The 4 Pillars Of Inflammation: Hidden Causes Of Hashimoto’s And Thyroid Dysfunction Transcript

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Introduction and Laurau2019s Background

Welcome back to the reversing Hashimoto's summit. I am here today with a dear friend and colleague, Laura from Ontario, and she is just she's just an expert at many things.

We're going to have a really fun conversation today. Let me tell you a little bit about her first, and then I'll tell you my personal perspective on Laura.

So she is the founder and CEO of Bio Radiant Health, a virtual health coaching and functional medicine practice. She's the creator of eight online functional medicine health summits.

And over the last 25 years as a nurse practitioner, she served over 75,000 patients in the clinic and online and just has helped so many people. Her work in the health industry marries traditional and functional medicine, and that's what I love about her, because that's my approach as well.

And I think we really have to blend those two sides of of patient care in order to properly treat people. But Laura, super power is really getting beneath the surface.

And she doesn't just look at you, let's say, as a Hashimoto's patient or as a fiery patient. She's going deep. Think about like the ocean and the very bottom of the ocean, like what is underneath the surface.

That could be fuel. Seeing how you look, feel and perform every day, all of the symptoms that you're dealing with that is that are decreasing your quality of life.

What's driving that. And and that's really her superpower. And that's why I even send my patients who need that deep dive detox or who need a deeper look into their gut or their toxic load.

I send them to Laura because she knows what she's doing in that area. And that's what we're going to talk about today, is what could be literally driving your auto immune, driving your thyroid condition.

That is something that maybe you haven't thought about yet today. So Laura, thank you so much for joining us. And it's always a pleasure, Amy. And, you know, likewise, I send all my thyroid patients to you and I say, okay, we did the deep gut detox, all that work.

We cleared you out, cleaned you up. Now it's time to go get your thyroid tuned and, and along the way as well. Right. Because people are going to have shifts in their thyroid function as they get all of their systems back online.

If they get all this working again, thyroid starts to improve and they're going to need medication adjustments, supplement adjustments, so that we have this beautiful back and forth relationship with our patient populations, which is fantastic I love it.

Oh, I know I love it too. And I've seen that. I've seen that in my patients that you've worked with that they they don't need the amount of thyroid medication or treatment that most people do because they've done the hard work with you.

So right before we jumped on, we were kind of talking off camera, and you went through a list and it was very rapid because you do this in your sleep.

But a list of things that maybe we should be looking at that is underneath the surface and that is could be driving

autoimmune and thyroid conditions.

So can you run through that list? I will I'll run through that list. And you said something interesting. You said it's because we've done the hard work with you, Laura.

So let's unpack hard, right? Because I don't want people to be. Oh, gosh. Does it have to be hard? Does it get to be so what do you mean by hard work?

And I know what you mean. But clarify that with our audience. Right. It's the it's the underneath stuff. Right. What do you mean by hard work? What do I mean by hard work?

Is it's it's going that one step further because I think, you know, even if you're in this biohacking space, if you're if you've dug into functional or integrative medicine and you broke out of that conventional medicine model, it still is a little bit of a, of a deeper conversation to get into the work that you do with people.

So by hard work, I don't mean it's difficult for the person. Yeah. I mean, it's that it's that deeper layer. It's it's things that we don't even do in my practice.

You know, we I always say this, you know, I am a thyroid hormone specialist.

The Four Root Drivers of Autoimmunity

I am not a gut expert. I don't play one on TV. I'm not a parasite expert. I don't play one on TV. So it's it's doing things that right that even we don't do when we're treating thyroid.

We don't go as deep as you go with people. Yeah, that's what I mean. Yeah. I'm glad to clarify that. I want people to realize that it doesn't have to be hard.

Right. So gut and detox can be can be, you know, really simple phase by phase. If you if you layer it into phases, the thing or the thing that's really important, I think people to understand is it's not a quick fix.

Right? Fixing the gut, fixing the toxins you lived into, the situation you're into that got you into autoimmunity in the first place. And so now living out of it now, thankfully you can get out of it faster than you got into it generally, but it's usually a process to get through it. So, the question you asked was, you know, what are these things underlie dying thyroid disease?

Why do we get it? And and there's four things. And so everybody write this down right now, these are the main four factors that are leading to most chronic health conditions autoimmune thyroid or thyroid, dysfunction included.

Number one is chronic infections. We can totally unpack that today. Number two is toxins, right. Obviously we've said that word a couple of times already.

And the toxin bucket is pretty big. Never in human history have we lived in a time with this many toxins, and our body just wasn't naturally made to deal with this.

So our bodies are a bit overwhelmed. So toxins are a big one. The third one is nutrient deficiencies. And the interesting thing about nutrient deficiencies, and I'm sure you deal with this all the time in your practice, because nutrient deficiencies are one of the problems that we have with not being able to make hormones effectively in the body.

Well, you know, we're really aware that nutrient deficiencies are caused by maybe not eating, you know, a diverse diet. Maybe it's the farming practices, maybe it's the processed food.

By farming practices, I mean depleted of nutrients and soil. But there's actually a layer deeper with nutrient deficiencies. And it has to do with those first two that I just said.

So infections, toxins. And I just want to unpack this really quick and then we'll get into the fourth thing. But here's the interesting thing. Those toxins or excuse let's start with infections.

Infections. You know they thrive off of the off of its human host. So we're talking bacteria, fungus, parasites. All of those require you to survive. And they need nutrients too.

So think about it. When you're eating healthy food and you've got these infections in the body, call them microbes. There's also your good commensal bacteria that are there too.

Those are also microbes we're talking about ones you don't want. They need to eat too. So think about them skimming off the top, just like, you know, the house that has overstayed their welcome.

They're skimming off your refrigerator. Your cupboards are using up your electricity, your water. It's getting pretty annoying, right? So that's one of the reasons for nutrient efficiency is it's not just that the soil is depleted of minerals and that there's too much processed food, and that you get stuck in a rut eating the same thing over and over, and you're not diverse.

So that's a big one. The other piece there is the toxin. So let's unpack that for a second. So toxins get into our cells and on our cells and all over ourselves.

And our cells have receptors sites that allow nutrients into the cell. Now inside of the cell all kinds of things happen, including mitochondrial energy production.

And if those toxins are blocking the receptor sites where nutrients go in. So I'll just pick a few nutrients. It's really important for magnesium to get into the cell.

It's really important for B vitamins to get in the cell. It's really important for amino acids to get into the cell. If those nutrients cannot get in, then you become nutrient deficient.

You you don't have what you need to actually function because the nutrients can't get in. So what I'm saying is that toxins block cellular receptor sites.

They literally cover it and the nutrients can't get in. So that's another reason that we have nutrient deficiencies. And this is a this is like if I'm going to get on my soapbox about anything, Amy, it's going to be people run a nutrient evaluation, a nutrient test like a like the new travel, for example, which is an organic acids test.

Love it. I do it all the time. But if you do that test without first working on understanding and knowing what your toxic load is, which we'll get into toxins in a minute.

But maybe you've got mold, toxins, heavy metals, maybe you've got environmental toxins. Whatever it is, that's in your body and in your cells, if you don't start working on clearing that, you can dump all the magnesium and all the B vitamins and all the amino acids into your body, and still not move the needle as far as you want to because they can't get in the receptor sites.

So I, I really feel like I'm just going to say something maybe unpopular. It might make people angry, but I know you love that because you're above that.

Right? But I'm going to say that practitioners that are running nutrient evaluations without also addressing toxins are really not doing their patients as much of a service as they could.

We have to move toxins out of the body. It literally has to be part of every healing, deep healing process, right? If you're in if you're working towards deep healing.

Okay, I said there was a fourth thing. Now fourth thing is stress. And trauma. Such a big factor in developing autoimmunity. You know, I'm sure you have experts coming on this summit that are going to speak into, you know,

restoring the HPA axis and getting people into parasympathetic healing state and maybe even addressing stored trauma and familial generational trauma and the traumas that happened to us when we were children.

But the point is that they have a physical imprint on our body, and we have physical symptoms from stress and trauma. And I don't know, Amy, if if, I mean, I don't know, in my lifetime if there's ever been a more stressful time than now, I feel like the 90s and early 2000s were really amazing.

I mean, we had with there were some wars and things going on in the 90s, but it wasn't as a stressful time. I feel like from 2000 to 2010 or like after 911, anyway, there was a period of just everything was great.

I don't know what I'm talking about. Oh yeah, I want to go back to the 80s, like, come on. Yeah, yeah, okay. Kids. Right. So I don't know, there was some stress.

I know there was a big recession and stuff. I know my parents struggled, but I do distinctly remember a period of time where you could get you could you could do anything you didn't like.

Just think about airports, for example. They're like crazy. Now, I think the insanity of airports, like there was a period of time when it was so easy.

Life was so easy, and it's just not anymore. So much stress is my point and it just feels like it's getting worse. Yeah. So those are the big four buckets, right?

That are really causing most chronic disease. I mean, we could go down a cardiovascular, pathway here. We could talk about cancer. We could talk about neurodegenerative brain disorders, and we can talk about autoimmunity.

All of these things are related to those four underlying factors. Now, of course, there's genetics. And of course there's there's other pieces. But those are the four that I really love to dig into and support people with.

We find people have profound results in their healing process. When we look at those four things. Well, and, you know, I love that you broke it down like that because there any kind of autoimmune condition or thyroid condition, hypothyroidism, low.

And so thyroid function, it's multifactorial, you know, and I'll often have patients come and say, well, can we find the root cause of this. It's like sometimes you can, sometimes you can.

Sometimes it's a multitude. Maybe all four buckets are being filled. And and there's not one distinctive root cause like we can't say, okay, it was this trauma that you went through at the age of 40.

We can't say that. But to your point, it's everything. It's everything playing a part. Yeah. Now you want to go deeper into toxins. And I'd like you to, if you'd like to start there.

Yeah. I think it's a good place to talk. You know, that's increased too, through the years. So bad and, and, you know, regarding that, what you just mentioned, I think that it's really important to highlight what you just said was that we may not be able to pinpoint.

How Toxins Disrupt Nutrients and Healing

And so one of the things the analogy is that can be helpful for our viewers is that I want you to imagine that you're putting together a puzzle. It's like Thanksgiving. You got a puzzle.

We do this all the time with my family. We get a thousand piece puzzle, and then we sit and hover over it for like three days. And some people will stay up till three in the morning and work on it.

And then the the people who went to bed get up and be like, you did it without me. Like it's it's a whole thing. Like it's a competition between my husband, my sister in law and like, yeah, they get really into it.

So I just want you to imagine your health like a puzzle. And it slowly comes together, right? And sometimes you're sitting there, you pick up the same darn piece like that.

I need a red piece. This is a red piece. Why doesn't it fit? Why doesn't it fit? And you're moving it around. You figure out where that goes, and you and you put it off to the side.

And then you pick up another piece and you finally find it. Your helped kind of like that. So you're, you're finding the puzzle pieces that are eventually going to create completion of your healing journey.

And sometimes that red puzzle piece that didn't fit in that moment and you put it off to the side maybe six months from now, you pick that strategy up again and try it and it will work, because now you're ready for it.

And detox is a bit like that, right? So if you just go right out of the gates and try to detox, it's like cramming that puzzle piece into a spot that doesn't work.

And you're not you're not going to feel good. It's not going to work. So there's some pre-work, and things that need to happen. But this is an analogy that I think is helpful for people because it's not this some easy linear like I want to go from A to B or A to D, and maybe you have to go back and forth between B and C and, you know, maybe you have to go over there to S first to get over to, you know what I'm talking about. You get to write.

Yeah. So anyhow, toxins. Oh my gosh. You know, if you would have told me 25 years ago that I would be focusing on toxins as a, as my primary practice, I would have said, what the heck are you talking about?

Because I grew up in Western medicine. I spent, you know, a couple decades working in traditional medicine and working in big HMOs and, you know, prescribing all the drugs and doing all the things and never thinking that toxins could play a role in anything harmful, partaking in all the toxic behaviors that filled my body with toxins as well.

I mean, I can remember, do you remember in the 90s going to Costco and getting a flat of water, those big giant ones, and then and then leaving those those plastic bottles in your.

Weight. You just froze. Leaving it start start at the, going to Costco. Leaving the bottles in one. Yeah. Okay, okay, let me let me go. So, Amy, do you remember in the 90s when we used to go to Costco, get a flat of water and then, you know, pull a new bottle out?

Every week and hour every day. Excuse me. And you'd leave them sitting in your car in the heat, and the water would heat up and the bottle would heat up.

And then you do you go throw it in your refrigerator and just chill it and keep drinking out of it. Right. Like we didn't know that that bad. And hopefully if you're watching this right now, you're not thinking that's bad.

Yeah, yeah, we have bad. Just that's why I don't, you. Know, drink out of plastic bottles unless you absolutely can't avoid it. I mean, I, I traveled for a month, you know, last summer all through Europe traveling and working, and we had to rely on plastic water bottles because I didn't have my water purification system with me.

I mean, sometimes you do when you're in airport, you got to go get a plastic water bottle and just deal with it. But, you know, don't make it an everyday thing.

So anyways, I mean, toxins are a big problem right now. So when we think about toxins, we can think of categories of toxins, and we can think of ways that it gets into the body.

So some like I would say the three big sources of toxins that are pretty obvious are air, water, food. Right. So we're breathing in toxins, we're drinking our toxins, we're eating our toxins.

In terms of breathing, I think people don't realize really how dangerous toxins in the air are. They are so easily absorbed from our lungs right into the bloodstream.

So remember that your lungs, the purpose of your lungs is to bathe your blood with oxygen and move that oxygenated blood back to the heart, served the heart, and it gets pumped out around the body.

It literally is how the system works. So the toxins that you breathe in just get mixed right with that beautiful oxygen and right into your bloodstream and right to your heart and right into your body all over the place.

And I don't think people realize that it's a big source of heavy metals. I think people think of heavy metals being, well, I it's my amalgam filling. It's eating, you know, big fish.

It's maybe multi-dose vial vaccines. They don't realize I could be breathing in my mercury. Right. And we can be breathing in even radioactive elements, which are the heaviest of metals.

Now, one of the biggest sources of radioactive elements is actually water. So radon, uranium, it's a gas. It gets into the water. It's very difficult to filter out.

I'm going to I'm going to say something that's going to bomb out a lot of people right now, your Aro system, that you're so good that you got it to purify your water.

It does not take out, radioactive elements. Killing me. You're kidding. Oh, sorry to tell you, until people say, hey. Well, particle size matters, and the particle size of radioactive elements is small enough to get through an arrow system.

So that is a big issue. So the only way I know of to get radioactive elements out of water is to actually distill it. I live in Southern California. I happen to know we have a huge radon situation here on our groundwater.

And so I drink distilled water. Now, people will say, but Laura, that's dead water and it's stripped of minerals. And you're going to, you know, get osteoporosis because you're not getting your minerals right there.

Okay, everybody, it's okay. Because if you're drinking distilled water, there's just a few things you make sure you do. I take a mineral supplement, a micro mineral supplement supplement with over 80 micro minerals in it every day, and I eat lots of plants and so and I usually I am an equal opportunity eater.

I eat tons of meat, I eat plants, I eat, I eat it all and plants have what you think of it like a bioactive mineral source. You actually absorb minerals from plants better than you absorb minerals from water.

So how do minerals get in the water in the first place? Water runs over rocks, right through streams and underground streams, and it runs through rocks and it picks up those types of, inorganic meaning not alive, not once alive.

So, so in the terms of organic versus inorganic matter, in organic matter was never living. Organic matter was living. So inorganic minerals are not bioavailable to the body like organic sourced minerals.

So how do we get organic sourced minerals from plants? Okay. So you actually absorb your minerals from plants. Even better. So I take minerals, I eat minerals, and I'm not worried about being under mineralized in terms of water being dead.

I mean, you can make it coherent. You can use an Ana Lima one. Like all that good stuff. I do all the fun things. I hydrogenated my water. There's actually to my right is a hydrogen machine sitting over here.

I hydrogen water this. This had 30 minutes of hydrogen gas in it before I even started drinking today. I mean, there's all kinds of fun stuff you can do with water, but I digress, but I really think it's important that we talk about how much metals actually comes into our water and air, and people don't realize it.

They think, oh, I got my amalgam fillings out, I'm good. Right. Oh we're actually ingesting it. So and then the other big source of course is food. And in food, you know we're getting herbicides, pesticides.

You know there really isn't such a thing. Is glyphosate free, grains in this country, even organic food is cross contaminated. Yes. Glyphosate is like shooting bullet holes into the gut.

I mean, I know you're a big hunter. You go out and you do your, you know, your game. Do you like a bird hunter or game hunter? Oh, no, we do games, so we do deer and and, you know, interesting.

I'm just going to jump in real quick because what we're seeing this year is a decrease in deer population. And and I live in Iowa. I mean it's the biggest deer state next to you know, just all of the Midwest really is.

But, we're seeing a decrease. And it's funny. So my husband planted a food plot and he planted soybeans. Had to spray him, of course, with glyphosate.

Now, this is all just a food plot. Not for us to eat, but to bring the deer in. Right? You bring the deer into the food, and then that way, they're right there when you're hunting.

And he had this abundance of weeds growing up. And the local farmer said, well, that's because you didn't get in list ready beans. So I'm like, okay, wait, these are already roundup ready, meaning they will withstand being doused in glyphosate.

Right now, there's another pesticide that these beans are so frankenbeans that they can also withstand being hit with glyphosate and being hit with another pesticide and still survive.

It's because the deery, these beans. And this is everywhere. This is not just us doing a food plot for hunting. These are the fields and fields and acres and acres of farms that that farmers are planning this for our consumption do.

So they can make an income and sell this, these, these enlist ready glyphosate protected beans to food manufacturers. So yeah, this is a huge problem.

And you bet your bottom dollar that when I see a plane, which I've seen as I'm pointing over here, I have seen a low flying plane and my husband goes, yeah, they're spraying the crops.

He goes, and he brought up this point too. He goes, do you really think your organic is really organic? Or you think it's getting hit with that spray like, oh excellent point.

It 100% is. I worked with many clients from Iowa. Some of the highest glyphosate levels I've ever seen have been my beautiful clients from Iowa because it's a big agriculture, right?

Yeah. So the point is, the reason I brought up and brought up like, like hunting is because I was using that analogy like glyphosate shoots, bullet holes in your gut.

Yeah. It is very difficult to.

Practical Detox Strategies and Team-Based Care

So somebody asked me in one of my classes other yesterday, how do I know I have leaky gut? Okay, really quick check right here. Do you feel a pulse? Why don't you have leaky gut?

I because you live in a developed country and we cannot avoid the toxins. So here's what people just. I just encourage you to get used to being on a never ending health journey.

It truly never ends. You have to fight for your health now because of the toxic load in our environment. There's no such thing as I did a three month protocol.

I healed my gut and now I'm good for the rest of my life because it's coming back so you can get. So here's what I want you to think of. I want you to think of.

You're in the absolute worst scenario you can be with your gut. You get out of that, you clean it up and then you go about living your life. You do your thing, you're going to get exposed to toxins.

I have my non-negotiables. I'm like, I color my hair like there's some toxins that I'm not willing to give up. I don't have fingernails. I don't have fake eyelashes, I don't have no nail polish anywhere.

Like there's things I'm like, okay, I don't need that. But I'm having my hair color every two weeks, whereas I'd be straight gray and I'm not ready for that.

So just saying, like, have your non-negotiable where Amy and I are human too. We've got our things right. And so so here's the thing. Once you get out of those kind of worst case scenario leaky gut, now you're on a maintenance right.

You're a maintenance protocol. So a couple times a year I'll do a gut protocol, I'll do a parasite cleanse. I'll make sure that I'm taking the nutrients that are needed to help support my gut microbiome.

I, you know, eat well in clean 90% of the time. I'm human, you know, I'm going to eat the holiday foods, my family recipes. I'm going to go out to dinner from time to time and not eat organic and not eat grass fed because I have no control of that restaurant.

You know what's there. So I'll just say that perfectionism isn't possible. You're never getting out of this because you are alive in a time where we must we must take control of this, and we must work preventatively for our health forever.

Forever. So the other big category, Amy, that we kind of haven't talked about is skin absorption of toxins. So so we've talked about air, water, food, breathing it, we're drinking it, we're eating it.

But then there's this, absorption from the skin. And this is from our body products. Right? I mentioned I color my hair, I, you know, but I am dialed in with my what?

I clean my body with the lotions I put on my body when I brush my teeth with my deodorant, my, makeup, the things that are on my skin all day, like I put them on.

And that doesn't come off. The thing about hair color is you put it on, you take it off. It's not there all day, every day, right? Right. It's not as critical as something that's on you all the time.

So these are things to really get dialed in and then think about what you're cleaning your house with. So the endocrine disruptors to talk about thyroid and hypothyroidism and thyroid disorders and autoimmunity.

And a lot of it's coming from what we're using to wash our clothes with what we're using to scrub our toilet bowl with what we're washing our countertops with.

And so, you know, people are like, oh my gosh, it's overwhelming. There's so many toxins and there's so many products that need to think about changing out. I would simplify this.

Everyone don't go change out every product in your house all at once. Don't go throw away every body product and all your cleaning products. Just replace them as you go, replace them as you go.

And yes, people will say, but Laura, that's expensive. Those better quality cleaning products cost more. They do maybe a dollar or two at the end of the year.

Maybe you're spending a cumulatively between your body products and your cleaning products. Maybe you're spending $500 more a year total for everything that you buy in a year.

And I would say, is that worth it? Is that worth it to you? Right? I mean, it's hard when you're sitting there looking

like at the at the grocery store shelf, right?

Yeah. Like this one. It's a dollar cheaper. It's $1.50 cheaper. Is it worth it? Right. I don't I don't think so. So, I mean, there's a whole topic to, you know what?

We're cooking our cookware. Oh, gosh. Yeah, that's another rabbit hole there. Something I know. But to your point, you just chip away on it. Yeah. You know, you learn from someone like yourself or work with someone like you that will hold their hand and take them through this.

What could be an overwhelming process? And it doesn't have to be right. It doesn't have to be. So the way that I like to really approach this is first thing I like to do is I want to see what's happening in your gut, because your gut is connected to every other system in your body, and the majority of your immune system is there.

So I like to start with gut, and then I like to look at toxins. And the reason I like to look at toxins second is because as we start to clean up your gut and we start to open up your drainage pathways, you'll start to release more toxins than you would have if I tested you the first day I ever met you.

I'd like to get more bang for your buck on a toxin test. So I like to wait. After we open those drainage pathways up and start moving, you know, toxins out, let's see what actually comes out.

Because a lot of it's trapped. Our body won't release it because it's not safe to do so. It's not just flowing out of you, everyone. It's packed into your cells.

It's hidden away. It's one of the reasons that weight loss resistance occurs. Right? So fat cells are a great little endocrine cell to go pack toxins into.

And so this is a problem. So we've got to make it safe for your body to release toxins to actually see them on a test. And so it's easy it's urine testing.

But I like to start with gut and opening drainage pathways. Then do a toxin test. And then once we start detoxing. Amy, this is about the time that I'll start checking organic acids and cortisol and those types of important labs that are actually important for thyroid, right.

I'm sure you'd agree that what you want to get your thyroid in range, we probably should know what's happening with your cortisol your, your you know, I've heard practitioners say fix that to fix thyroid.

I'd love to know your take on that. You know, I think everything has to be done at the same time, because when I hear people say like, oh, you don't need to actually address the thyroid, just go over here and fix that.

I go, wow, that's going to be a really long, painful journey for that person. And to the woman that is carrying around an extra 2030 and 50 pounds, she don't have time to wait for this little adrenal protocol to be kind of sort of fix her, hit everything at the same time.

And then to your point earlier, we can adjust if you improve and you don't need as much thyroid medication or any thyroid medication, we can change that up as your body starts to heal.

But ultimately, I want you feeling good and living your best life as soon as possible. Yeah, I love that idea. This is why in my programs I'll say if you have thyroid issues, don't stop.

People ask me what time should I wait to do my thyroid hormones? And I say no, no, no, no, no. Do it simultaneously and be prepared that your dose is going to shift as we go.

So I want everybody to understand that this, that you aren't like static in one spot. You aren't going to get if you're doing gut and detox work, you're not going to have a thyroid check.

And it's never going to change again. Right? It's going to need to be evaluated and things are going to need to be adjusted as you go. That's part of the process.

Yes, yes, 100% 100%. So what would you leave people with that they can start doing or looking at now and then of course tell people where they can find you if they do want to do that deeper work.

I, I'm going to I think the best thing to do is kind of summarize kind of what we talked about, because I kind of sprinkled it in as we went. But I think, first and foremost, if you want to do detoxing work and you want to get started on something now where you don't need to be spending, you know, any money on labs or anything, start thinking about slowing the toxins from coming in.

Right? The slow, slow, the flow coming in. I want you to think of the analogy of the overflowing bathtub. Right? There's so much coming in. The water is flowing over the floor.

Let's stop the the overspill. Right. So that's the first thing. And we just talked about some of the things you can do to actually start shifting toxins flow.

You can start purifying your water. You can start purifying your air. You can start shifting out those, hygiene products and cleaning products and kitchen cookware.

You know, we're talking about the forever chemicals in the kitchen cookware you can start. The other thing is, and I see this all the time in my Instagram feed, and I'm obsessed and I'm it's in my Instagram feed because I'm looking for it all the time.

Stop wearing toxic clothing, everyone. Stop wearing toxic yoga pants. Right? They're made from plastic. They're made from petroleum. So I'm always like.

You gave me more homework to do. Oh my gosh, I know, I know, trust me, I have a drawer full of lululemon's and, VR and it's all plastic. And so I'm on the hunt for the best court and workout clothes.

And, you know, we love that little bit of spandex or Lycra because it just holds everything just right. And so I'm trying to find usually it's like a 90%, 10% split, right, 90% cotton ten instead of 100% synthetic.

So I see I'm trying I keep trying different companies. Once I find the best pair of workout pants, I will let you know. All right. I hope we got to follow Laura on IG because she's going.

I have at least two more, two more brands coming to my house, so I'm going to try. Okay. I'll just follow your lead on this and I'll wait for my search.

So these are the things you can do, right? Stop putting the toxins in. And then when you're ready, do the the next step, which is to get the evaluation work with the practitioners.

And to Amy's point, don't wait to work on your thyroid and your hormones. If you want to do gut and detox, I want you to remember that you need a team of people to help you.

It's no different than the allopathic western world. You've got a primary care doctor, you've got a dermatologist, you've got a gynecologist, you've got a team of people that work with you.

Functional and integrative medicine is no different. You should have somebody who does the deep gut detox work. You should have a thyroid hormone specialist.

Also, and you should be working with those people at the same time. And be sure that your thyroid and hormone specialist understands that as you do gut and detox work, things are going to shift and move.

And so be working with someone like Amy who understands this process and will help you get even faster results.

Because you're doing all this together.

It's don't don't think of your body in silos. And then it shouldn't all happen at the same time. I love it, I love. It. So that's my best advice, right? It's not sick.

It's perfect. No that's perfect. That's a perfect start for everybody. And it's. And that will move the needle significantly. So. Absolutely. Well it will.

Yeah. So want to follow you on IG to find out the best workout clothes or I know now and people just find you in general. Now you've put the pressure on.

I'm going to have to do a real or something about clothes. I haven't talked about it on Instagram, but I'm at Laura Ontario on Instagram. I met Laura Frontiere. Okay. Online.

My last name is spelled like the great frontier with the. No, it's not as hard as it sounds. That's what I need to remember, because I. I've known you for decades.

We've been friends forever, and I. I don't know how to freaking pronounce your last name sometimes, but it throws me off of the. I. Well, it's Italian and it's Americanized, so if we were in Italy, it would be something like From the Arrow.

And here it's a sprint arrow there. Okay, I like the Italian one. It's sexy. I know, easy peasy. Yeah, well, I am just I'm so grateful for your knowledge on this subject.

And and you've, you've given the audience and just huge, huge pieces of gold today. So thank you so much for your time and your knowledge and all the work that you do. I greatly appreciate it.

Always a pleasure, Amy. Anytime. So for anyone listening, thank you for listening to more interviews on the Reversing Hashimoto's Summit. And there'll be more to come.