. Yes, people, I can see people for joining from all over the world.

From Michigan, from UK, from us, Romania, New York, India. So and that's the power. That's the power of, this whole online webinar thing that we can do, that we can reach people from all over the world.

So please, from Iceland. So literally, like, you know, what I say is that, you know, we have patients from all over the world. So you literally reach every continent in this world at this point of time, for helping people all over the world to get their thyroid back.

So I'm so glad that you guys are joining us, over here from all over the world. Please, again, introduce yourself to the chat section. It's always great to know where you're joining us from.

And then, we will just give a few more minutes for people to join in, because I think it's still more and more people are pouring into the webinar. So I'm making sure that everybody, knows what you're talking about.

Yes. And then in the end, definitely, we were going to do a Q&A section also, so that I can take your questions in the end. But don't post them right now, because we will, they will be lost in the chat section because a lot of chat will be happening during the webinar also.

So please post them, know when I complete my whole presentation. And then we will do the whole Q&A section because, you know, a lot of your questions might already be on get answered from the Q&A.

All right. Great. So we will, get started. I will just introduce myself. So I am Doctor Anshul Gupta. I am a board certified family physician with advanced training in functional medicine, integrative medicine, as well as peptide therapy.

I worked at the Cleveland Clinic Functional Medicine Center alongside doctor Mark Markman, which is very well known in functional medicine area. That's where I made this, three step process to help thyroid patients.

Implemented the process of phenomenal results. And then I implemented this process in all of my other patients as well. Great results. And that's exactly what I'm going to share with you.

And talk about you today. Okay. So today I'm going to do a presentation. So, so that you can follow me along. And then as I said, we will, do a Q&A section after that.

So let's get started. So let me start my presentation to you. So we can get going. Right. So as I said, it is about, reversing thyroid disease is my three step process for it.

So that's what we are going to talk about today. So what are you going to learn today? So first of all, very main question a lot of thyroid patients have is that why they have unresolved symptoms?

So that's what I'm going to, tell you about. Why do you have unresolved symptoms of thyroid and why did you get thyroid disease? Right. A lot of people have this question why did I get thyroid disease, Hashimoto's graves disease, or hypothyroidism?

Why did I get it? And you have been to several doctors and none of them can answer it.

Doctor Introduction and Personal Healing Story

And that's what I'm going to answer for you today. And then I'm going to tell you three actionable steps that you can take today that is going to help you to reverse your thyroid disease.

We have implemented this in thousands of people and saw great results. And that's what exactly I'm going to share with you today. So make sure you're taking notes, so that you know, you know exactly what I'm talking about.

So let me share my story with you, okay? Because I also had my own health struggles that propelled me to help thyroid patients. And if you can see the picture over here, that's me, from 2011, overweight, severely overweight.

And then after that, you know, within a couple of months, you know, I saw, like, you know, change everything in my life. And I saw great results with it.

You can see the list of the medications I was on. So basically, you know, like, I was working as a conventional family medicine physician for several years, but suddenly, in a couple of months, you know, like, I was having a lot of health issues.

I started gaining a lot of weight, you know, and I had horrible, horrible stomach pain to the point that sometimes, you know, like I had to go to the ER to get some medications for the stomach pain.

I was brain foggy to the point that at the end of the day, I could not think straight. I had fatty liver issues that, you know, my liver enzymes as well as ultrasound were showing that, you know, I had developed already grade two fatty liver.

I had eczema on my arms and my legs, and except for steroids, nothing was helping me. And plus I was very tired and fatigued. You know, like middle of the day, I had to take a nap just to function for the day.

And, the stomach pain was really bad. I did a several testing, endoscopy, colonoscopy. You know, you name it. Ultrasounds, even blood tests. Nothing showed up over there, which could be useful for me.

I was taking tons of medications, you know, like, you name it. I took that medication to improve my stomach pain, to stop, to help my health. Nothing was working.

I was a physician on my own. I thought I was not a smart physician. Let me take help for these specialists. Which one of my friends I went through specialist after.

Specialist GI doctors, endocrine doctors, family medicine doctors. Everybody did tons of testing, but they had no idea what was going on. And I was only 32 years of age at that point of time.

And I had this horrible stomach pain and horrible symptoms. Nothing was working. So then I had somebody introduce me to functional medicine. Here you go. To these people on functional medicine.

People like you who do not have answers, get answers over there. So I got trained into functional medicine and started implementing a plan of my own. I made some changes to my lifestyle, changed my diet, worked all my stress, and then work on my underlying root causes in a stepwise manner by using diet supplements and stress management strategies.

Within four months, I lost over 40 pounds. I was off all medications. My fatty liver disease was gone. My eczema was gone. My brain fog was gone. I had so much energy in my during the day that I even participated in A5K Rugged Maniac.

And trust me, I was never an athlete. So for me to do A5K drug and maniac was a really big thing. So that was my moment that within four months, if I can completely reverse my diseases and get better, then I should be sharing this with other people.

So that's where I started working at the Cleveland Clinic Functional Medicine department, because that was the only department in the whole world which is doing research in functional medicine.

So that's where I developed my three step process for thyroid patients because they had very similar issues in mind. So I could totally correlate with their issues.

You know, weight gain, being tired, being brain foggy, having so many problems. And the biggest issue. Nobody can fix them. You know, the all these other patients are taking medications, but still they continue to suffer from symptoms.

So that was a mission I developed this three step process, implemented this three step process in my patients saw phenomenal results. And that's what my journey was in functional medicine.

And creating this three step process to help people out. So that's what my story. So that people know that yes, I know what your pains are, what you're going through.

So thyroid disorders are increasing rapidly. Current estimates tells us that they are more than 200 million people worldwide with thyroid disease. So this is a big number that you know of thyroid patients.

And more and more new people are being diagnosed each and every day. Different names are given whether you have hypothyroid, Hashimoto's disease, whether you have great disease, all have very similar pathology.

So they're not very different. Unfortunately, women are ten times more likely to develop thyroid disease, and this is because of their hormone complexity as well as their, you know, genetic behaviors.

That's the reason they have more thyroid disease. But what I see is that more men and more children are also being diagnosed with thyroid in Hashimoto's.

And the worse comes is that it has difficult symptoms of being tired fatigue, brain fog, weight gain, hair loss, gut issues, mood changes, infertility, and etc.

and etc. literally from head to toe. People have all of these symptoms, you know, of thyroid. So that's the worst part of it. Now what is the conventional treatment?

Conventional treatment is only one way of treating hypothyroidism or Hashimoto's disease, which is by giving live with the option. Now levothyroxine is basically again a T4 medicine that is the only hormone medicine they can be given.

Nothing else. And the most the time the treatment doesn't work. What that means is that that even though people are taking this medicine, that inflammation keeps on raging high, they still have symptoms.

And this is not me. This is actually research studies which show that this is actually true. So one of the research studies is over here. Now this study basically kind of tells us about unresolved symptoms of patients with thyroid diseases.

Okay. So it was telling us about 40% of patients that who were taking thyroid medicines. Their bloodwork told them that it was within the range, but they still had symptoms and the worse symptoms to treat were fatigue and brain fog and weight issues.

Those are the three problems which would not get better in 70% of patients, even though they are taking the medications. So if you are one of those people that have symptoms and you're taking the medicines, you are not alone.

It is not in your head. Let me tell you this, because most of the time that has been told to people is that, well, it is your fault. Maybe you are making up these symptoms.

You know, you need to see a psychiatrist. That is not true. The research proves tells us that there are so many people who have this issue of unresolved symptoms, even though they are taking the medicines.

And the question is that why is conventional medicine failing, you know, like to, you know, help people with thyroid disorders? So the reason is that the conventional medicine strongly believes that the only treatment right now is the rocks, and they are not looking at the underlying reasons of thyroid disease.

What that means is that they are not looking anything more than just giving people with rocks and right, and they are not paying attention to the symptoms of patients that even though they have symptoms, well, your bloodwork is normal or you're on the right medication. We cannot do anything.

Just go home, come back in four months or six months. We will repeat the bloodwork and then we'll give you more medicine. But you need. But right now you cannot do anything right.

So that's the kind of answer that all the people get in conventional medicine treatment. The other big thing, which most people do not know, is that levothyroxine medicine is not doing anything to lower inflammation in the in the body or lower antibodies, because a lot of people have this myth.

Well, the toxin or any of the thyroid medicine, whichever you are taking, you know, is going to help me lower my antibodies or treating my thyroid disease.

No, it is not treating your thyroid disease. It is not lowering your antibodies. It is not lowering inflammation. This levothyroxine medicine is just a Band-Aid given to your body as an external thyroid hormone.

And basically it lets your thyroid go through a very slow death. Just imagine that you know, you have been given a medicine which is not even treating anything.

And slowly and slowly your thyroid is going to die if you do not do anything to safeguard it. So that's the very important eye opener for majority of my patients.

When I tell them that orthodox medicine is not treating your disease. It is just giving you external thyroid hormone. And they thought that was going to lower their antibodies or improve their thyroid.

But in reality it doesn't. Now the question is that have you ever wondered why did you get thyroid diseases? So again, readers, have the answer over here.

Research suggests that thyroid disease happens because of an interplay between your genes and the environmental factors. In simple terminology, it tells us that, you know, it's a combination of two things.

One is your genes, and second is the environment. Now we cannot change the genes, but if you change the environment, that's where magic happens. That's where we can reverse thyroid diseases.

Okay. There are several environmental factors or triggers is what we call them, which have been responsible for triggering inflammation in the body, which ultimately targets your thyroid gland and ultimately causes thyroid disease. Okay.

And obviously research is very clear about here's the good news. If you address all of the underlying triggers, then you have a choice or a chance to reverse thyroid diseases okay.

And that's the important thing right. Because we don't want to take any supplements or we don't want to take any lifestyle choices unless that is going to work.

And that's the thing is that anything I'm talking to you about over here can produce results for you. So that's the biggest news for you. Now, don't take my word for it. Right.

Because I want you to take a word of does it really work? You know, has my three step process really worked for anybody? So I'm going to share with you this this actually a story of Heather, who has been able to reverse her disease by working on this three step process.

So I would like to hear from Heather directly. So you know that this three step process can work. And this is where she shares the story about what she has gone through and what she accomplished. Okay.

So I would like to hear the story of Heather over here. Patty. Actually, Angel do care. And everyone knows Heather. I live in Arizona, and I'm a mother of three little boys.

Ten and 11. So very busy. And, Yeah, I'm. I'm so excited to be here and share my story. So, I mean, I've had a hallmark, all the hallmark signs. It's made, for point where I put it either getting up out of bed in the morning was really difficult.

I was always tired, no matter. During the day, like, halfway for you, I felt like I needed to take naps. Often days. My hair was shedding all the time.

After the shower, just, And then, like, every time I brushed into the second prepare, shedding, all the time. I was literally going to, you know, with my husband and really appreciate all the times.

You know, I sort of anxiety for no reason or, all these different things, and, and, you know, I work, I have three kids, and, you know, there's different facets of life, but really know wasn't anything that I felt without, crazy that I was.

You have this just, anxious feeling all the time. My, cycle, my, periods, those were irregular and, oftentimes having. Which I never really struggled with any of that before.

My, acne breakouts, dark circles, happiness under my eyes. Allergies, which I thought were just seasonal allergies that now become refined. I don't actually have, running fog.

And then my fasting blood sugar was like an hour. I had issues with, blood sugar issues and my last test before I met with new doctor daughter were, borderline pre-diabetic.

It was at 99. That was really concerning to me at that point, my thyroid was at that, 5.7. And so, definitely flagged

on the test. My point of view came back at 210.

So I asked the doctor, I was like, so that's control. That is isn't me. Like, I knew about it or, a lot about it. And and I was talking through an exam.

Fisher. And she was like, oh, I don't know. You finally have hypothyroid. And I'm like, literally the definition of has gotten no. And they had offered for me to go on and any thyroid, with the prescription that she would want to drive me.

I said, okay, wait, I, I'm not okay. Which is why I'm not for the rest of my life. And just saying, like, oh, I, you know, I didn't want to accept it.

And so I was like, okay, thanks. No, thanks. I'm going to see what I can find out. I did the diet and, you know, completely straight, no gluten, dairy, corn, soy, eggs, caffeine, alcohol.

Refined sugars, and sugars. And it, you know, at first it was a little bit daunting, you know, as, as a mother of three and, you know, that has that I got a job that got, you know, my, going on.

And you want to be social and, you know, see people, you know, meet at restaurants and things like that.

Why Thyroid Symptoms Persist

But after you figure it out, I was like, well, I can do this and still live a normal life and, and do things like, but in those first four months alone, I remember we redid the testing, we started in August, and in December I retested the my just right and my test went from 5.17 down to one point.

I think it was 1.45 in that first one. And I was like, wow, am I antibodies from 207 down to 33. And that alone I was like, I'm not I'm so this works I it's amazing.

I mean both achievement is completely better. I don't see any abs anymore. I haven't had caffeine. And over a year and a half and I don't miss it. Like, I wake up and I just feel like I'm energized again.

My hair stopped shedding, and it's it's great now. And, you know, it's a normal, normal level of hair that comes up when you guys are, you know, frozen hair and things like that.

My mood is a lot better. I have no worries. I like all of that is completely gone. And, which is fascinating to me, just hearing your that and doing all these things and can't get rid of all of that, my my face, my complexion completely changed.

And, when I finally met with, you know, it was kind of putting together all the different concerns, which I felt like everything was just scattered for, for.

So it was able I, you know, I was able to finally put it and we were able to put a plan together, of attack. And it was just like it just kind of knocked it out, like going from one thing to the next thing to the next, and made it a cohesive, a cohesive way to, to heal, for other people to just hear that.

I want them to know that, you know, they thought to take the chance, but not to try it, because it's you'll feel unbelievable. And, I feel like you don't really see it until you go through it, because I've talked to, you know, my my old doctor, I, I want him to talk to me about getting her face and being like.

What? You told me that there wasn't any other way and not. Oh, you know, I don't remember sending. Unfortunately, that's all the time. I just wish that, more doctors would be open to seeing that, you know, finding the root causes where that, and going through this process is worth it.

And, and that, you know, there's another way. So I really hope that people will hear that and that, you know, they

take the chance and they go for it because it's important.

was Heather, you know, like, you know, thank you so much, Heather, for sharing your story. So I hope that motivates you. I hope some of you, resonate with what Heather was going through.

Right? Because a lot of these symptoms, you know, people go through on their own. So again, here in the chat section, you know, if any of you, can resonate with Heather and have very similar symptoms that, you know, she's going through.

So. And the good news again is that, you know, yes, there is hope for you all to get better. And that's what exactly, why we are here. And the process that we, went through with Heather is what we are going to discuss over here.

But working in a stepwise manner. Right. So that's the key over here, because most of you, you know, might have because most of you might already know about diets, most of you might already know about supplements, right.

And that that happens with each and every patient that we are seeing. But the trick over here is to work on a stepwise manner of taking care of each and everything, and that's where you're going to see the maximum results.

So that's where you know, like, first of all, it is very important to know all the triggers which are destroying the thyroid disease. Okay. Because you have to address all of the triggers, for the thyroid to get better.

So the first trigger is a food sensitivity, right. So you might have heard about gluten being a very, very important culprit, which is destroying your immune system, causing Hashimoto's disease and also thyroid diseases, along with that, dairy, soy, sugar and processed food.

You know, our other things which have which most people are food sensitive to. So food sensitive causes, leaky gut issues, the leaky gut ultimately causes autoimmune processes and also causes destruction on your thyroid gland.

The second one is nutritional deficiencies. Your thyroid need very specific vitamins and minerals which nobody is paying attention to like selenium, zinc, iodine, magnesium, vitamin D, and most of us are deficient in these vitamins and minerals, which again leads to triggering of thyroid diseases.

The third one is toxins. Again, we are living in a world where we have several toxins which are present in our environment, whether it is heavy metals like lead or mercury, or whether it is more toxins, or whether it's environmental toxins like the glycosides or insecticides, pesticides or even plastics.

All of these toxins hijack your immune systems, especially directly. Go to your thyroid gland and starts destroying it. So toxins are a very, very important reason of thyroid diseases.

And then comes the chronic infections, right? Parasites in your gut Sibo, which is the overgrowth of bad bacteria in your gut, or reactivation of Epstein-Barr virus infection or Lyme disease.

These are all chronic infections which can lead to causing thyroid disorders. And the last one is stress. Right now, stress is a very big term that I'm using over here.

It can be physical stress, like if you're running for a marathon or if you're exercising too much, it can be emotional stress. It can be, you know, work related stress or personal stress.

Any of the stress directly impacts your thyroid and has shown that can definitely increase your chances of getting thyroid disorders. So these are all different triggers or what we call as root causes, which are causing thyroid diseases.

And it is not me making these things up, you know, like I have written a book called Reversing Hashimoto's and I've shared tons and tons of research studies over there, which shows that, you know, these toxins and these

deficiencies and everything is directly linked and causing diseases.

And here's the key. The key is to address all of the underlying triggers. Only then your symptoms are going to get better okay. And once your symptoms get better your thyroid antibodies also improve.

And that's why it gives you the chance of reversing your thyroid disease. Right. Like how you heard the story where like, you know, first the symptoms got better, then the disease got better.

And then finally they were able to, you know, improve their thyroid antibodies. So that's what typically what happens. But the important thing over here is to make sure that you address all of the triggers.

And this is a mistake that most people make. You know, they are doing this kind of diet or they have picked up that particular supplement and that gives them some benefit, but it will not take you all the way of reversing your thyroid disease, because you have to not address one trigger or two trigger.

You have to address all of these 4 to 5 triggers. So that your thyroid disease can get better. And that's the most important thing. If anything, out of this whole presentation you take out is that you have to work on all of your underlying root causes, not just one.

And most people think, oh, you know, like maybe there is just one root cause, which ultimately caused my thyroid disease. And the answer is no. It's a combination of these three, two, four, two root causes coming together, causing your thyroid disease, not just one.

So you have to have to work on all of them. And that's where my three step process comes into picture. Because this three step process basically utilizes your diet, your lifestyle choices and specific supplements.

So we can target all of these root causes, not just one, not just two, but all of the root causes.

Heather's Recovery Story

And that's where, as I told you, that magic happens, right. That's where you see an improvement in your thyroid numbers. So what's the first step? The first step is to rejuvenate your thyroid gland.

Right. You know, because our thyroid has been destroyed, whether it is Hashimoto's which is causing the antibodies, whether it's the underlying inflammation which has been destroying a thyroid gland, but we have to support our thyroid gland and rejuvenate it so that we can improve our thyroid functioning.

So there are two steps which are needed in this particular, you know, area where we have to utilize a diet, right, which is going to help rejuvenate the thyroid.

Because definitely lifestyle choices are very important. Lifestyle choices are the foundation and then supplements come after that. Okay. So let's talk about the diet.

You know like which is a diet friendly diet. Now obviously there are tons of different diets in the market. One is an AARP diet, you know, which is an autoimmune paleo diet.

Then obviously there is keto diet. Then there is, you know, carnivore diet. There is a vegan diet, a vegetarian diet. So many different diets. Which is the best diet, you know, for thyroid or Hashimoto's.

That's what I was looking for. And my research shows, you know, a few things. And my research shows a few things. And that's what I'm sharing. Sharing over here with you guys. Okay.

So there are three principles in this diet, right. So first principle is that you remove foods which are causing damage to your thyroid gland. That's the first principle.

And this is where I mentioned that you need to remove foods which includes gluten dairy soy corn. Right. And then you need to eliminate sugary fruits, sugary foods as well as processed foods.

Right now these are the very important foods you need to remove. There is direct correlation that these foods are damaging your thyroid gland. So first we need to stop the damage right.

So that's the reason very important to remove them from your diet. Now it is not about like you know reducing them. But we have to completely eliminate them at least for 4 to 6 weeks.

Okay. And try to remove them for at least 3 to 4 months. And you're going to see great results in terms of your antibodies improving it. Right. So that's the first principle.

Make sure you are removing the bad foods which are damaging your thyroid. The second principle is that include foods which kind of help to repair the thyroid gland.

Right. In that we are talking about good fats, good quality proteins, nuts and seeds. Okay. I'm going to talk about them just in the next slide a little bit more.

But the third principle is also very important over here, which is the antioxidant rich food. What are the antioxidant? Antioxidant rich foods are basically foods which help our body to reduce inflammation, reduce leaky gut problems, as well as help to rejuvenate the thyroid gland.

That's where in all of these colorful, non-starchy vegetables comes into pictures. Okay, so let's talk about these good foods okay. Because we have talked about enough about the bad foods you already know about eliminating them.

Right. But let's also talk about the good foods how to and which are the ones that you need to include. So let's talk about the good fats okay. Now everybody is shy of eating fats.

Everybody thinks that fat is bad and that is going to increase your cholesterol. But in reality we need to include good fats into our diet. Without good fats, your body cannot function.

Your thyroid cannot function. Okay. So the good parts over here are olive oil, coconut oil, Indian ghee, avocados, fatty fishes. So these are all good fats.

Make sure you are including these good parts in each and every meal of yours okay? Because good fats have omega three fatty acids which lower inflammation in the body.

Good fats gives you good fatty acids which again help to make different hormones in the body. Okay. The second thing to include over here is good quality proteins okay.

Protein is very important because proteins are made from amino acids. And these amino acids are needed to make several hormones, several enzymes, even thyroid hormone needs a particular amino acid called l tyrosine to make it.

Okay. So very important to have good quality proteins okay. In that good quality fish, chicken. You know, if you are a vegan or vegetarian, you can have good quality proteins by including nuts and seeds like pumpkin seeds and flower seeds, chia seeds, flax seeds, as well as almonds, walnuts.

Good quality protein also comes from your lentils, legumes, beans, so all of these are good quality protein, so make sure you are including good quality protein not with one meal, but each and every meal of yours.

And then comes the nuts and seeds. Okay, Chia seeds, flax seeds, almonds, walnuts. They give you good quality fiber. They give you a good quality prebiotics okay.

What are prebiotics? Prebiotics are food for your gut bacteria in your gut okay. Very very important. Most of us are low in these prebiotics. So these nuts and seeds provides us these good quality fiber to give us the prebiotics.

They give us the good quality fats as well as also give us a good quality protein. So make sure you're including these good foods okay. So that's the simple, thing about including these good food.

And that's where I also talked about the antioxidant foods. Right. That is where the vegetables are very important. Right. And colorful vegetables, I tell people, eat a rainbow colored diet, okay.

At least have 8 to 9 colors in your food each and every day. And those colors should match majorly, should come from vegetables. Okay, so the more vegetables colorful you eat, the more antioxidants you get, the less inflammation you're going to get.

Okay, now fruits. Fruits are okay in limited quantities. Especially the berries are really good because they are low in glycemic index and they're very high in antioxidant compounds okay.

So fruits that way. And then apples obviously are also a good option including foods sugary fruits like mangoes and bananas and like, you know, grapes.

Those do not are not not the best choice in terms of fruits, you know, for your thyroid gland. And then you if you want to include some grains, then you can do gluten free grains like quinoa, oats or brown rice.

Okay. So that's what you can do. So this diet is very, very simple. The concept is that remove the bad foods like gluten, dairy, soy, corn, caffeine, alcohol and sugars and then include good foods okay.

And the good foods are either said very simple good quality fats. The good quality proteins, your nuts and seeds, your antioxidant rich foods, which are your non-starchy vegetables, your fruits, as well as your grains.

Okay. Just don't complicate the diet with this basic diet. We have seen amazing, amazing results. Okay, so this is the diet that you need to follow which helps you to support and rejuvenate your thyroid gland.

It helps you to lower inflammation in the body as well as obviously it helps to support your gut health is a leaky gut as well as promotes good gut microbiome.

So this one diet kind of has multiple benefits that you can start implementing today.

Root Causes of Thyroid Disease

And you are going to see great results with that itself, kind of, you know, improving your situation as well as, to kind of improving your problems. Okay.

Now here's where the supplements will also be very important. Okay. And there are several supplements which are needed for the thyroid gland to function. Well, one of them is zinc. Okay.

Now the problem with these supplements is that they have to be in the right formulation as well as in the right dosage. Okay. So like for most like the most common zinc will be the zinc sulfate okay.

Zinc zinc carbonate okay. Which is not absorbed by yogurt. So that supplement is basically useless for zinc. Like know it is the only form which is very well absorbed from the gut.

Minimum dosage is 30mg that you need to take. Then comes the selenium okay. And the selenium has to be in the cell in methionine form only because again that is the one which is absorbed from your gut and the dosage is around 100 to 200 micrograms that you need to take.

Then comes magnesium. Now zinc and selenium actually supplement are great because they help to lower the

antibodies. They also help in conversion of your T4 to T3.

Now as you remember, most of the people are taking this thyroid hormone, which is the label drugs and which is only T4. Now, T4 is not an active hormone in your body.

T4 needs to be converted to T3 so that your body can utilize it. Now this conversion is not happening in your thyroid gland. This conversion is happening all over your body, especially in your liver, in your intestine, especially in your gut and other areas.

And for that conversion to happen, you need certain vitamins and minerals and zinc. Selenium are one of the most important minerals which are needed for this conversion to happen.

So if you have a conversion problem where your T4 is not getting converted to T3, then these supplements will be really be useful for you to have that conversion.

Magnesium is another, mineral which is again needed for conversion of T4 or T3 as well as magnesium helps in more than 300 enzymatic processes in your body.

So that's the reason magnesium is again one of the crucial minerals that we all need. And we all are deficient in magnesium. That's the bottom line. The other problem with all of these minerals are that we do not have a perfect test to check them, okay?

Especially the conventional labs, you know, are not able to check them properly even though you might order these lab tests on your conventional labs if you ask your doctor.

But they are not reliable. And that's the reason. If you have a thyroid disorder, it is very important to take all of these minerals. Then comes the iodine.

Right now iodine is a double edged sword. Okay, you know, I am sure you guys have done your research and heard iodine is good or iodine is bad. So what is it really?

So the research says that too much iodine is bad for your thyroid. And too little iodine is also bad. So you have to be in the middle. You need some iodine, but you don't have to take too much okay.

So typically the safe level of iodine is between 100 to 200 micrograms of iodine that you can take. Okay. Remember the dosage okay. It's 102 hundred micrograms not milligrams.

Very important to know okay. But you need some iodine for sure. And then comes the L tyrosine. Remember I told you that this amino acid L tyrosine is needed by your thyroid to produce thyroid hormone, right.

So that's what you know this recipe comes into picture. So these are all the supplements which are must have if you have a thyroid disorder. So all of these together can help you first of all to make it a thyroid hormone.

Second of all help to conversion of T4, T3. Third of all it will help to lower the thyroid antibodies of you. Okay, so all the three work is done by these all of these vitamins and minerals.

Now again people have this question. Well there are so many to take. How can I take all of these all separately. So that's the reason we have created this thyroid balance or thyroid support supplement, which has all of these vitamins and minerals added into one supplement so you don't have to take them separately.

And obviously we I've made sure that you know, the right quantity, as well as the right form of these vitamins and minerals are added. So that way you can get it, you know, or you can buy these as supplements or from an online store, which we will share the link also.

Okay. That was a step one. Rejuvenating a thyroid gland by using the diet as well is also working on, getting or

replenishing the nutrient deficiencies.

Okay. So you remember the two triggers. So the in step one we addressed two triggers. One was food sensitivities which was done through by the diet. And the second trigger was nutritional deficiencies of different vitamins and minerals which we did by the supplements.

Now in step two we are working on stopping the inflammation okay. Because unless you stop this inflammation, this is going to keep destroying your thyroid gland and other parts of the body.

Okay. Now most people think that inflammation is only restricted to your thyroid gland. No inflammation is destroying your mitochondria and that's the reason you're feeling tired.

Inflammation is destroying your brain and that's reason you have brain fog. Inflammation is affecting your gut. That's the reason you either have constipation, gas or bloating.

Okay. Inflammation is affecting your adrenal glands, which is again affecting your energy levels as well as your mood, you know, and all those things.

So that's the reason inflammation in thyroid patients is destroying multiple organs. And that's the reason you have all of these different kinds of symptoms okay.

So how to stop the inflammation. Right. That's where the diet comes into picture. And the same diet which I shared with you in step one works great over here.

Right. The step one diet over here is going to help us to reduce inflammation. Right. Because we are including those antioxidant foods as well as the good quality fats and protein also helps to reduce inflammation.

Now the other thing, other two things you need to do is that, again, utilizing specific supplements so that you can help target thyroid inflammation. And the third thing is that you need to work on the stress right.

Remember one of the triggers was stress. Right. And what stress does to your body is increase inflammation. Because stress directly affects your adrenal glands and causes excessive cortisol in the body.

Cortisol is a stress hormone, but too much cortisol has linked with excessive amount of inflammation. So definitely we need to work on this stress also so that we can reduce inflammation.

Okay. So we already spoken about the diet. You know in the step one that same diet you can use to help lower the inflammation. Now these are the supplements that can help to lower inflammation.

When is curcumin right. You might all of all of you have might have heard of curcumin which is derived from turmeric, which is an ancient Indian spice has been used in our Vedic medicines for ages.

We have at least 2000 plus research papers which are showing that curcumin has several properties. Firstly, it is very potent anti-inflammatory compound.

In fact, curcumin can be compared to your ibuprofen or even steroids in terms of efficacy. So that's the reason curcumin being very strong anti-inflammatory supplement that should be a part of your regimen of including curcumin.

The dosage is typically between 200 to 2000mg. The second supplement, which most of you might not have heard to lower inflammation is possible. Yeah. Again, possibly.

India is a very important compound which helps to lower inflammation in several parts of your body, especially in your gut, in your joints, as well as in your brains.

Okay. So very important supplement which can help lower inflammation in the body. Then comes ginger. A lot of people say, well, you know I can use ginger as a food.

Yes, you can use it ginger as a food. But the amount of ginger, compound you need to use is very high. And that's the reason supplements can bring that compounded level for you, ginger, so you don't have to eat excessive amount of ginger.

And then comes quercetin. Quercetin is another one of those compound which has shown great anti-inflammatory properties, where it is a core set income from quercetin comes from apple skin or onion skin.

Right? But again, we have several research studies which show that quercetin can lower inflammation in your thyroid gland. Okay, now here's the deal.

Step 1: Rejuvenate the Thyroid

What I have seen through my own clinical experience is that if you use all of these things or all of these anti-inflammatory compounds separately, you do not get great results.

But once you combine all of them together, you get amazing results, because there are at least seven different pathways through which your body creates inflammation.

And all of these interestingly, compounds that I've shared with you, all the supplements target different pathways of inflammation. So if you use all of them together, then it works great.

And again has to lower inflammation very quickly in your body. And that's the reason I have created this inflammatory supplement, very unique supplement I have created, which has all of these ingredients, all of these supplements added to it together.

So that way it can lower inflammation very quickly into it. Okay. So that way these like, you know, these supplements are there. Plus you have to include good quality omega threes okay.

Good quality omega threes are very important for various reasons because omega threes are part of your brain okay. So they help your brain to function better.

Omega threes help to lower inflammation in the body. One of the strongest ways you can lower inflammation in the body is through omega threes. Plus omega threes are part of your cell lining okay.

Especially of your thyroid gland. So all the damaged cells in the body especially in your thyroid gland can be repaired by these omega threes okay. Again dosage is very important.

If you look over here the dosage is between 1000 to 2000mg okay. And especially of EPA and DHA okay. So make sure you're including omega threes in between this dosage of 1000 2000mg source from good quality omega threes.

Make sure they're checking it for heavy metals especially mercury because a lot of omega three supplements, when they're not checked for heavy metals like mercury can be contaminated with mercury because it is coming from fish.

And that fish can be high from mercury. Okay. So this is the step two where you have to include, like, you know, an anti-inflammatory diet, which I already shared with you, the supplements to lower inflammation, inflammatory and omega threes and then stress management very very important key.

Do not miss this step. Most of the people will do the diet or take supplements, but they will not work on the stressed very important thing you need to work on that.

Whether you do deep breathing exercises or you do meditation, 10 to 15 minutes of stress management is very, very important for you. That was step two.

What is step three? Step three is removing all the thyroid toxicities okay. Remember you know all those triggers we spoke about toxins as well as we talked about like chronic infections.

So that's what these thyroid toxicities are about. This is the most difficult step over here okay. Because if you do not know what toxins you are you have in your body right.

Is it heavy metals or mercury or is it environmental toxins like plastics in your body or, you know, insecticides in your body, or so many industrial chemicals which might be there in our environment?

And the problem is that, you know, like the conventional doctors or the regular labs do not have tests to check for them. So this is where, you know, working with maybe a functional medicine doctor would be useful because that can help you to do order these advanced tests to look for toxins.

Same with addressing infections. You know, like, you know, again, you do not know what kind of bacteria lives in your gut. Do you have bad bacteria in your gut or parasites in the gut, or do you have Epstein-Barr virus reactivation?

This is where, again, functional medicine doctors can be helpful. Similarly, like me, we also do advanced testing with a lot of our clients to help them out.

Okay, but is it really necessary to do all these testing? Well, not really, because you can detoxify your body with other things also. Okay, so by sweating this is where infrared sauna is are very useful.

Infrared saunas can help you to detoxify your body. And then lymphatic system is again a very important way to help you detoxify. This is where you do dry brushing.

Very important to detoxify. And then this is where one supplement helps a lot through the time. Judith Iron is a master. Detoxify your Body is going to help you detoxify your system.

Okay. And then addressing gut related infections right. Gut friendly diet is very important. This is where again I shared with you the diet. That same diet is going to work for your gut also.

And good quality probiotics okay. Minimum minimum of 30 to 50 billion units is what you need in your probiotics. And special strains are needed for thyroid okay.

Like Bifidobacterium lactis, Bifidobacterium baby, Lactobacillus plantarum, and Lactobacillus case. These have been specifically linked to improve thyroid health.

So make sure your probiotic has all these specific strains. And in that and between 30 to 50 billion units because that is going to improve your gut immunity as well as help your gut to get rid of the bad bacteria from your gut, as well as also get rid of the parasites. Okay.

So make sure look at your probiotics and see if these strains are present. Again. I have created this special probiotic called Provide Restore, which is all of these specific strains and even more strains specifically for thyroid patients. Okay.

So this is the step three okay. Difficult step. First of all, working on your detox. Second of all, working on your gut related immunity so you can get rid of chronic infections from your body.

Okay. So this is all these three steps okay. So remember these three steps. Step one was about rejuvenating the thyroid. When we use a diet as well as supplements like selenium zinc magnesium iodine l tyrosine to rejuvenate your thyroid.

Step two was all about working on inflammation where we use a diet as well as specific supplements so you can reduce inflammation in the body, safeguard your thyroid gland, improve your symptoms.

And step three was removing all the toxicity, including your toxins, by doing a proper detox, as well as also working on your gut immunity, which was through probiotics and other things in obviously the diet also to improve this process.

So this is a three step process, very simple process that you can implement today itself. That is going to be huge game changer for you of regaining your life back, improving your symptoms and as well as improving your thyroid numbers and also improving your thyroid antibodies.

Don't let anyone tell you that there is no hope for you to get improve your thyroid or Hashimoto's. There is light at the end of the tunnel. Okay, make sure you are following these three step process.

You're going to get great results with it. We have seen tremendous results. You know, I already shared this kind of story of one of the stories, you know, that we have had success with.

This is where I created this advanced thyroid bundle that you can buy, which has all of these supplements into it that you can start utilizing. You know, like today itself, it is going to get great results to you as well as a diet which I have shared with you, along with the stress management strategies, which are going to give you awesome and great results with it.

So start with these process. This is a website functional wellbeing shop.com where you can order these supplements from this is you know like available to you so you can take these supplements and start seeing great great results with it.

Okay. So that's what, you know, I want to share with you. You know, you can get these supplements, you know, as well as follow us on YouTube. And like I have a great channel on YouTube where I'm sharing new cutting edge information about thyroid disorders.

So that's where you can follow this, you know, like over here with this. Anshul Gupta, MD is our YouTube channel name. And then if you are interested in working with us 1 to 1, then you can always reach us by like, you know, on this particular email, which is contact at the rate and should go to imdb.com, you know, more information.

We do virtual visits all over the world, so you can certainly reach us back and we can help you if you want to work with us. But I would recommend to you start with the diet.

Start with these supplements. Give yourself a couple of months, 2 or 3 months and see if things improve. Okay. Because I've seen great results. You know, like almost 60, 70% of people can get better by utilizing these two things of the supplement combination along with a diet.

And I've seen great results with it. But if you're not getting results, that's where you need to dig down into what else is going on that we're working with us.

1 to 1 might be useful for you, okay. And that's where you can reach us out, you know, over here on the email or on our website to know more about how you can work with us.

Okay. That's what I wanted to share with you. Now let's take some questions. So let me do this, this crop screen share with you over here. So and then I can see what questions you guys have.

And then I'll see what questions we can take from you. Okay. Okay, so Armin has this question, where, you know, he is already taking some of his supplements of thyroid balance in climber Pro.

What are Hashimoto's? And then, as I said, you know, like, you know, working with the probiotics will be really useful for you. And then obviously and adding this in Klamath Pro will help you with your gut inflammation, right?

Step 2: Reduce Inflammation

Improving your gut health and also helping you to, get rid of the bloating and also, reducing your inflammation in the body. So that will be really good for you, for your ankles.

Also hair loss. Okay. This is where, you know, working on this anti-inflammatory diet as well as working on these supplements will be good. You know, gluten iron is great.

Biotin is also a great supplement that has shown great results with hair loss. We have some new kind of peptides actually, which has shown some great results for painful hair loss.

Unfortunately, peptides are not available freely in the market, so that's where you might have to work with a functional medicine doctor who is specialized into peptides for it, but at the site otherwise, you know, taking these supplements along with good time is very good.

Okay. So if you have no thyroid antibodies, does it mean that, you know, they basically means that you do not have Hashimoto's disease, then you might have a simple hypothyroid conditions.

Okay. Is it essential to get reverse T3 tested? The problem is that the reverse T3 world over is not accurate test okay, the labs are not equipped enough to test for reverse T3 properly.

Okay? Because trust me, I worked with the best lab at the Cleveland Clinic, and that lab itself was not able to check it consistently. Properly. Okay, so you can get it tested, but just kind of look at it with the with the caution, okay.

The results okay. If anything more than 70 of reverse T3, that means you have high reverse T3 and you need to work on lowering it. How to lower it, work on your toxins, work on your adrenals, and work on chronic infections.

These are the three reasons of high reverse T3. So that's what you need to work on okay of lowering your reverse T3 if you have that okay. Okay. Does a healthy individual with normal thyroid function and low pass medical history need to take probiotics?

Probiotics are good for each and every person. I still take probiotics, you know, on the regular basis because we all need good bacteria in our gut. Okay.

And slowly, slowly over the course of time our bacteria levels goes down. So I always tell people, do probiotics not like every day basis, but take it for a few months, then take a break and then take it so that you can get all that good bacteria.

Okay, so yes, probiotics will be good. Will you address peptides? Yes. Peptides are a very advanced topic, very difficult to address peptides in such a short time.

And then it requires, you know, like, more high level information. So unfortunately, no, we will not be, kind of utilizing peptides, but we use utilize peptides with people who work with us.

Okay. Because we want to because you have to be cautious in using the peptides. Okay. So that's what I want to make sure. Is there a histamine intolerance as well.

Histamine intolerance is yes. Can cause Hashimoto's problems too. Or they can be linked with Hashimoto's diseases. Okay. And again there is a different protocol for histamine intolerance is you know, unfortunately we cannot discuss that, you know, whole protocol over here.

But, you know, like some of the things that we discussed over here, like the diet will be useful. But yes, there is a specific histamine diet as well as specific supplements that you need to do. For that.

Does someone with sulfur and methionine intolerance, if they cannot take the recommended supplements? Well, you have to be cautious. Okay? We're taking these supplements. Yes. So I agree with that.

How do you monitor the amount of zinc selenium etcetera. And these also include the protein powder. So yes protein powders make sure you they are coming from good sources okay.

Very very important. So make sure they're coming from good sources. And yes calculate the complete zinc and selenium sources. Make sure they are good quality which and then the set you to make sure they are the right form of zinc and selenium okay.

Very very important for you to know okay. Is it possible to stop taking the water option after this process. Yes or no? Okay. It all depends. Some people are able to, stop, you know, like some of the, in some of our patients, some of the patients are not able to stop it. Okay.

So I don't want to guarantee or I don't want to tell you. Yes, it's 100% possible. It depends on person to person that whether they are able to stop their limited Oxford Medicine or not.

Is it possible? Yes. But yes. You know, like, you know it might not be possible. Also. Which, which kind of beans are allowed in this diet? Well, all the different kinds of beans, you know, you can do the black beans, the white beans, you know, like kidney beans.

You know, all those. The beans are like, you know, you can use them green beans also. Yes. Not soya bean, okay. Not soya, but all the other beans are good.

What testing do you recommend to assess issues. So as I said, you know if you are so basic testing is definitely doing the TSH free T3 free before and then doing the two thyroid antibodies, the thyroid globulin and thyroid peroxidase.

Beyond that, if you want to look into more root cause approach, then doing a gut analysis, which is called a GI map testing is very good for you. That'll tell you the gut microbiome, the toxin test, which I was talking about to check for mycotoxins, to check for heavy metals and environmental toxins.

Then also looking at your like vitamins and minerals through organic acids is a great test to also do that can tell you about all the different organic acids in terms of vitamins, minerals, mitochondria and everything.

Okay, so these are all the testing that you can get done through functional medicine providers, like us who can do the complete testing for you. But these will be good tests, advanced testing. Okay.

So that's great. So, you know, like, can you order these up to South Africa? So, yes, you know, like, you know, we are going to start shipping internationally.

So that's a good news. So hopefully, in the next week or so, you should be able to order supplements from internationally from us. So check back on this website next week.

And hopefully by the time, we will be able to, kind of, ship internationally, all of these supplements, do high level of antibodies lead to food sensitivities?

Yes. And no. Okay. It's kind of, you know, chicken or egg situation. Does the food sensitivities cause high antibodies or high antibodies called food since it is both of these situations? Okay.

Step 3: Remove Toxicity and Support Gut Health

A lot of people as soon as they get Hashimoto's disease, they develop more and more food sensitize. Okay, how long do we need to take these supplements?

Minimum of 3 to 4 months is what I recommend because that's a lot of time it takes for your body to kind of lower the antibodies, lower the inflammation, to start seeing results.

So my recommendation will be to take these supplements and follow this diet for 3 to 4 months. Repeat your bloodwork, especially your antibodies, and also monitor how you're feeling in your body.

And I think, you know you will feel great results with it. I think your time is running out because, you know, I promised one hour of webinar to you guys so we might get cut off any point of time.

Okay. So I really, really want to thank all of you for joining us over here in this webinar. You will get a replay of the webinar so you can watch it again.

Okay. Because I know this is a lot of information, but this will be useful for you. And then, if you have any questions, just reach out to us as well as in the future.

Also, we will keep, you know, sharing more and more information with you as we go along with all the new things which are coming up, in terms of thyroid treatment and things.

Okay. But until this kind of gets cut off, I'm just going to keep going, at this point of time. So I'm sorry again, we cannot take all the questions. They are so amazing question that you guys have.

But, again, we do these live sessions on YouTube, okay, on my channel. And that's where you get opportunity to ask more questions. You know, like to me, monthly, we try to get on one live session on our YouTube channel.

So again, if you have not yet follow us. So follow us on my YouTube channel. So again, you can participate in those live Q&A sessions. So that will again give you opportunities to ask more questions.

Because again, there are so many great question. You know I can answer and I know one, you know, like I can spend hours and hours, you know, like answering all of these questions of yours.

But again, you know, I want to be respectful for each and everybody's times over here. But, yes, again, thank you for joining us. I'm going to answer a few more questions.

If I get cut off, I apologize for that. But again, as I said, follow us on YouTube. Handle is until Gupta and, so we will be doing live sessions, Q&A sessions over here.

Okay. Mole toxicity. It's quite hard to address. Will the protocol still work on some more toxicity so more toxic? This protocol is going to help you.

Yes. Support your body in detoxification. But this is not a complete mole detox protocol. There is a very advanced mole detox protocol that we have then that people take around 3 to 4 months to remove more toxicity and prepare their body.

So it is not easy. So this is that is a very advanced protocol. But these supplements definitely if you want to do it on your own and I would recommend these supplements.

Do not do a more detox on your own because that is going to backfire and actually going to harm your body more. Okay. So make sure, do not do more detox protocol on your own work with a functional medicine provider to do that.

Like us or anybody else. You if you have any functional medicine doctor with you. But these basic supplements would definitely help you. So, is it possible to reverse antibodies if I have antibodies for more than ten years?

Yes, absolutely. You know, like most of our patients have had Hashimoto's disease or their antibodies for five years, ten years. Their antibody levels are like 1000, 2000, sometimes 10,000.

And they're able to lower those antibodies. So yes, you can reverse antibodies, you can lower them. You can bring them back to normal levels. If you work through it, it is going to take time.

Ten years of antibodies are not getting better in a month or two. So minimum six months to one year is what you are looking at of doing the protocol to help remove your, thyroid antibodies.

Okay. So, question is that I removed dairy and gluten and soy for 90 days testing my antibodies after that and strain the increased wine. And that's where, you know, like, you know, remember the one key factor, one thing I want you to remember from this whole presentation, important thing is to work on all the root causes, not just one, okay?

Q&A and Closing Remarks

Not just to all of them. And that's the reason, you know, the antibodies not come down. Work on all the root causes. They are going to come down okay.

Do you recommend low dose naltrexone. Nodal networks soon can be useful. Is it a game changer? We see same results what we were getting from low dose network soon as compared to the supplements that we have formulated.

The reason I don't use non lodo naltrexone anymore because you know it has to be compounded and then you get can expensive. We are getting same results with the supplements that we have formulated.

So there is no need for us to use it. But again is it harmful. No. Is it useful? Yes. It can be. Okay. So yes, you are going to get recording of this webinar so you can kind of listen to it at a later time.

Absolutely. B12 yes, B12 is very important. You know, for Hashimoto's patients, make sure you're doing the right form of B12. Do you need methylated B12 only?

Okay. So that is very important. So make sure you're doing methylated B12. You can do injections. That might work. But if you have not yet tried methylated B12 try that first before going towards injections.

Okay, I use a moose, but I will go to iron available. Is it more effective than injections? Liposomal is the most bioavailable to time. Okay. Because the liposomal glutathione is a one which gets directly absorbed into our liver in your bloodstream.

So that's what you need to do. If you can get injection, that is definitely better because that there definitely goes towards your bloodstream directly.

So yes you can if you have access to injection those will be better. All right guys, I think your time is up over here. I really, really thank you from the bottom of my heart.

I hope this training was useful for you. Now you are leaving with actionable steps to get control of your Hashimoto's, control your thyroid diseases to get better.

So I hope it was useful again and said like, you know, we'll be doing these live sessions again in future in our YouTube, so please join us over there will be more than happy to answer more questions for you.

Girl said. You know, like definitely you have so many different questions. Very, very difficult to, answer all of them over here. I apologize for that, but I am really, really grateful for all of you for joining over here.

And, so that, you know, it tells me that there are so many people who wants to know how to get, you know, themselves better. I hope now you know, we'll be sending the recording to you so you can watch it later on again, because you're trying to go over things very quickly.

Okay. Thank you so much again. Joining us over here, I really, really thank you from both of my heart. All right, guys, this is it for me today. Thank you so much for my. Okay. Take care.